



SEPTEMBER 2025 UPDATES

# IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

## PREVENTION AWARENESS

### Suicide Prevention Awareness

September is an opportunity to remember the risk and protective factors surrounding suicide prevention. Through our work, resources such as education, skills-based training, mental health hotlines, and Mental Health First Aid serve as essential interventions in the college population. Many of the resources we share overlap with mental health prevention. We encourage you to take a moment to pause, be intentional with your time, and remind yourself to implement self care.

### Substance Use Recovery Awareness

Prevention and recovery go hand-in-hand for effective support with the college student population. While many promote abstinence, we know that substance use is a common behavior among our student populations. It is crucial to discuss the possibilities of living in recovery, along with the support services available. For residential campuses, it may be beneficial to have conversations with your colleagues in how you can better promote a recovery-minded residential community, promoting harm reduction strategies, ride share services, or counseling groups available.

## UPCOMING IHEC EVENTS

### ADVISORY BOARD MEETING

- SEPTEMBER 24<sup>TH</sup> @  
2PM ON ZOOM

### WEBINAR WITH DAVID ANDERSON

- OCTOBER 14<sup>TH</sup> @  
11AM ON ZOOM

### ADVISORY BOARD MEETING

- OCTOBER 29<sup>TH</sup> @  
2PM ON ZOOM

### WEBINAR WITH CAROL TREJO-KROEGER

- NOVEMBER 14<sup>TH</sup> @  
11:00 AM ON ZOOM



# 2026- ILLINOIS ASSESSMENT OF COLLEGE SUBSTANCE USE BEHAVIORS SURVEY

## **OVERVIEW**

This survey is to determine the current incidence and prevalence of alcohol and other drug use on Illinois 2 and 4-year college campuses. Furthermore, students' perception of others' use; perceptions of risk related to use; beliefs regarding use; negative consequences associated with use; experiences of secondhand effects of others' use; experiences of physical and sexual violence; and the relationship of alcohol and other drug use to campus climate issues will, also, be examined.

## **Benefits:**

- No cost to your institution
- Survey results are done in house, meaning quicker distribution
- Survey results will not be shared with other institutions, only you or delegated persons will receive a copy of your institution's results
- Administration will be done in early spring pending approval, will run for approximately 3 weeks.
- Conducting needs assessment will help target prevention resources and make programming efforts justifiable, fundable and measurable.
- Data can also assist in defining the nature and extent of the campus alcohol and other drug problem and in identifying high-risk groups within the campus

## **REQUIREMENTS FOR PARTICIPATION:**

Send us a letter on the facility's letterhead stationery or e-mail, and should contain the following:

1. Agreement for the study to be conducted at the site
2. Identification of someone at the site who will provide information about appropriateness of the study for its population
3. Assurance of adequate capabilities to perform the research
4. As approved by the IRB; and if applicable
5. Assurance that facility personnel involved in data collection have appropriate expertise and will follow IRB approved procedures.

## UPCOMING EVENTS INFORMATION

WEBINAR

### ORCHESTRATING MEANINGFUL DRUG AND ALCOHOL MISUSE PREVENTION EFFORTS



**OCTOBER 14<sup>TH</sup>: 11AM**

With  
**David Anderson**

#### **SESSION OBJECTIVES:**

- **1. To learn practical approaches for preparing a grounded, locally-appropriate, organized, innovative and impactful campus prevention effort within the context of a comprehensive strategy.**
- **2. To gain confidence with implementing an appropriate and engaged strategic planning approach for meaningful and positive change.**
- **3. To identify opportunities for enhancing competencies and skills surrounding personnel involved with drug and alcohol misuse prevention. encouraging coalition growth**

Join us for a webinar on sustainable prevention with Dr. David Anderson! Registration is live, recording will be uploaded to website after the event. We are providing an hour of CEU credit for those who attend the full session.

# UPCOMING EVENTS INFORMATION

## Webinar

### Dual Challenges: Addressing the Intersection of Substance Use & Mental Health on Campus



Friday  
**November 14, 2025**  
11:00 a.m. CST



With Speaker:  
**Carol Trejo-Kroeger**

Counseling Services Manager,  
Harper College

#### Objectives:

- Increase awareness of the co-occurrence of substance use and mental health concerns among college students and their impact on academic success and campus well-being.
- Identify effective, evidence-informed strategies for recognizing, assessing, and addressing co-occurring concerns within a campus setting.
- Explore collaborative campus approaches that integrate prevention, early intervention, and support services to better serve students facing dual challenges.



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

Join us for a webinar on sustainable prevention with Carol Trejo-Kroeger! Registration is live, recording will be uploaded to website after the event. We are providing an hour of CEU credit for those who attend the full session.



# COMMUNITY COLLEGE PREVENTION TOOLKIT

In the scope of higher education, students come from various backgrounds with a variety of resources. For some students, community college is the bridge between leaving home and planning for a career. This time may be one of creating a sense of identity and trying new things. For the community college professional, this requires extra attention to detail with students who come into your office. With the heavy influence of the environment around them, community students may have a different perception of substance use.

Depending on living situations and families of origin, substance use may or may not be in a student's purview. As public health professionals, you may be the first to address substance use prevention in a meaningful way. Addressing these matters with skill takes time and practice. Throughout this guide, you will learn about the different models used in substance use prevention, different strategies for prevention, and a variety of available resources.

## Toolkit Resources:

- Overview of primary prevention for substance misuse
- Applications & recommendations for new prevention practitioners
- Self-Assessment for AOD Prevention
- Best-Practice Prevention Rubric
- Capacity Building worksheets
- Coalition Planning worksheet
- Beginner's Guide to Drug Free Schools & Campuses Act
- Resources for Strategic Prevention Framework

*More information about the toolkit will be available soon!*



217-581-2019



IHEC@EIU.EDU



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## **SEEKING APPLICATIONS:**

We are taking 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**



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## **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:**

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**ILLINOIS HIGHER  
EDUCATION  
CENTER**  
for alcohol, other drug  
& violence prevention

# **SUICIDE PREVENTION AWARENESS MONTH**

September is the month for suicide prevention awareness month, with numerous endeavors across schools, colleges and communities.

Check out: <https://www.samhsa.gov/about/digital-toolkits/suicide-prevention-month> for more info