



FEBRUARY 2025 UPDATES

# IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

## NATIONAL TEEN DATING VIOLENCE AWARENESS MONTH

### HOW TO PREVENT TEEN DATING VIOLENCE

First year college students are among the population affected by teen dating violence. People that are survivors of teen dating violence are more likely to participate in risky activities like drug and alcohol use. Universities have opportunities to help teach prevention tactics to younger college students. Some of these evidence-based interventions include:

- Teaching healthy relationship skills
- Creating protective environments
- Promoting social norms that protect against violence

The perpetration of violence can be decreased from interventions that use a singular or combined approach. With teen dating violence, universities have the unique opportunity to provide resources and prevention materials to college students. For this population, it is important to educate them on the signs of dating violence, how to prevent it, and how to support others.

<https://www.thecommunityguide.org/findings/violence-prevention-primary-prevention-interventions-reduce-perpetration-intimate-partner-violence-sexual-violence-among-youth>

## UPCOMING IHEC EVENTS

### Orientation Meeting

- February 3rd at 2:00pm on ZOOM

### Advisory Board Meeting

- February 13th at 1:00pm on ZOOM

### Social Norms 101 Webinar with Susie Bruce (Gordie Center)

- February 20th at 12:00pm

### Spring Affiliate Meeting

- February 27th 9:00 - 3:30pm at Heartland Community College

# UPCOMING EVENTS INFORMATION

## Social Norms 101: Webinar

### WHEN

Thursday, February 20, 2025

at 12:00pm



### SPEAKER

Susie Bruce  
from The Gordie Center

### OBJECTIVES

- Understand the reasons people have misperceptions about others' attitudes and behaviors.
- Know the steps to create messages that highlight healthy social norms.
- Explain how students can be engaged in social norms marketing campaign development.



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.

FOR MORE INFORMATION:  
IHEC@EIU.EDU  
217-581-2019

## SPRING AFFILIATE MEETING

**FEBRUARY 27TH | 9 - 3:30 P.M.**

📍 HEARTLAND COMMUNITY COLLEGE  
1500 W RAAB RD, NORMAL, IL 61761

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.

## SOCIAL NORMS 101 WEBINAR WITH SUSIE BRUCE

Join us for the Social Norms 101 webinar with speaker Susie Bruce from The Gordie Center! Learn about the steps to create messages that highlight healthy social norms, and how students can be engaged in social norms marketing campaign development!

## SPRING AFFILIATE MEETING

Be sure to mark your calendars for the Spring Affiliate Meeting at Heartland Community College. Join us as professionals from all over the state will learn from one another, collaborate & share resources.

**Have any requests for trainings or webinars? Send them our way! Reach out to [ihec@eiu.edu](mailto: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



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**YOU STILL HAVE TIME!** SERVICES  
**DEADLINE EXTENDED TO 2/17/25**

**Institutional Needs Assessment**

**FY25 Administration Details**

**Released via Email: January 13, 2025**

**Due: February 3rd at 11:59pm**

- Assess institutional needs as it pertains to AOD prevention by telling us:
  - how IHEC can assist you
  - what programming/prevention efforts your institution is offering
  - what AOD resources you are offering
- Assesses gaps in AOD resources/prevention efforts
- Assesses compliance with policy
- Examines capacity of institution to handle AOD prevention

*Intended for presidents, dean of students, or student affairs leadership. One assessment should be submitted per institution.*

*Please note that this survey is used for IHEC staff to provide justification for continued grant funding, in addition to gathering data to plan professional development events. This data may be shared upon request from the state grant administrative team.*

Email Annabelle, IHEC Assistant Director, at [alescamilla@eiu.edu](mailto:alescamilla@eiu.edu) with any questions.

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.



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[IHEC@EIU.EDU](mailto:IHEC@EIU.EDU)



[EIU.EDU/IHEC](http://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

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W: EIU.EDU/IHEC

