



# Did You Know?

August 2019

**College & Prevention:** The transition from high school to college is an exciting journey for many young people. College represents new relationships, opportunities, future goals, and self-discovery. However, “college culture” is often synonymous with partying and substance use. With that sentiment in mind, it is paramount that prevention is a centerpiece in dialogue with parents prior to the start of the semester. Developing a plan to reach a goal is an easy way to obtain success. Prevention is just that: a plan for success.

## What You Should Know:

- According to the 2018 College Prescription Drug Study, 9.1% of students in the U.S. reported misusing pain medications, 9.4% reported misusing sedatives and 15.9% reported misusing stimulants. 79% of students reported their use was a way to help study or improve their grades.
- The aforementioned study also found that the majority of students obtained the prescription stimulants from friends and felt that they were relatively easy to obtain.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) reports that on average, one-third of college students age 18-22 years old have participated in binge drinking within the past month. They also find that nearly 5.4 million full-time college students have consumed alcohol within the past month.
- Campus Drug Prevention reports that one in every 22 college students use marijuana daily or near daily. Further, 85% of college-aged students believe that their peers are using marijuana regularly. In actuality, when students were surveyed for current marijuana use, the number falls significantly lower at 18.4% use.
- A 2015 study titled “The Academic Consequences of Marijuana Use During College” found that marijuana use can impact educational achievement and development. Users can suffer amotivational syndrome, resulting in lowered grades and a lack of commitment to further education.
- The National Institute of Mental Health (NIMH) explains that 30% of college students report feeling, “so depressed that it was difficult to function” at some point in their college career. NIMH also highlights that depression types and symptoms widely vary from person to person, and that depression can be linked to other substance use problems and could potentially lead to severe consequences, like suicide. To learn and recognize potential warning signs, please visit [www.nimh.nih.gov](http://www.nimh.nih.gov) for more information.

## What You Can Do:

- **Find Your Support:** Most colleges have a network of health resources available. Visit your college’s website to learn about the resources they offer. Be sure to locate your school’s counseling and health centers while touring the campus prior to the start of the semester, and engage in in-person meetings with staff to begin necessary support linkages. Also, research any health initiatives that may be in place on campus.
- **Stay Accountable:** Sometimes it is easy to get lost in the excitement of college. For many college students, life on campus is the first time that they don’t have direct parental supervision. With the loss of guidance and sense of accountability, sometimes it’s easy to lose motivation towards a goal. Having a friend, teacher, counselor, or parent who regularly “checks-in” with a student can help support and maintain positive goal-oriented decisions.



Information obtained from: [www.campusdrugprevention.gov](http://www.campusdrugprevention.gov); [www.nimh.nih.gov](http://www.nimh.nih.gov); [www.samhsa.gov](http://www.samhsa.gov)

USE for PRESS RELEASE More info: Joshua Vacanti 716-831-2298 [jvacanti@eccpasa.org](mailto:jvacanti@eccpasa.org)

The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America’s #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • [www.eccpasa.org](http://www.eccpasa.org)