

# Students in Recovery

As Missouri's consortium in preventing higher education substance abuse, Partners in Prevention (PIP) promotes healthy behaviors on college campuses. PIP implements the Missouri Assessment of College Health Behaviors (MACHB) survey, previously referred to as the Missouri College Health and Behavior Survey, in order to gain a better understanding of health behaviors and experiences on campuses across Missouri. Several questions were added to the 2016 MACHB that target students whom identify themselves as sober and in recovery.

## Prevalence

Approximately 4% of students across Missouri identify themselves as sober and in recovery, with an additional 3% reporting "prefer not to respond" (PNR). PNR may take on a different significance with the tradition or anonymity philosophies practiced by some recovery approaches. Thus, between 4% to 7% of Missouri college students report being in recovery from an alcohol or drug addiction.

This year the MACHB included additional questions for students in recovery focusing on the recovery resources available and the general campus environment. Initial findings indicate that students who are sober and in recovery were less likely to choose 'friends', and more likely to select 'no one' than the general student population when seeking help and support. Conversely, students who have experienced substance abuse or dependency have a higher rate of seeking assistance from the University Counseling Center (15%) or an inpatient psychiatric facility (4%) for treatment. Students in recovery also had significantly lower stress levels in the past two weeks (67%) compared to the general population (74%) when choices of stressed /overwhelmed/stress is unbearable are listed.

Currently, there are seven active recovery programs at PIP campuses. Most of the programs have begun within the past two years. State-wide, individuals that indicated they are sober and in recovery had a low participation rate in collegiate recovery programs. When assessing campuses that have established on-

campus recovery programs, only 21% of students who identify as sober and in recovery have utilized these services. This may be due to the novelty of recovery programs and lack of awareness across campus. For students who participated in the on-campus recovery program, the levels of stress in the past two weeks was lower (53%) compared to individuals in recovery that were not participating (69%). Further, when indicating a sense of belonging on campus, students in recovery who participating in the on-campus recovery program had higher selections of 'agree' and 'strongly agree' (52%) than individuals who did not participate (43%).



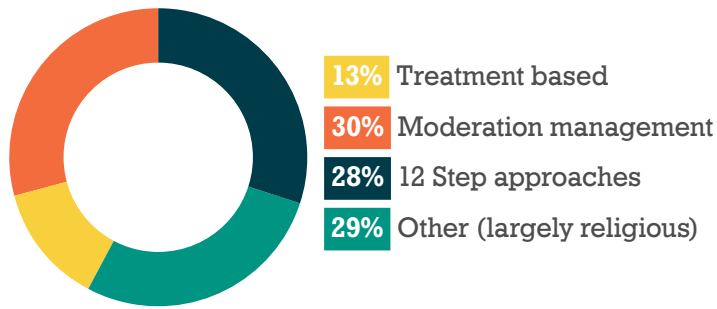
**21% of students identify as sober and in recovery have utilized recovery programming**

There are a variety of popular treatment modalities that are utilized for substance dependency. The results were varying for students who identified as sober and in recovery about which method they preferred, with 30% indicating moderation management, 28% indicating 12 Step approaches, and 13% selecting treatment based. A large portion of students (29%) selected 'Other' with open text responses indicating a majority of students utilizing religion or religious-based treatments for their recovery process.

**For more information, visit [pip.missouri.edu](http://pip.missouri.edu)**

*Funded by the Missouri Department of Mental Health, Division of Behavioral Health*

## Students who identified as sober and in recovery preferred the following methods

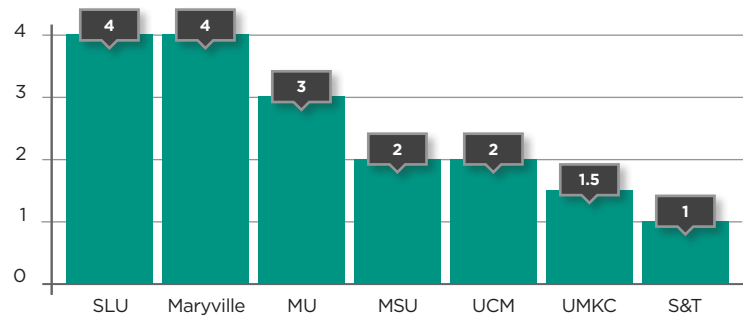


## Campus Recovery Communities

The Missouri Alliance of Collegiate Recovery Organization (MACRO), works with several Missouri colleges and universities to establish recovery programs for college students. MACRO's mission is to unite collegiate recovery efforts across the state, and to be a top resource for Missouri schools as they build their own recovery support organizations. In doing so, MACRO, hopes to increase the capacity of colleges and universities to support recovery in

their communities and on their campus. To date, seven schools have implemented recovery programs on campus. Over the last year, one new collegiate recovery organization was added to MACRO, and there are two other campuses currently working to establish a program. **For more information about MACRO's services, visit [macro.missouri.edu](http://macro.missouri.edu).**

## Number of years participating schools have had a recovery program



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