



APRIL 2025 UPDATES

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

ALCOHOL AWARENESS MONTH

Each April since 1987, the National Council on Alcohol and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month. This month gives an opportunity to update your knowledge about alcohol use disorder (AUD) and the adverse impact of alcohol misuse on health and society. Alcohol Awareness Month increases public awareness and understanding, reduces stigma and encourages local communities to focus on alcoholism and alcohol-related issues.

Fast Facts About Alcohol

Did you know that...

- 75% of esophageal cancers are attributable to chronic excessive alcohol consumption.
- Nearly 50% of cancers of the mouth, pharynx and larynx are associated with heavy drinking
- As many as 35% of heavy drinkers develop alcoholic hepatitis.
- There are more deaths and disabilities each year in the U.S. from substance abuse than from any other cause.

<https://portal.ct.gov/dmhas/upcoming-events/events/april>

UPCOMING IHEC EVENTS

OPIOID PREVENTION MESSAGING

- APRIL 9 @ 12PM ON ZOOM

ADVISORY BOARD MEETING

- APRIL 10 @ 1PM ON ZOOM

SIMPLE STRATEGIES TO SUPPORT YOUR AOD EFFORTS WITH DATA

- APRIL 17 @ 12PM ON ZOOM

LOGIC MODELING TRAINING:W/ DR. ERIC DAVIDSON

- APRIL 17 (FULL DAY)

UPCOMING EVENTS INFORMATION

Opioid Prevention Messaging



With Speaker:

Michael Mackert



Wednesday
April 9th



Start At
12:00 p.m. CST

Objectives:

- Define health communication in research and practice
- Share strategies for developing more effective health messages
- Analyze a case study of a city-based opioid campaign



Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention & Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

OPIOID PREVENTION MESSAGING

In this interactive session, participants will gain strategies to identify potentially existing AOD data, develop ideas for collecting relevant data, and devise strategies for sharing AOD data in effective and engaging ways for educational, policy, and resource advocacy purposes.

SIMPLE STRATEGIES TO SUPPORT YOUR AOD EFFORTS WITH DATA



With Speaker: Jennifer Jacobsen

Executive Director of Health & Wellness



Thursday
April 17, 2025
12:00 p.m. CST

Objectives:

- Identify potential existing AOD data sources
- Develop new strategies for collecting AOD-related data (that don't require data expertise)
- Devise strategies for sharing AOD data in effective and engaging ways

SIMPLE STRATEGIES TO SUPPORT YOUR AOD EFFORTS WITH DATA

Join us on April 19th at 12pm for an exciting webinar to gain strategies to identify potentially existing AOD data, develop ideas for collecting relevant data (that don't require data expertise!) and devise strategies for sharing AOD data in effective and engaging ways

Have any requests for trainings or webinars? Send them our way!
Reach out to ihec@eiu.edu with any information.

What we're looking for:

- Primary prevention topics
- Alcohol & Other Drug data/trends
- Coalition building
- Evidence-based prevention

SPRING CONSULTATION VISITS

CONSULTATION VISITS

are available to enhance or strengthen the current programming, provide data to justify need for future programming, and to ensure compliance with state and federal regulations

CONTACT IHEC TODAY TO SET UP YOUR VISIT

☎ 217-581-2019 ✉ IHEC@EIU.EDU

BENEFITS OF SITE VISITS:

- Receive personalized feedback on current prevention practice
- Learn how to analyze the biennial review
- Understand the importance of collecting data
- Apply data to justify need for substance use programming and prevention
- Receive guidance on coalition strategies and support
- Identify strengths and areas for growth within your campus

Have you refreshed your prevention program? Examined your biennial review?

We are now booking our Spring '25 consultation visits throughout Illinois!

The purpose of an IHEC consultation visit is for campuses to enhance or strengthen their current programming, provide data to justify need for future programming, and to ensure compliance with state and federal regulations.

IHEC staff members are available to guide colleges and universities in assessment, planning, and evaluation of campus AOD prevention efforts.

Contact IHEC today to set up your visit!



217-581-2019



IHEC@EIU.EDU



EIU.EDU/IHEC






SEEKING APPLICATIONS:

We are taking 3 more applications for our advisory board that meets once a month. This position helps provide guidance, feedback, and ideas for IHEC’s professional development. Please contact our office for information!

HOW TO STAY CONNECTED:

We utilize our email list to send updates on upcoming events, free resources, consultation visits and more. To join our email list, reach out to alescamilla@eiu.edu for more information.

FOLLOW US ON OUR SOCIALS!

-  **Illinois Higher Education Center for AODV Prevention**
-  **IHEC_EIU**
-  **IHEC_EIU**

SERVICES

Professional Development Opportunities

Webinars, Trainings, and Certificates

Technical Assistance

AOD Programming

Continuing Education Units

Credit for trainings & webinars

Collaboration & Networking

Annual Meetings & Trainings

Consultation Site Visits

Assessment, planning, and evaluations for universities & colleges

Core Survey Administration

State-wide administration of CORE every even year, assisted by IHEC

CONTACT US:

P: 217-581-2019

E: IHEC@EIU.EDU

W: EIU.EDU/IHEC



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