

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.

Guide to Community Preventive Services. (2002). Violence Prevention: Primary Prevention Interventions to Reduce Perpetration of Intimate Partner Violence and Sexual Violence Among Youth. Retrieved from <https://www.thecommunityguide.org/findings/violence-prevention-primary-prevention-interventions-reduce-perpetration-intimate-partner-violence-sexual-violence-among-youth>

UPCOMING IHEC EVENTS

Feb 15th 10:00am CST

Webinar: Cannabis Use Disorder - Are High Potency Products a Factor in CUD?

Co-Presenters: Joe Eberstein & Patrick Foley

Feb 22nd Webinar: CANCELLED

OTHER AOD EVENTS

Feb 15th 2:00-3:15pm ET

Live Panel Discussion

Considering Diversity, Equity, and Inclusion in Preventing Drug Use and Misuse

Presented by: Allison Smith, PH.D., Special Agent Chualvo Truesdell, Anthony Jackson, and Marketa Robinson, PH.D.

Watch the livestream at:
<https://www.getsmartaboutdrugs.gov>

NASPA STRATEGIES CONFERENCE TAKEAWAYS

The NASPA Strategies 2023 Conference provided numerous resources & points of education related to alcohol, other drug, and violence prevention. With topics such as comprehensive campus approaches to cultures of care, AODV prevention, and general health, the conference was quite beneficial. Many attendants were rallying support to improve campus prevention & work collectively to utilize combined strengths for better outcomes. Some main takeaways from the conference:

- Campus leaders and prevention specialists need to be innovative and intentional with the resources available & adapt current approaches for increased student impact.
- New publication "The Guide to the Eight Professional Competencies" is available to learn more about the essential duties, responsibilities, and expectations as a prevention specialist/new professional.
- Cultures of care can be created through understanding social determinants of health & influencing change through health equity.

NEW RESOURCE

NASADAD provides information for substance use prevention on public policy, resources, treatment and recovery, and research. NASADAD provides access to organizations involved in prevention such as Community Anti-Drug Coalitions of America (CADCA), Center for Substance Use Prevention (CSAP) and more.

<https://nasadad.org/prevention-resources/>

PREVENTION SPOTLIGHT



Logan is the Outreach and Engagement Manager at the Higher Education Center for Alcohol and Drug Prevention and Recovery (HECAOD). Prior to this role Logan worked in fraternity and sorority life and has experience work on a campus and with a national organization. In his current role, Logan has been able to learn more about recovery and has been able to blend the new knowledge with previous experience from working with fraternities and sororities.

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

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ILLINOIS HIGHER
EDUCATION
CENTER

for alcohol, other drug
& violence prevention

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

– Albert Einstein