

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

NATIONAL IMPAIRED DRIVING PREVENTION MONTH

Over 10,000 deaths in the United States are caused by impaired driving incidents. The COVID-19 pandemic dramatically increased the frequency of these events.

What has been done: The bipartisan infrastructure law provides funds for states to develop technologies that can help detect drunk and impaired driving. Media campaigns are being implemented to spread awareness on the dangers of drunk driving. Congress approved a 1.5-billion-dollar motion to fight the opioid pandemic last fall. The Drive Sober or Get Pulled Over initiative in Illinois runs from December 15th-January 1st and educates the public on the dangers of drinking and driving.

What can be done: Create school awareness events and campaigns about the dangers of impaired driving. Create successful school initiatives that keep students safe on and off campus.

<https://www.whitehouse.gov/briefing-room/presidential-actions/2022/11/30/a-proclamation-on-national-impaired-driving-prevention-month-2022/>

UPCOMING EVENTS

- NASPA Alcohol, Other Drug, and Campus Violence Prevention Conference: A NASPA Strategies Conference. January 19th-23rd
- On Thursday, January 19, 2023, from 10:00 am – 11:30 am (Central), the Alcohol Policy Resource Center is hosting the *Alcohol Misuse and Mental Health in the Pandemic Era and Beyond* webinar with Dr. Aaron White. 1.5 CEUs will be available for this live webinar. To Register:
<https://www.prevention.org/training/EventDetails?i=2521>

AFFILIATE SPOTLIGHT

Northwestern University is promoting numerous prevention campaigns focused on alcohol and other drug use. Students are encouraged to join the peer health education organization called WATCH to help deliver health programs and training.

<https://www.northwestern.edu/wellness/index.html>

University of Illinois Chicago gives its students free access to E-CHUG, an evidence based online resource. This prevention survey provides students with personalized feedback, analysis of different health factors on drinking habits, and possible solutions for consideration.

<https://wellnesscenter.uic.edu/alcohol-drug-edu/e-chug/>



MISSION AND GOALS

Our mission is to assist Illinois universities in reducing the alcohol and other drug violence consequences that impede student academic and personal success.

Goals:

- To increase the number of universities that have campus task forces.
- To increase the use of evidence-based prevention strategies.
- To increase evaluation of prevention efforts.
- To increase the number of universities developing policies.

EVIDENCE-BASED RESOURCES

Campus Drug Prevention provides resources for higher education related to drug prevention. These resources include health campaigns, evidence-based practices, and coalitions to consider joining. Check it out below!

<https://www.campusdrugprevention.gov/resources/federal-national>

The College AIM Alcohol Intervention Matrix is a wonderful resource for higher education institutions. Using evidence-based practice, this guide provides practical checklists, surveys, and resources for institutions to evaluate their current programming for prevention. Check it out below!

<https://www.collegedrinkingprevention.gov/>

The Drug Enforcement Administration has compiled a list of educational and evidence-based resources on drug use and prevention. The websites may serve as a resource for various groups, such as young adults, parents, and educators. Check it out below!

<https://museum.dea.gov/education/drug-use-misuse-online-resources>



Meet Annabelle Heddell, the new Assistant Director for the Illinois Higher Education Center. She recently graduated from EIU with a Bachelor's in Community Health. Her favorite areas of public health are prevention and health education. When not working, she can be found at the gym, cooking a homemade meal, or spending time with loved ones.

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



ILLINOIS HIGHER
EDUCATION
CENTER

for alcohol, other drug
& violence prevention

"An ounce of prevention is worth a pound of cure."

Benjamin Franklin