

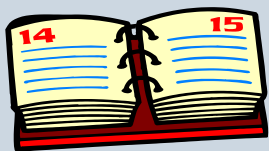


IHEC E-Newsletter

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!

December 2011

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Save the Date

December 7
Maintaining the Campus-
Community Coalition
Webinar
2pm- 3pm

December 13
Context Specific
Evidence on Alcohol Use,
Harm, Prevention in the
Community College
Webinar

December 14
Campus Diagnostic
Webinar
2-3 pm

December 15-16
EUDL Training



A message from the IHEC office:

Hello from the IHEC office at Eastern Illinois University!

We hope this newsletter finds each of you well.

As many of you know, the SAPP grant through the Illinois Department of Human Services is currently being rebid. We have turned in our proposal and hope to hear something from the state this month regarding our funding. As soon as we know something, we will let you know. We appreciate your support of letters, e-mails, and personal conversations during this time. Our affiliates are a wonderful group of people. Again, thank you for your support and patience.

The semester is still going and so are we! Don't miss out on our upcoming webinars! They are FREE to you and are just one of hour of your time. For links to the following trainings please view the last page of this newsletter.

Dr. Thomas Workman is presenting on "Maintaining the Campus-Community Coalition" on December 7 at 2 pm. On December 13th, Dr. Andrew Wall is presenting "Context Specific Evidence on Alcohol Use, Harm and Prevention in the Community College" at 2 pm.

If you participated in the campus diagnostic survey or are interested in the state results on prevention efforts among Illinois college campus please register for an informative webinar! This will provide you with the an explanation of the statewide aggregate data.

Registration information for all of these webinars can be found on the back page of this newsletter.

For those of you who have registered for the Core Survey through IHEC, we will contact you as soon as we have word of funding. The start date has been moved to February 15. Please let us know if you have any questions with registration and direct all other questions to the Core Institute by calling: 618-453-4420. Again, we appreciate your patience.

Let us know if you have any questions! We look forward to seeing you 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.

A NEW program announcement!

Meet Joe Rhea... An inspirational story about his life from a paralyzed football player to an active young man, walking, skiing and running. Joe talks with a variety of students about his journey while inspiring and motivating each individual.

Joe says: "What we do in life echoes in eternity. What is your echo going to say?"

For more information and to bring Joe to your school please contact:
High Impact Training
320.259.8222
www.HighImpactTraining.net

From the *Chronicle of Higher Education*...

Mortality of College Students Varies From What Was Predicted, *By Lacey Johnson*

A researcher at the University of Virginia has found that mortality rates among college students are lower, and leading causes of death are different, from what was previously estimated, according to data posted by the American Public Health Association.

Causes of student mortality are often predicted based on numbers for the general population of 18- to 24-year-olds. But after the American College Health Association surveyed officials at four-year colleges enrolling more than 1.3 million students in 2009-10, the data showed a significant gap, with college students having a lower mortality rate than do their peers not in college. The survey also found that students died more from suicide and less from automobile accidents and alcohol-related injuries than was previously thought.

Vehicular injuries and suicide were almost equal as causes of death, contributing to between 6 and 7 deaths for every 100,000 students. Previous estimates had ranked vehicular accidents as more than twice as likely as suicide to be responsible for student deaths. Alcohol-related mortality was also substantially lower than predicted, according to the Virginia researcher, James C. Turner, who is the university's director of student health.

Ralph W. Hingson, of the National Institutes of Health's Institute on Alcohol Abuse and Alcoholism, has closely studied trends in alcohol-related deaths on college campuses. In an interview with *The Washington Post*, he said that mortality statistics provided by colleges were likely to be underestimated because administrators are not required to track or report student deaths.



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/ihecpasttrainings.php>

Prescription Drug Overdoses are a Public Epidemic

“In a period of nine months, a tiny Kentucky county of fewer than 12,000 people sees at 53-year old, her 35-year old son, and seven others die from by overdosing on pain medications.”

According to the Center for Disease Control and Prevention (CDC), prescription drug overdoses has increased drastically in the last decade. In fact, the number of overdoses from prescription drugs has more than tripled since 1990. More than 36,000 individuals died from overdoses (mostly prescription drugs) in 2008. Nearly three out of four drug overdoses are from prescription painkillers.

With the high number of deaths the prescription drug misuse has become an epidemic in the United States. In 2010, enough prescription painkillers were prescribed to medicate an adult around the clock for one month.

There are groups more likely to overdose or misuse prescription drugs. The following groups were given by the CDC:

- More men die from prescription painkiller
- Middle-aged adults have a higher overdose rates
- Individuals in rural counties are twice as likely than those in big cities
- Whites and American Indian or Alaska Natives have higher rates of overdosing
- Approximately 1 in 10 American Indian or Alaska Natives aged 12 or older used prescription painkillers for nonmedical reasons in the past year, compared to 1 in 20 whites and 1 in 30 blacks – CDC, 2011

The most commonly misused prescription drugs include:

- Opioids: Used for pain relief. Found in hydrocodone (Vicodin), oxycodone (OxyContin), fentanyl (Duragesic), methadone, and codeine.
- Benzodiazepines: Used as sedative, induce sleep, prevent seizures, and relieve anxiety. Found in alprazolam (Xanax), diazepam (Valium), and lorazepam (Ativan).
- Amphetamine-like drugs: Used to treat attention deficit hyperactivity disorder (ADHD). Found in dextroamphetamine (Adderall) and methylphenidate (Ritalin). –CDC, 2011

For more information visit:

<http://www.cdc.gov/homeandrecreationalsafety/rxbrief/>

<http://www.cdc.gov/vitalsigns/PainkillerOverdoses/index.html>



Keep up with IHEC events through our social networking sites. Like us on Facebook!



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

- Webinar: “Maintain the Campus-Community Coalition” by Thomas Workman, Ph.D. How long do coalition live? When do they lose their usefulness? How can I keep members engaged and involved? These and other questions are addressed in this 60-minute webinar. *To register please visit:* <https://www1.gotomeeting.com/register/502938809>.
- Webinar: “Context Specific Evidence on Alcohol Use, Harm and Prevention in the Community College” by Andrew Wall, Ph.D. If you are currently employed at a community college or interested in alcohol related issues related to this population this webinar is for you! *To register please visit:* <https://www1.gotomeeting.com/register/298303281>.
- Webinar: The results of the Campus Diagnostic. Even if you did not participate in the survey you are welcome to attend this webinar. The webinar will describe the statewide aggregate data that can help you understand the prevention efforts on college campuses. *To register please visit:* <https://www1.gotomeeting.com/register/651462456>.
- FREE Enforcing Underage Drinking Laws training in Mattoon, Illinois on December 15-16. Breakfast and lunch is also included. You do NOT have to be an officer to attend the training. For questions regarding this training please contact Jessica Wright at jawright3@eiu.edu.
- 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/ihec for more IHEC training and meeting information!

