

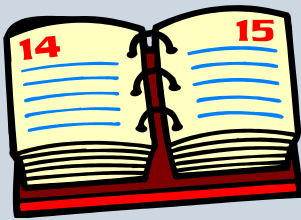


IHEC E-Newsletter

The Illinois Higher Education Center's monthly e-newsletter provides information about alcohol, other drug, and violence prevention. This information includes state and national news, grant/funding opportunities, upcoming events, and more!

October 2011

Illinois Higher Education Center
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Save the Date

October 27, 2011
Athletes and Alcohol Training
Bloomington, IL
9am-3pm
Training Location TBA

November 10, 2011
Social Norms Training
Bloomington, IL
9am-3pm
Training Location TBA

November 11, 2011
Social Norms Training
Northern IL
9am-3pm
Training Location TBA

November 14, 2011
Northern Affiliate Meeting
Lisle, IL
10am-3pm
Benedictine University

November 18, 2011
Central Illinois University
Springfield, IL
10am-3pm
Illinois Community College Board

A message from the IHEC office:

Hello from the IHEC office at Eastern Illinois University!

We hope this letter finds each of you healthy and happy! The year is off to a great start and we are looking forward to upcoming events in the world of IHEC!

IHEC will be hosting numerous trainings that will hopefully interest you! Mary Wilfert from the NCAA and David Wyrick from the Department of Public Health Education are coming to Bloomington, IL for a training on Alcohol and Athletes.

Michael Haines, one of the founders of the Social Norms Approach is training at two locations on the Social Norms Interventions for Health Promotion. You have the opportunity to attend this training in Bloomington, IL or Chicago, IL!

Kimberly Kraft Moulds, Project Coordinator for the National College Health Improvement Project's Learning Collaborative on High Risk Drinking at Vanderbilt University is presenting a webinar on Greeks and Alcohol! More information to come!

To register for any of the trainings listed above please view the last page of this newsletter!

Do not forget to sign up for an affiliate meeting in November! We offer two locations so that you can choose the meeting closest to you! At NO cost to you, we provide, lunch, training materials, and a great networking opportunity! Jason Gilman from Southern Illinois University in Carbondale will be present to discuss the 2012 Core Survey Administration.

Please view our www.eiu.edu/ihec to register for any of the trainings or meetings listed above.

We look forward to seeing you at a training or meeting in the near future!

Best Wishes,
Eric, Jessica and Amanda

Funding provided by the Illinois Department of Human Services, Bureau of Community Based and Primary Prevention.

ATTENTION: NEW TREND!

Police are becoming aware the new way teens are “smuggling booze right under your nose.” The new trend involves gummy bears and alcohol. Teenagers are soaking gummy bears in alcohol (i.e. vodka) and eating them. Parents, teachers, advisors, and officials are unaware of the behavior because it simply looks as though the individual is eating candy. Law enforcement officials are spreading the word nationwide to increase the awareness! We welcome more information on this topic, so please contact our office at 217-581-2019 if you have any additional information to report.



New Study: College Students Who Post Drunk Pictures on Facebook at High Risk for Drinking Problems

“College students who post photos to Facebook showing themselves getting drunk are at higher risk of alcohol dependence and abuse, compared with their classmates with no references to drinking on their pages.”

A new study found students who post drunk photos or references to risky alcohol use on their Facebook page are more likely to have alcohol problems. Two universities, University of Wisconsin-Madison and University of Washington-Seattle were included in this study. A total of 224 undergraduate students’ Facebook pages were examined. Every participant answered a 10 questions survey to determine if they are at risk for alcohol related problems. Approximately 60% of students who posted references to alcohol use or risky drinking behaviors were likely to have a risk for alcohol abuse. According to the lead researcher, Megan A. Moreno, “Our study suggests that parents and college health care providers who note references to problem drinking on the Facebook profiles of adolescents should consider discussing drinking habits with their children and patients.”

For the entire article please visit: <http://www.drugfree.org/join-together/alcohol/college-students-who-post-drunken-photos-on-facebook-at-risk-of-drinking-problems>

Did you know??



All of IHEC’s past trainings and webinar power points can be found on our website? If you lost your notes, or cannot find your power point slides, do not worry! You can find all of this information here:

<http://www.eiu.edu/ihec/ihecpastrainings.php>
<http://www.eiu.edu/ihec/ihecpastwebinars.php>

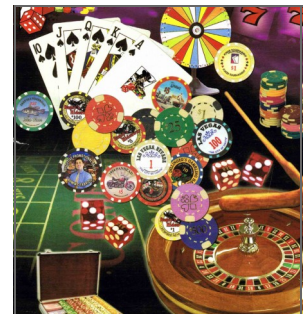
Talk About College Gambling as Students Head Back to Classrooms

As millions of students walk into college classrooms nationwide over the next month, the National Center for Responsible Gaming (NCRG) wants to serve as a resource for campus health professionals, campus administrators, students and parents. Approximately 75 percent of college students gambled during the past year, betting on the lottery, casino games, cards and sports. Many college students assume gambling is a risk-free activity, but the most recent research estimates that 6 percent of college students in the U.S. have a serious gambling problem that can result in psychological difficulties, unmanageable debt and failing grades. Equip your students with CollegeGambling.org as they head back to school this year. CollegeGambling.org is a free, comprehensive resource that brings together the latest research and best practices in responsible gaming and the field of addiction awareness and prevention. There are many useful resources for campus health professionals, including:

- Materials, fact sheets, brochures and posters to educate students about gambling disorders
- Screening, intervention and treatment resources
- Continuing education opportunities for treatment providers to learn more and earn CEUs
- Science-based recommendations for how to address gambling and gambling-related harms and policies on college campuses from the Task Force on College Gambling Policy's "Call to Action" report.
- Additional online resources such as Gambling Disorders 360°, the NCRG's blog that includes the latest in research and programs on gambling disorders.

Please feel free to use CollegeGambling.org as a resource for your students, parents and fellow university faculty. We would also be very grateful if you could include a link to CollegeGambling.org on your website.

To request additional materials or for more information about the NCRG, please contact Amy Martin, communications and outreach coordinator, at amartin@ncrg.org or 202-552-2689.



Keep up with IHEC events through our social networking sites. Click the icons on the right to follow us on Twitter and “like” us on



Conferences, Trainings, and Meetings...Oh My!

- Alcohol and Athletes Training October 27 at 9 am in Bloomington, IL. Deadline to register is October 20, 2011. Register here: <http://www.eiu.edu/~ihed/machform/view.php?id=65>
- BACCHUS General Assembly to be held on November 3-6. Details here: <http://bacchusgamma.org/ga-2008-intro.asp>
- SAVE THE DATE: November 9th. “It’s Greek to me! Maximizing your effectiveness when working with sororities and fraternities” webinar. More information to come!
- Interested in a Social Norms Training?! There are TWO opportunities to participate! November 10 in Bloomington, IL and November 11 in Chicago, IL! Register using the links below:
Bloomington: <http://www.eiu.edu/~ihed/machform/view.php?id=66>
Chicago: <http://www.eiu.edu/~ihed/machform/view.php?id=67>
- Illinois Higher Education Center Northern Affiliate Meeting– November 14, 2011 at Benedictine University in Lisle, IL. Registration deadline is November 4, 2011. To register, please visit:
<http://www.eiu.edu/~ihed/machform/view.php?id=69>
- Illinois Higher Education Center Central Affiliate Meeting– November 18, 2011 at the Illinois Community College Board– Springfield, IL Registration deadline is November 11, 2011. To register, please visit:
<http://www.eiu.edu/~ihed/machform/view.php?id=70>
- The 2012 NASPA Alcohol and Other Drug Abuse Prevention and Intervention Conference will be held on January 19-21, 2012 in Atlanta, GA. Visit <http://www.naspa.org/programs/aapc/default.cfm> for more information.
- 2012 NASPA Annual Conference will be held on March 10-14, 2012 in Phoenix Arizona. This year’s theme is “Ignite Leadership– Influence Change.” For more information, please visit: <http://www.naspa.org/conf/default.cfm>
- Keep checking www.eiu.edu/ihed for more IHEC training and meeting information!