

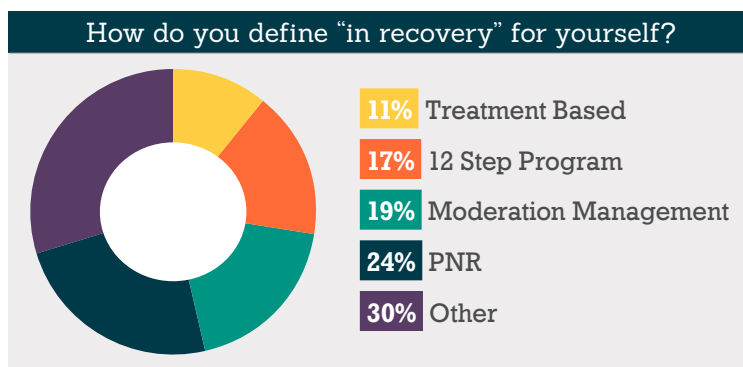
Students in Recovery

Partners in Prevention (PIP) is Missouri's higher education substance abuse consortium dedicated to creating healthy and safe college campuses. The coalition is comprised of 21 public and private colleges and universities in Missouri. Each year, PIP implements the MACHB (Missouri Assessment of College Health Behaviors), a statewide survey of college students designed to understand the role of alcohol, drugs (illegal and prescription), mental health issues, and power-based personal violence on student health and wellness. The MACHB asks students to self-identify if they are in recovery from alcohol or other drug addiction to better understand their experiences and needs on campus.

Prevalence and Demographics

Data from the 2017 MACHB indicates that approximately 2.4% of Missouri college students identify as sober and in recovery from alcohol or other drug addiction, and an additional 1.6% of students prefer not to respond (PNR). PNR may mean that students live a sober lifestyle but do not adhere to traditional recovery approaches, or that they choose to remain anonymous, which is a key part of some recovery programs. Thus, between 2%- 4% of Missouri college students report being in recovery from alcohol or other drug addiction.

Students in recovery are asked how they define recovery for themselves, and the answers are shown in the chart below. Students who select "other" are prompted to describe the method of recovery, most of which are religious based.



Of students in recovery, over one quarter (28%) indicate that they are 25 years or older. Fifty percent (50%) identify as male, 48% identify as female, and

2% identify as transgender or another gender. Most students in recovery are non-Hispanic/Latino (77%) and identify their race as white (66%).

Well-being of Students in Recovery

Students in recovery face unique challenges that their peers do not. Alcohol is typically a large part of campus life, and students in recovery may feel excluded or find it difficult to identify other students who do not drink. Fewer students in recovery feel that they are a member of the campus community than their peers (62% vs 70%) and they report higher rates of thoughts of leaving school in the past year (31% vs 24%) and discontinuing education altogether (24% vs 15%). Additionally, maintaining recovery takes daily work and is an added stressor to the rigors of college life.

Students in recovery report higher rates of mental health concerns in every category compared to their peers who are not in recovery. Data also shows that co-occurrence of mental health and substance use disorders are common; approximately 39% of individuals nationwide who have a substance use disorder also report a mental health disorder.¹

	Major Depression	Eating Disorder	Chronic Sleep Issues	Anxiety	Panic Attacks	Bipolar Disorder
In Recovery	41%	12%	32%	55%	36%	10%
Not in Recovery	24%	3%	17%	49%	21%	2%

For more information, visit pip.missouri.edu

Funded by the Missouri Department of Mental Health, Division of Behavioral Health

Collegiate Recovery Communities

The Missouri Alliance of Collegiate Recovery Organizations (MACRO) works with colleges and universities across the state to help establish recovery programs, provide funding for existing programs, and increase awareness about students in recovery. There are currently 9 recovery programs at colleges and universities across the state. Only 15% of students in recovery indicate that they have participated with their campus's recovery program. This may be due to the novelty of campus recovery programs, or that students have community programs or other treatment available instead. For more information about MACRO's services, visit macro.missouri.edu.



Summary

It is important to recognize that students in recovery exist on college campuses across the state of Missouri. Familiarize yourself with campus and community resources that would be most beneficial to these students so that you are prepared to refer them if necessary. Consider referring students to your campus's collegiate recovery program if one exists, and if you are interested in starting a collegiate recovery program please contact macro@missouri.edu.

Contact Partners in Prevention at (573) 884-7551. Report prepared 1/26/18 by Margo Leitschuh, Communications Coordinator. Data prepared by Dong Ding, Graduate Research Assistant.

References

¹National Survey on Drug Use and Health, 2014. SAMHSA.

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