Recovery Support and Environmental Strategies to Prevent and Reduce Substance Abuse at TCNJ
College Drinking Problems

- College drinking is extremely widespread:
  - **Prevalence:** About four out of five college students drink alcohol.
    - About half of college students who drink, also consume alcohol through binge drinking.
  - **Suicide Attempts:** More than 150,000 students develop an alcohol-related health problem and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use.
  - **Death:** 1,825 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries.
  - **Injury:** 599,000 students between the ages of 18 and 24 receive unintentional injuries while under the influence of alcohol.

National Center on Addiction and Substance Abuse at Columbia University
Virtually all college students experience the effects of college drinking – whether they drink or not.

- **Assault:** More than 690,000 college students between the ages of 18 and 24 are assaulted by another student who has been drinking.

- **Sexual Abuse:** More than 97,000 college students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape.

- **Disrupted Sleep & Study**
TCNJ’s Initial Efforts

- 2007 Commission on the Prevention of Alcohol Abuse
  - Examined the influence alcohol has on the community and actions that will reduce underage and high risk drinking among students.
  - Developed an integrated environmental management approach to examine and initiative best practices.
    - BASICS
    - CHOICES
TCNJ’s Ongoing Efforts

- 2011 Healthy Campus Program Council
- Student Health 101
  - Online monthly newsletter
- SMART Recovery
- Homecoming
- Medicine drop box
- NARCAN
Opportunity

- State of New Jersey: Department of Human Services: Division of Mental Health Services
  - Recovery Support and Environmental Strategies to Prevent and Reduce Substance Abuse on College Campuses in New Jersey
Interdisciplinary Effort

- Counselor Education Department
- ADEP
- TCNJ Clinic
- Healthy Campus Program Council
- School of Nursing
- Campus Police
- Student Affairs
- Academic Affairs
- Health Center
- Residential Life
- CAPS
- Bonner Center
- Athletics & Recreation
Students in Recovery

- Hidden population at most colleges
- Lack social opportunities on campus
- Alcohol is often unavoidable in dorms
- Often feel developmentally different than their peers – “Been there...done that”.
- Affects recruitment and retention
- Recovery vs. Academics

Bell et al. (2009a)
Collegiate Recovery Programs

- Potential of contributing to changes in the college culture regarding substance use.
- Reduces barriers to the effectiveness of prevention programs.
State Funding to Support Student Recovery and Promote Environment Change

- Recovery Housing
- Recovery Support
- SMART Recovery Groups
- Relapse Prevention
- Environmental Change Taskforce
- Late Night Activities
- Community Engagement
Late Night Activities

- Appealing late night substance free activities on campus during key known drinking nights.
  - *Late Night Penn State*
    - 85% of Penn State students attended activities at least once in the past semester.
    - 75% of students identify it as a “cool entertainment option”.
    - *Late Night* participants were significantly less likely to drink heavily than nonparticipants, and 14% less likely to binge drink.
Late Night Activities

- Hiring a Late Night Activities Coordinator
  - Reports to the Director of Recreation
  - Budget for activities
    - Includes ‘grants’ for student organizations to sponsor events
    - Awards for highest attendance
Recovery Housing

- Colleges are commonly socially organized around the use and misuse of alcohol and other drugs.
  - Pro-alcohol environment is a relapse risk
  - Conflicts with university life and students’ perceived recovery identities.
- Recovery housing as tertiary prevention
- Only 16 other colleges with recovery housing
Successful Recovery Housing

- Peer support
- Active involvement of residents
- Community service
- Located on, or very near campus
- Financial scholarships
Counseling

- Individual and group counseling
- LCADC
  - Collaborates with house mentor and co-chairs the environmental change task force
- Life skills and relapse prevention groups
- Case management
Environmental Strategies Taskforce

- Identify, develop and support environmental strategies that ensure programs, policies and strategies are sensitive to the needs of students in recovery.
Helping to Make the Connection

- College students are less likely to seek treatment than their non-college attending peers.
  - CAPS, ADEP and Residential Life staff will refer to the LCADC to deeper assessment, appropriate referral identification and connectivity with outside programming when appropriate.
  - Providing college-level support with academic registration as it relates to leaves-of-absence.
Presence of Collegiate Recovery

- Increasing rates of high school students seeking substance abuse treatment
  - Marijuana
- Reduces the stigma of others asking for help
- A clear statement from college administrators to students, parents that substance use is not condoned.
- Provides a ready-made community of support for new students.
  - “I didn’t have to look around for the right people.”

Bell et al. (2009a)
40% of high school students report increased temptation to use alcohol and other drugs when transitioning to college (Bell et al., 2009).

Perception of peer alcohol use is much higher than actual use among college students (Prince et al., 2014).

College freshmen drink more alcoholic drinks and engage in heavy drinking episodes more frequently than upperclassmen (DeMartini & Carey, 2012).

More than half of all students who leave college do so in the first 6 weeks (Mattanhan et al., 2010).
Only 16 colleges in the United States have undergraduate collegiate recovery programs.

- Evidence of best-practice is a work in progress

Texas Tech University’s Center for the Study of Addiction and Recovery (CSAR) has developed an evaluated a model for collegiate recovery programming.

- [http://www.depts.ttu.edu/hc/csa/collegiate_recovery.php](http://www.depts.ttu.edu/hc/csa/collegiate_recovery.php)
The table below outlines the priorities of TCNJ Recovery Support, focusing on students in recovery and their support:

<table>
<thead>
<tr>
<th>Situation</th>
<th>Priorities</th>
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</thead>
<tbody>
<tr>
<td>Disruptions due to drug and alcohol use</td>
<td>Increase access to college and improve educational outcomes for students in recovery</td>
</tr>
<tr>
<td>Mental health challenges</td>
<td>Increase access to college and improve educational outcomes for students in recovery</td>
</tr>
<tr>
<td>Trauma and mental health</td>
<td>Increase access to college and improve educational outcomes for students in recovery</td>
</tr>
</tbody>
</table>

**Inputs**

- **Funding**
- **TCNJ Partners**
- **Environmental Supports**
- **Recovery Housing**
- **Recovery Support**

**Activities**

- **Supportive Services**
  - Academic tutoring
  - Peer mentoring
  - Counseling services
- **Rehabilitation**
  - Residential Recovery Community (CCRC)
  - SMART Recovery (Sober and Mentally Aware Recovery Techniques)
- **Outcomes**
  - Short (1 year)
  - Medium (3 years)
  - Long

**Outputs**

- **Participation**
- **Performance**
- **Impact**

**Outcomes**

- **Academic Success**
- **Graduation Rates**
- **Employment Rates**

**External Factors**

- Support from families and friends
- Access to support groups
- Availability of recovery programs and resources

**Processes and Evaluation**

- Evaluation activities focus on assessing the impact of TCNJ Recovery Support on student outcomes.
- Data collection includes surveys, interviews, and academic performance metrics.

**Assumptions**

- Students who engage in recovery support and live in a campus environment.
- Increased academic success due to support services.

**Evaluation**

- Data analysis tools are used to measure the effectiveness of TCNJ Recovery Support.
- Continuous feedback from students and staff informs improvements to the program.

**Strategies**

- **Rehabilitation:**
  - Residential recovery community (CCRC) for 24/7 support.
  - SMART Recovery for peer-led support.

- **Supportive Services:**
  - Academic tutoring and mentoring.
  - Mental health counseling.

**Evaluation Components**

- Student outcomes:
  - Academic performance
  - Graduation rates
  - Employment rates

**Data Collection:**

- Surveys
- Interviews
- Academic performance metrics


