



NOVEMBER 2025 UPDATES

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

NOVEMBER AWARENESS

Veterans and Military Family Appreciation Month

At IHEC, we honor our students who served in the U.S. military and the families who stand beside them. Their strength, sacrifices, and leadership make our communities better. IHEC is here with year-round support and resources to help these students.

Suicide Among Veterans

Suicide remains a serious concern among U.S. veterans. Recent federal reports show that thousands of veterans die by suicide each year, with many more struggling with thoughts of self-harm. Risk can rise during major life changes, untreated mental health conditions, and social isolation. If you or someone you know needs help, call or text 988 and press 1 for the Veterans Crisis Line.

Resources for Veterans:

- Veterans Crisis Line
- Wounded Warrior Project
- <https://wefacethefight.org/>
- 988

UPCOMING IHEC BRIEF PUBLICATIONS

- TOBACCO/NICOTINE
PREVALENCE &
BEHAVIORS:
NOVEMBER 14TH
- PRESCRIPTION &
OTHER DRUGS:
NOVEMBER 24TH
**DUE TO HOLIDAY
BREAKS



OPEN ENROLLMENT: FY26 IACSUB 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:

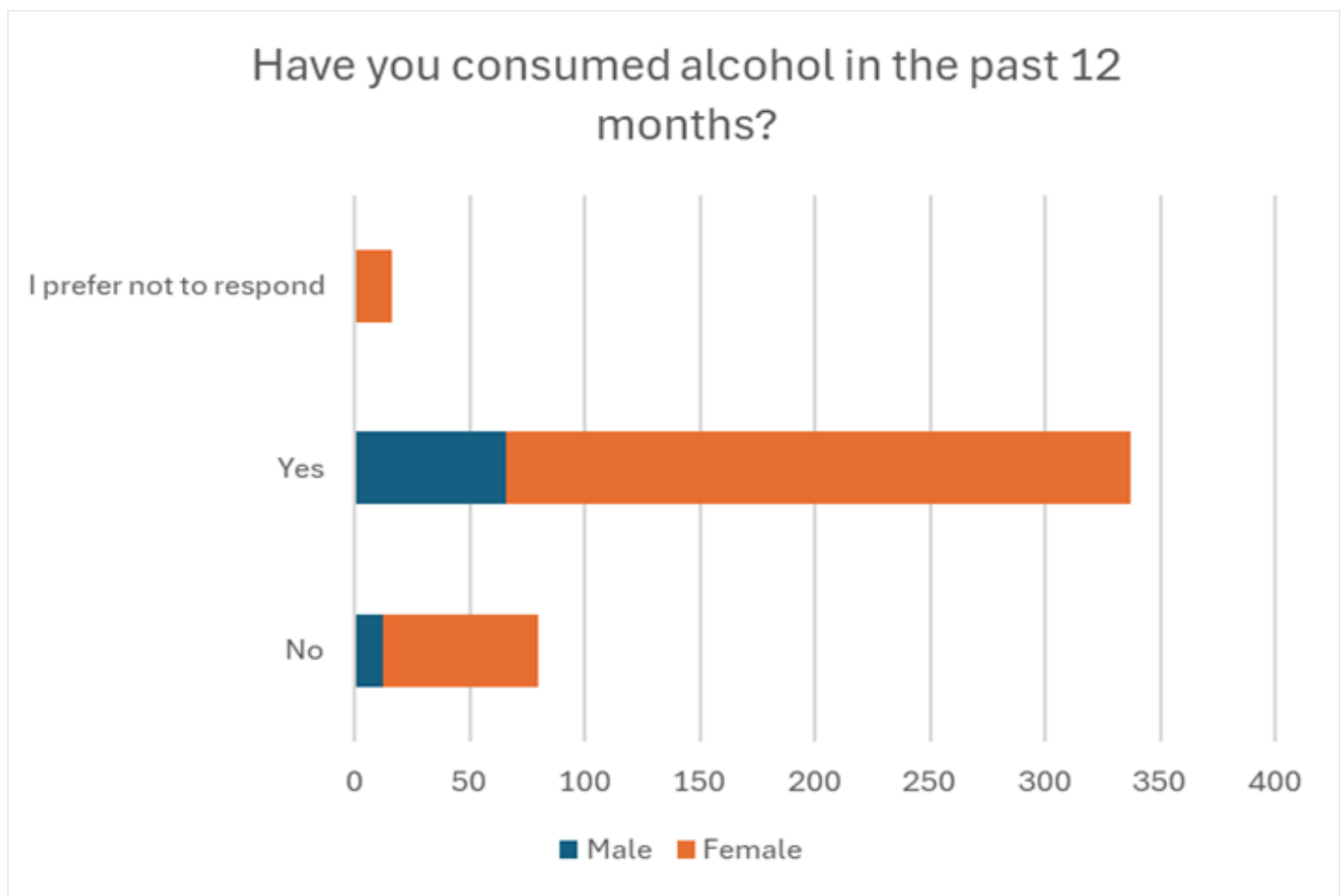
1. Agreement for the study to be conducted at the site
2. Identification of someone at the site who will provide information about appropriateness of the study for its population
3. Assurance of adequate capabilities to perform the research
4. As approved by the IRB; and if applicable
5. Assurance that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

FY24 IACSUB ALCOHOL DATA

BRIEF SNEAK PEEK

PAST 12-MONTHS USE: ALCOHOL

Here is a sample of the kind of data the IACSUB survey discovered about alcohol consumption in college students. This question received a response from a total of 340 participants, of which 78% confirmed alcohol consumption in the past 12 months (n=340).



For more information on our brief publications, scan the QR code to view what's currently available!



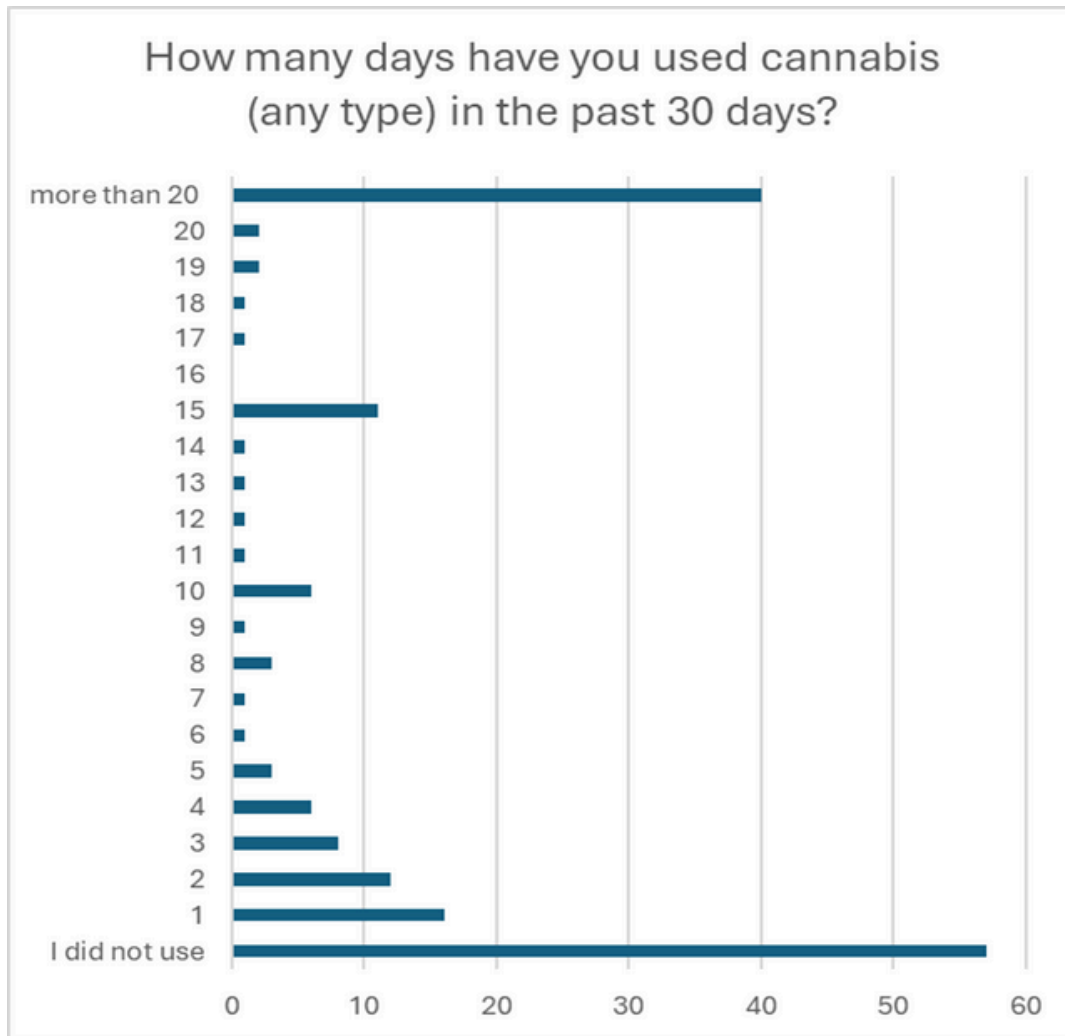
Available on the IHEC website: "IACSUB Data & Publications"

FY24 IACSUB CANNABIS DATA

BRIEF SNEAK PEEK

PAST 30-DAY USE: CANNABIS

Out of the 705 participants in the survey, 175 answered the question regarding frequency of use in the past month. A total of 32.6% of participants said that they had not used cannabis in the last 30 days (n=57). Another 22.9% answered that they had used cannabis more than 20 days out of the past 30 days (n=40).



NEW SELF-ASSESSMENT TOOL

Our staff is looking forward to implementing this new self-assessment tool for prevention. In this toolkit, professionals will be able to take the assessment, receive feedback based on their score and find relevant resources for each category. Under the "Prevention Assessment" tab on our website, visitors will be able to browse a robust variety of recorded webinars, worksheets, printed publications and more.

After receiving feedback from the rubric, there is an opportunity to book a consultation with one of our staff members to discuss ways to improve campus prevention efforts. For many, this resource will be a stepping stone for the Biennial Review and the Illinois Assessment of College Substance Use Behaviors. Our goal is to be able to utilize this assessment as a pre-post test for many of our affiliates, providing assistance as needed to help improve their prevention efforts.



PROVIDES INSIGHT INTO FOUR MAIN AREAS OF PREVENTION:

- Assessment
- Capacity
- Program Planning
- Compliance





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

TOOLKIT COMING DECEMBER 2025!



217-581-2019



IHEC@EIU.EDU



EIU.EDU/IHEC



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

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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VETERANS AND MILITARY FAMILY APPRECIATION MONTH

November is National Veterans and Military Family Appreciation Month, with numerous endeavors across schools, colleges and communities all over the country.