

SEPTEMBER 2026 UPDATES

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

SUICIDE PREVENTION MONTH & NATIONAL RECOVERY MONTH

September is recognized as Suicide Prevention Month, a critical time to raise awareness about mental health and the importance of seeking support. Staying sober from drugs and alcohol plays a significant role in maintaining mental well-being. Substance abuse can exacerbate feelings of depression and anxiety, often leading to a vicious cycle of despair. By choosing sobriety, individuals can experience clearer thinking and emotional stability, which are crucial for managing mental health challenges. Embracing a sober lifestyle not only supports personal well-being but also strengthens one's ability to connect with others and seek the help they might need.

September is also National recovery Month a time dedicated to raising awareness about substance use disorders and mental health issues, while also celebrating those who are on the path to recovery. This observance began in 1989 and has grown to include events and activities across the state and country that promote the positive impact of recovery. An interesting fact about National Recovery Month is that it encourages communities to share their achievements and learnings, fostering a sense of unity and support. It's important because it highlights that recovery is possible and aims to reduce the stigma associated with addiction and mental health challenges. By focusing on the journey of recovery, it inspires hope and encourages people to seek help without fear of judgment.

UPCOMING IHEC EVENTS

Webinars:

****Fall webinar schedule coming soon!**

IACSUB Report Brief One
coming October 2026

IACSUB Report Brief Two
coming November 2026

IACSUB Report Brief Three
coming December 2026



**We all have a role
to play in
suicide prevention.**



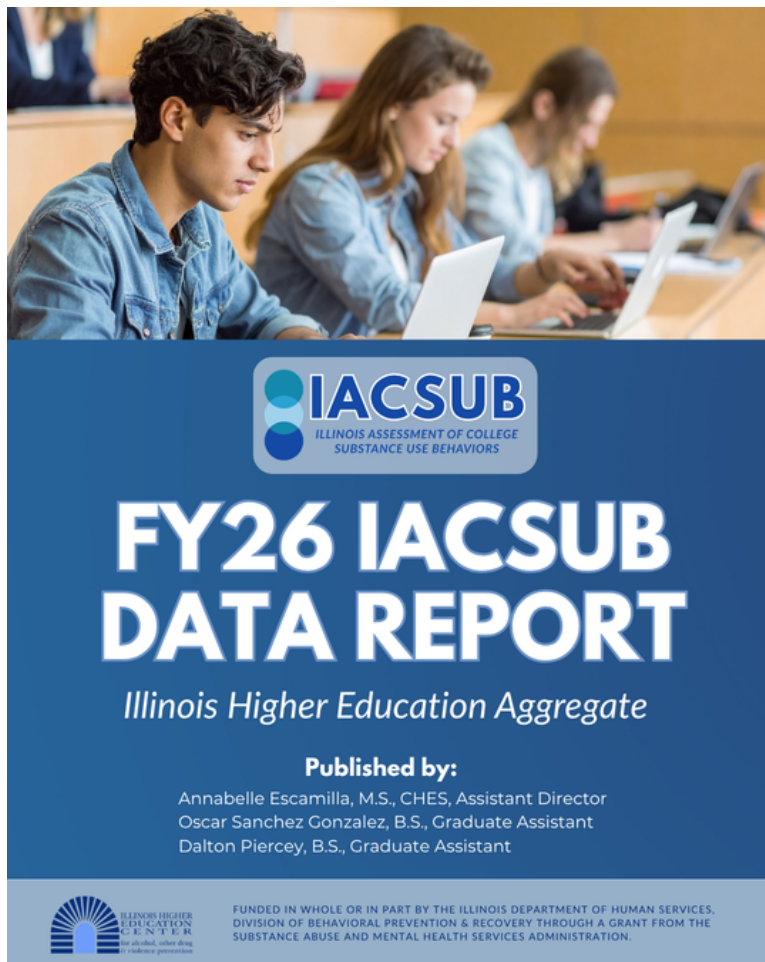
FY27 IACSUB REPORTS

Look for upcoming Fall 2026 IACSUB report briefs to be released once per month from October through March.

Each brief will be topically focused on substance use, behaviors and common themes found in the data. These briefs are comprised of the state aggregate: over 9 institution's data combined for the report.

Throughout the fall semester, infographics, fact sheets will be added to the publications tab for easy viewing and downloading.

Example of the new cover below.



RECRUITED:

- **Public 4-year: 4**
- **Public 2-year: 3**
- **Private 4-year: 2**

GENERAL NOTES:

- 9 different institutions participated, a mix of public/private/community colleges.
- Surveys ran for 3 weeks, start to finish from January until May.
- Survey administration included reminders on every 5th day, with a final reminder push upon the closing day.
- Institutions were given the option whether they wanted to incentivize the survey
- Samples were set at 20% or more for a greater return on responses.
- Cross-promotion between IHEC and individual campus contacts helped campuses recruit larger audiences.

CONTACT US:

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APPLICATIONS OPEN!

We have a few open spaces for our advisory board that will meet once a quarter. Members are encouraged to help plan affiliate meetings, provide insight into upcoming publications and collaborate on new projects.

Members of the board will be recruited on an ongoing basis until the spaces are filled. This position is for a one year term with the option to renew. Applications can be found on the IHEC website. 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

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Opportunities**
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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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SUICIDE PREVENTION AND NATIONAL RECOVERY MONTH

September is Suicide Prevention and National Recovery Month with actions and preventative measures being taken (including efforts at colleges and universities in Illinois) to help ensure that nobody feels like they are alone and that those choosing a life of recovery from substance abuse are celebrated.