

Substance Use and Health Issues on College Campuses: Meeting the Needs of Students and Campuses



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Substance Use Data from Monitoring the Future Study

Alcohol



Past year

- 77.4% report any alcohol use
- 60.1% report having been drunk



Past month

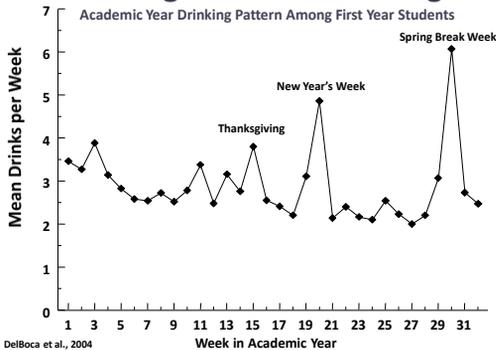
- 63.5% report any alcohol use
- 39.9% report having been drunk



Source: Johnston, et al (2012)

College Student Drinking

Academic Year Drinking Pattern Among First Year Students



DelBoca et al., 2004

Alcohol-Related Consequences

n =76,481 undergraduate students at 141 institutions in overall sample

- Among undergraduate students who drink, within the past 12 months as a consequence of drinking...
 - 37.7% did something they later regretted
 - 34.0% forgot where they were/what they did
 - 20.3% had unprotected sex
 - 16.7% physically injured themselves



American College Health Association, 2012

Substance Use Data from Monitoring the Future Study

- Any illicit drug
 - 36.3% report past year use
- Marijuana
 - 33.2% report past year use
- Any illicit drug other than marijuana
 - 16.8% report past year use
 - 9.8% Adderall
 - 9.3% Amphetamines
 - 8.5% Synthetic marijuana (e.g., K2 or spice)
 - 6.2% Narcotics other than heroin
 - 5.8% Vicodin



Source: Johnston, et al (2012)

Mental Health Issues and Substance Abuse Can (and Do) Overlap

- Using NESARC data...
 - 45.8% of college students met past year prevalence of any Axis I Psychiatric Disorder, Personality Disorder, or Substance Use Disorder
 - 20.4% substance use disorder
 - 17.7% personality disorder
 - 11.9% anxiety disorder
 - 10.6% mood disorder



Source: Blanco, et al. (2008)

Mental health issues and alcohol issues can overlap

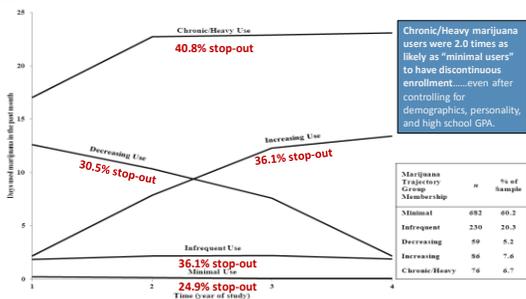
- Diagnosis of depression carries increased risk for co-occurring substance abuse or anxiety disorder (Weissman, et al., 1996)
- Co-occurrence of depression and AOD use increases the risk of suicide (Ross, 2004)



Relationship Between Alcohol Use and Academic Success

- Relationship between alcohol, sleepiness, and GPA exists in college (Singleton & Wolfson, 2009)
- Heavy drinking associated with lower GPA
 - Students at research universities who are heavy episodic drinkers are less likely to be engaged in interactions with faculty (Porter & Prior, 2007)
- Frequency of binge drinking associated with lower grades in college setting (Pascarella, et al., 2007)

Marijuana use trajectories: Source: Arria, 2013 relationship to “discontinuous” enrollment



What do students tell us?

Health and Mental Health

n =76,481 undergraduate students at 141 institutions

Factors affecting academic performance:

- ▣ 30.5% Stress
- ▣ 22.0% Sleep difficulties
- ▣ 21.0% Anxiety
- ▣ 16.8% Cold/Flu/Sore throat
- ▣ 14.3% Work
- ▣ 14.2% Internet use/computer games
- ▣ 12.8% Depression
- ▣ 11.7% Concern for a troubled friend/family member
- ▣ 11.1% Participation in extracurricular activities
- ▣ 10.9% Relationship difficulties



American College Health Association, 2012

On responding to student mental health...

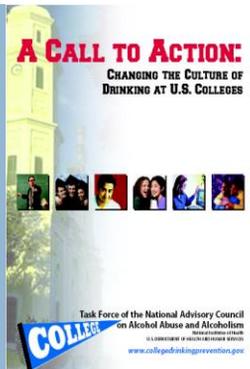
“The solution lies in being aware of it, intervening earlier and providing support with adequate and appropriate services.”

*Nuran Bayram and Nazan Bilgel
Uludag University, Bursa, Turkey*

Source: Bayram & Bilgel (2008), p. 671

Considering Responses: What Works?

The field has, most definitely, identified efficacious strategies that result in significant reductions in alcohol use and related consequences.



www.collegedrinkingprevention.gov

The 3-in-1 Framework

- Individuals, Including At-Risk or Alcohol-Dependent Drinkers
- Student Body as a Whole
- College and the Surrounding Community

From: "A Call to Action: Changing the Culture of Drinking at U.S. Colleges," NIAAA Task Force

1) Evidence of effectiveness among college students

From: "A Call to Action: Changing the Culture of Drinking at U.S. Colleges," NIAAA Task Force

2) Evidence of success with general populations that could be applied to college environments

From: "A Call to Action: Changing the Culture of Drinking at U.S. Colleges," NIAAA Task Force

3) Evidence of logical and theoretical promise, but require more comprehensive evaluation

From: "A Call to Action: Changing the Culture of Drinking at U.S. Colleges," NIAAA Task Force

4) Evidence of ineffectiveness

From: "A Call to Action: Changing the Culture of Drinking at U.S. Colleges," NIAAA Task Force

Tier 1: Evidence of Effectiveness Among College Students

- Combining cognitive-behavioral skills with norms clarification and motivational enhancement interventions (ASTP only program mentioned by name as an example).
- Offering brief motivational enhancement interventions (BASICS only program mentioned by name as an example).
- Challenging alcohol expectancies.

From: "A Call to Action: Changing the Culture of Drinking at U.S. Colleges," NIAAA Task Force

Who we are...



- 20 public two-year community and technical colleges
- 10 private four-year institutions
- 6 public four-year institutions
- 1 federally funded public tribal college

CCSAP Mission

- Our mission is to provide intentional support, professional development, and technical assistance for developing and continuing:
 - Substance abuse prevention efforts
 - Cultures and environments that foster a continuum of healthy choices
 - Strategic direction for all college and university communities in Washington State.



3002 visits search traffic
 295 visits referral traffic
 462 visits direct traffic

<http://ccsap.wsu.edu/>

Responding to emerging issues and meeting CCSAP members needs



Webinars, 2010-2011

- College Students' Nonmedical ADHD Medication Use: Is There More Going on Than Just "Work Hard/Play Hard"
 - Dr. David Rabiner, Duke University
- College Mental Health: New Data, Research & Practices
 - Dr. Gregory Eells, Cornell University



Webinars, 2010-2011

- Individual-focused College Student Drinking Prevention and Intervention: Revisiting the 2002 NIAAA Task Force Report
 - Dr. Jessica Cronce, University of Washington
- Campus Tobacco Use: The Need for and the Benefits of a Comprehensive Tobacco Initiative
 - Molly Ryan, Public Health, Seattle & King County



Webinars, 2010-2011

- **Balanced-Placebo Design with Marijuana: Drug and Expectancy Effects on Affect, Impulsivity, and Sexual Risk Decisions**
 - Dr. Jane Metrik, Brown University



Webinars, 2011-2012

- **College Students' Alcohol and Drug Use: National Data on Historical and Developmental Patterns**
 - Dr. John Schulenberg, University of Michigan & Monitoring the Future Study
- **Getting Wasted: Why College Students Drink So Much and Party So Hard**
 - Dr. Thomas Vander Ven, Ohio University



Webinars, 2011-2012

- **Betting on Their Futures: College Student Gamblers and What College Professionals Need to Know**
 - Dr. Ty Lostutter, University of Washington
- **School Spirit(s)? Implications of I-1183 for Washington Colleges and Universities**
 - Mary Segawa, Washington State Liquor Control Board



Webinars, 2010-2012

- Live log-ins
 - 88 during 2010-2011
 - 72 during 2011-2012
- Tracking data from <http://www.myvsl.com>
 - 1,120 additional viewings!



So far in the current academic year...

- Providing Late-Night Options to Support a Healthy Campus Environment: Do They Make A Difference?
 - Jane Vangsness Frisch, NDUS & Ericka Wentz, ND PIP
- The Red Watch Band Program: Implications for the Utilization of Bystander Intervention to Reduce High Risk Drinking on College Campuses
 - Lara Hunter, Stony Brook University



Other activities

- Year-end professional development conference
- Technical support and assistance
- Timely distribution of alerts/opportunities
- Outreach to prospective members
- Support of other prevention efforts in the state
- Electronic PFI
