



OCTOBER 2025 UPDATES

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

AWARENESS IN OCTOBER

Depression Awareness Month

October is a time for us to focus on the mental health of the people we serve. We know that there is a high comorbidity between students abusing alcohol and other drugs and having depression but what can we do about it? Here at IHEC we believe it is vital to inform our students of the mental health resources available to them through their schools and surrounding communities early and often. These should include counseling clinics, peer support organizations, and advocacy centers.

Mental Health Screening Awareness

A major prevention tool available to us is screening students' mental health. Once a student knows of any mental health diagnoses they may have, they can start to address them properly with talk therapy and prescribed medications when deemed appropriate. We have seen that students who seek help with their mental health early tend to have greater academic success and lesser chance of developing a substance use disorder.

UPCOMING IHEC EVENTS

WEBINAR WITH DAVID ANDERSON

- OCTOBER 14TH
11AM ON ZOOM

ADVISORY BOARD MEETING

- OCTOBER 29TH
2PM ON ZOOM

WEBINAR WITH CAROL TREJO-KROEGER

- NOVEMBER 14TH
11:00 AM ON ZOOM

LINKS TO REGISTER CAN
BE FOUND UNDER
PROFESSIONAL
DEVELOPMENT AND
MEETINGS AT EIU/IHEC



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 14TH: 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



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**

CONTACT US:

P: 217-581-2019

E: IHEC@EIU.EDU

W: EIU.EDU/IHEC



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

DEPRESSION AWARENESS MONTH

October is National Depression Awareness Month, with numerous endeavors across schools, colleges and communities all over the country.