



College Students and Substance Use



United States

48%

Students have met the criteria for a substance use disorder at some point during their first three years of college.¹

Students reported binge drinking (5 or more drinks in a row) in the past two weeks.²

33%

13%

Students meet the criteria for an alcohol use disorder.³

Students with substance use disorder will seek help.¹

<4%



Hawai'i

**OVER
 258**

University of Hawai'i at Mānoa students could currently benefit from recovery support (n=17,490)⁴

This project is funded by the CDC Overdose Data to Action Project through the Hawai'i State Department of Health, Behavioral Health Administration. This infographic was developed by the OD2A-C3 team and DOH partners: Lilinoe Kauahikaua, Mei Linn Park, Yeonjung Jane Lee, Amy Curtis, Tammie Smith, and Seunghye Hong.

Visit our website:
<http://manoa.hawaii.edu/c3od2a/>
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Cultivating Collegiate Recovery

Student Strengths ⁵

- Highly Motivated
- High GPA
- Community
- Life Experiences
- Culture
- 'Ohana (family)
- Leadership Potential
- Evidence of what works!

Student Challenges ⁵

- Stigma
- Recommendation letters
- Academic histories
- Success Skills
- Nontraditional
- Criminal Histories
- Finances/ Funding
- Forced to locate and utilize support services outside the university community

Relapse rates are high among individuals with substance use disorders (SUD), and for young people pursuing a college education, the high rates of substance use on campus can jeopardize recovery. ⁷

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Creating a Recovery Friendly College Campus

Treatment & Preventions Strategies ⁶

On Campus Recovery & Peer Support

Readily Available & Supportive Staff

Alcohol & Substance Free Social Activities

Workshops, Skills Training, & Relapse Prevention

Recovery Ally Training

Culturally Resonant Services

Academic & Financial Support



A cohesive, on-campus support structure is crucial to recovery support in an educational setting. It has been shown to prevent both relapse and loss of educational achievement!⁵

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Creating a Recovery Friendly College Campus

Collegiate Recovery Programs (CRP) are an innovative campus-based model of recovery support that is gaining popularity. ⁷

Administrative Needs ⁵

- ✦ Institutional support and dedicated staff
- ✦ Identify and provide guidance for admissions committees
- ✦ Value lived experience by providing student employment for peer support
- ✦ Empowering leadership potential of students in recovery
- ✦ Recognize & support varying cultural perspectives of self & healing



Many higher education institutions lack the resources needed to adequately support students working toward their academic goals while in recovery from substance use disorders. ⁴

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Cultivating Collegiate Recovery in Hawaii

Students in recovery, are a growing and under-serviced population.

Relapse rates are high among individuals with substance use disorders (SUD), and for young people pursuing a college education, the high rates of substance use on campus can jeopardize recovery. Collegiate Recovery Programs (CRP) are an innovative campus-based model of recovery support that is gaining popularity ⁷

National

48% of students have met the criteria for a substance use disorder at some point during their first three years of college. ¹

33% of college students reported binge drinking (5 or more drinks in a row) in the past two weeks ²

An Estimated **12.52%** of students meet the criteria for an alcohol use disorder ³

Less than **4%** of students with substance use disorder will seek help ¹

Hawai'i

Over 258 students on the UH Mānoa campus could currently benefit from recovery support (n=17,490)

Many higher education institutions lack the resources needed to adequately support students working toward their academic goals while in recovery from substance use disorders ⁴

A cohesive, on-campus support structure is crucial to recovery support in an educational setting. It has been shown to prevent both relapse and loss of educational achievement! ⁵

Student Strengths ⁵

- Highly Motivated
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- Community
- Life Experiences
- Culture
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- Leadership Potential
- Evidence of what works!!

Student Challenges ⁵

- Stigma
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- Success Skills
- NonTraditional
- Criminal histories
- Financial
- Forced to locate and utilize support services outside the university community





Treatment & Preventions Strategies

Creating a Recovery Friendly Campus⁶

- On campus recovery & peer support
- Readily available and supportive staff
- Alcohol/Substance-free social activities.
- Workshops on skills training and relapse prevention
- Recovery Ally Training
- Culturally resonant services
- Academic & Financial Support

Recovering students need assistance in learning how to successfully relate to their classmates, many of whom continue to consume alcohol, both responsibly and irresponsibly

Administrative Needs⁵

- Institutional support and dedicated staff
- Identify and provide guidance for admissions committees
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