



DECEMBER 2024 UPDATES

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

DECEMBER IS NATIONAL IMPAIRED DRIVING PREVENTION MONTH

The month's goal is to raise awareness about the dangers of impaired driving and to encourage people to make safe choices!

Here are some things you can do to prevent impaired driving:

- **Plan ahead:** Consider alternative ways to get home safely, such as a rideshare, taxi, public transportation, or a designated driver.
- **Only drive when sober:** Never drive if you've used any substances.
- **Help others:** Offer to help friends and loved ones avoid impaired driving.
- **Talk to children:** Parents and caregivers can help children stay safe by talking about the risks of impaired driving and setting clear expectations

To learn more about how you can prevent impaired driving this month check out the resources listed below!

[Mothers Against Drunk Driving](#)
[National Highway Traffic Safety Administration](#)
[Office for Victims of Crime, and National Sheriffs' Association](#)

UPCOMING IHEC EVENTS

Evidence Based Prevention Strategies w/ Ashleigh Hala

- December 3rd @ 1:00 p.m. on Zoom

Learning Outcomes Training: In-Person w/ Dr. Eric Davidson

- December 5th @ Eastern Illinois University, 600 Lincoln Ave. Charleston, IL 61920 (MLK Union, Charleston/Mattoon Room)

Advisory Board Meeting

- January 7th @ 2:00 p.m. on Zoom

Strategic Prevention Planning: The Basics w/ Annabelle Escamilla

- January 23rd @ 1:00 p.m. on Zoom

UPCOMING EVENTS INFORMATION

SERVICES

LIVE WEBINAR

DECEMBER 03, 2024
AT 1:00 PM

Evidence-Based Prevention: the Whys and Hows of our work

Learn to:

- Review current data around college student substance use
- Use data to develop an assessment of needs
- Select intervention and prevention strategies to address the needs of the college population




SPEAKER
ASHLEIGH HALA

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.

IN-PERSON TRAINING

Learning Outcomes Training



PRESENTER
Eric Davidson
Ph.D., MCHES.

THURSDAY
December 5th, 2024

TBD

LOCATION
Eastern Illinois University, 600 Lincoln Ave. Charleston, IL 61920 (MLK Union, Charleston/Mattoon Room)

Register <https://www.eiu.edu/ihec/upcomingevents.php>
ihec@eiu.edu
217-581-2019

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.

EVIDENCE-BASED PREVENTION: THE WHYS AND HOWS OF OUR WORK

On December 3rd, Ashleigh Hala will be back discussing effective evidence-based prevention strategies for substance misuse among college students. This training will cover topics on reviewing current data around college substance misuse and using data to develop a needs assessment.

LEARNING OUTCOMES TRAINING

Join us for the Learning Outcomes in-person training on December 5th at Eastern Illinois University with Dr. Eric Davidson/ihec. Find the link to register on the IHEC website underneath the “upcoming events” page.

We are excited to see you there!

HAVE ANY REQUESTS FOR TRAININGS OR WEBINARS? SEND THEM OUR WAY! REACH OUT TO IHEC@EIU.EDU WITH ANY INFORMATION.

SPRING CONSULTATION VISITS

SERVICES



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



**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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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 alesscamilla@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:

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W: EIU.EDU/IHEC



HAPPY HOLIDAYS

FROM THE IHEC STAFF!