

ADDICTION STATISTICS/FACTS

POSITIVE

- Addiction is highly treatable.
- Addiction can be overcome and managed.
- The counseling center can help with addictions or habits that may turn into addictions.

NEGATIVE

- 80% of U.S. college students have abused alcohol.²
- 51% of U.S. college students have abused marijuana.²
- Students addicted to video games have lower academic grades than their non-addicted peers.⁴

SOURCES

¹ASAM Definition of Addiction
<http://www.asam.org/quality-practice/definition-of-addiction>

²Addiction Center College Drug Abuse Comments
<https://www.addictioncenter.com/college/>

³Learn Psychology
<http://www.learnpsychology.org/college-campus-addiction-resources/>

⁴Video Game Addiction Statistics - Facts, Percentages, & Numbers - TechAddiction
http://www.techaddiction.ca/video_game_addiction_statistics.html

⁵reSTART Center for Digital Technology Sustainability
<http://netaddictionrecovery.com/>

⁶American Addiction Centers
<http://americanaddictioncenters.org/>

WELLNESS FOR LIFE

ADDICTION IN TEENS AND COLLEGE STUDENTS



ABOUT US

Donnelly College Counseling Center specializes in offering professional counseling services to Donnelly College students. The Center is staffed by mental health care professionals such as Licensed Professional Counselors, Licensed Clinical Social Workers and mental health counseling graduate students under direct clinical supervision.

CONTACT US

The Counseling Center is located on the 7th floor of the main building in room 710.

FALL/SPRING HOURS

Monday – Friday
8:30 a.m. – 4:30 p.m.

SUMMER HOURS

Monday – Thursday
8:00 a.m. – 5:00 p.m.

APPOINTMENTS

If you wish to make an appointment, call 913-621-8781 or email counseling@donnelly.edu.

VISIT OUR WEBSITE FOR:

Information about our services, links to helpful resources and information, anonymous online mental health screenings and more.

www.donnelly.edu/counseling



DONNELLY COLLEGE

608 N. 18th St. Kansas City, KS 66102 | donnelly.edu | 913.621.8700

The College is accredited by The Higher Learning Commission and a member of the North Central Association, 230 South LaSalle St., Suite 7-500, Chicago, IL 60604-1411; (800) 621-7440; www.ncahlc.org. Donnelly College maintains an open and welcoming environment, and does not discriminate on the basis of a person's sex, race, color, creed, religion, age, national origin, ancestry or disability.

donnelly.edu/counseling

COLLEGE IS OFTEN A TIME FOR EXPERIMENTATION . Newfound freedom and less structured time may result in behaviors that could become addicting by having negative consequences in school, work and personal relationships.

WHAT IS ADDICTION?

Addiction is the inability to abstain from a certain substance or behavior and impairment in behavior, which results in a diminished emotional response and little recognition of problems.¹ Addiction often results in cravings for a drug or a behavior. When an individual goes without it, he or she may go through withdrawal.

WHAT DOES DRUG AND ALCOHOL ADDICTION LOOK LIKE?

The most common drug and alcohol addictions are Adderall, marijuana, ecstasy and alcohol. Adderall is a stimulant that students may use to focus. Marijuana is the second most abused substance on college campuses behind alcohol. Ecstasy is considered a party drug and is often used at concerts or raves.

WHAT ARE SYMPTOMS OF A DRUG OR ALCOHOL ADDICTION?

Some common signs of a drug or alcohol addiction include taking the substance in larger amounts than intended, wanting to cut down or quit but being unable to, spending a large amount of time obtaining the substance, having cravings, being unable to carry out obligations, continued use despite interpersonal problems, continually using in physically hazardous situations, building a tolerance, and experiencing withdrawal symptoms.³

CAN I BE ADDICTED TO VIDEO GAMES?

Many college students play video games as a way to relieve stress and socialize with friends. If you are playing video games for hours on end, missing class and social events, skipping work and other responsibilities, and skipping meals to play longer, you may have a video game addiction.³ For more information visit netaddictionrecovery.com.

CAN I BE ADDICTED TO SEX OR PORNOGRAPHY?

A sexual addition often results in an individual seeking sex despite known risks such as having unprotected sex, having sex with many partners, seeking sex from strangers or paying for sex.³ Pornography is easily available to college students, and like sex, pornography use can be addictive. The archdiocese of Kansas City, Kansas offers information and treatment on sex and pornography addiction on their website: archkck.org/myhouse.

CAN I BE ADDICTED TO THE INTERNET?

The internet makes information and content available 24/7 to college students. Spending hours in a chat room, watching TV, playing online games, using social media or watching funny videos can lead to an addiction. Skipping class and staying up late to watch TV online or play games can have a negative

effect on schoolwork and personal relationships. If you feel that your internet use is an addiction, contact the counseling center for a free consultation.

CAN I BE ADDICTED TO GAMBLING?

Gambling is when an individual plays games in order to try and win money or other prizes. Gambling can become an addiction when an individual loses money, spending hours and more money to try and recoup their losses.³ There are resources available if you feel you have a gambling addiction through the Kansas Responsible Gambling Alliance Help Hotline at 1-800-522-4700.

WHAT DOES TREATMENT LOOK LIKE?

The first step toward getting treatment is to speak to a doctor or mental health provider. He or she can help determine if you have an addiction. Treatment options can include psychotherapy (or talk therapy), medications or a combination of both. The Counseling Center staff specializes in psychotherapy. Treatments are effective when you work at managing your addiction.

HOW CAN I HELP A LOVED ONE WITH AN ADDICTION?

Support from peers, friends and family is very important for someone who has an addiction. Let your loved one know that he or she is not alone. Gently encourage him or her to seek treatment, offering understanding and patience. Share resources with your friend such as the Counseling Center website. If your friend mentions wanting to harm themselves or others, reach out to the Counseling Center or a trusted adult.

HOW CAN I COPE WITH A LOVED ONE WITH AN ADDICTION?

There are resources available for individuals who have addictions. There are also resources available for friends and family of someone with an addiction.

- Counseling: For individuals who need support while their friend or family member is struggling with addiction
- The Archdiocese of Kansas City Kansas: For spouses or partners of individuals who are addicted to sex or pornography
- Al-Anon: For individuals affected by a loved one with an alcohol problem
- Gam-Anon: For individuals affected by gambling addiction

YOU ARE NOT ALONE.

You do not have to suffer in silence. Reaching out can be the most difficult step, but people are there to help you through this. Sometimes it is difficult to tell the difference between addiction and normal use. If you feel that you may have an addiction, the Counseling Center can help. At Donnelly College, students, staff and faculty can receive free services from the Counseling Center. If more specialized services are needed or services off campus are desired, referrals can be made. Contact the Counseling Center for more details at 913-621-8781.

SIGNS OF ADDICTION

**LOSS OF CONTROL
MISSING WORK
SCHOOL**

**NEGLECTING OTHER
ACTIVITIES**

TOLERANCE

WITHDRAWAL SYMPTOMS

SECRECY ABOUT USE

FINANCIAL PROBLEMS

SOCIAL/FAMILY PROBLEMS

DENIAL ABOUT USE

**OBSESSION WITH
ACTIVITY/DRUG**

USING DESPITE CONSEQUENCES

