

SPRING UPDATES · APRIL 2023

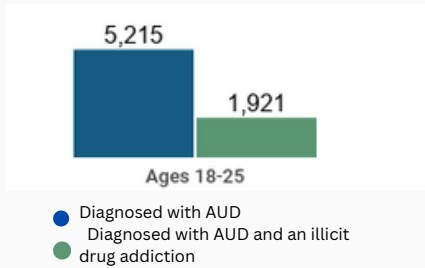
IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

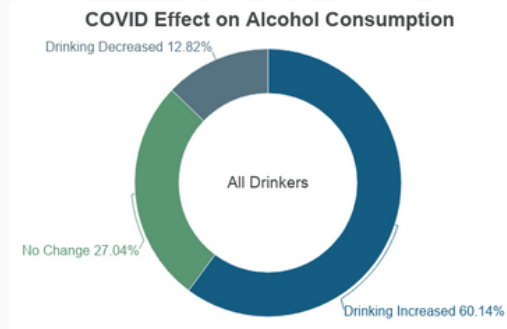
APRIL IS NATIONAL ALCOHOL AWARENESS MONTH

Every year, mental health and substance use prevention professionals spread alcohol awareness education during the month of April. In 2020, 14.8 million people in the United States were diagnosed with Alcohol Use Disorder (NCDAS, 2020). There were 92,500 alcohol related deaths in 2020. Illinois is the 14th leading state with the highest number of annual deaths due to alcohol use. It is reported that the highest number of binge drinkers come from the Midwest region. This type of high intensity drinking lends itself to injury and other adverse events.

Alcohol Use Disorder among 18-25 year-olds in 2020



National Center for Drug Abuse Statistics, data from the Substance Abuse and Mental Health Services Administration 2020 National Survey of Drug Use and Health



COVID-19 drastically increased alcohol consumption for the overall population. For 60.14% of people, their consumption of alcohol increased, and the sale of liquor rose by 262% within three weeks of the COVID-19 lock down. Deaths involving alcohol rose 25.5% between 2019-2022 (White et al, 2022). A survey done by Grossman et al (2020), found that participants drink more alcohol on average during the pandemic than before.

Although studies show that college students were less likely to drink during the pandemic because of canceled social events and school closures, there is an increased freedom that students have now that the pandemic is less severe. Students may be more likely to take advantage of the freedoms that were lost during the height of the pandemic. It is important to educate and implement prevention strategies to assist college students in their journey in school.

UPCOMING IHEC EVENTS

All webinars listed below come with [CEU credits](#)

April 6th @ 12:00pm CST

Webinar: "Implementing and Sustaining a Comprehensive AOD Prevention Program in Response to a Changing Higher Education Landscape."

Presented by: Dr. Dolores Cimini, University of Albany

Link to register:

<https://attendee.gotowebinar.com/register/6863067348024326238>

April 18th @ 2:00pm CST

Webinar: "Reframing Relationships with Fraternities and Sororities."

Presented by: Logan Davis, HECAOD

Link to register:

<https://attendee.gotowebinar.com/register/2067578169496575833>

April 20th @ 1:00pm CST

Webinar: "Don't Reinvent the Wheel: How to Capitalize on Existing Momentum."

Presented by: Dr. Allison Smith, AMS Consulting

Link to register:

<https://attendee.gotowebinar.com/register/469123611453892284>

WEEKLY ALCOHOL TOPICS FOR THE MONTH OF APRIL

from the Prevention Technology Transfer Center

<https://pttcnetwork.org/>

- April 2nd-8th 1. Harm to others/impaired driving/violence
- April 9th-15th 2. Alcohol and the economy
- April 16th-22nd 3. Alcohol's role in the opioid pandemic
- April 23rd-29th 4. Alcohol and cancer & excessive alcohol use

Having trouble coming up with ideas for alcohol awareness month? The PTTC has templates and ideas that can be tailored towards your own program. These resources are free & available to use for your institution.

The CDC also provides numerous resources for alcohol education. The graphic on the right displays the US Standard Drink Size, which can be helpful to share with students.

During Alcohol Awareness Month, it is crucial to share evidence-based information with students to decrease use of alcohol. The resources below can help provide insight into trends within the population.



REFERENCES

Grossman ER, Benjamin-Neelon SE, Sonnenschein S. (2020). Alcohol consumption during the COVID-19 pandemic: A cross-sectional survey of US adults. *Intervention Journal of Environmental Research and Public Health*. 7(24). doi: 10.3390/ijerph17249189.

National Center for Drug Abuse Statistics. (2023). <https://drugabusestatistics.org/alcohol-abuse-statistics/>

White AM, Castle IP, Powell PA, Hingson RW, Koob GF. (2022). Alcohol-related deaths during the COVID-19 pandemic. *Journal of the American Medical Association* 327(17):1704-1706. doi: 10.1001/jama.2022.4308. PMID: 35302593; PMCID: PMC8933830.

PREVENTION SPOTLIGHT

Dr. M. Dolores Cimini is a New York State licensed psychologist and Inaugural Director of the Center for Behavioral Health Promotion and Applied Research and Senior Research Scientist and faculty member in the Department of Educational and Counseling Psychology, School of Education at the University at Albany, SUNY. The screening and brief intervention program developed by Dr. Cimini, the STEPS Comprehensive Alcohol Screening and Brief Intervention Program, has earned 13 national awards for best practices and innovation in behavioral health care. Dr. Cimini has co-edited two books and served as a member of the National Advisory Council of the Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration from 2015-2019 and is currently a member of the Continuing Education Committee of the American Psychological Association. In 2014, she received a

presidential Citation from the American Psychological Association for her contributions to the psychology field and her advocacy on behalf of persons with disabilities in the STEM sciences.

SERVICES

Professional Development Opportunities

Webinars, Trainings, and Certificates

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Continuing Education Units

Credit for trainings & webinars

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Assessment, planning, and evaluations for universities & colleges

Core Survey Administration

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

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ILLINOIS HIGHER EDUCATION CENTER

for alcohol, other drug & violence prevention

Do you want to be next for our prevention spotlight? Email ihec@eiu.edu with a short bio and headshot!