

# DRUG AND ALCOHOL STATISTICS/FACTS

## POSITIVE

- Sobriety is possible and drug and alcohol treatment is available.
- The counseling center can help with drug and alcohol use, even if it is not a full-blown addiction.

## NEGATIVE

- Those who are enrolled in a full-time college program are twice as likely to abuse drugs and alcohol than those who don't attend college.<sup>1</sup>
- About 1 in 4 college students report academic consequences from drinking.<sup>2</sup>
- Daily marijuana use among college students is at its highest level in three decades.<sup>3</sup>
- Full-time college students are twice as likely to abuse Adderall than their peers who aren't in college.<sup>4</sup>

## SOURCES

<sup>1</sup>Addiction Center College Drug Abuse Comments  
<https://www.addictioncenter.com/college/>

<sup>2</sup>U.S National Library of Medicine  
<http://pubs.niaaa.nih.gov/publications/CollegeFactSheet/CollegeFact.htm>

<sup>3</sup>National Institute on Drug Abuse (NIDA)  
<https://www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2013-survey-results-college-adults>

<sup>4</sup>Addiction Center Adderall Addiction and Abuse Comments  
<https://www.addictioncenter.com/stimulants/adderall/>

WELLNESS FOR LIFE

## 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](mailto: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](http://www.donnelly.edu/counseling)

# DRUG AND ALCOHOL USE IN TEENS AND COLLEGE STUDENTS



## DONNELLY COLLEGE

608 N. 18th St. Kansas City, KS 66102 | [donnelly.edu](http://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](http://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](http://donnelly.edu/counseling)

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**COLLEGE IS OFTEN A TIME WHERE STUDENTS ARE AWAY FROM HOME FOR THE FIRST TIME.** Pressures to drink and party may be more prevalent than they were in high school. Many college students report using drugs or alcohol at some point in their college career.

### **WHY DO PEOPLE USE DRUGS?**

When things are not going well, people may turn to drugs and alcohol to feel better. Drug and alcohol use is a temporary solution to a problem. After the “high” or effect of the drugs and alcohol wears off, they are still left with the painful situation or feelings. Rather than coping on their own, individuals who use drugs and alcohol rely on the substances to cope.

### **WHY DO COLLEGE STUDENTS TURN TO DRUGS AND ALCOHOL?**

When college students feel overwhelmed, they may drink or do drugs to relieve their stress. Some students may take drugs such as Adderall to stay alert and focused while studying. Other students try drugs and alcohol due to curiosity or peer pressure.

### **WHAT IS BINGE DRINKING?**

Binge drinking is when an individual consumes a certain amount of alcohol in one sitting. Binge drinking for women is typically four drinks or more and binge drinking for men is typically five drinks or more in a two-hour setting.

### **WHAT ARE THE NEGATIVE EFFECTS OF BINGE DRINKING?**

College students who binge drink are at an increased risk for accidental death, sexual assault and injuries. Excessive drinking can also lead to academic problems such as missing class, failing to complete assignments and being hungover at school. A primary long term health effect of alcohol use is liver damage.

### **WHAT ARE ADDERALL AND RITALIN?**

Adderall and Ritalin are stimulants that are considered “study drugs.” They are typically prescribed for attention deficit hyperactivity disorder (ADHD). When a student takes Adderall that is not prescribed, it can become addictive and lead to a variety of health problems such as low blood pressure, dry mouth, loss of appetite, and depression. Taking a drug that is not prescribed is always a risk.

### **WHAT IS MARIJUANA?**

Marijuana is a plant that is often smoked or consumed through edibles. As marijuana becomes legal in more states, more students are using it. The negative effects of marijuana include distorted perception, rapid heartbeat, impairments in memory, and anxiety. Marijuana is not currently legal in Kansas or Missouri.

### **CAN DRUG AND ALCOHOL ADDICTION BE TREATED?**

Luckily drug and alcohol addiction can be treated in a variety of ways. The Counseling Center can connect students, faculty, and staff with appropriate treatment. Some individuals who are addicted may need to go through detox to go off of the drug of choice or alcohol. Detox can be dangerous and life-threatening and should be done in a safe, medical environment. Going “cold turkey” or stopping drugs completely can be dangerous to your health. Others may find help through Alcoholics Anonymous or Narcotics Anonymous.

### **HOW CAN I TELL IF I HAVE A DRUG OR ALCOHOL PROBLEM?**

Someone usually has a drug or alcohol problem when their use starts to affect their relationships, work, school, and daily obligations. To take an anonymous, confidential screening to see if your drug and alcohol use is problematic visit: <http://screening.mentalhealthscreening.org/donnelly-college>.

### **HOW CAN I RECOGNIZE IF SOMEONE ELSE IS STRUGGLING WITH DRUG AND ALCOHOL USE?**

Some signs may include rapid mood swings, change in sleeping habits, behavioral changes, or noticeable weight loss. If you would like to talk with your friend about their use, tell them that you are concerned about them and that you would like to get them help. The Counseling Center can help facilitate these conversations.

### **HOW CAN THE COUNSELING CENTER HELP?**

At Donnelly College, students, staff and faculty can receive services from the Counseling Center for free. A counselor can help you assess if your drug and alcohol use is a problem and if you need further treatment. If more specialized services are needed or services off campus are desired, referrals can be made. Visit the Counseling Center website to make an appointment at [www.donnelly.edu/counseling](http://www.donnelly.edu/counseling) or call 913-621-8781.

### **WHAT DOES TREATMENT LOOK LIKE?**

The first step toward getting treatment is speaking to a doctor or mental health provider. He or she can help determine if you have a substance use problem and what types of treatment could be effective for you. Treatment options can include psychotherapy (or talk therapy), medications, a combination of both and/or a more focused treatment. The Counseling Center staff specializes in psychotherapy and other therapeutic interventions.

### **YOU ARE NOT ALONE.**

Resources and treatment are available for concerns related to drugs and alcohol. You do not have to suffer in silence. Reaching out can be the most difficult step, but people are ready and waiting to help you through this. Getting help for drugs and alcohol can help improve your mood, relationships and school and work performance.



## **SIGNS OF DRUG AND ALCOHOL ABUSE**



**SKIPPING SCHOOL**

**POOR PERFORMANCE  
AT WORK OR SCHOOL**

**MOODINESS**

**ISOLATION**

**IRRESPONSIBLE**

**STEALING, LYING**

**BORROWING MONEY**

**CHANGE IN SLEEPING HABITS**

**WEIGHT LOSS**

**VIOLENT OUTBURSTS**

**LACK OF MOTIVATION/  
DECREASED FOCUS**

**DEPRESSION**

