

THE COLLEGE ALCOHOL SURVEY:

The national longitudinal survey on alcohol, tobacco, other drug and violence issues at institutions of higher education

1979 – 2021

1979-2012

**David S. Anderson, Ph.D.
George Mason University
and
Angelo F. Gadaleta, Ph.D.
West Chester University**

2015-2018

**David S. Anderson, Ph.D.
George Mason University
and
Glenn-Milo Santos, Ph.D.
University of California –
San Francisco**

2021

**David S. Anderson, Ph.D.
George Mason University**

THE COLLEGE ALCOHOL SURVEY 1979 - 2021

Sample of 4-year colleges and universities

No external funding

Conducted every 3 years since 1979;
14 survey administrations to date

Next survey planned for 2024

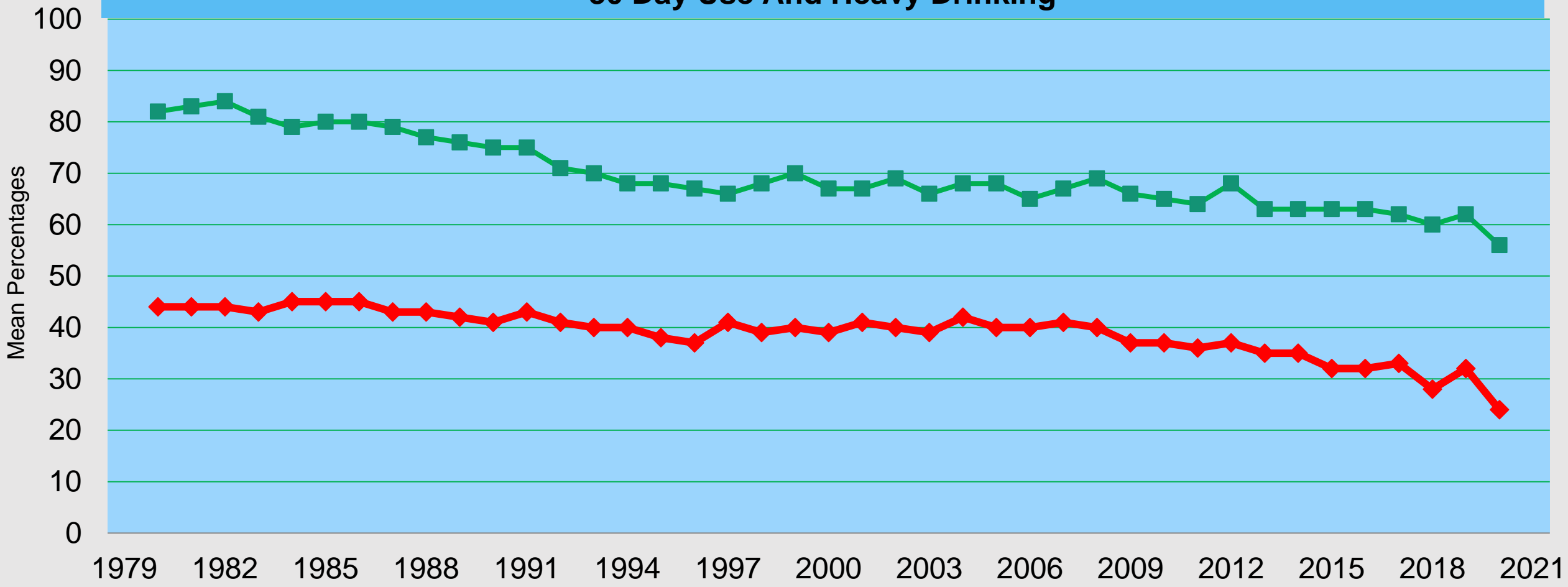
Respondents are chief student affairs officers
or designees

Response rate from 36% – 71%

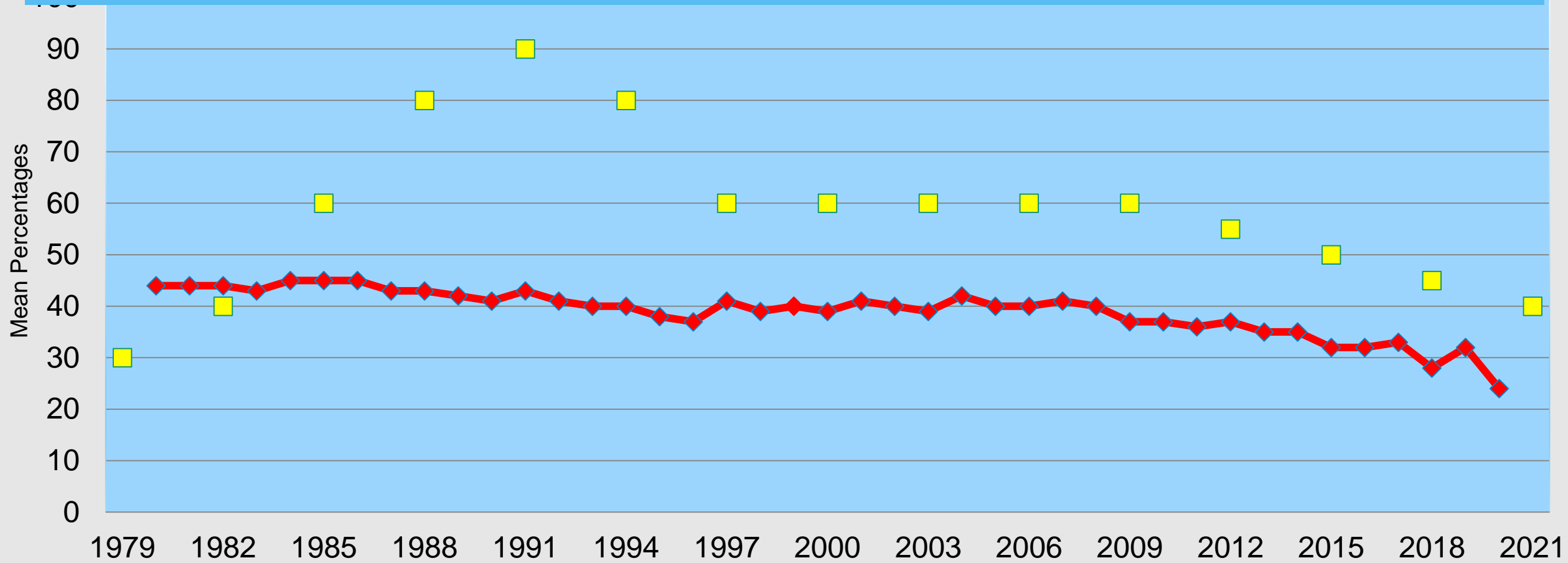
Results available at www.caph.gmu.edu

SCOPE OF THE ISSUE

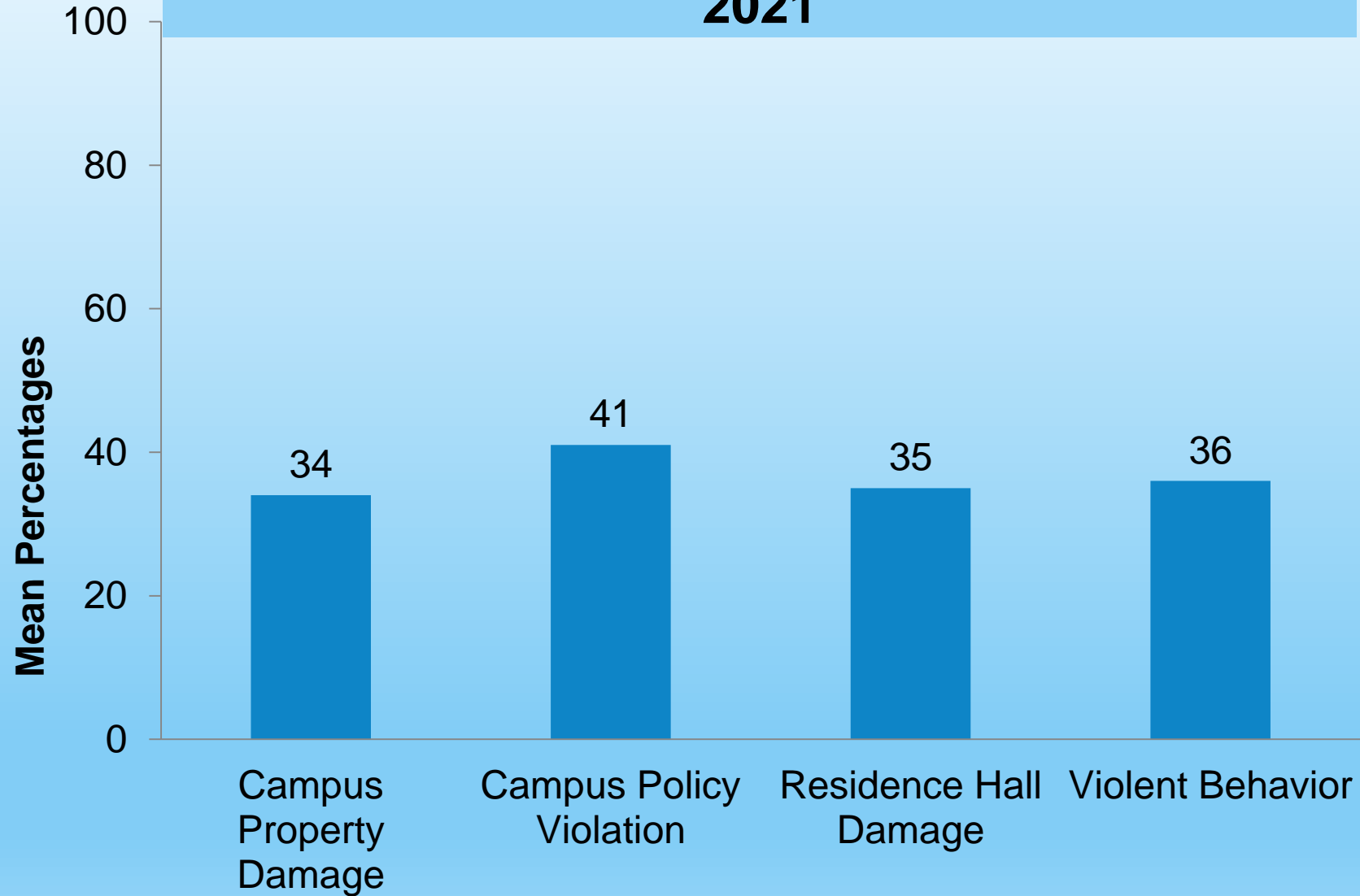
Use Of Alcohol By Traditional-Age College Students: 30 Day Use And Heavy Drinking



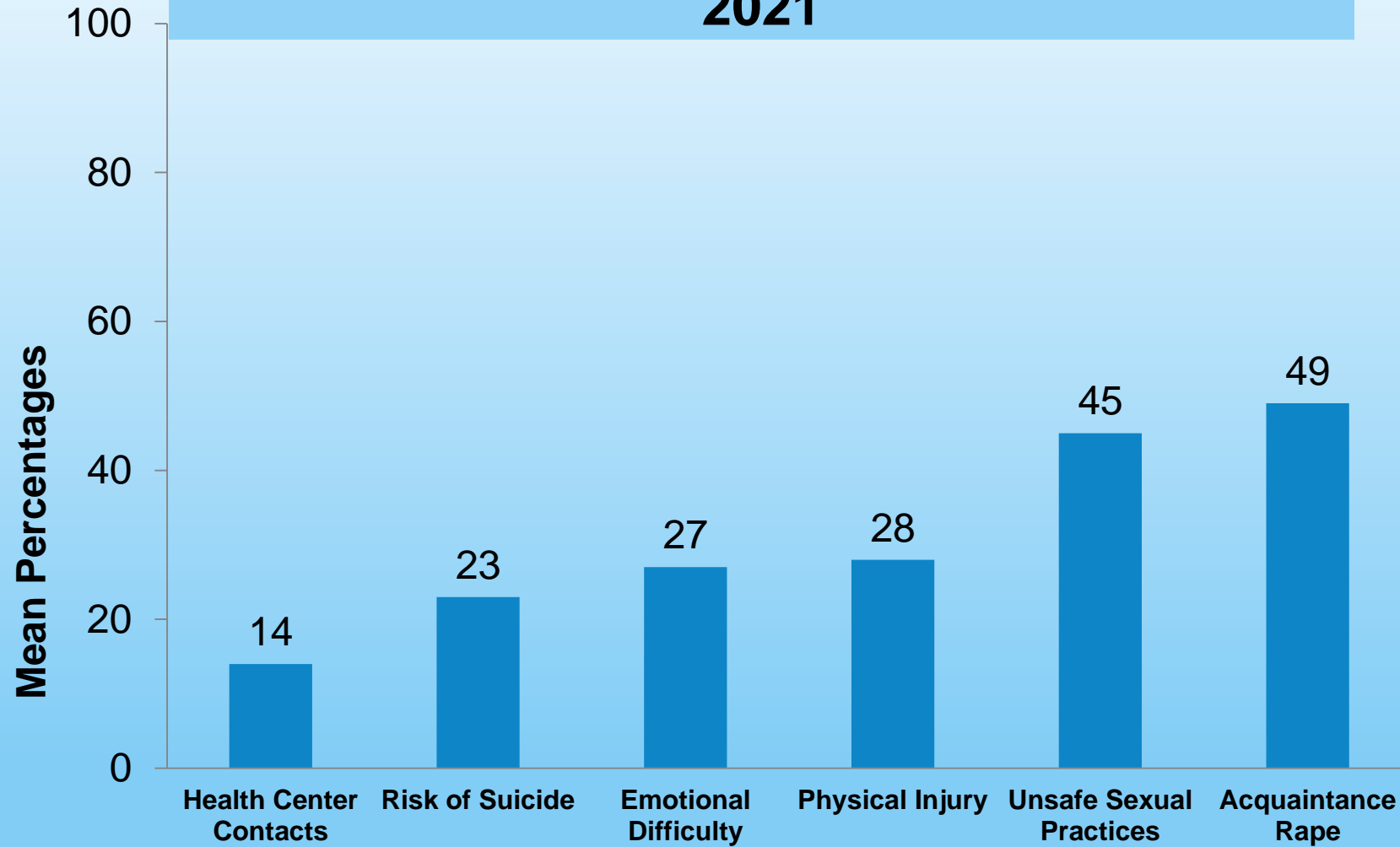
Use Of Alcohol By Traditional-Age College Students: Heavy Drinking and Campus Efforts



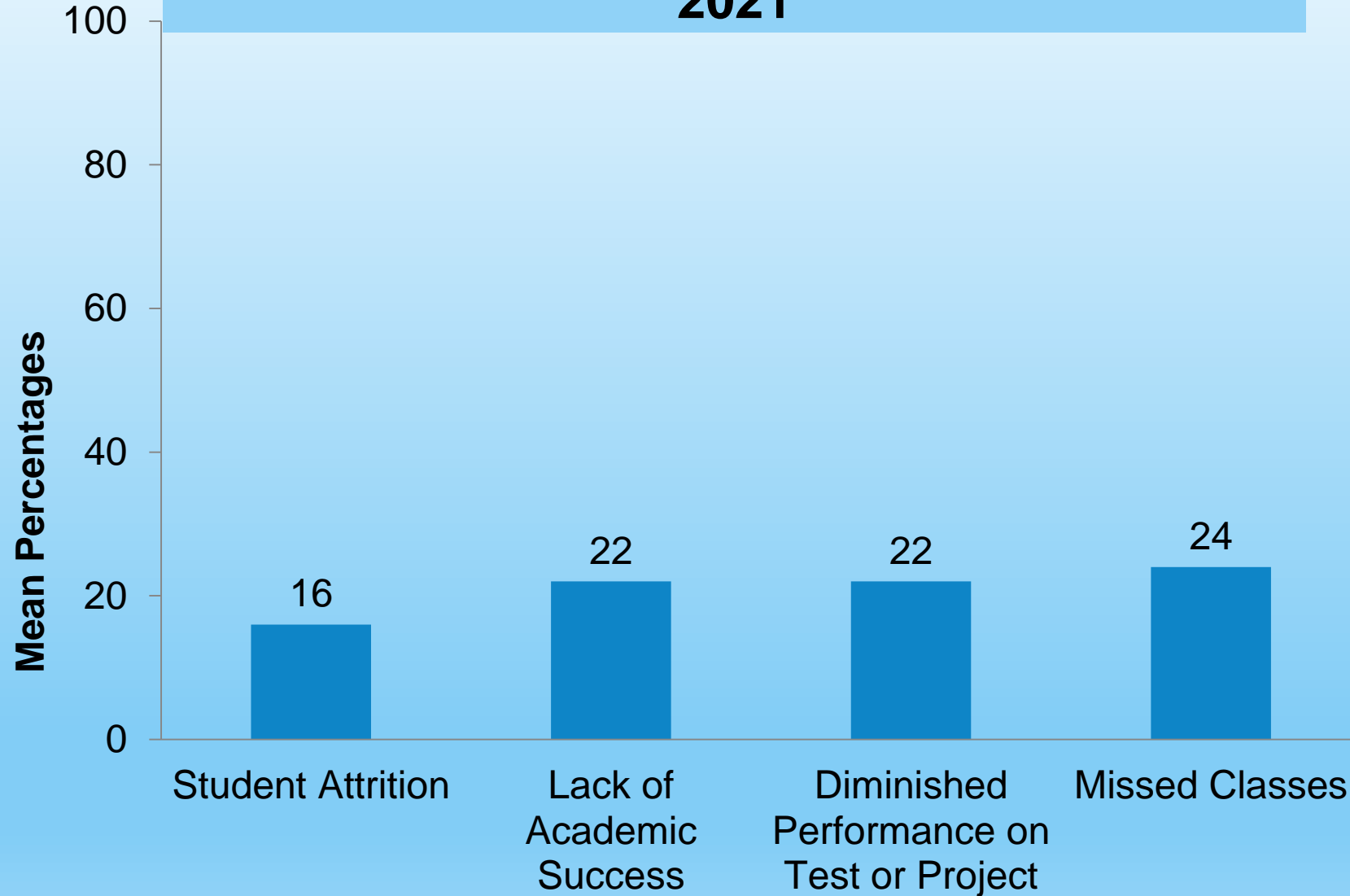
Alcohol's Involvement With Campus Behaviors: 2021



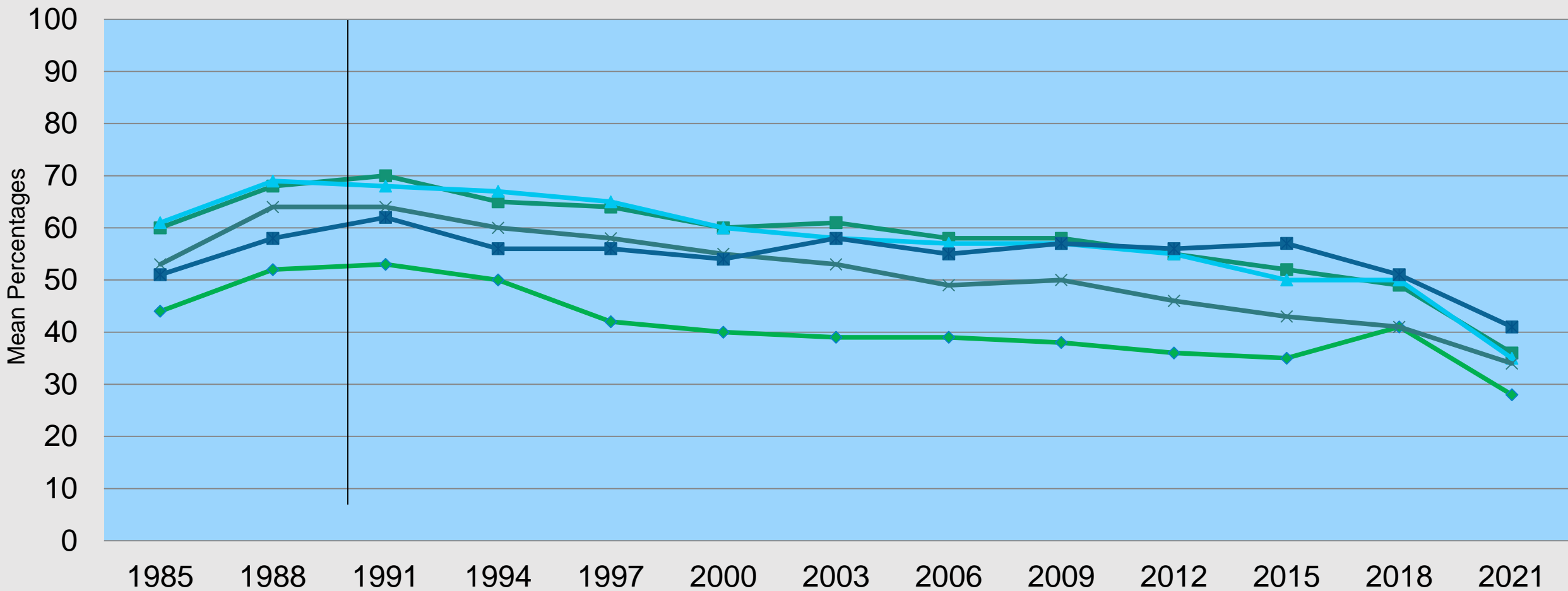
Alcohol's Involvement in Personal Behaviors: 2021



Alcohol's Involvement With Academic Issues: 2021

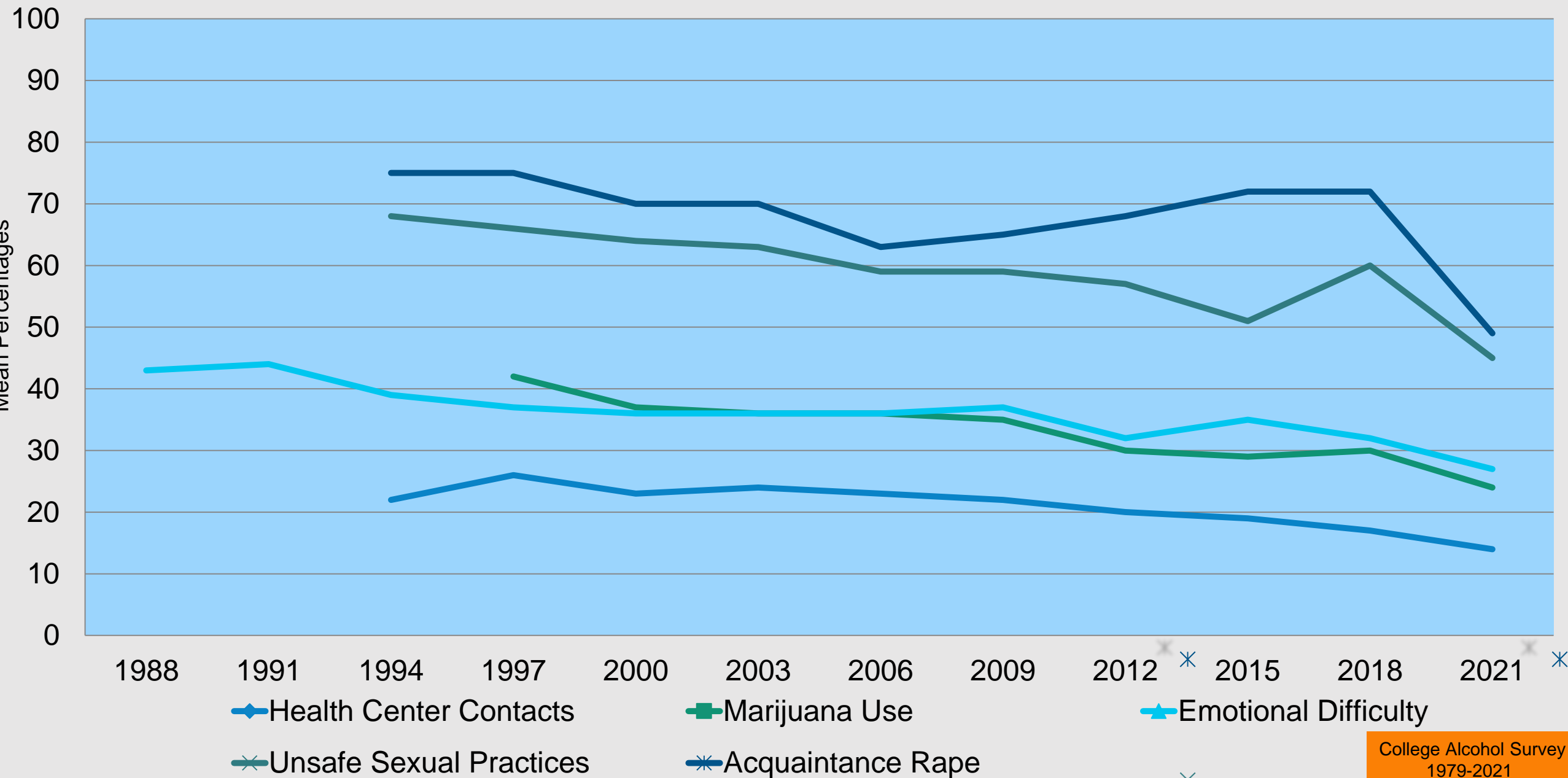


Alcohol's Involvement With Campus Behaviors

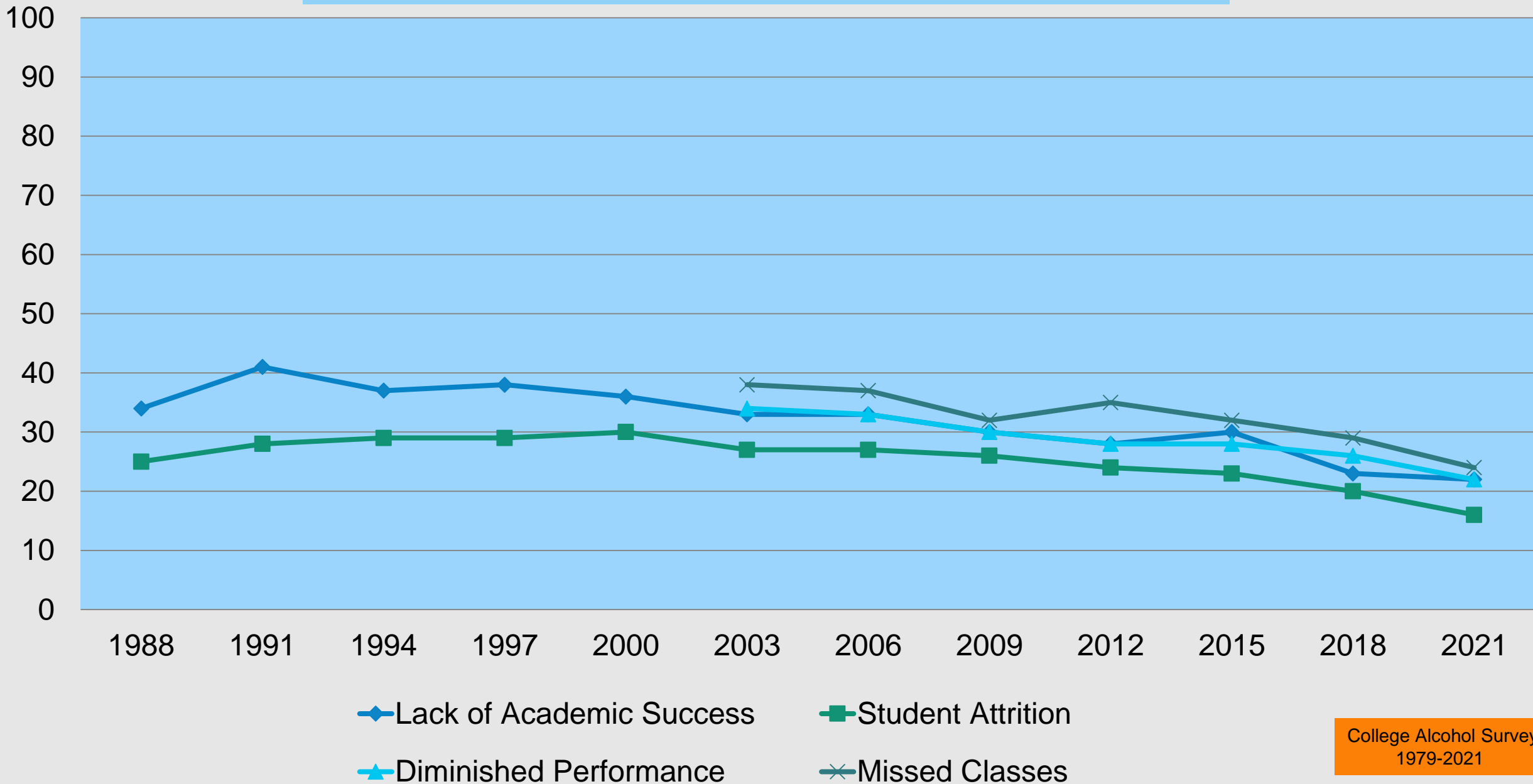


◆ Physical Injury ■ Violent Behavior ▲ Residence Hall Damage
× Campus Property Damage ■ Violation of Campus Policy

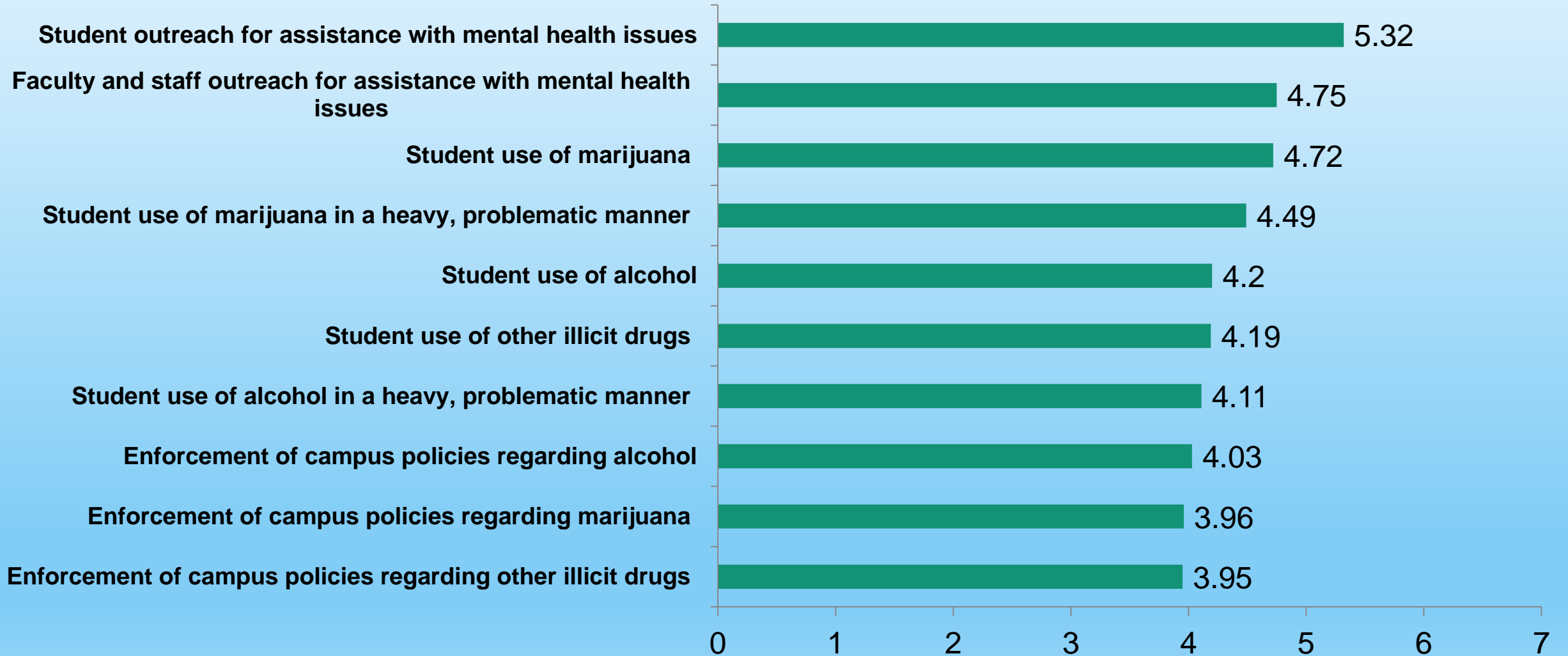
Alcohol's Involvement with Personal Behaviors



Alcohol's Involvement With Academic Problems

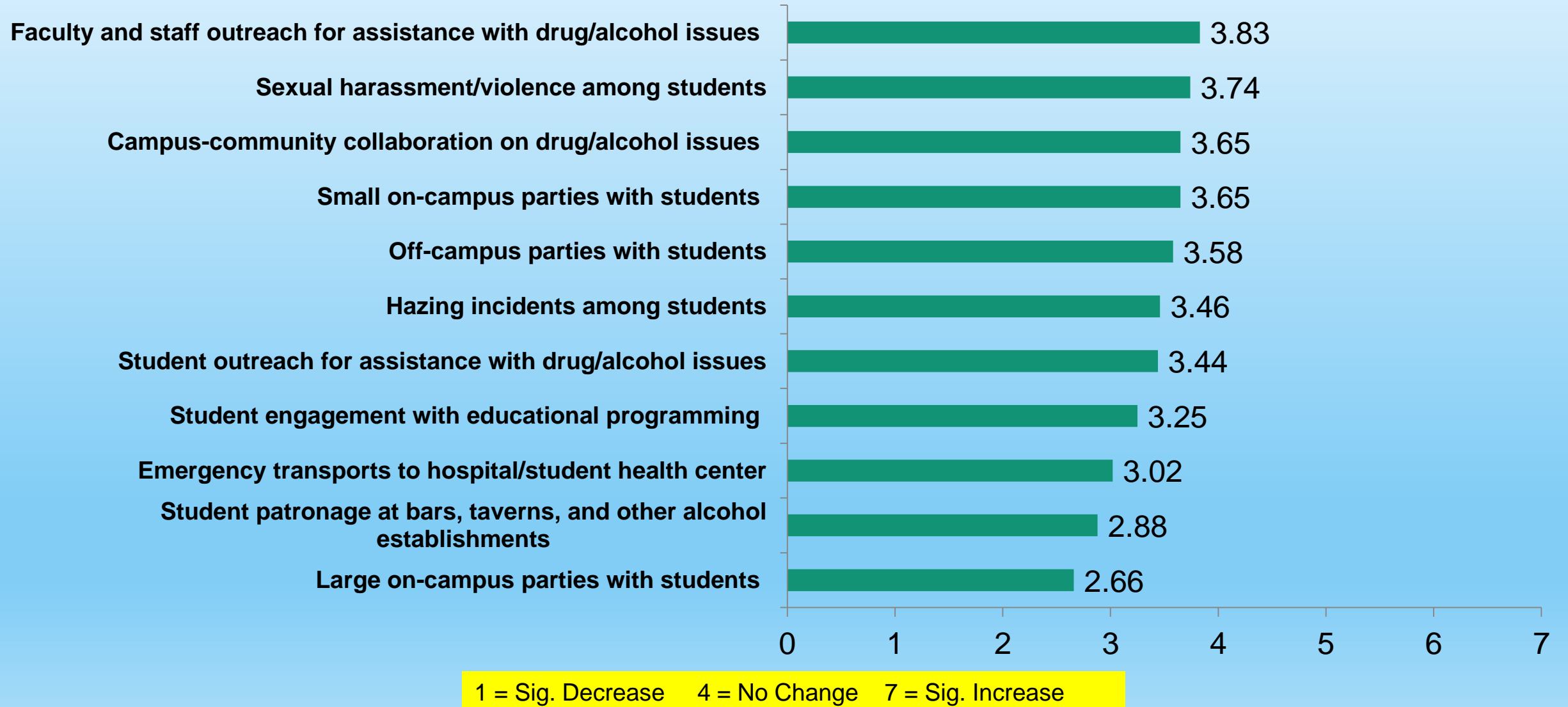


Changes Believed to be Related to the COVID-19 Pandemic: 2021

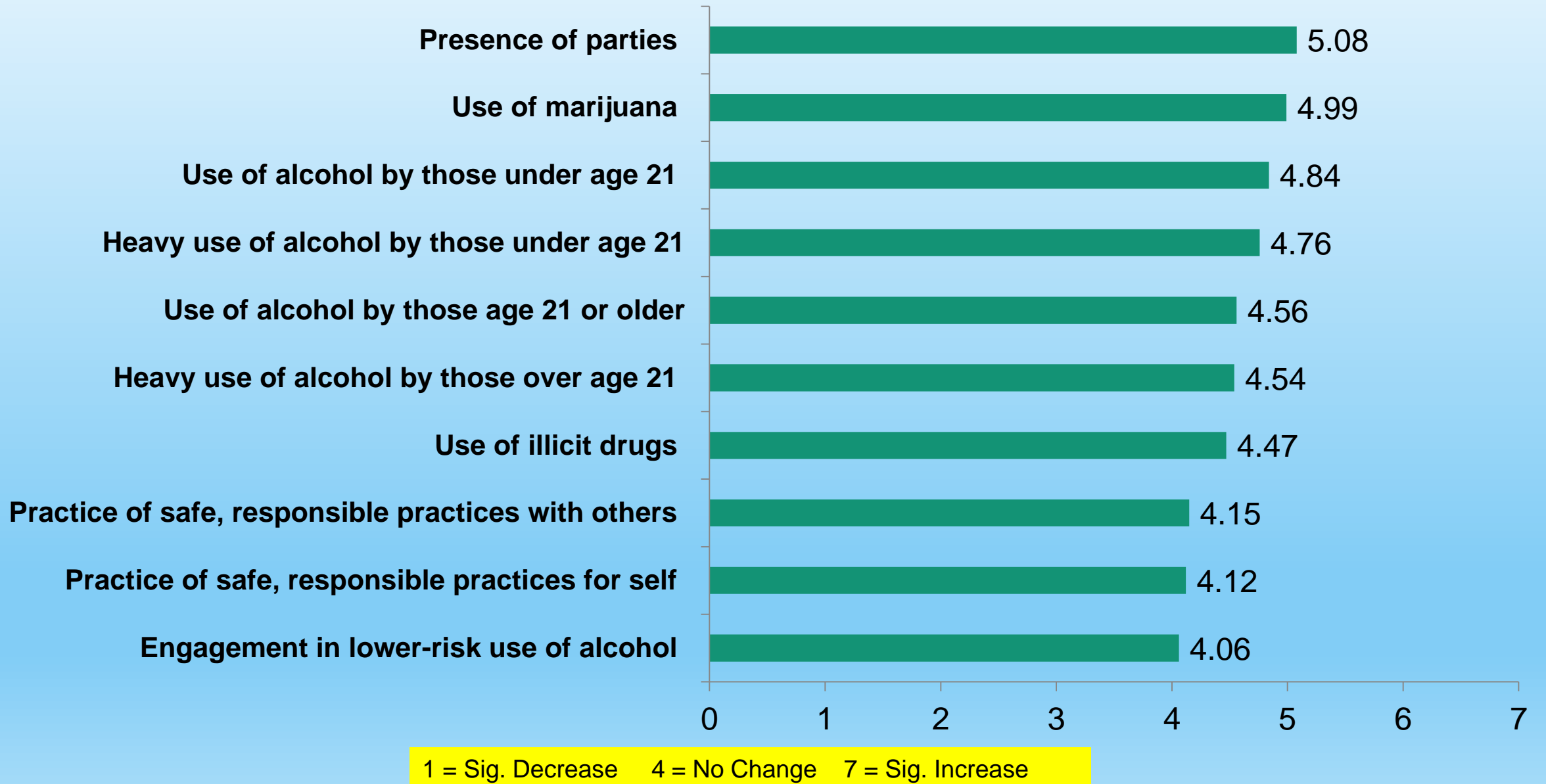


1 = Sig. Decrease 4 = No Change 7 = Sig. Increase

Changes Believed to be Related to the COVID-19 Pandemic: 2021



Perceived Impact of Social Media on Student Behavior: 2021

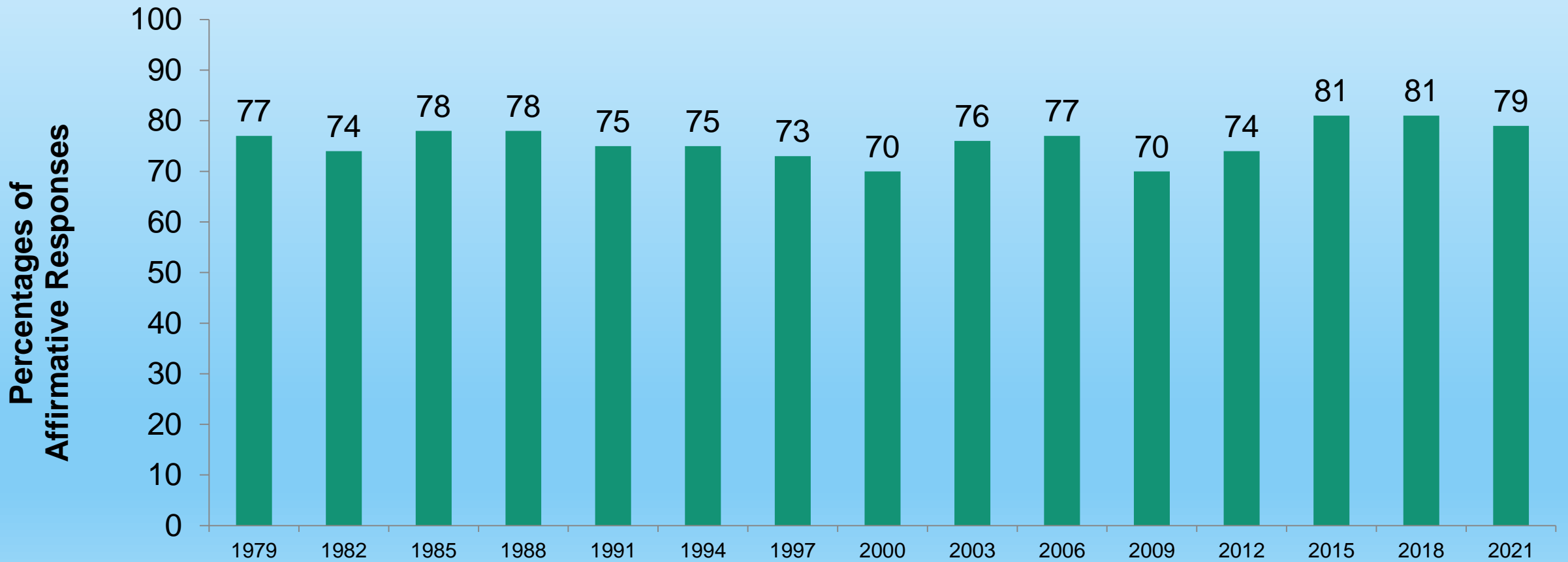


SCOPE OF PROBLEMS

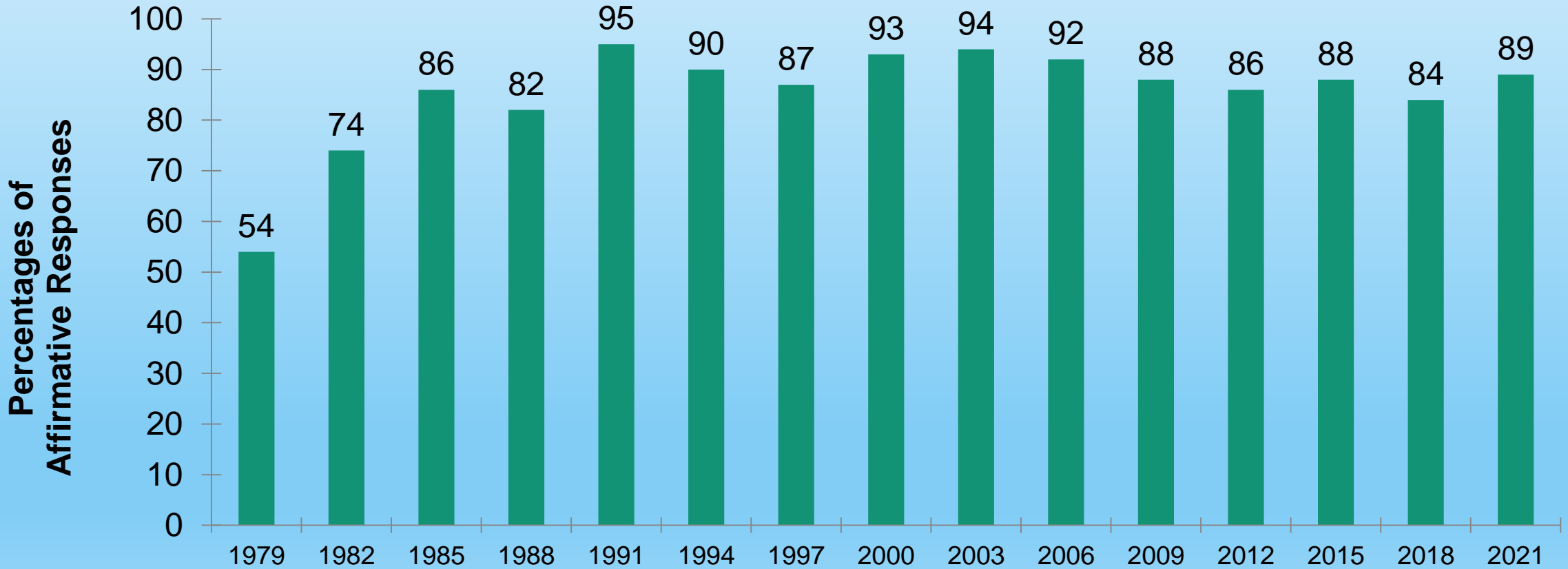
- **The extent to which alcohol is involved remains high, and affects all parts of campus life.**
- **Some reductions have been made over the decades of data collection, and most recently with 2021 data** (perhaps due to COVID-19 pandemic effects).
- **Campuses can do much, much better with this.**
- **The longitudinal data about impact on campus, personal and academic behaviors reflects alcohol only** (and not marijuana, other illicit drugs or misuse of prescription drugs).
- **The effects of the COVID-19 pandemic are widespread and varied.**
- **Opportunities for health promotion exist with the use of social media.**

POLICIES and PROCEDURES

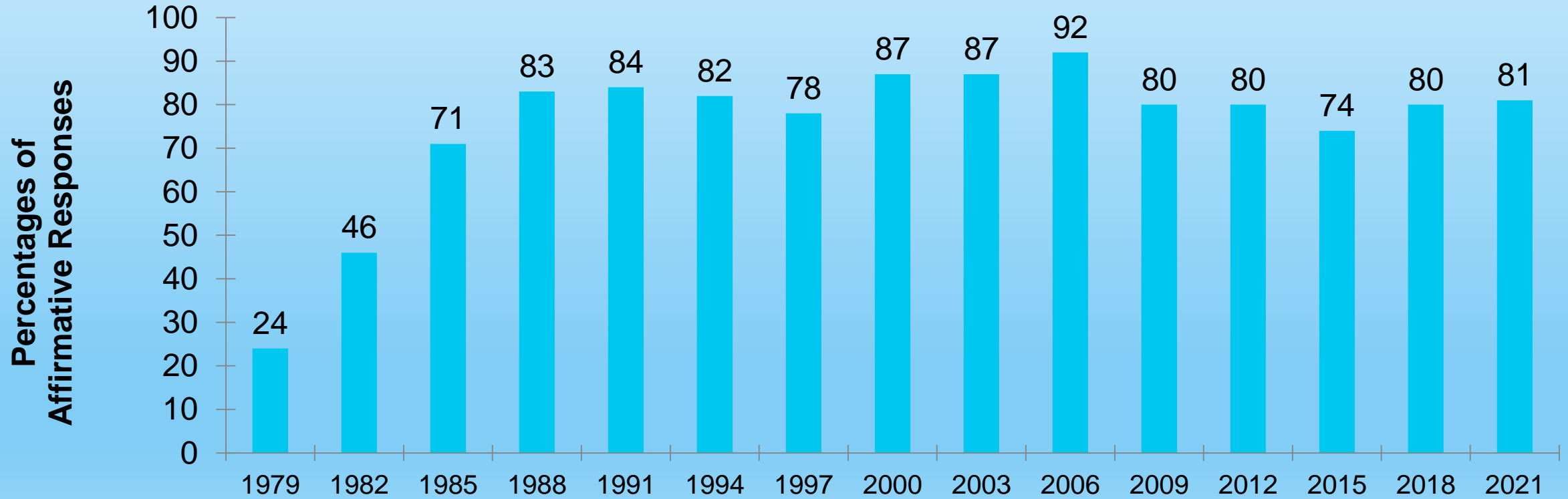
Alcohol Allowed on Campus



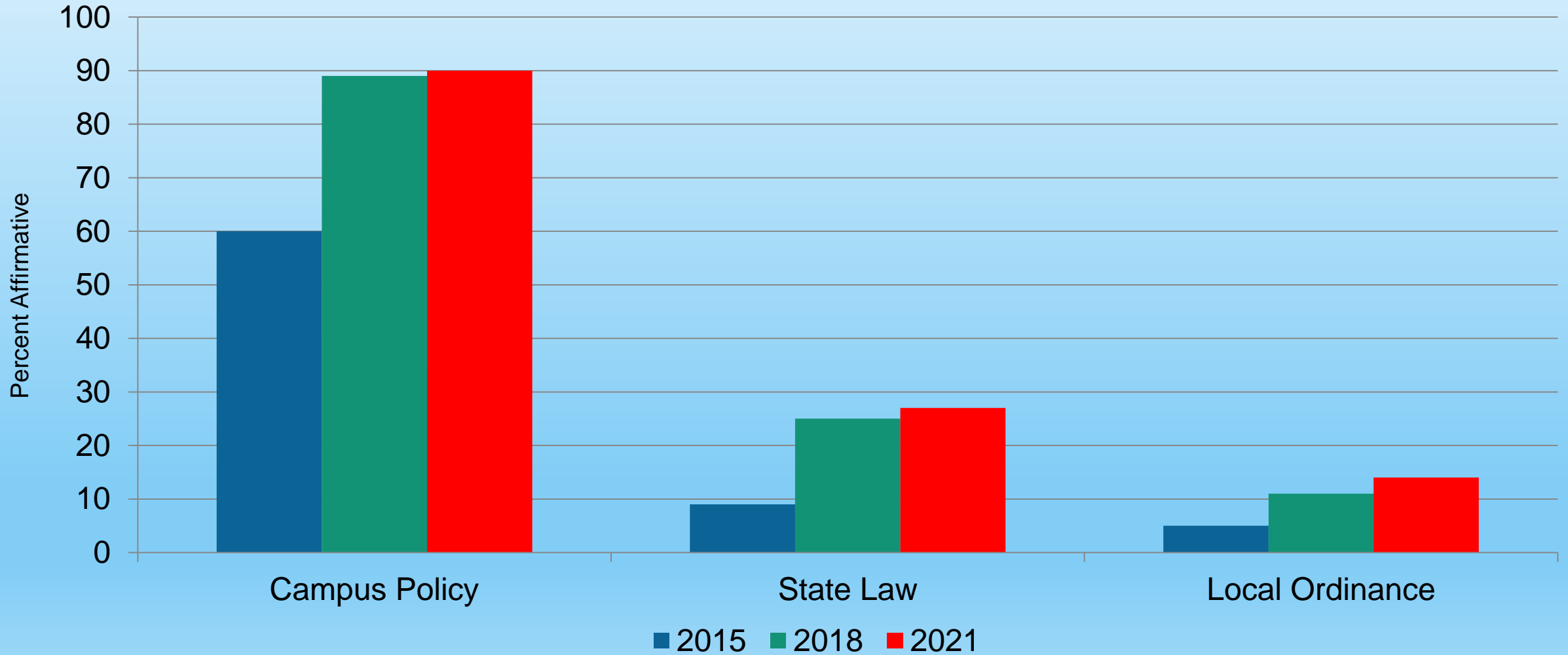
Alternative Beverage Required When Alcohol Is Served



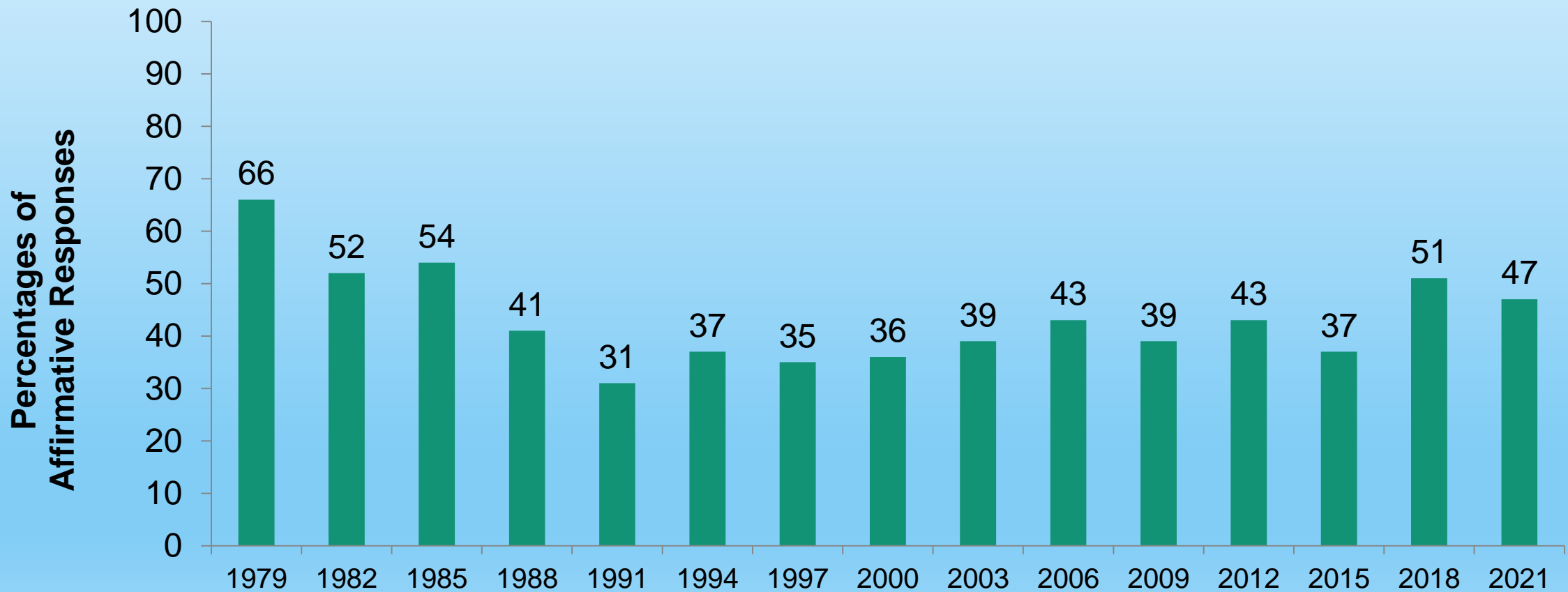
Food Required When Alcohol is Served



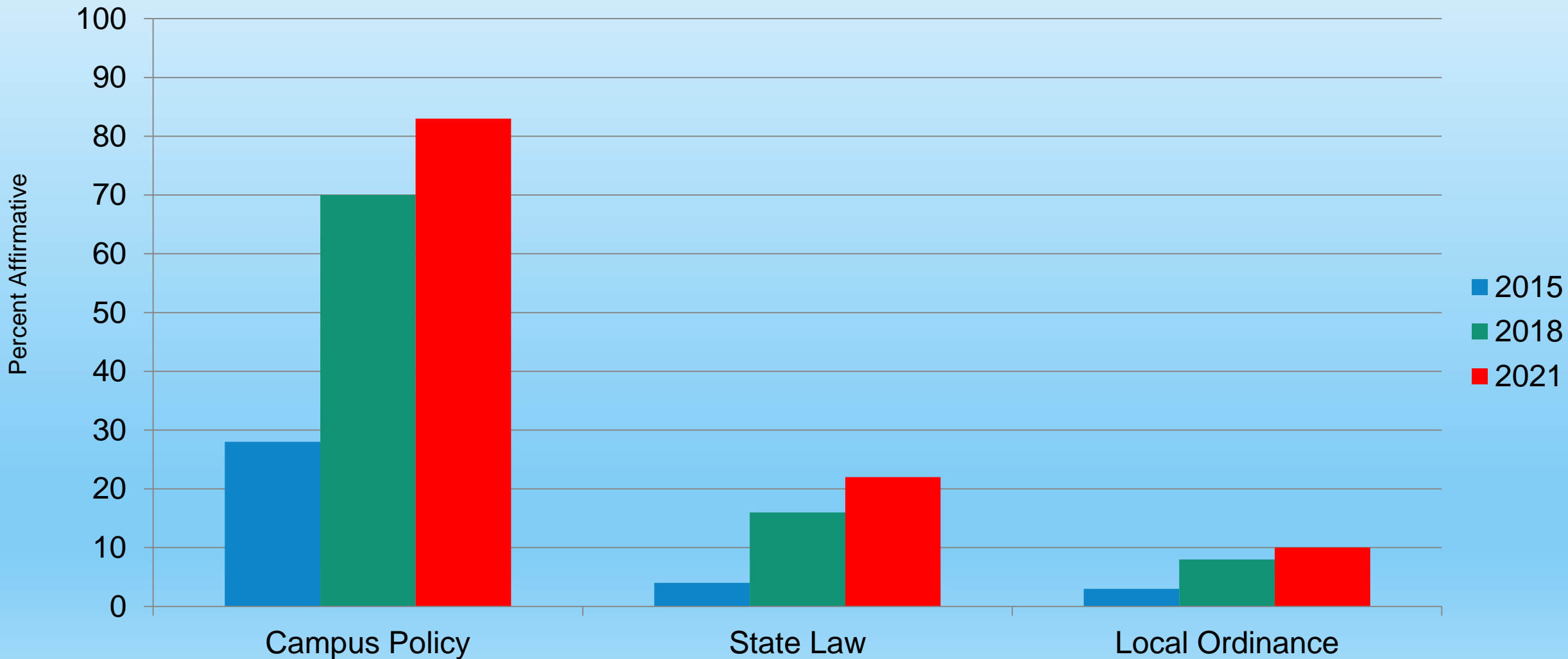
Source of Food Requirements



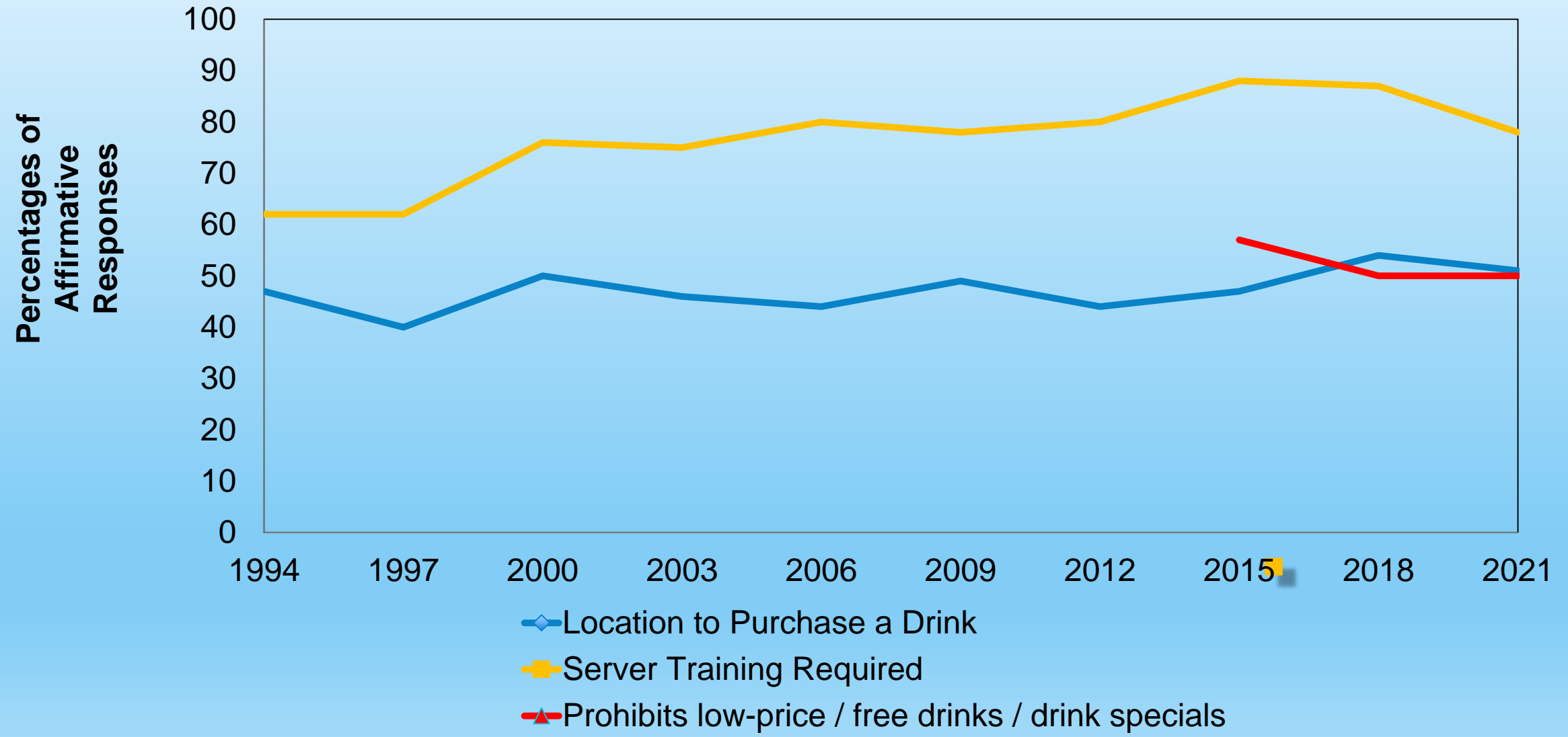
Event May Advertise Availability of Alcohol



Source of Advertising Requirements



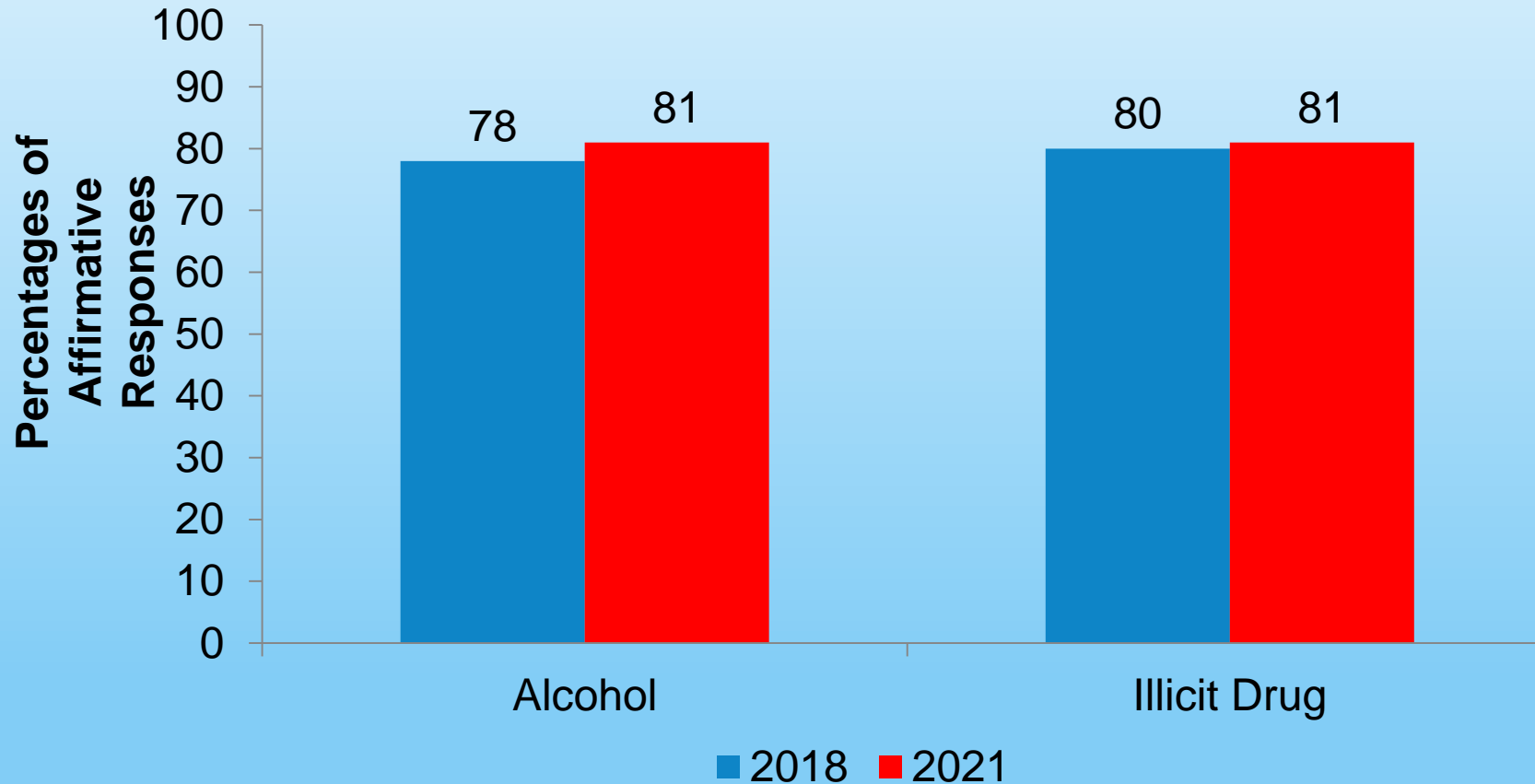
Accessibility to Alcohol on Campus



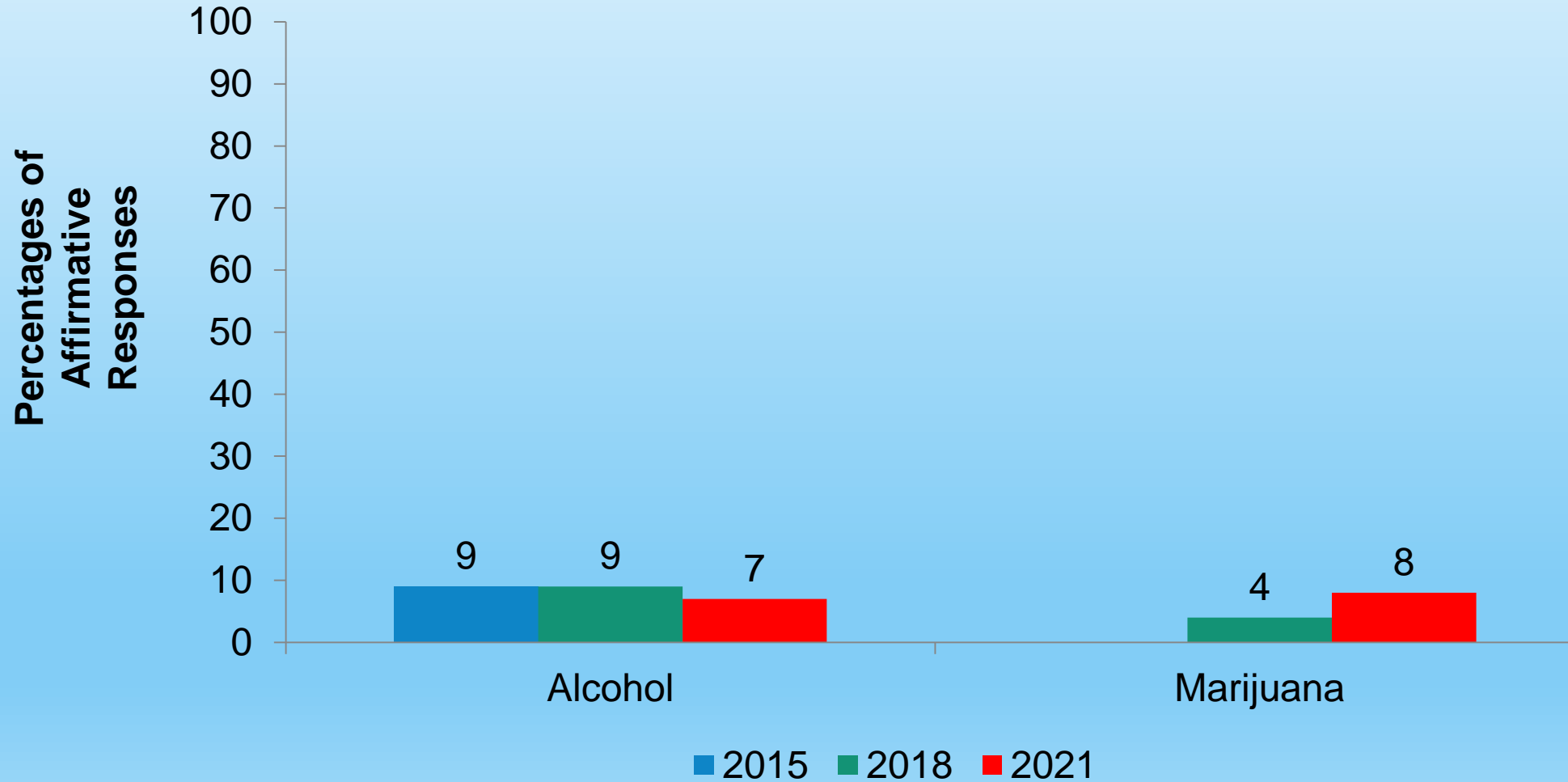
Alcohol Permitted in Athletic Venues: 2015-2021



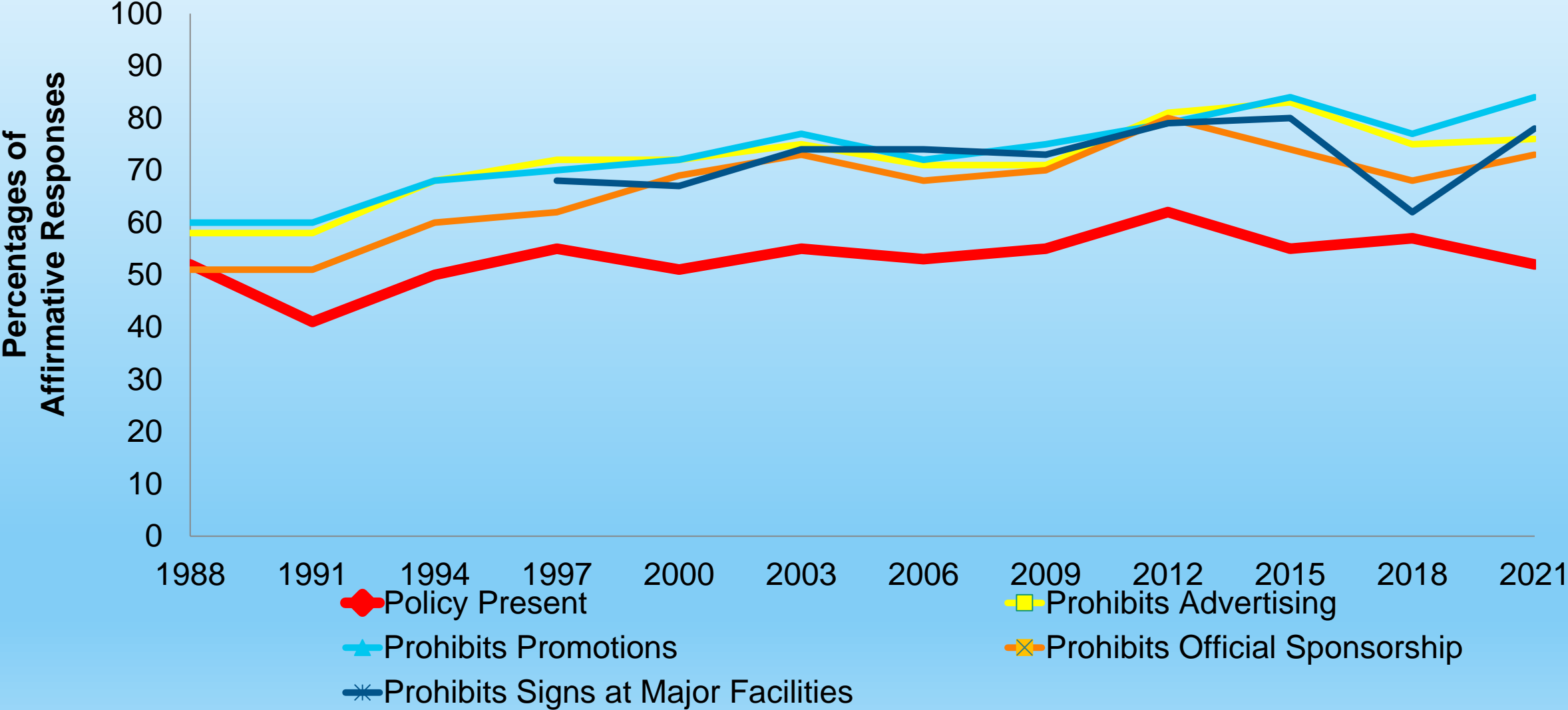
Students Face Campus Judicial Charges for Alcohol/Illicit Drug-Related Behavior That Has Occurred Off-Campus 2018 - 2021



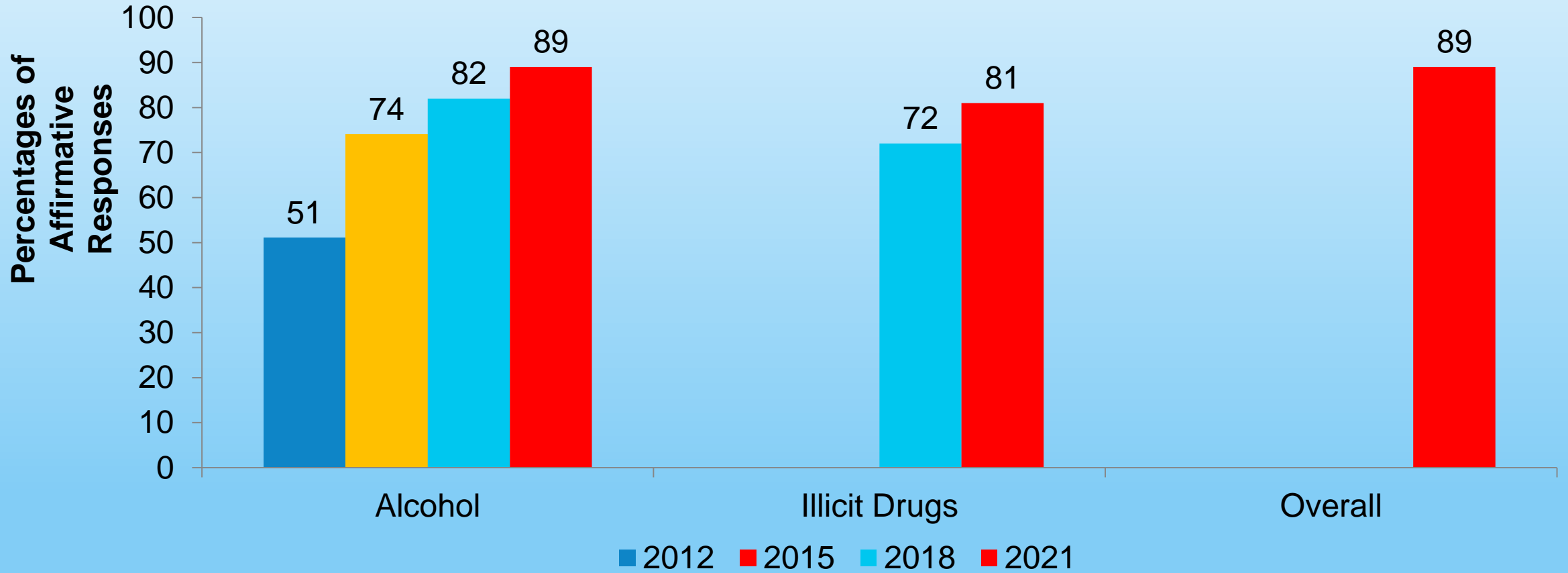
Campus has Input into the Licensing Process Associated with Off-Campus Outlets that Sell and/or Serve.....



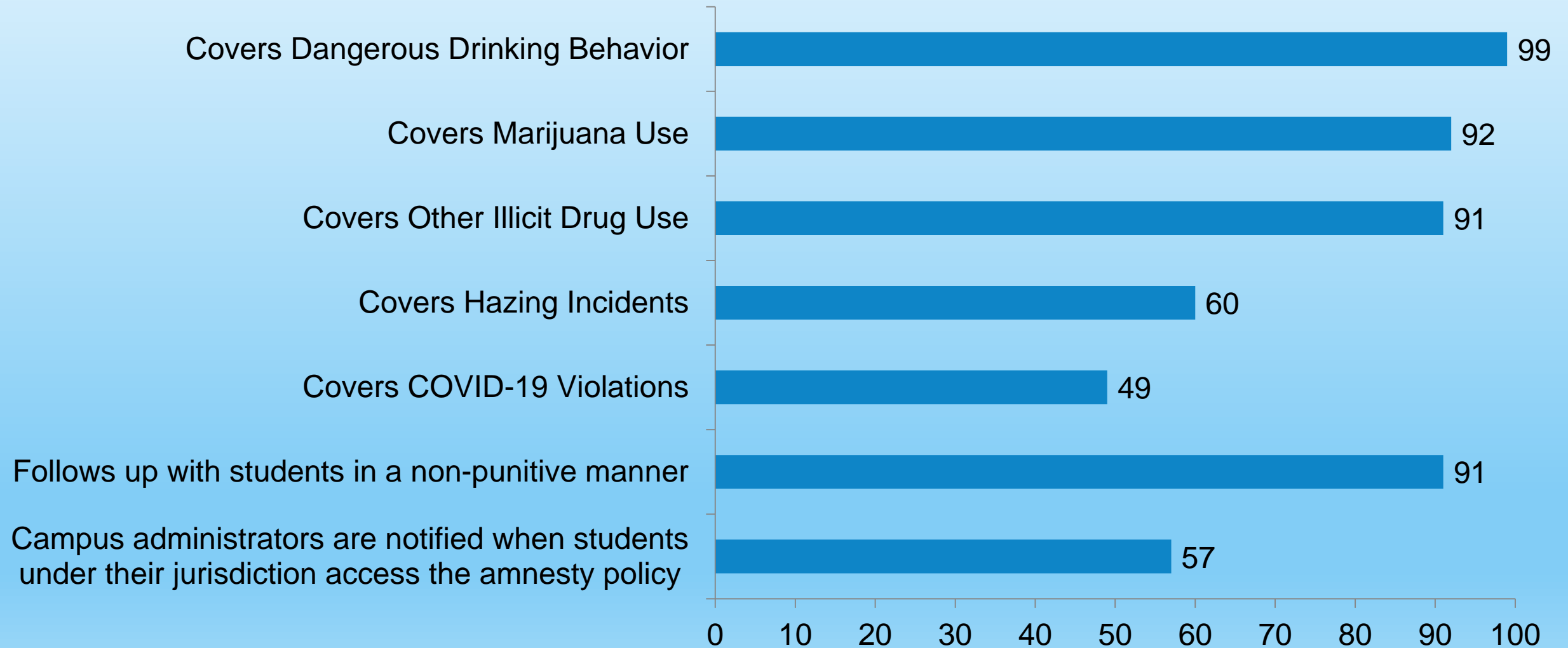
Campus Policies on Alcohol Industry Sponsorship



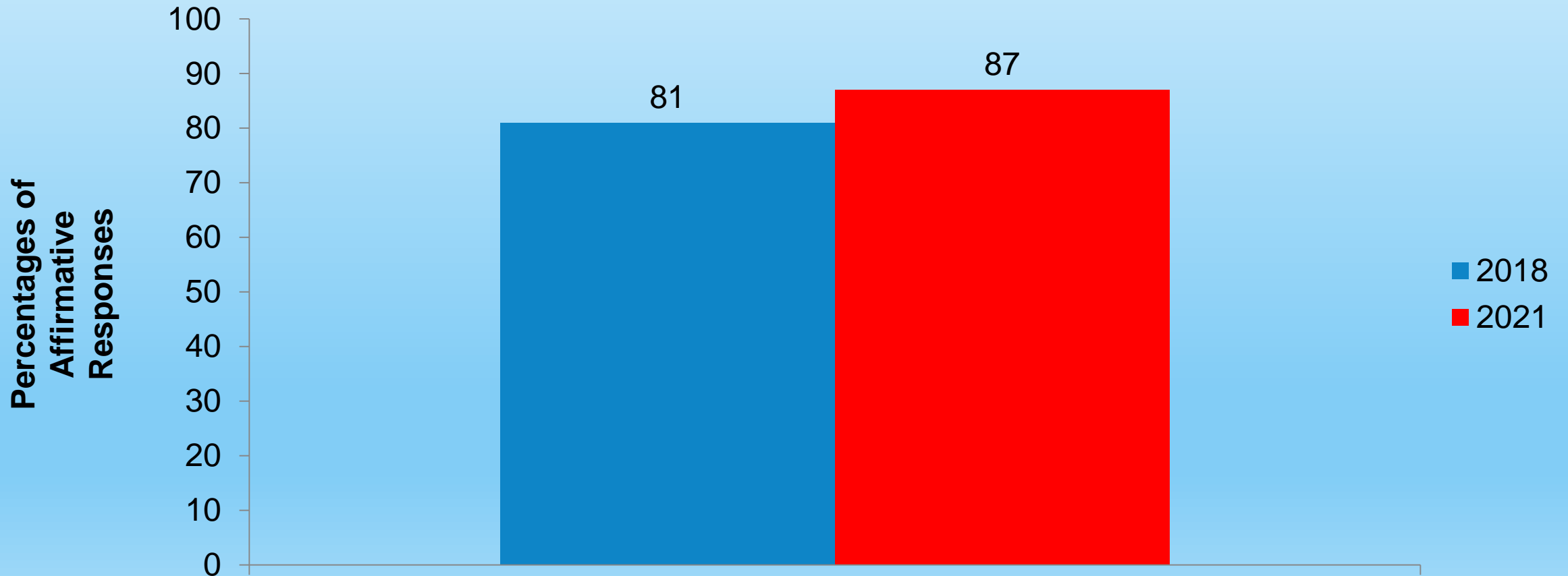
Amnesty Policy: 2012-2021



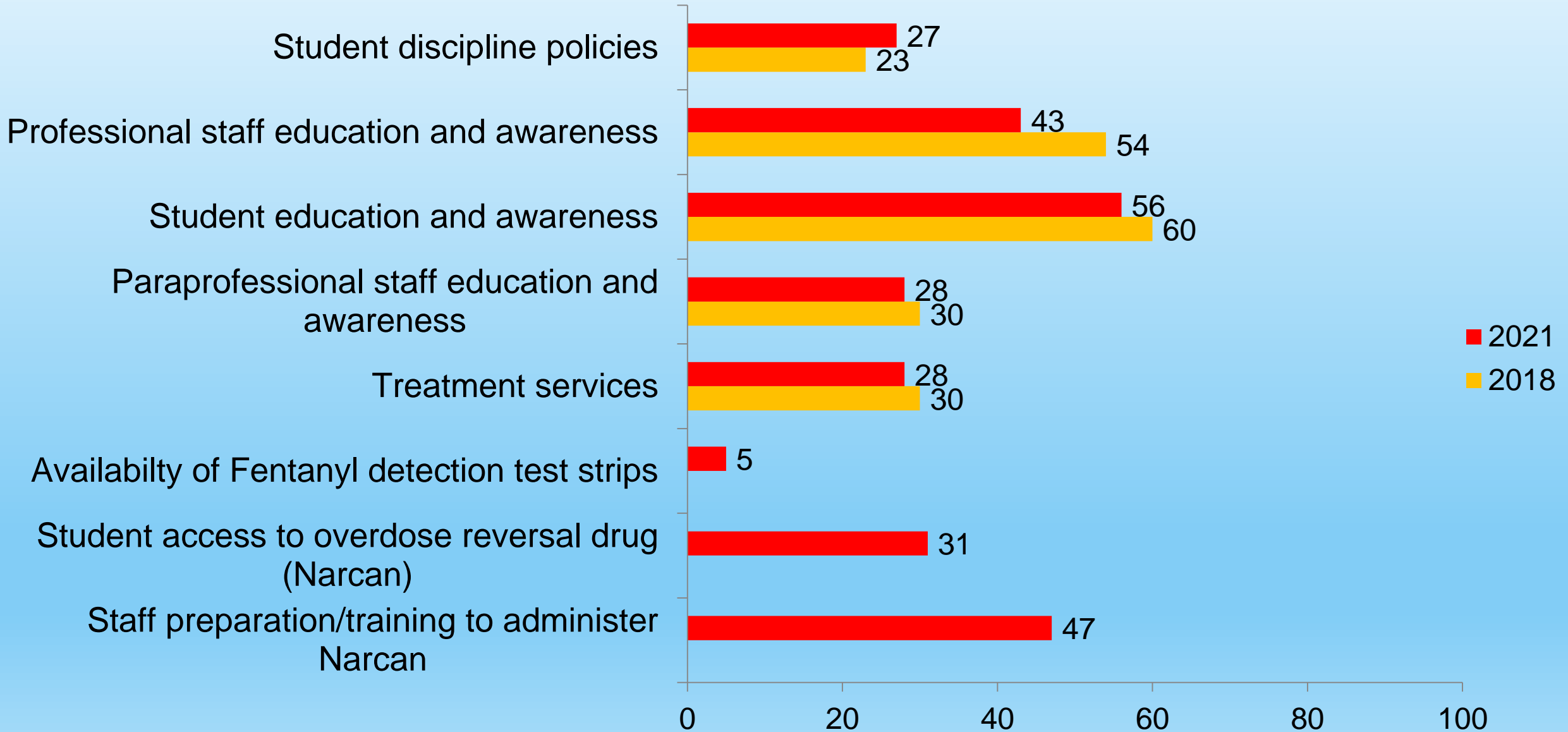
Amnesty Policy: 2021



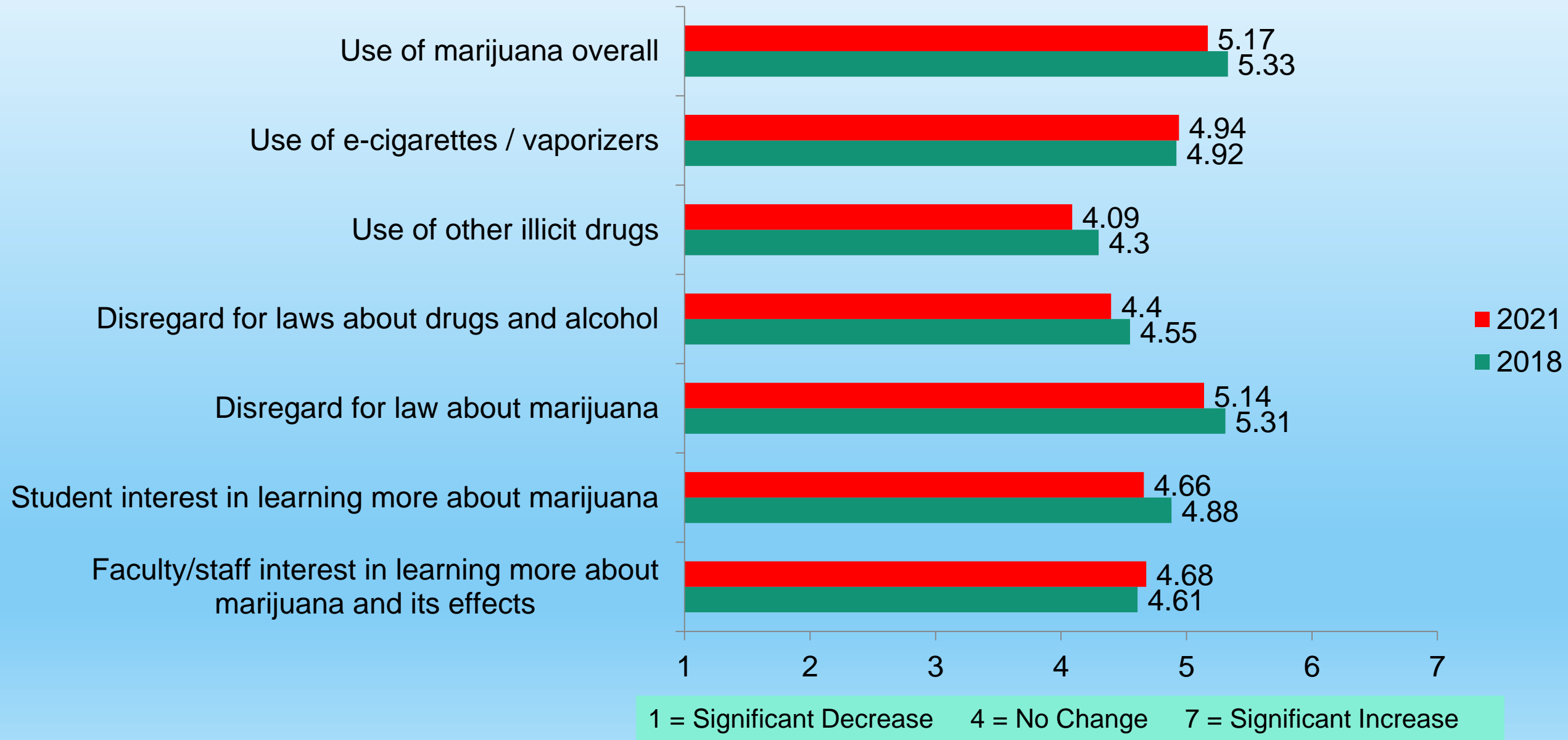
Good Samaritan Policy/Procedures to Encourage Involvement in Life-Saving Measures with Drug/Alcohol Overdose: 2018 – 2021



Strategies Modified to Address Opioid Use in the Past Few Years: 2018 - 2021



Effects of Policy Shift on Marijuana (legalization and medical approval) 2018 - 2021

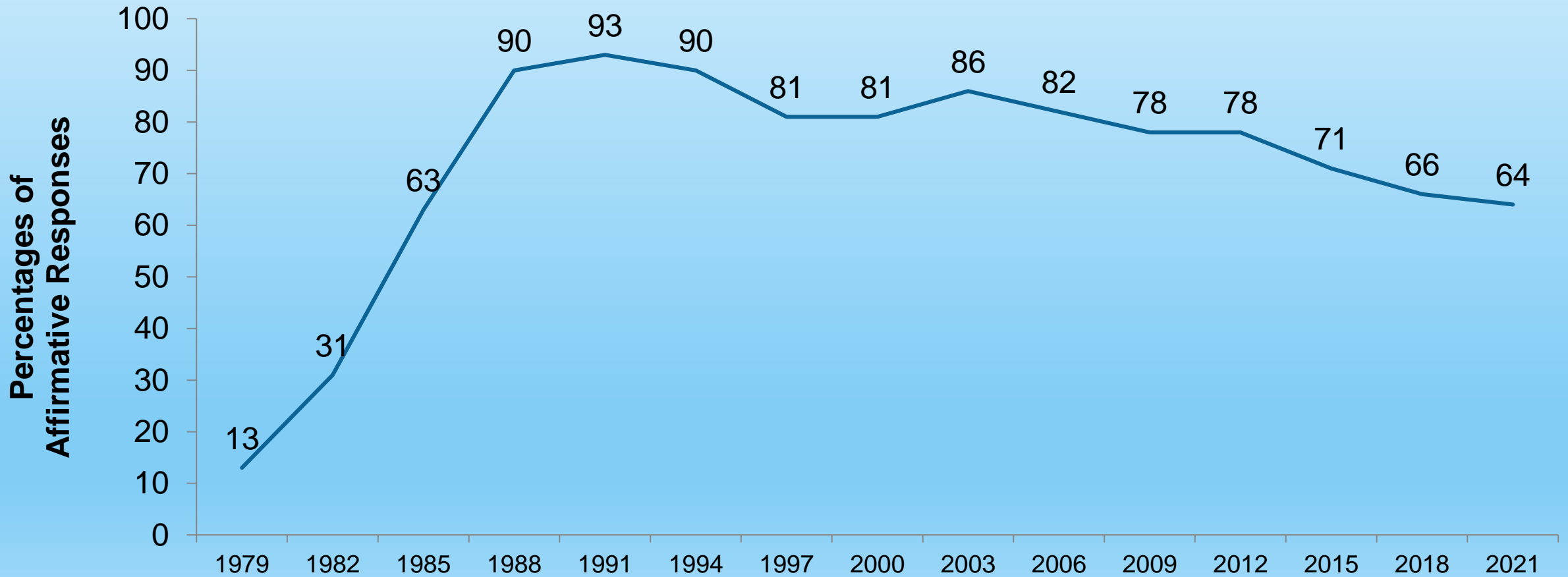


POLICIES and PROCEDURES

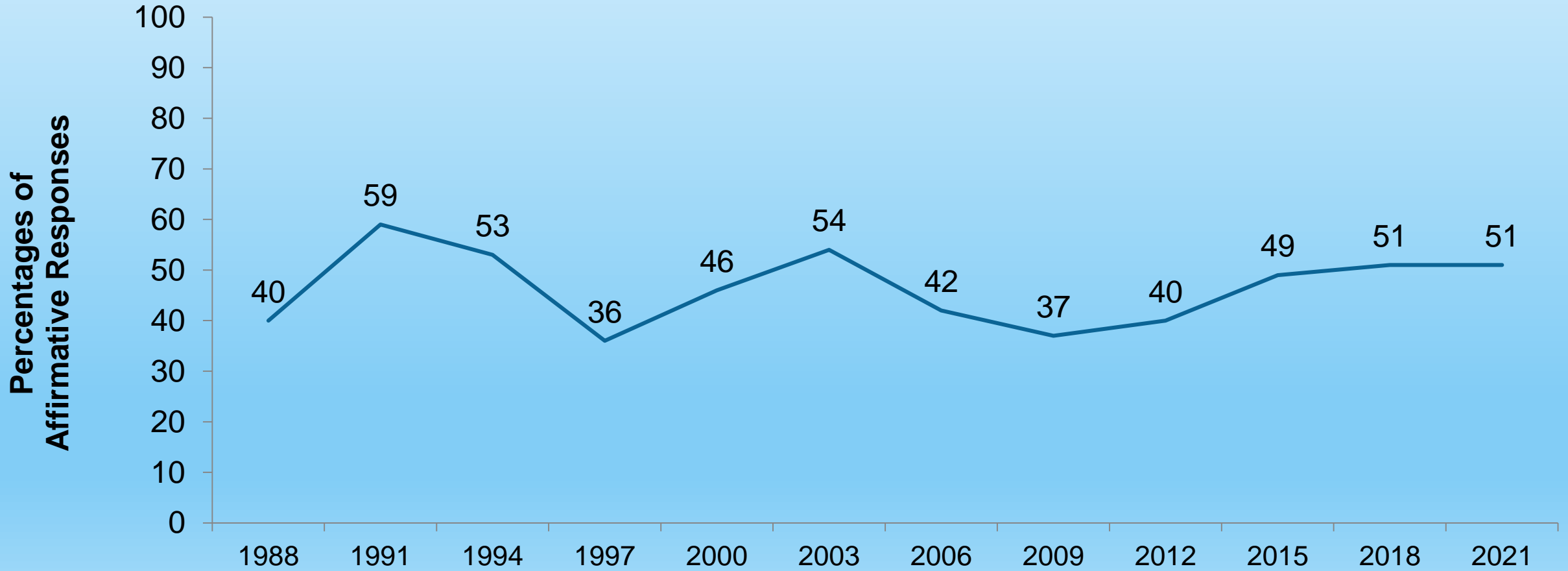
- **Many policies have changed over time; this shows a greater understanding of the important role of policy with campus efforts.**
- **Most policies address the circumstances under which alcohol is allowed on campus.**
- **Some relaxation or less stringent approaches are currently found; these changes are of concern.**
- **Numerous avenues exist for more rigorous attention to sound policies and procedures.**
- **Helpful approaches are found with Amnesty and Good Samaritan policies.**
- **Of concern is respondents' views about consequences associated with increased legalization and medical approval of marijuana.**

PREVENTION, EDUCATION and TRAINING

Focus Period of Time on Alcohol Education and Prevention



Focus Period of Time For Drug Education and Prevention



Campus Efforts: Awareness & Information 2021

Alcohol-free events and activities



Bystander Intervention



Packaged internet-based educational approaches
(AlcoholEdu, My Student Body, ECheckup)



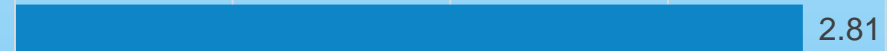
Tabling events / health fair



Residence Hall programs/meetings



Workshops focusing on alcohol or other drug attitudes



Individual motivational interviews



Substance misuse problem identification and referral



Social norms marketing campaigns



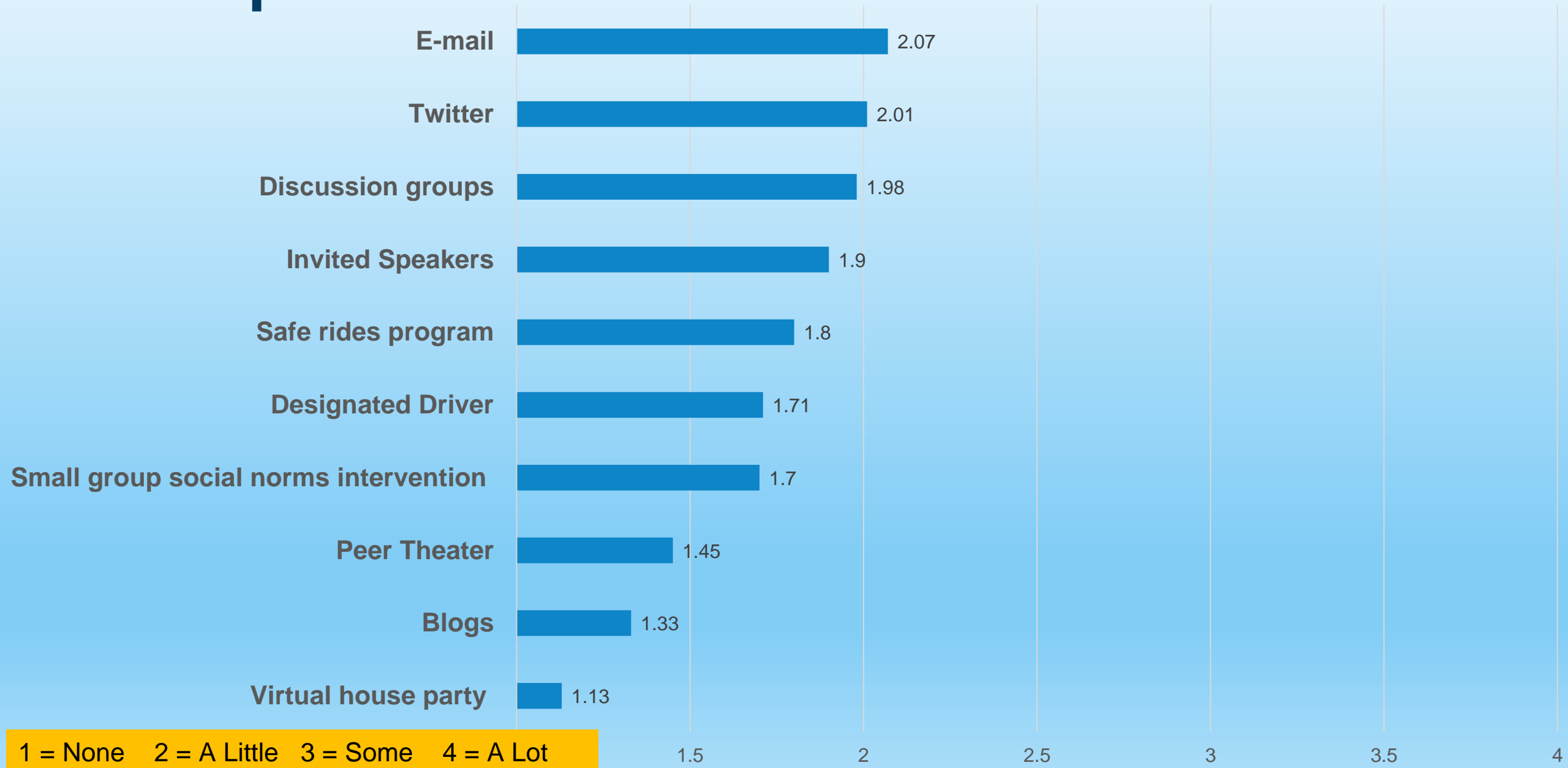
1 = None 2 = A Little 3 = Some 4 = A Lot

1 1.5 2 2.5 3 3.5 4

Campus Efforts: Awareness & Information 2021

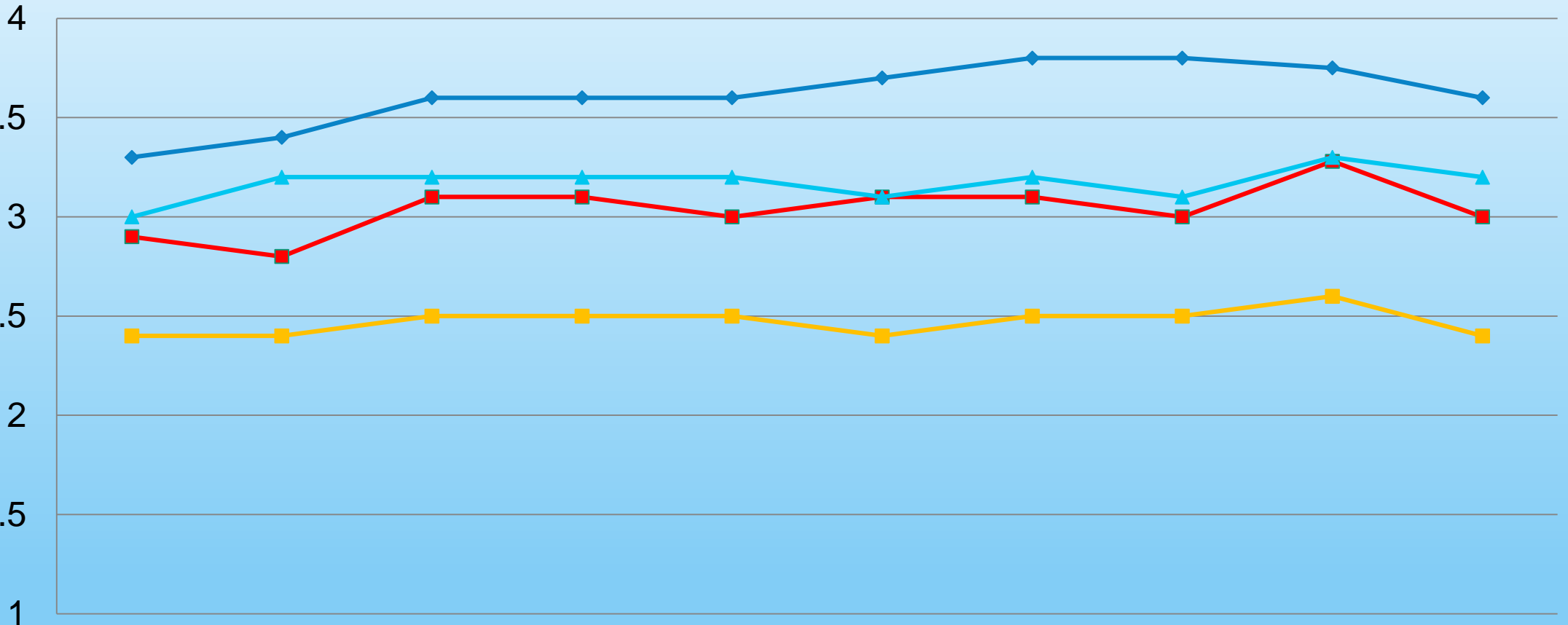


Campus Efforts: Awareness & Information 2021



Special Attention is Paid to the Special Needs of Subpopulation of Students

A Lot



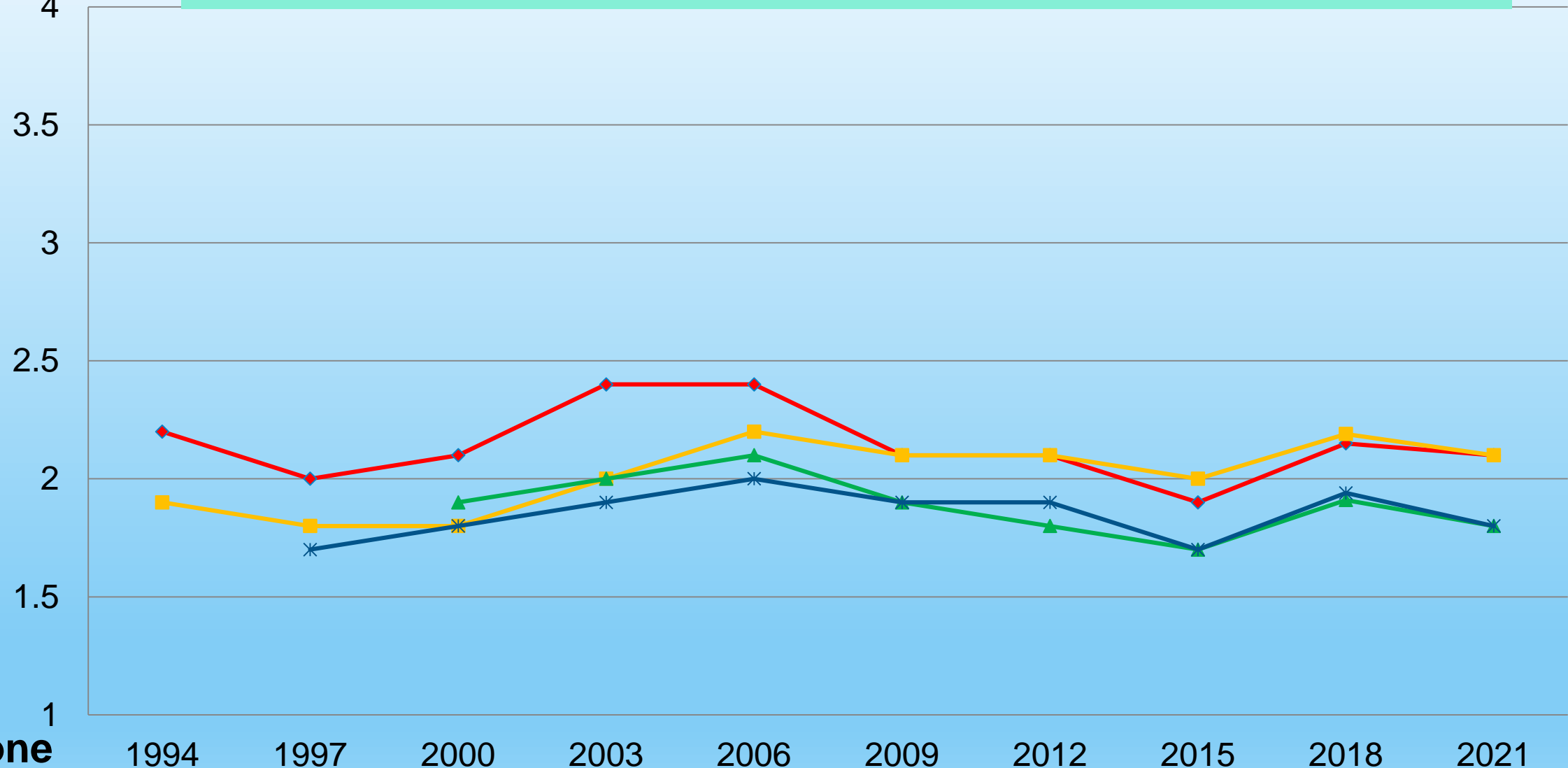
None 1

◆ First-Year Students ■ Student-Athletes ▲ Fraternity/Sorority ■ Women

Special Attention is Paid to the Special Needs of Subpopulation of Students

A Lot
4

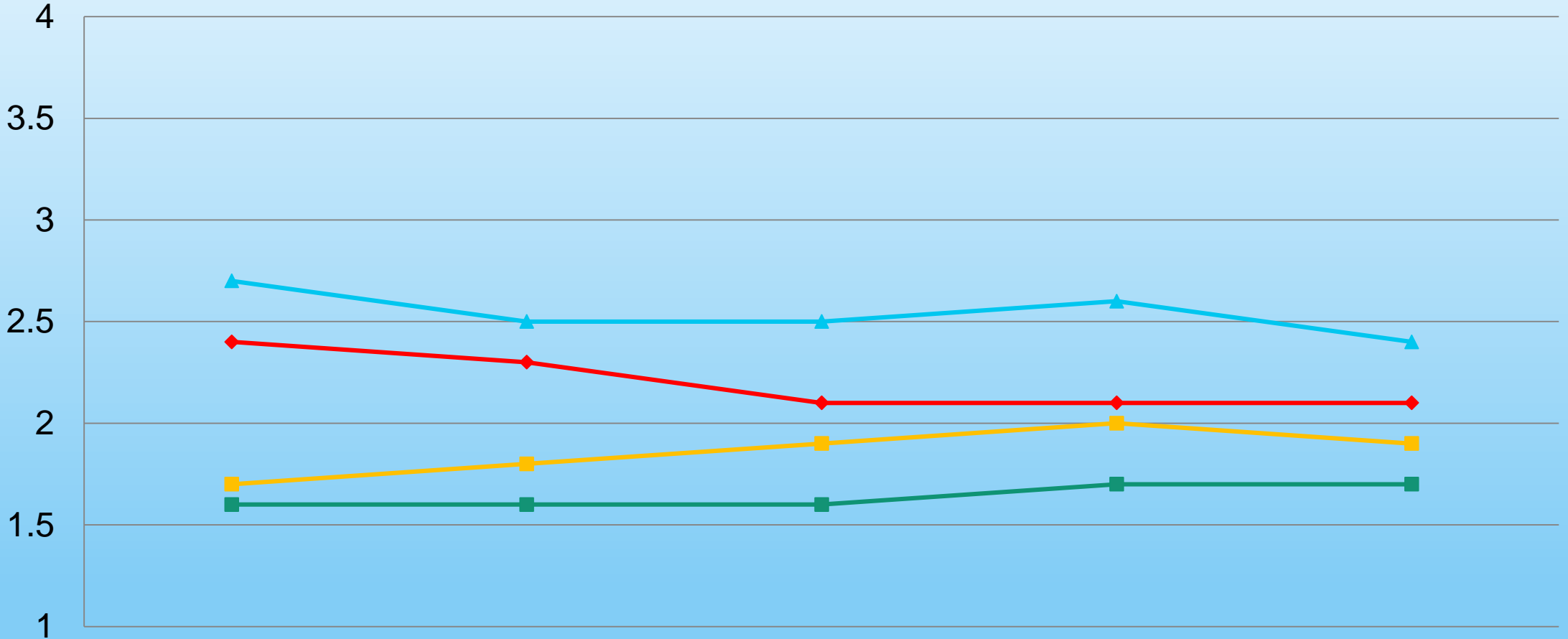
None
1



◆ People of Color ■ Gays/Lesbians/ Bisexuals ▲ Commuters * Disability

Special Attention is Paid to the Special Needs of Subpopulation of Students

A Lot



None

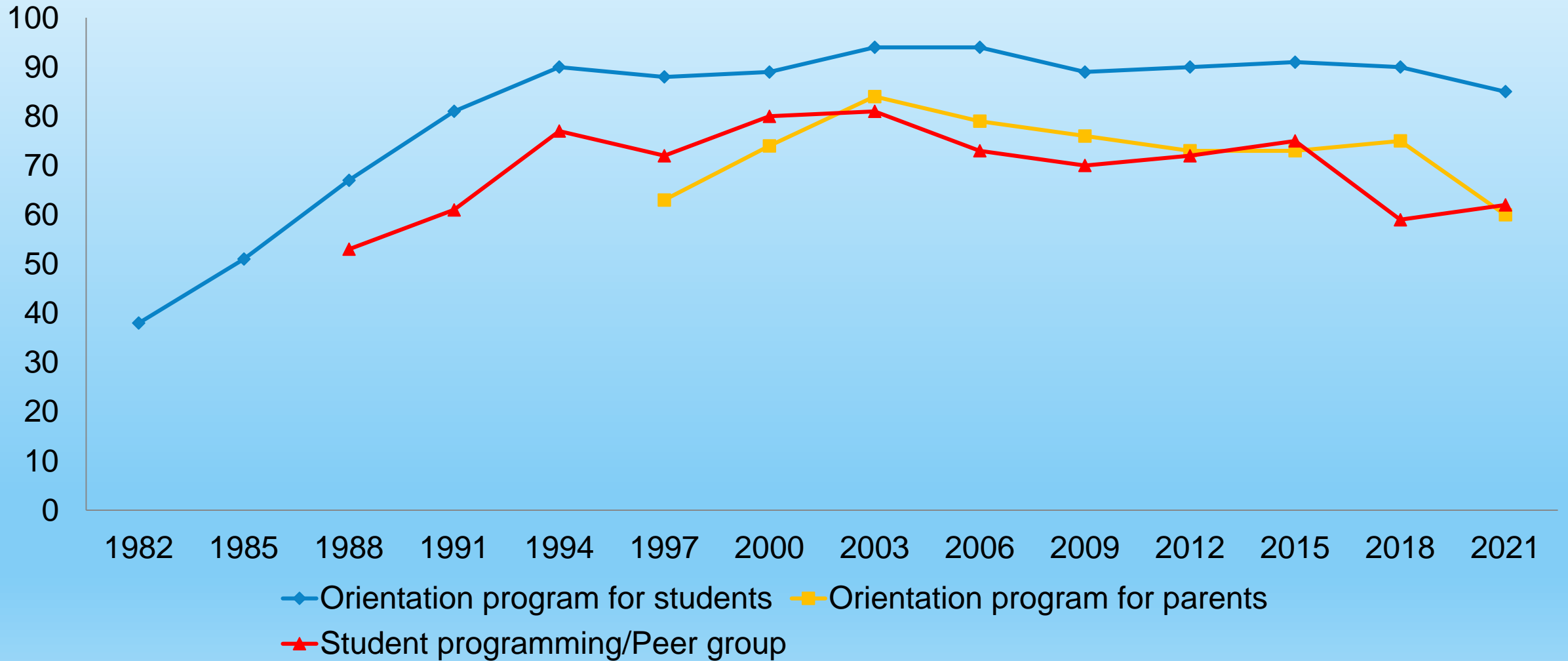
◆ Students turning 21

■ Graduate Students

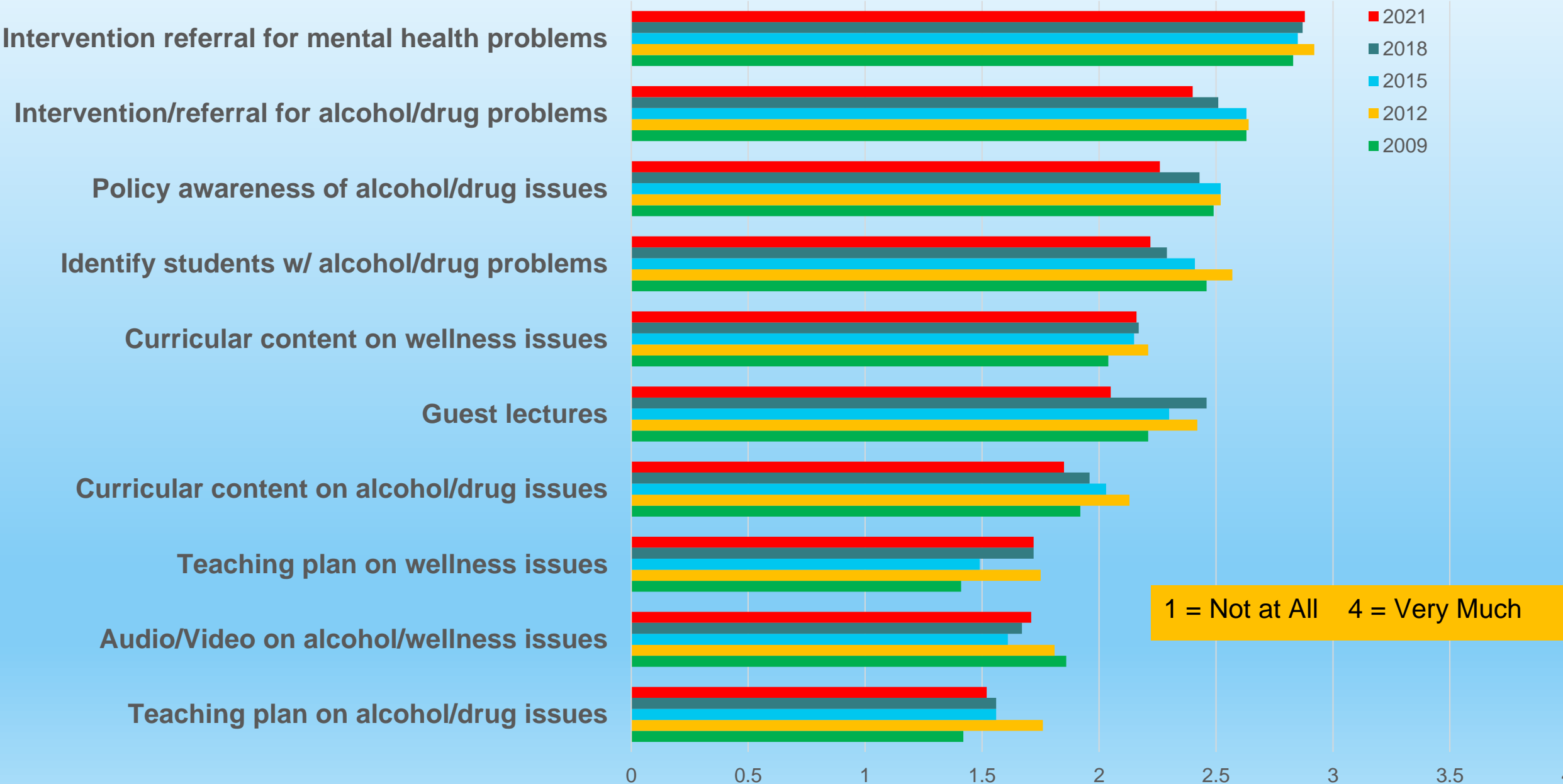
▲ Men

■ Veterans

Campus Approaches Dealing With Substance Abuse



Assistance for Faculty on Alcohol and Substance Abuse Issues



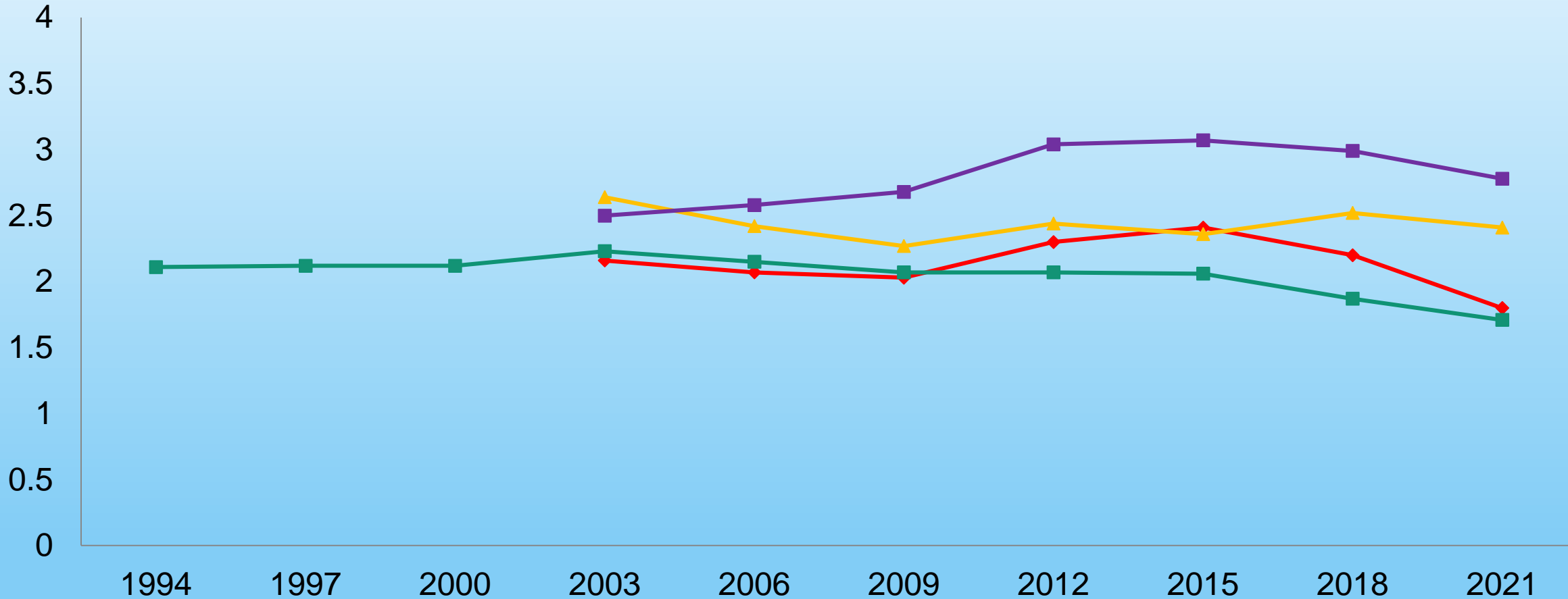
PREVENTION, EDUCATION and TRAINING

- **Some early-adopted approaches are phasing out.**
- **Awareness of the comprehensive nature of campus prevention efforts is high.**
- **Actual implementation of campus prevention efforts remains modest.**
- **Attention to the unique needs of subpopulations has not changed substantially over time.**
- **Attention to faculty issues and faculty engagement remains low.**
- **Many opportunities exist to better engage the entire campus community.**

SUPPORT SERVICES

Campus Efforts – Support Services

A Lot

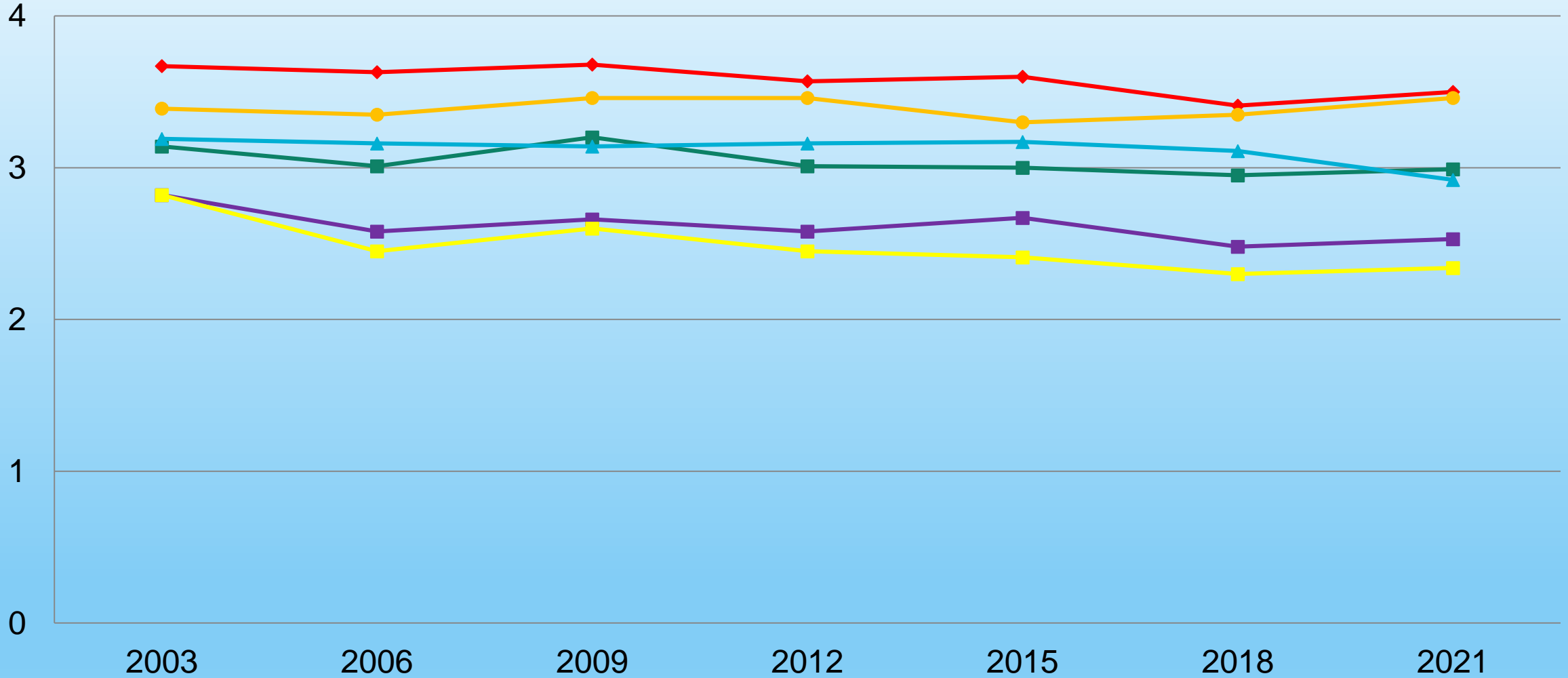


None

- ◆ Safe Rides Program
- ◆ Designated Driver
- ◆ Services for Recovering Students
- ◆ Individual Motivational Interviews

Extent to Which a Student with a Drinking Problem Can Receive Counseling Assistance

A lot



0

1

2

3

4

2003

2006

2009

2012

2015

2018

2021

None

◆ Counseling Center

▲ Alcohol/Substance Abuse Coordinator

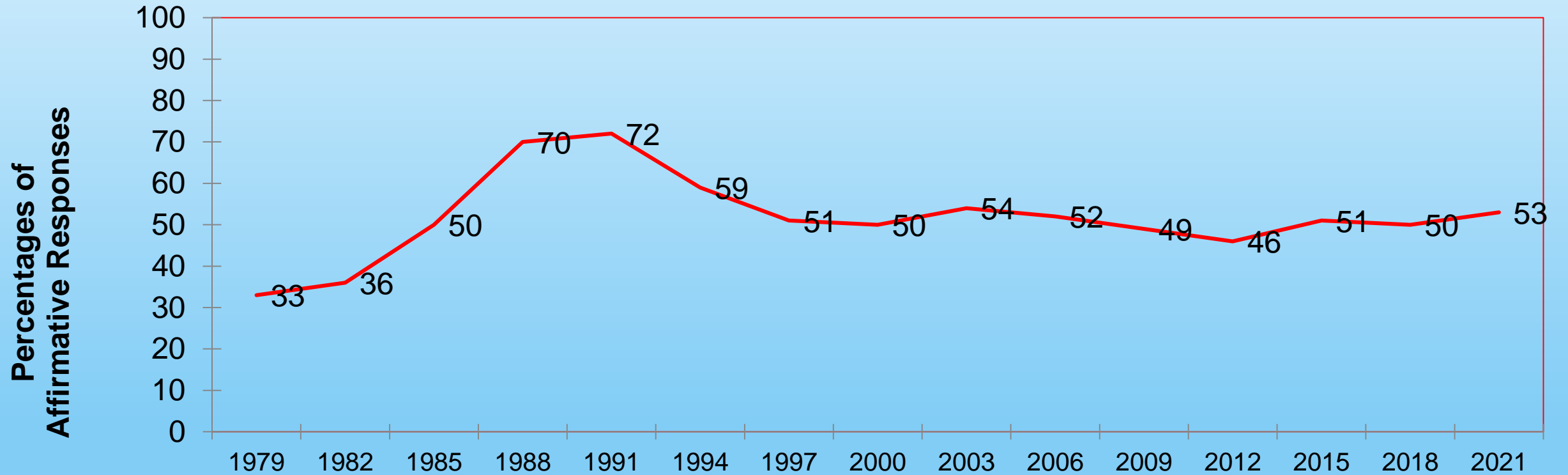
■ Campus Ministry

■ Health Center

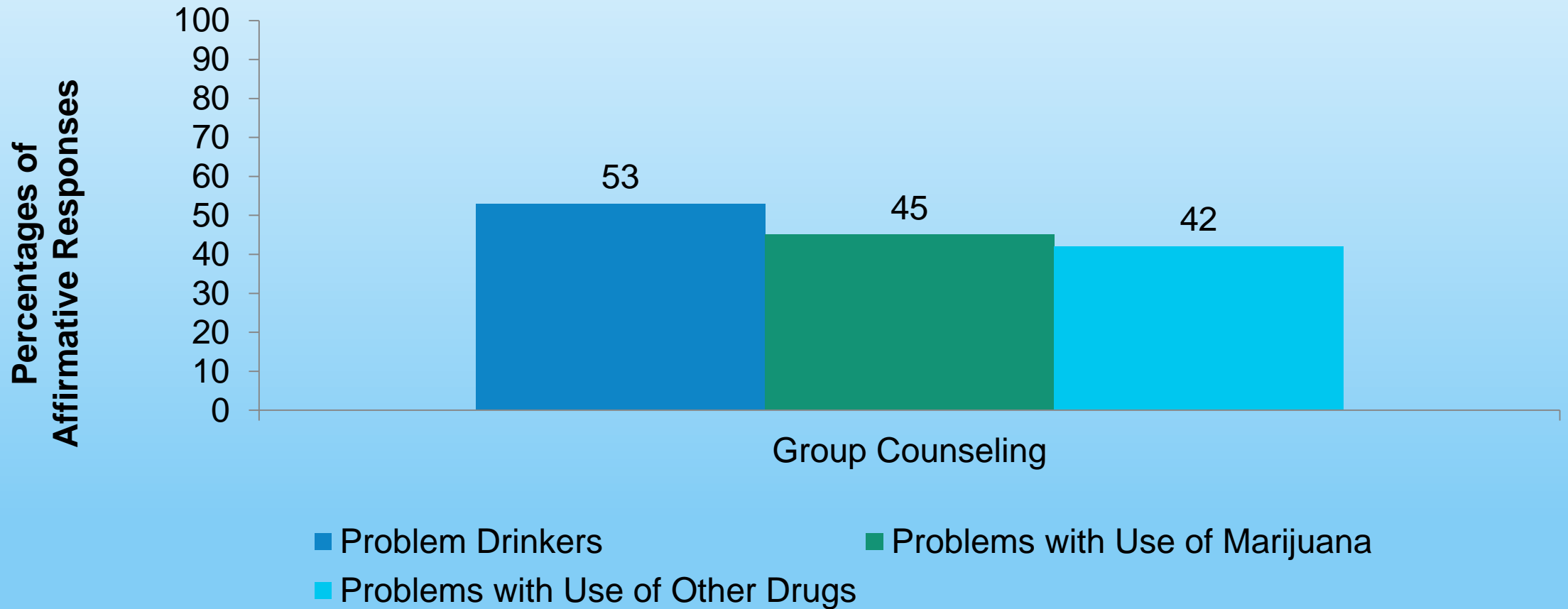
■ Residence Hall Staff

● Off-Campus Treatment Agency

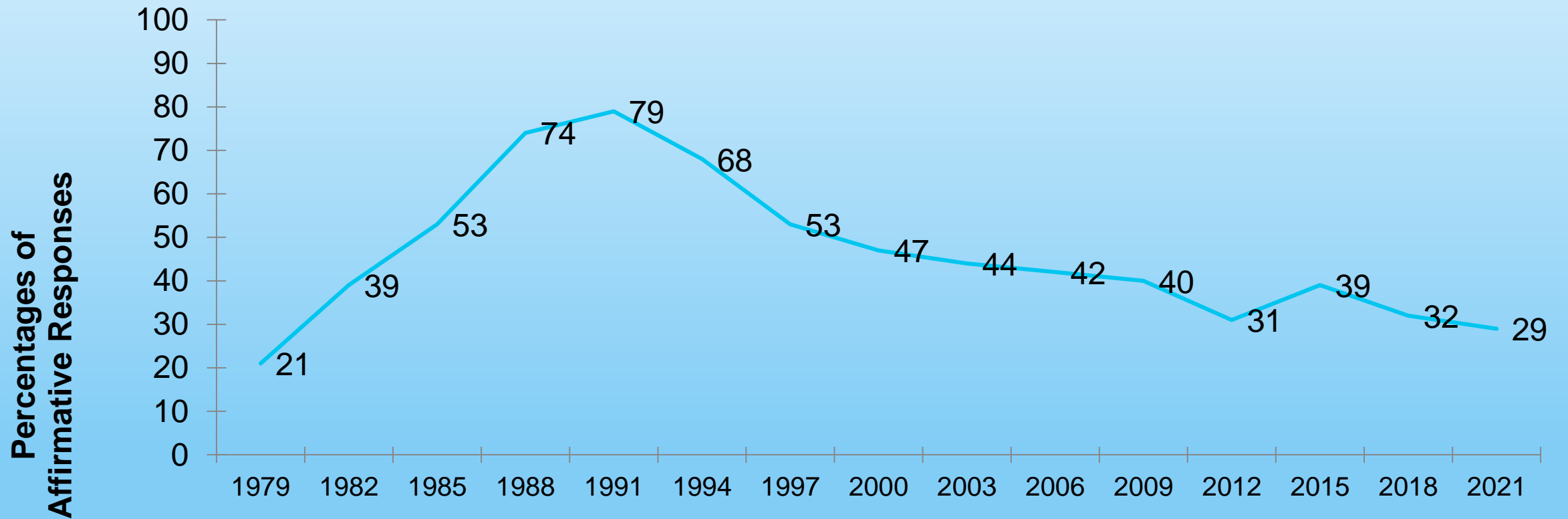
Group Counseling Experience for Problem Drinkers



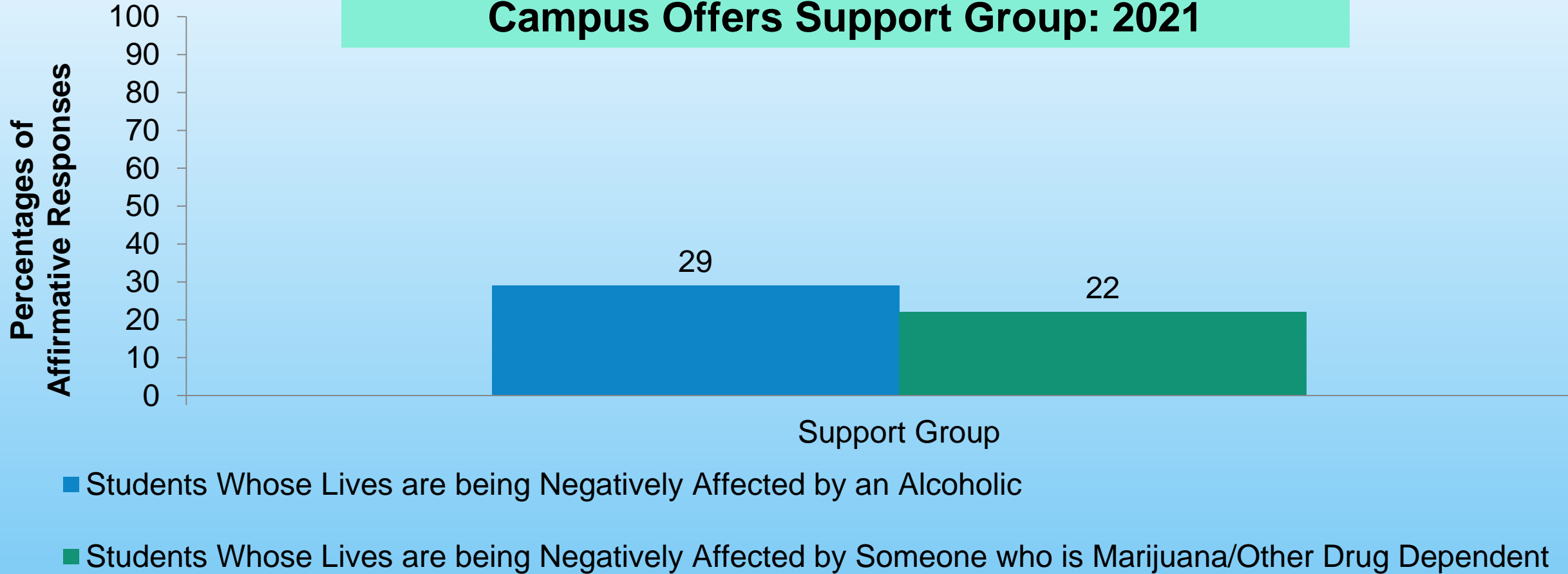
Campus Offers Group Counseling Experience: 2021



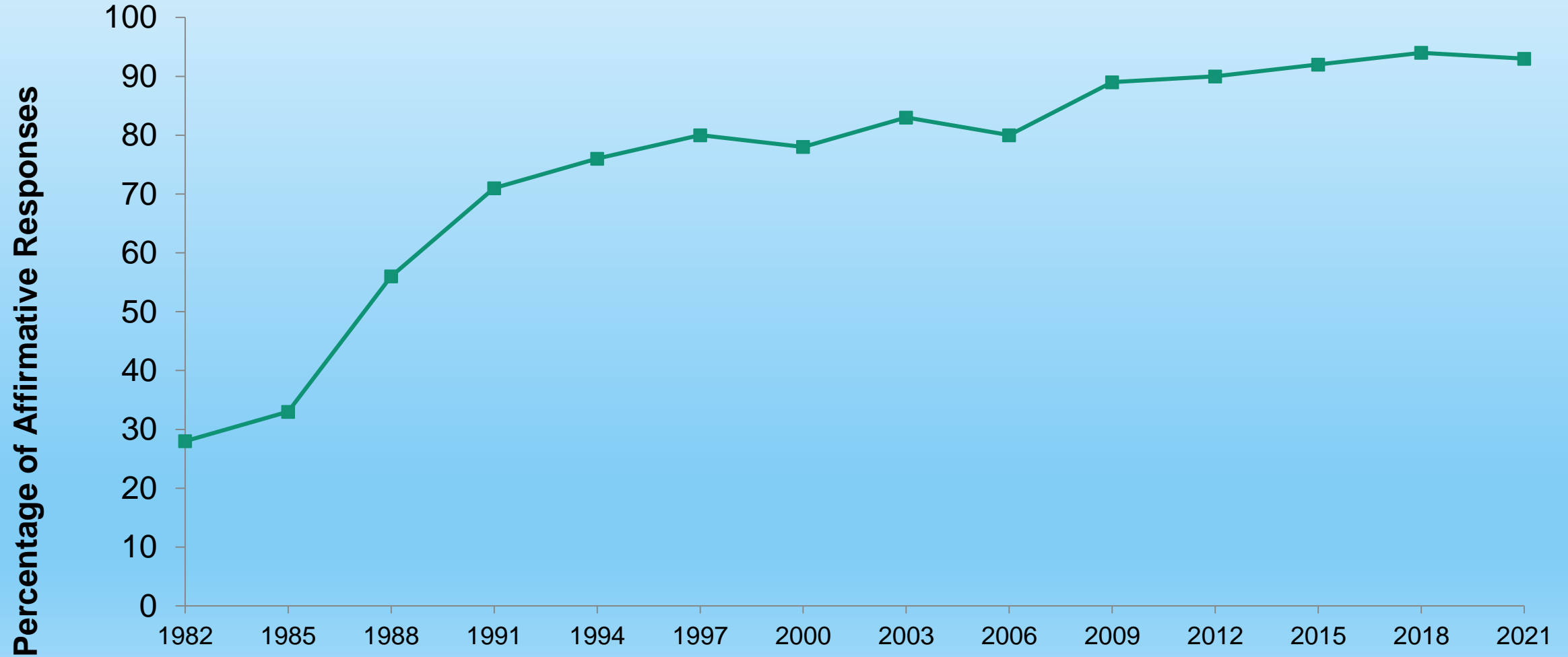
Support Group for Those Negatively Affected by an Alcoholic



Campus Offers Support Group: 2021

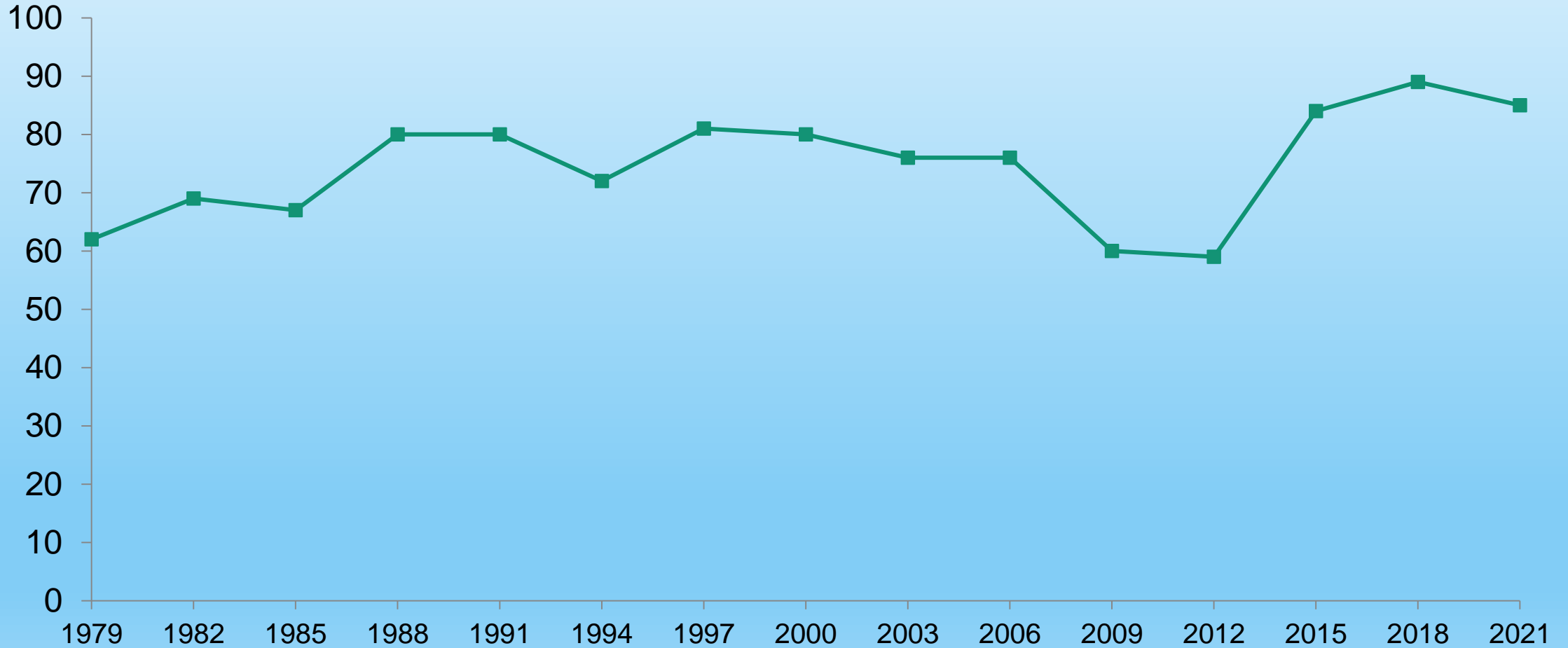


Employee Assistance Program for Those with a Drinking Problem

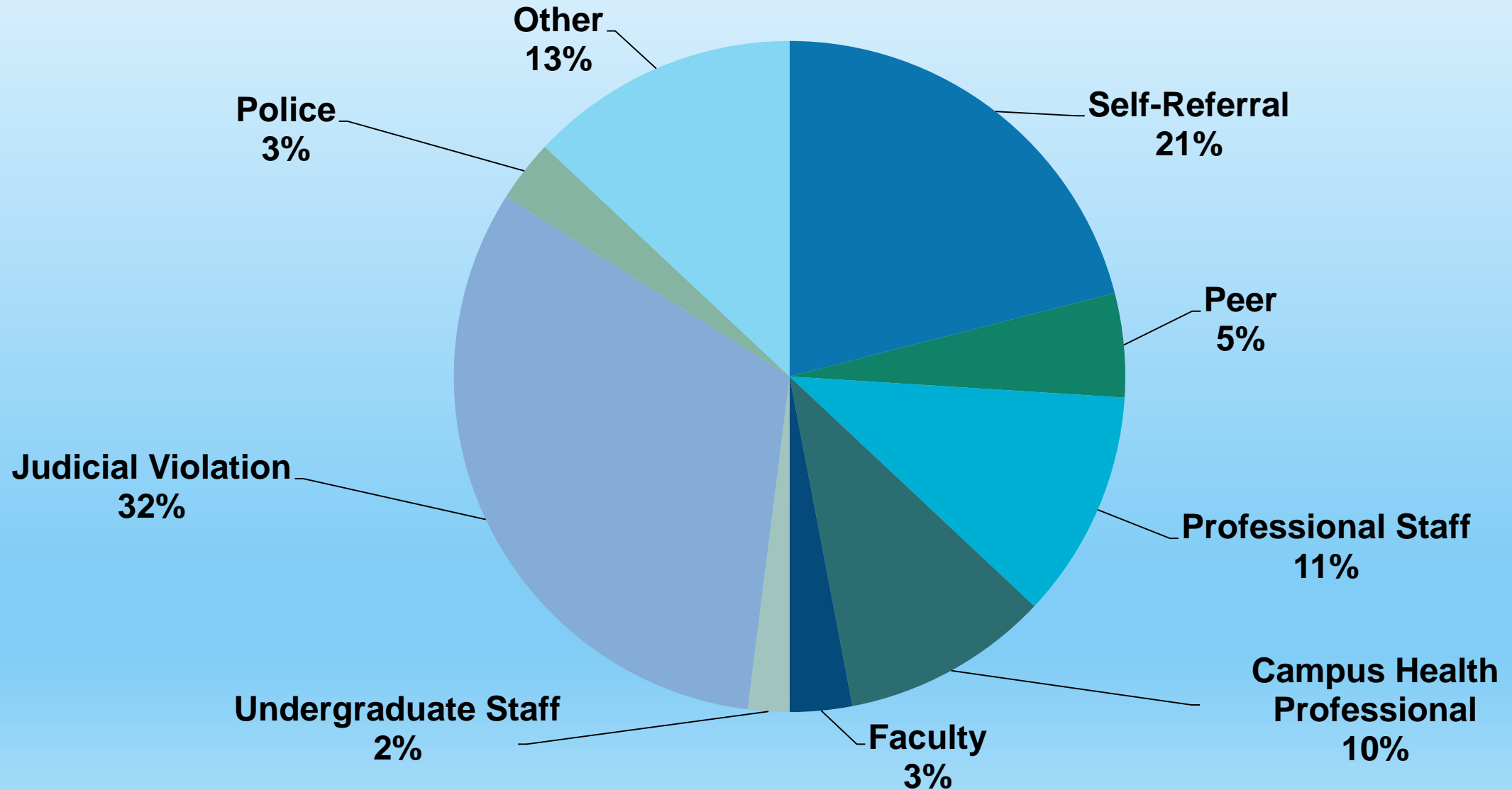


Paraprofessional Staff Receives Training To Deal With Students with Drinking Problems

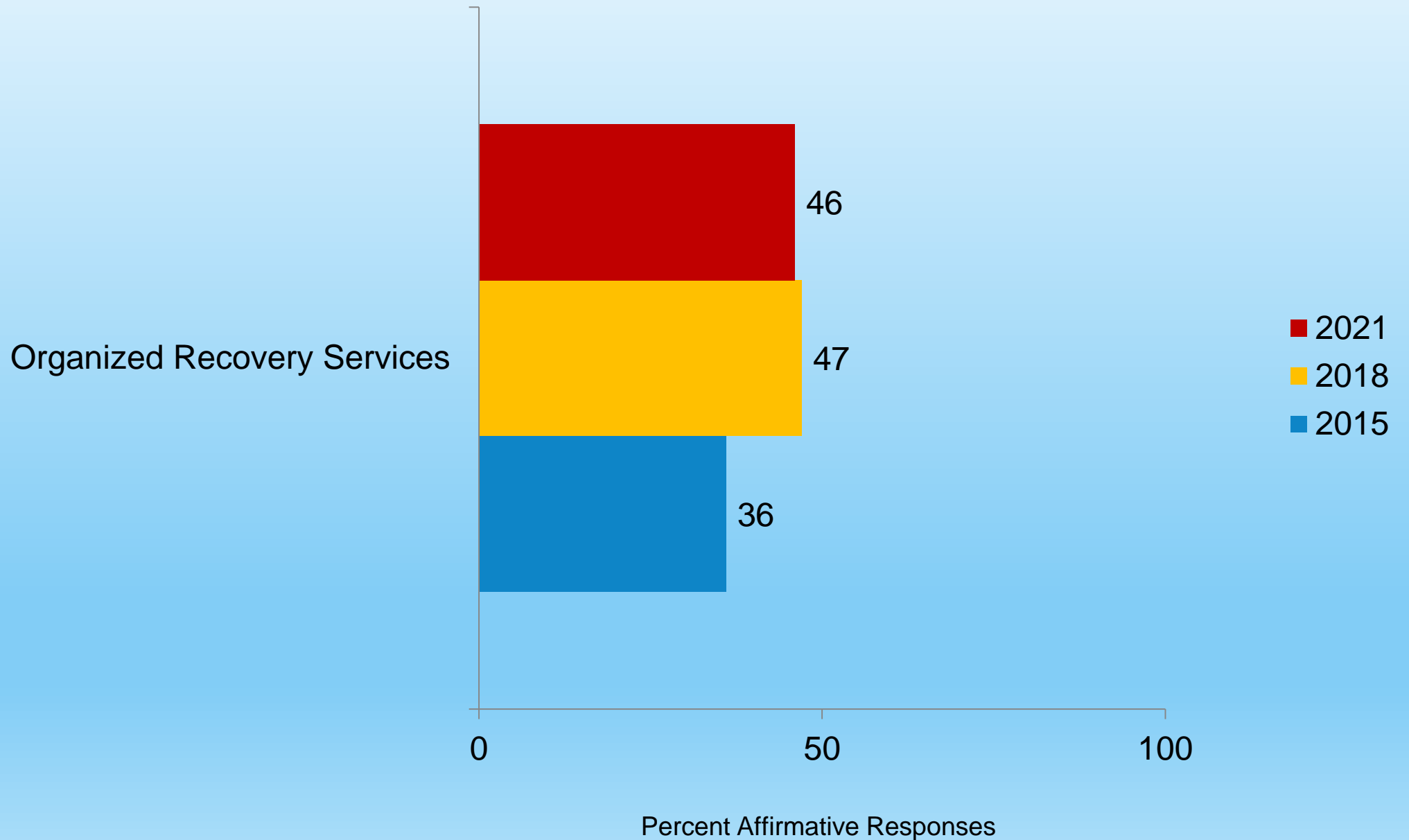
Percentage of Affirmative Responses



Source of Referrals for Students Screened by a Health Professional for Problems with Drugs or Alcohol: 2021

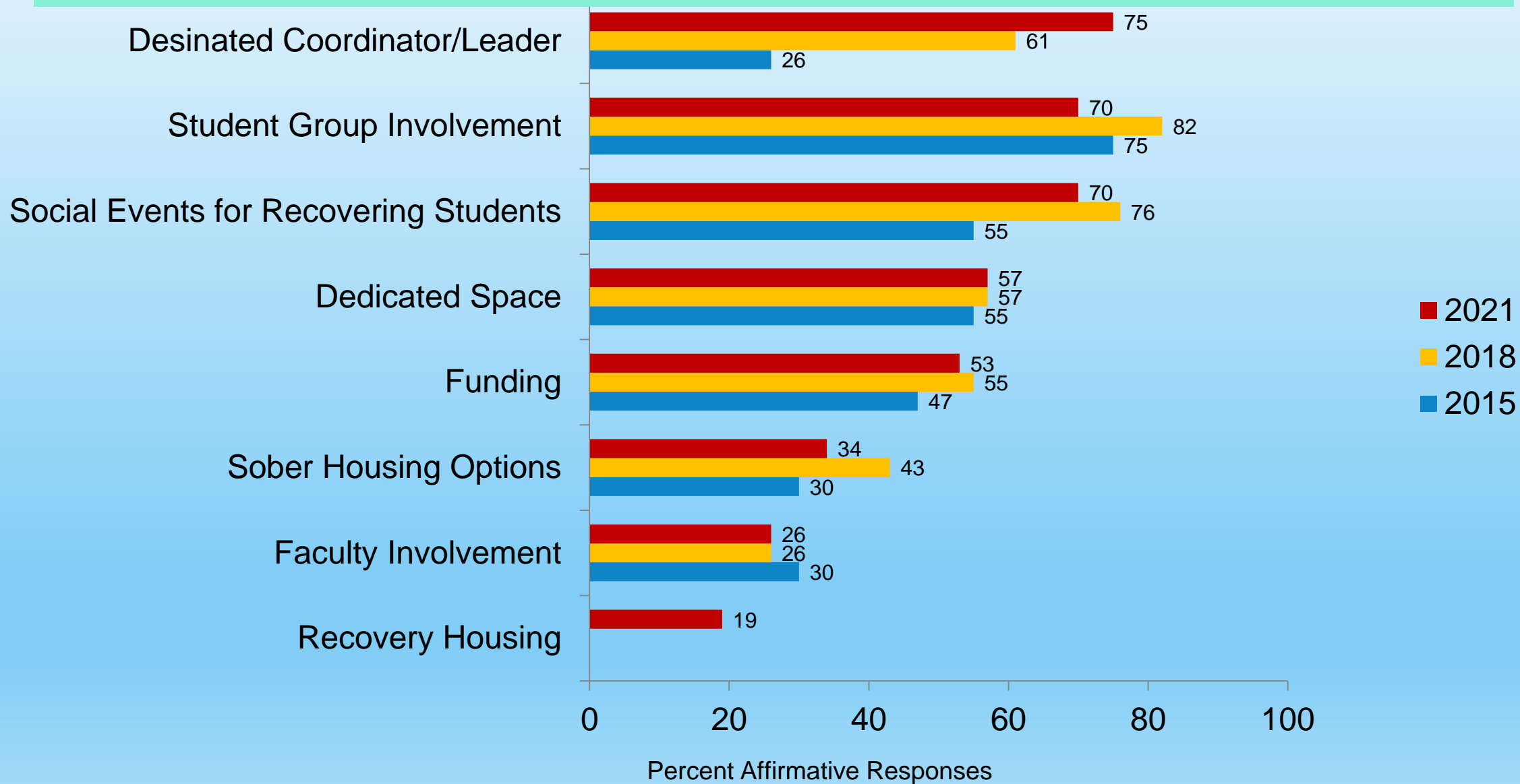


Substance Abuse Recovery Services

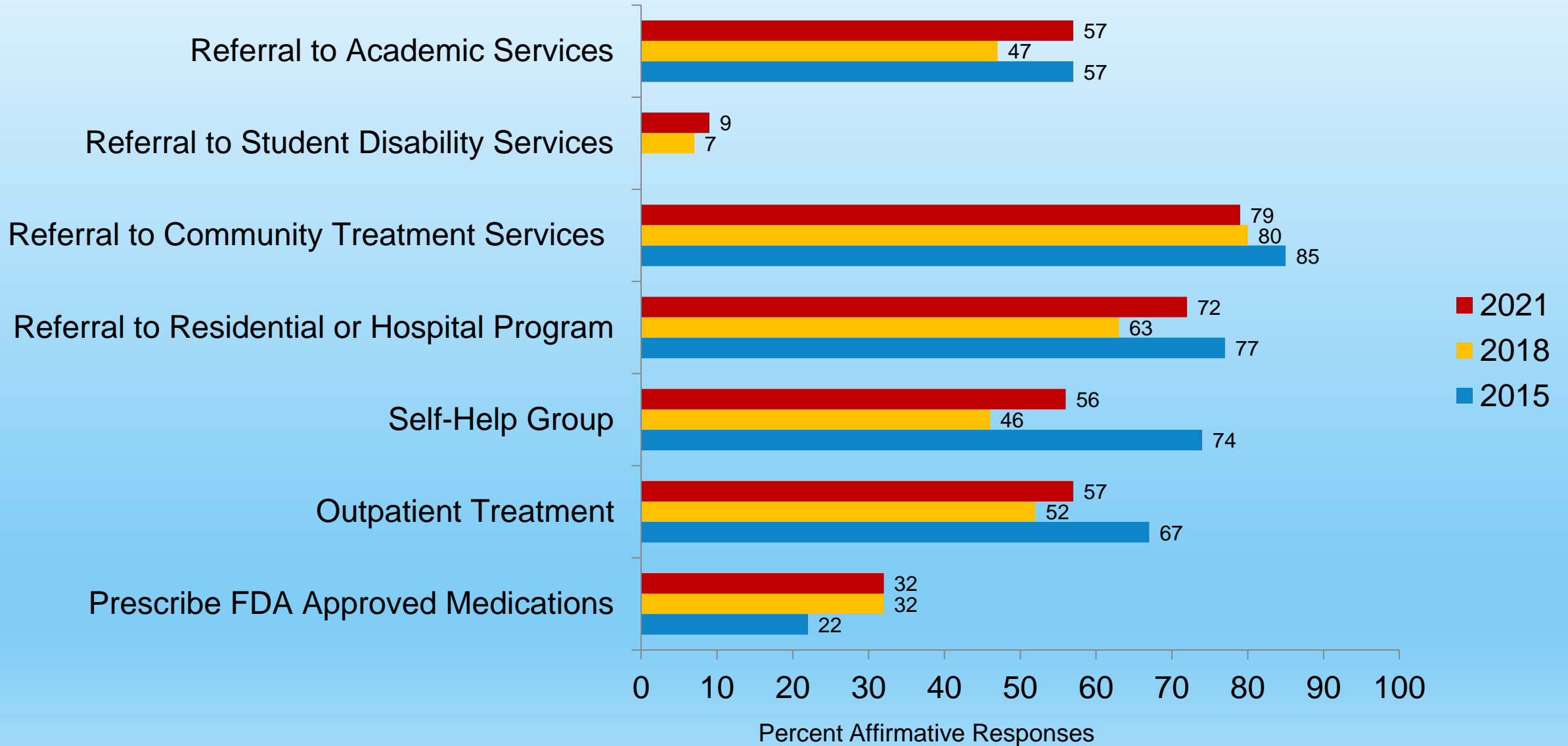


Included with Substance Abuse Recovery Services

(for those with organized recovery services)



Offered With Diagnosis of Substance Abuse Disorder

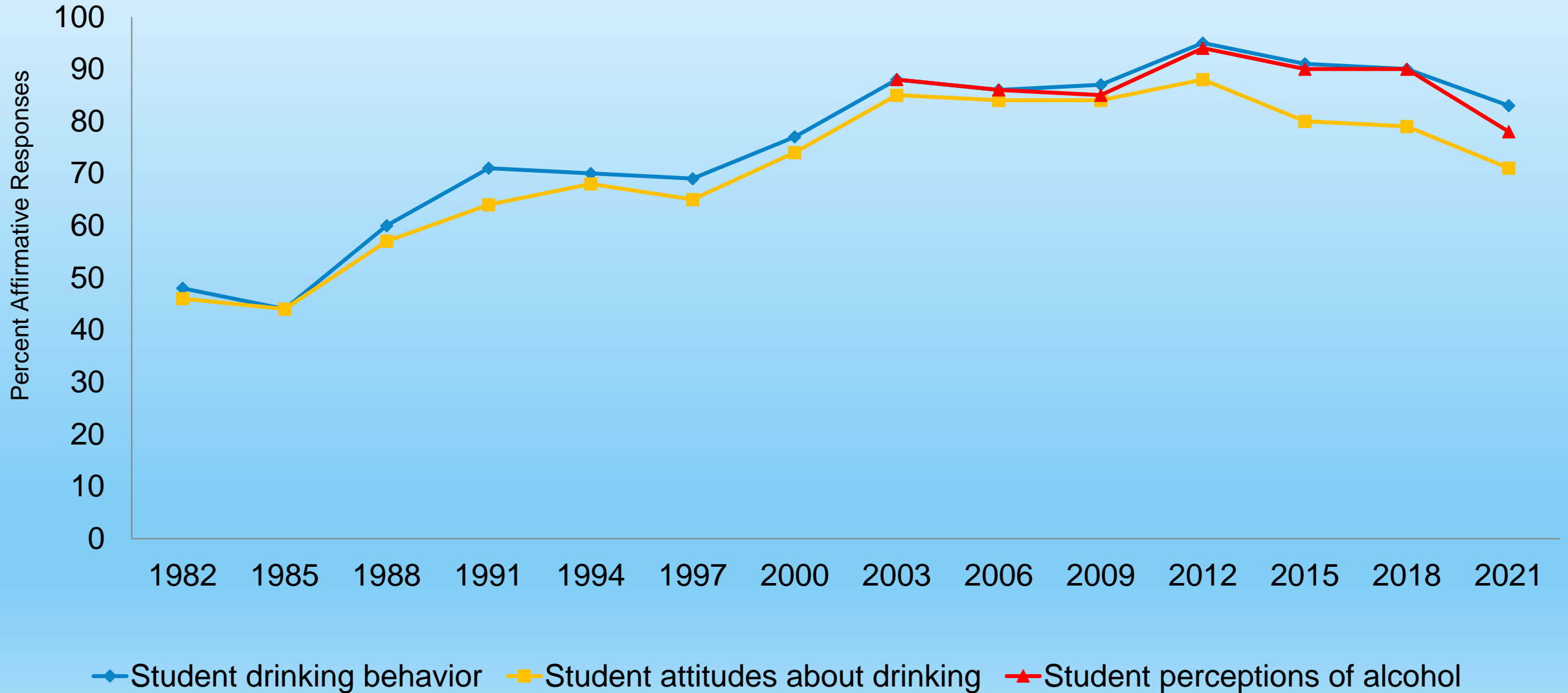


SUPPORT SERVICES

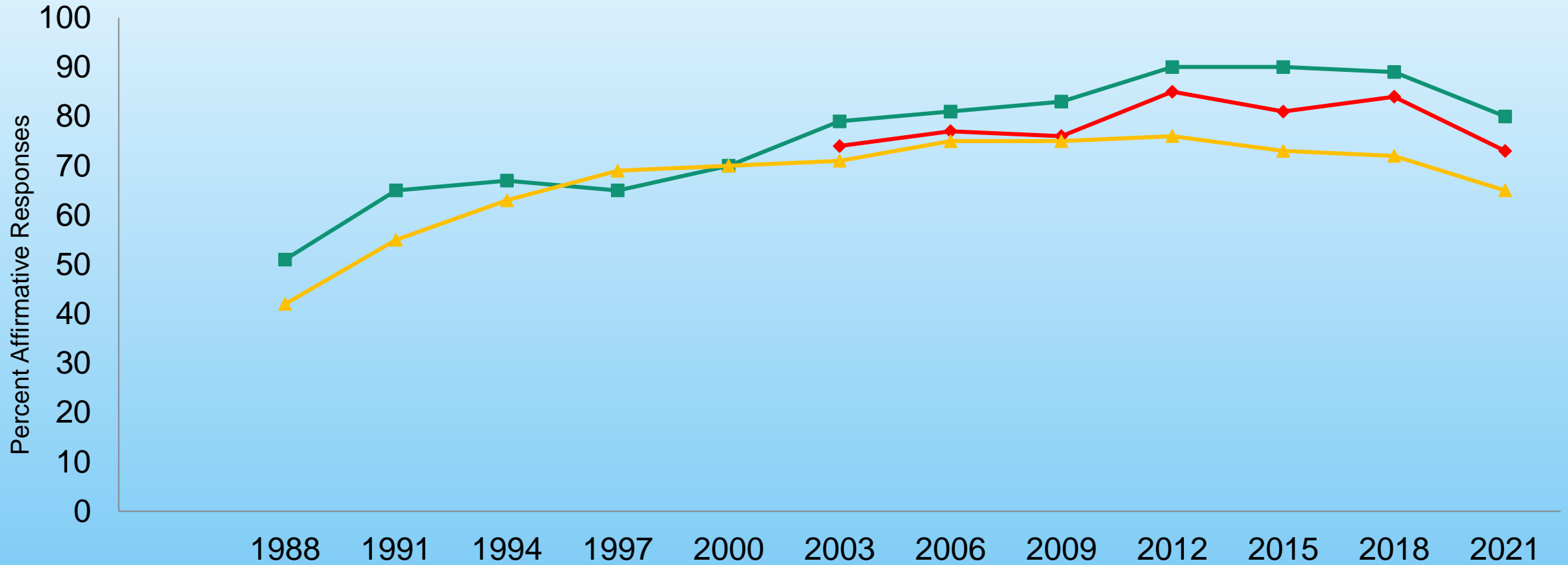
- **General support services with counseling have remained stable for decades.**
- **Some support services have gone down dramatically, such as group counseling and support groups.**
- **Organized recovery services have grown significantly recently.**
- **Sources of referrals for students screened for drug/alcohol problems are diverse, with over 1/3 from a conduct violation and 1/5 from self-referral; this provides opportunities for further engagement.**
- **Options for those with a diagnosis of a substance use disorder warrants attention.**

**EVALUATION
and
DATA COLLECTION**

Campus Survey Done on Alcohol Use



Campus Survey Done on Drug Use

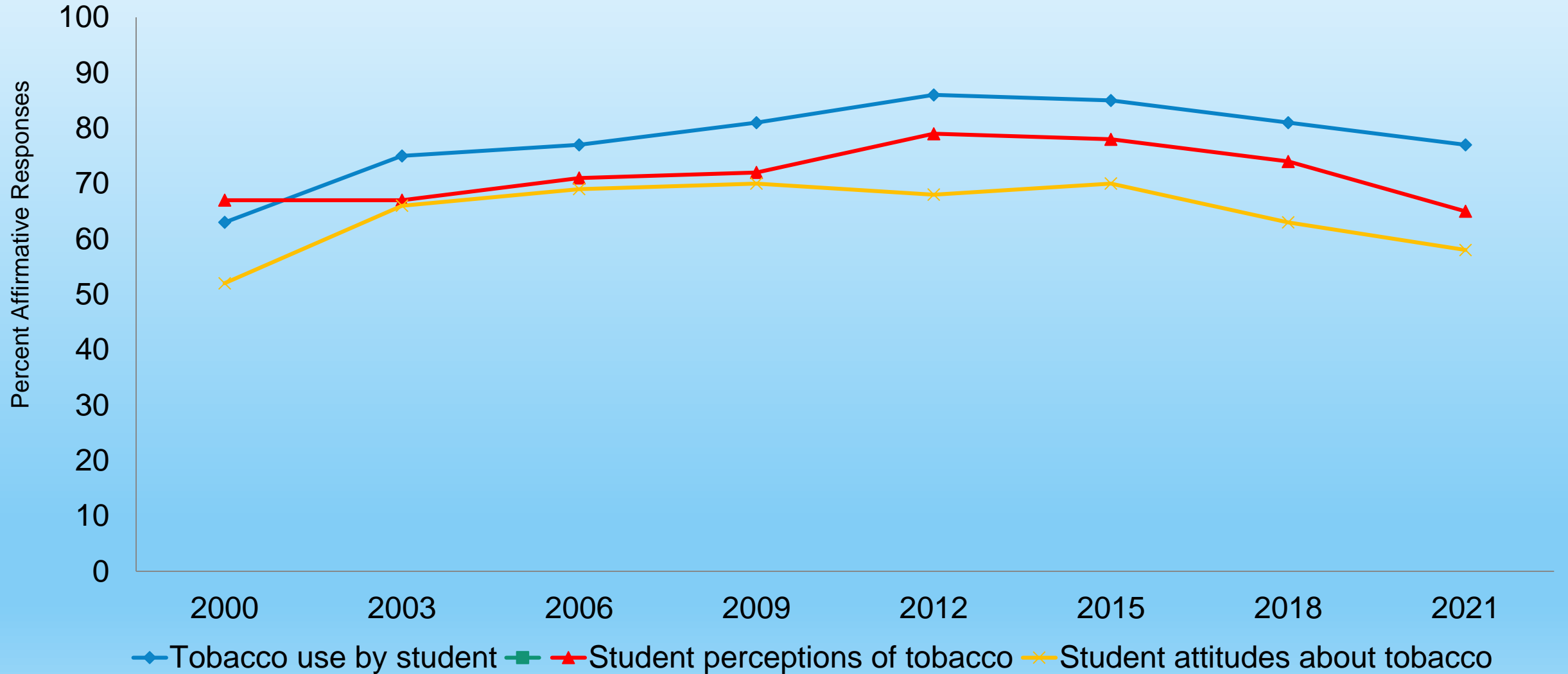


◆ Student perception of drugs

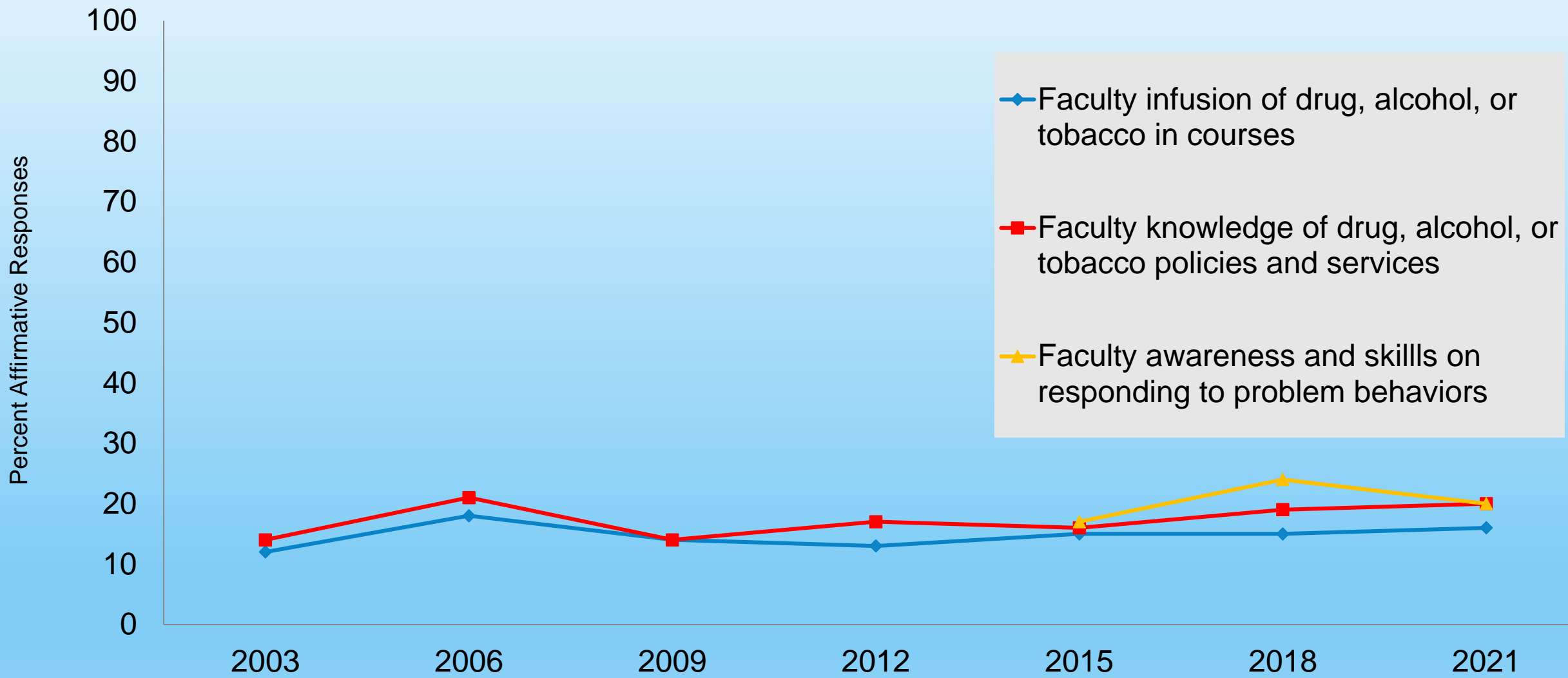
■ Drug usage behavior of students

▲ Student attitudes about drugs

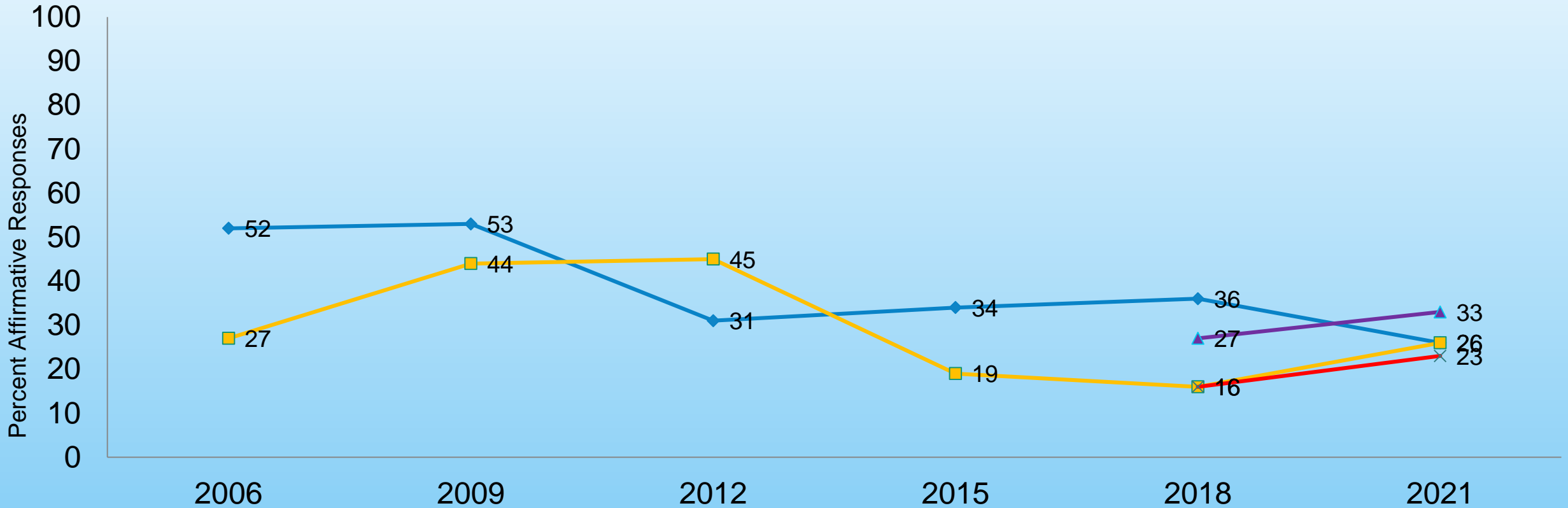
Campus Survey Done on Tobacco Use



Campus Survey Done on Faculty Engagement



Receive Reports from ER Visits



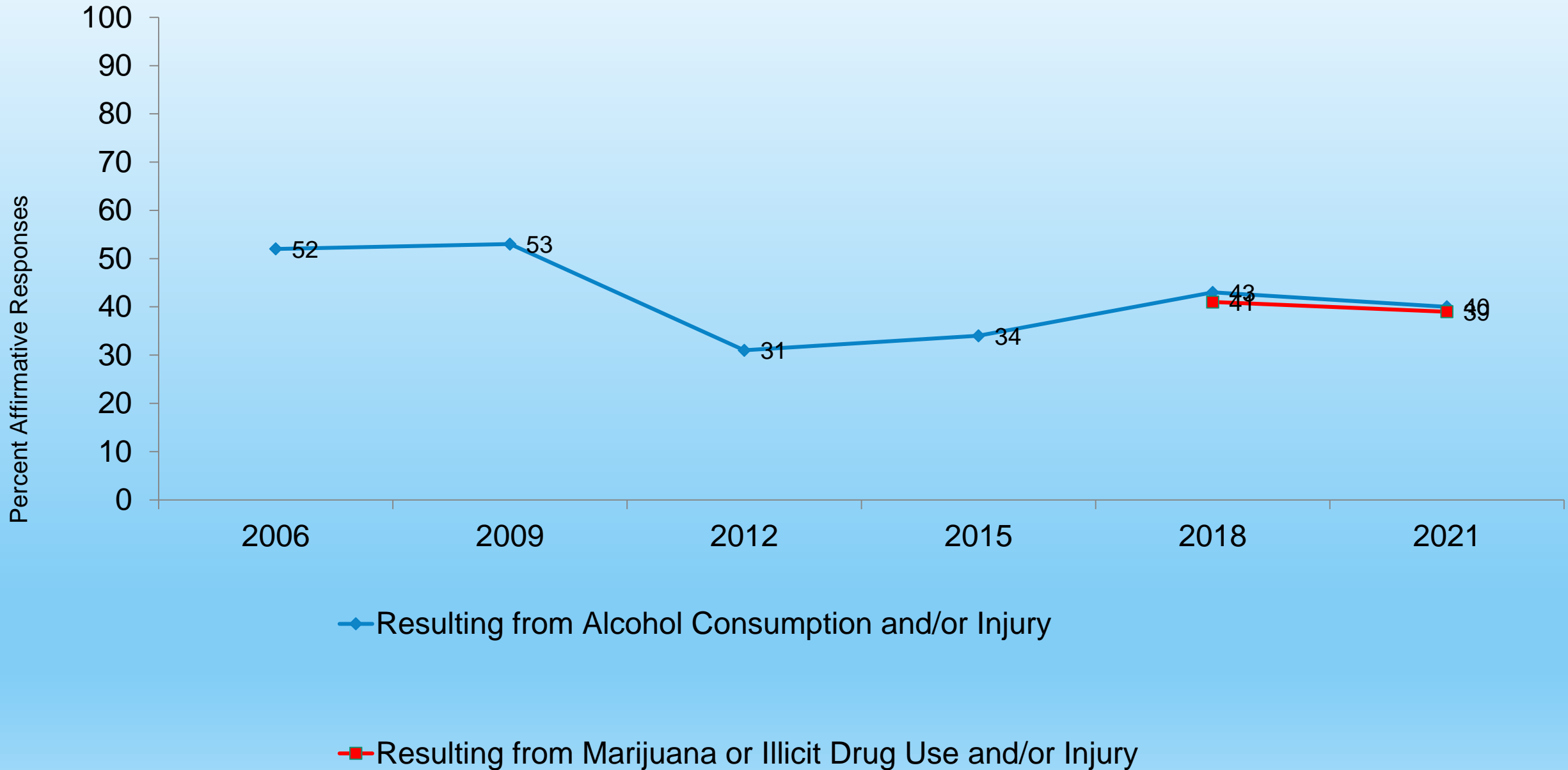
◆ Receive reports on ER alcohol related visits

■ Receive reports only from some ERs

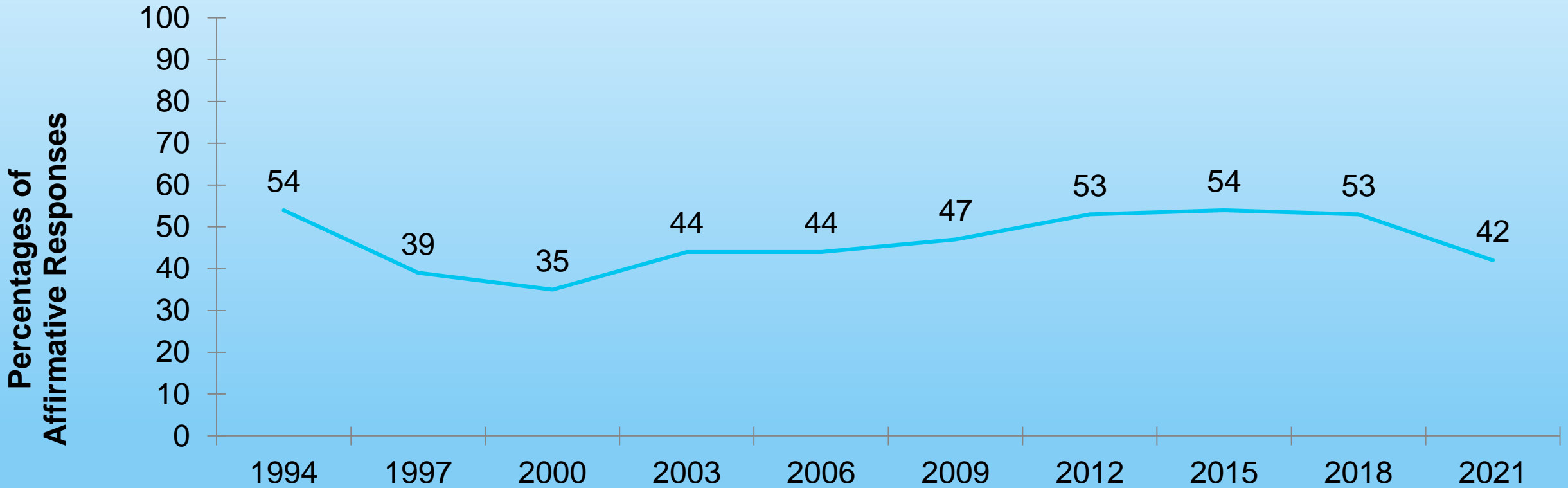
▲ Receive reports on ER drug related visits

× Receive reports only from some ERs

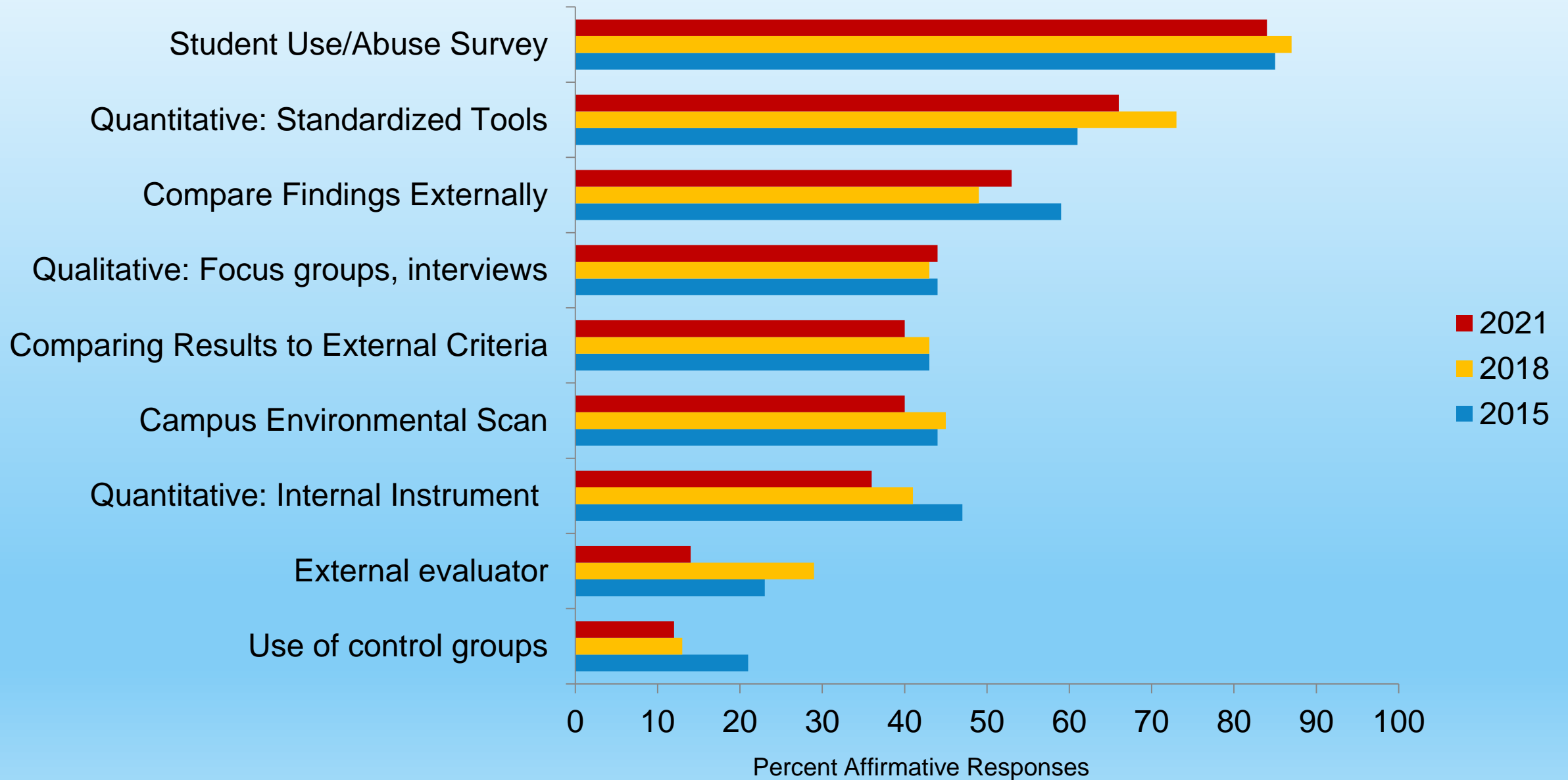
Campus Health Center Collects and Reports Data



Conducted Formal Assessment of Effectiveness of Drug and Alcohol Misuse Prevention Program *(in last 3 years)*



Approaches Used to Measure Campus Efforts

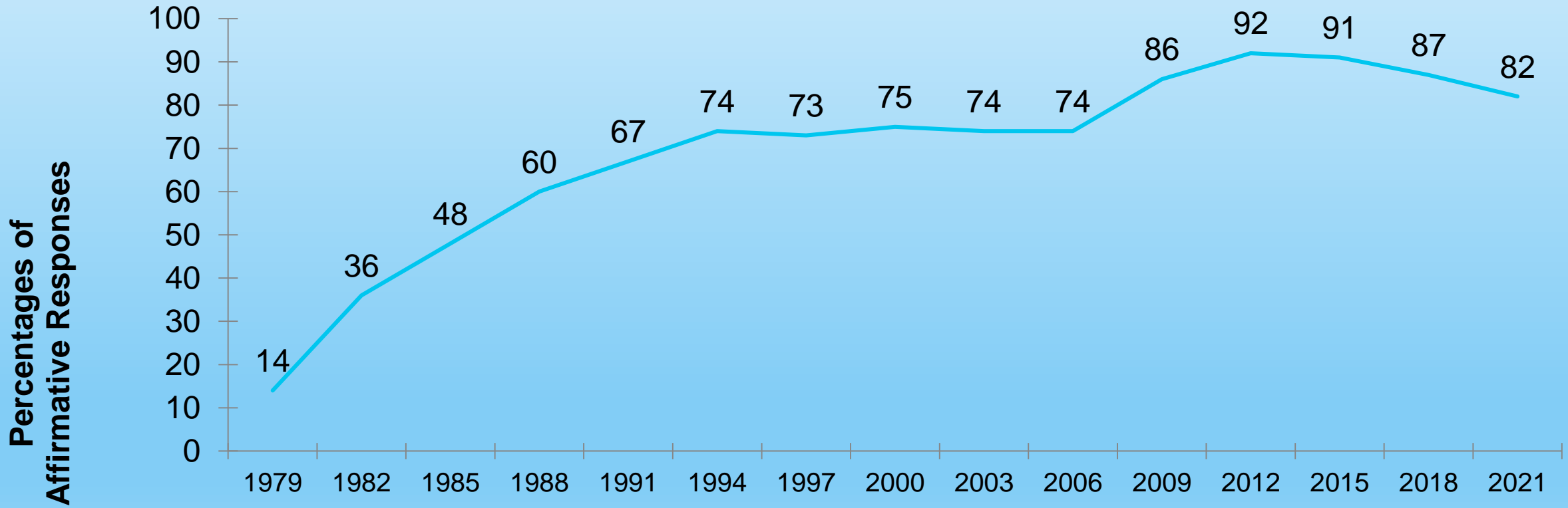


EVALUATION and DATA COLLECTION

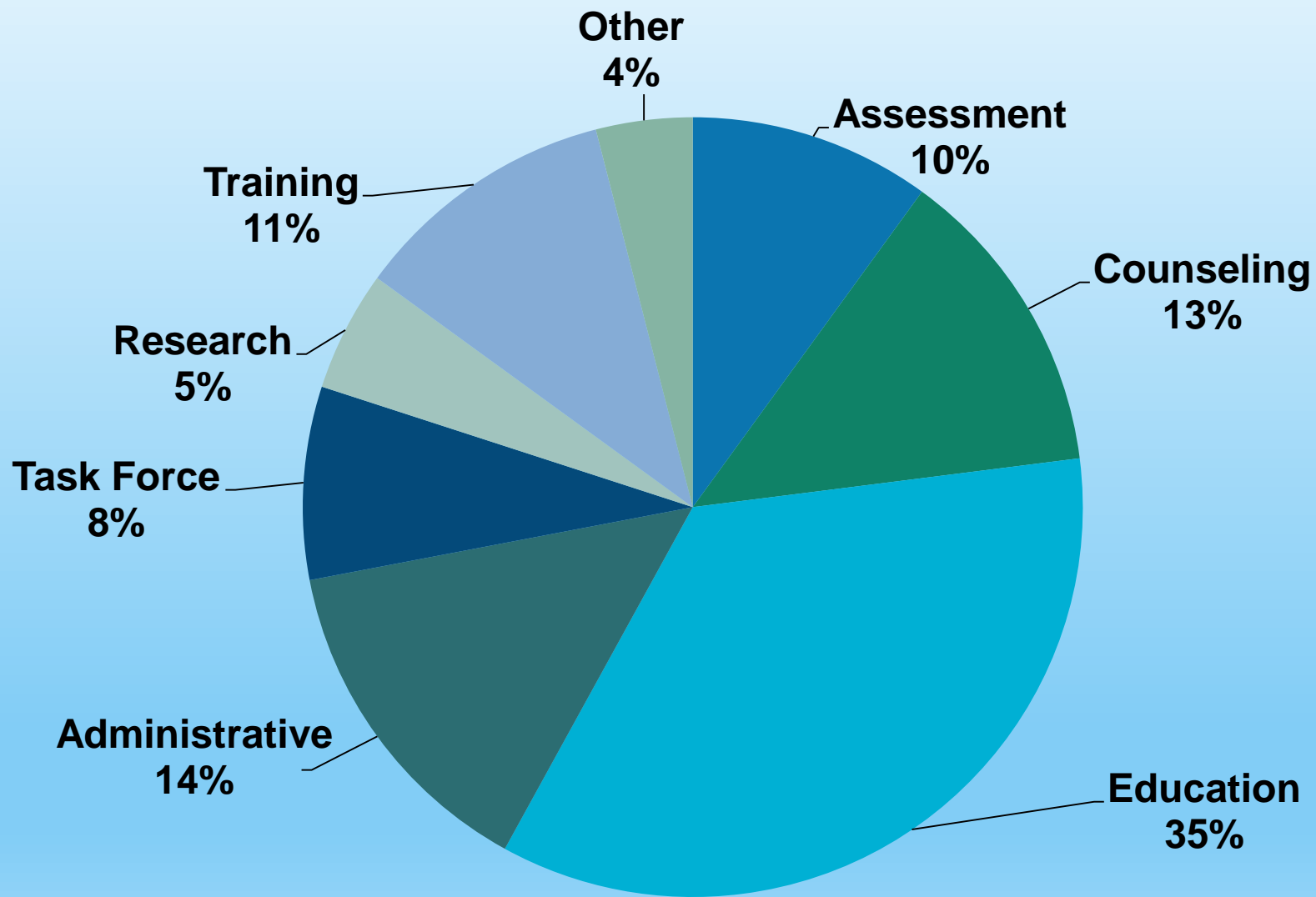
- **Campus surveys on drugs and alcohol have become an established component of a comprehensive prevention effort.**
- **Growth opportunities exist especially for prescription drug abuse, interventions, and violence prevention.**
- **Very low attention is paid to faculty engagement, including course content infusion or knowledge of drug/alcohol issues.**
- **Nearly one-half of institutions do not assess program effectiveness, even with the biennial review requirement.**
- **The approaches used to measure campus efforts are limited.**

STRATEGIC PLANNING and ORGANIZATION

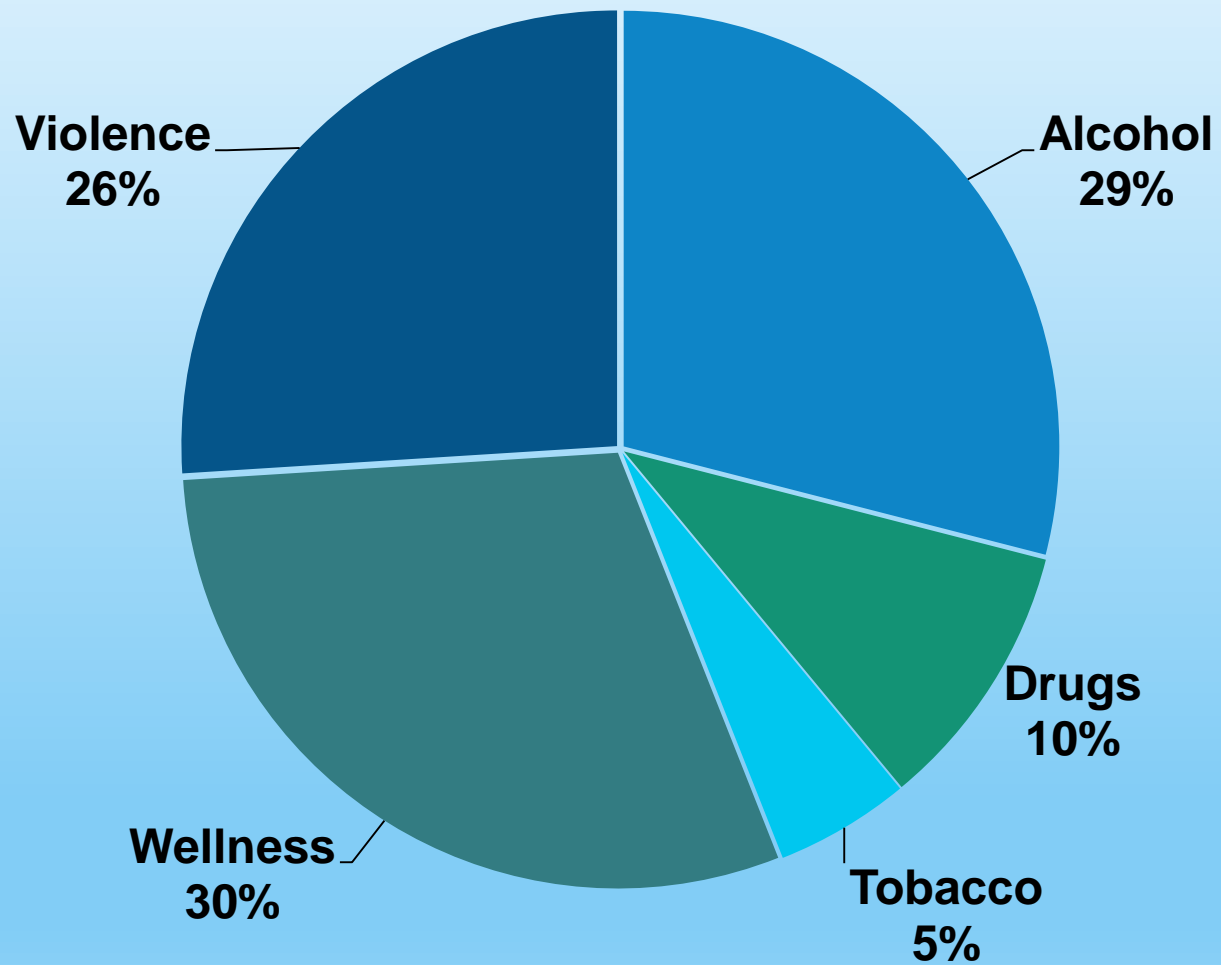
Designated Alcohol/Substance Abuse Educator or Specialist



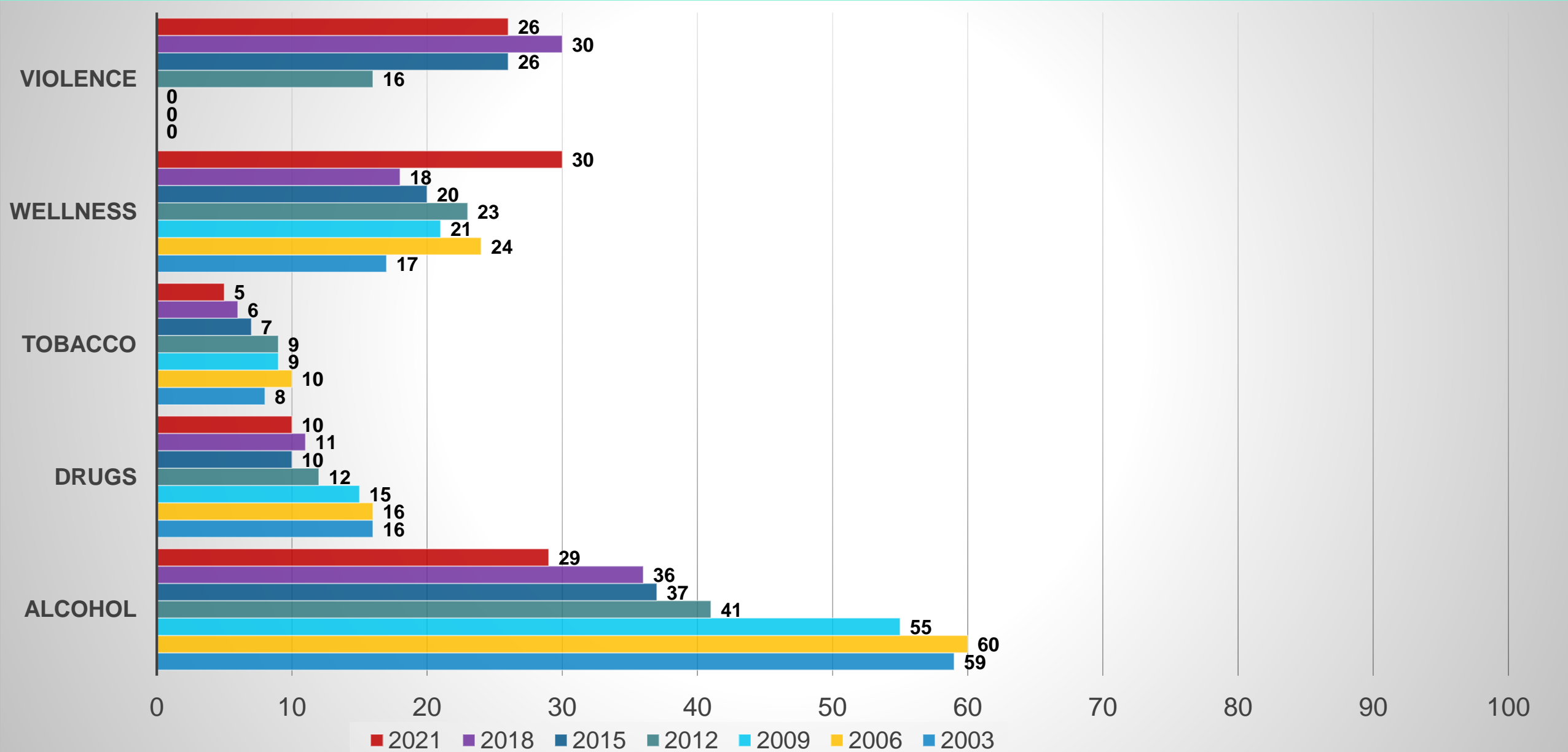
Specialist Time Allocations Based on Role / Responsibility: 2021



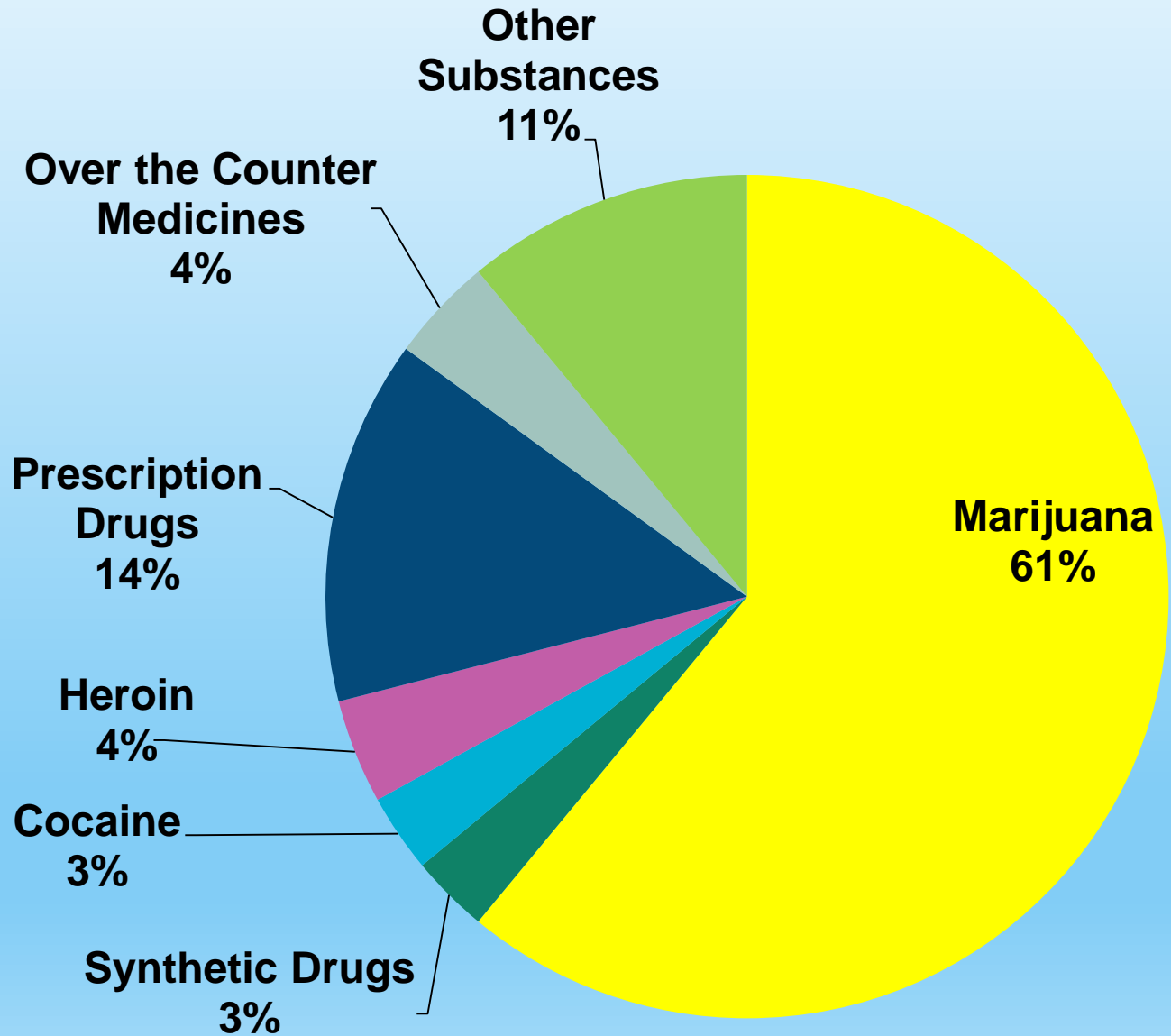
Specialist Time Allocations Based on Topic / Issue: 2021



Specialist Time Allocation Based on Topic/Issue: 2003 - 2021

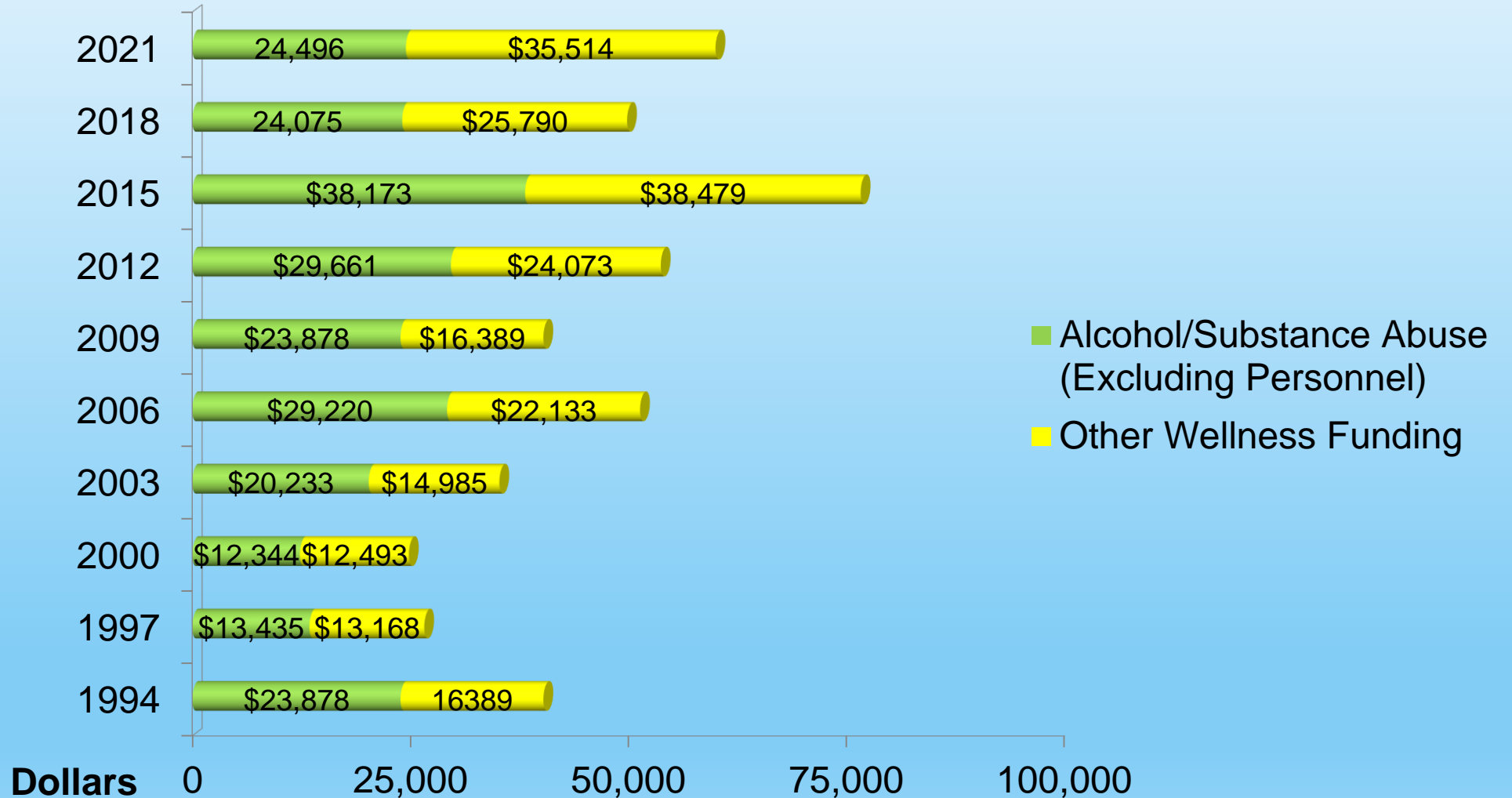


Specialist Time Allocation Within Drugs Area: 2021



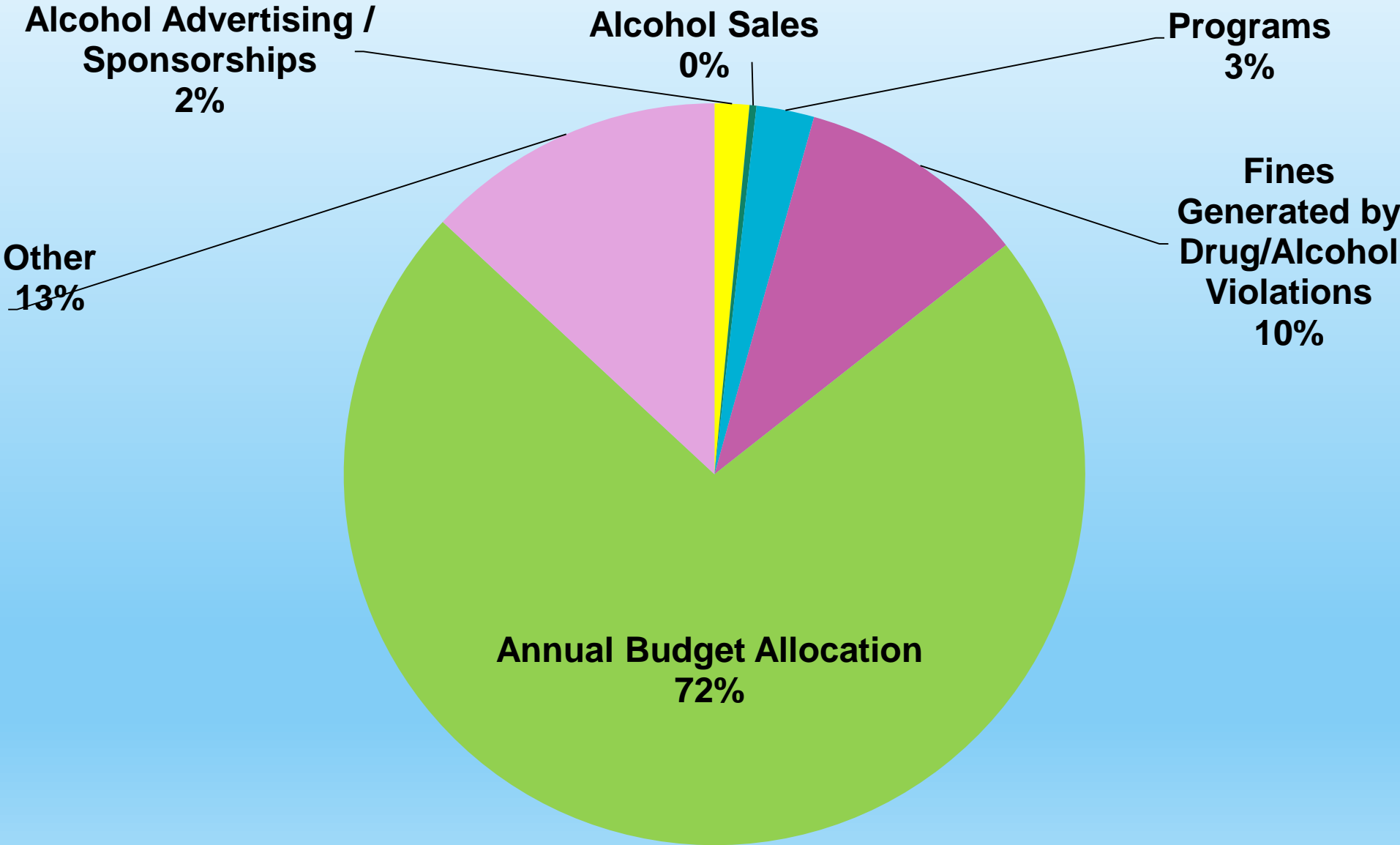
Annual Funding For Alcohol/Substance Abuse

(In 2021, this was 40.8% of overall wellness funding)

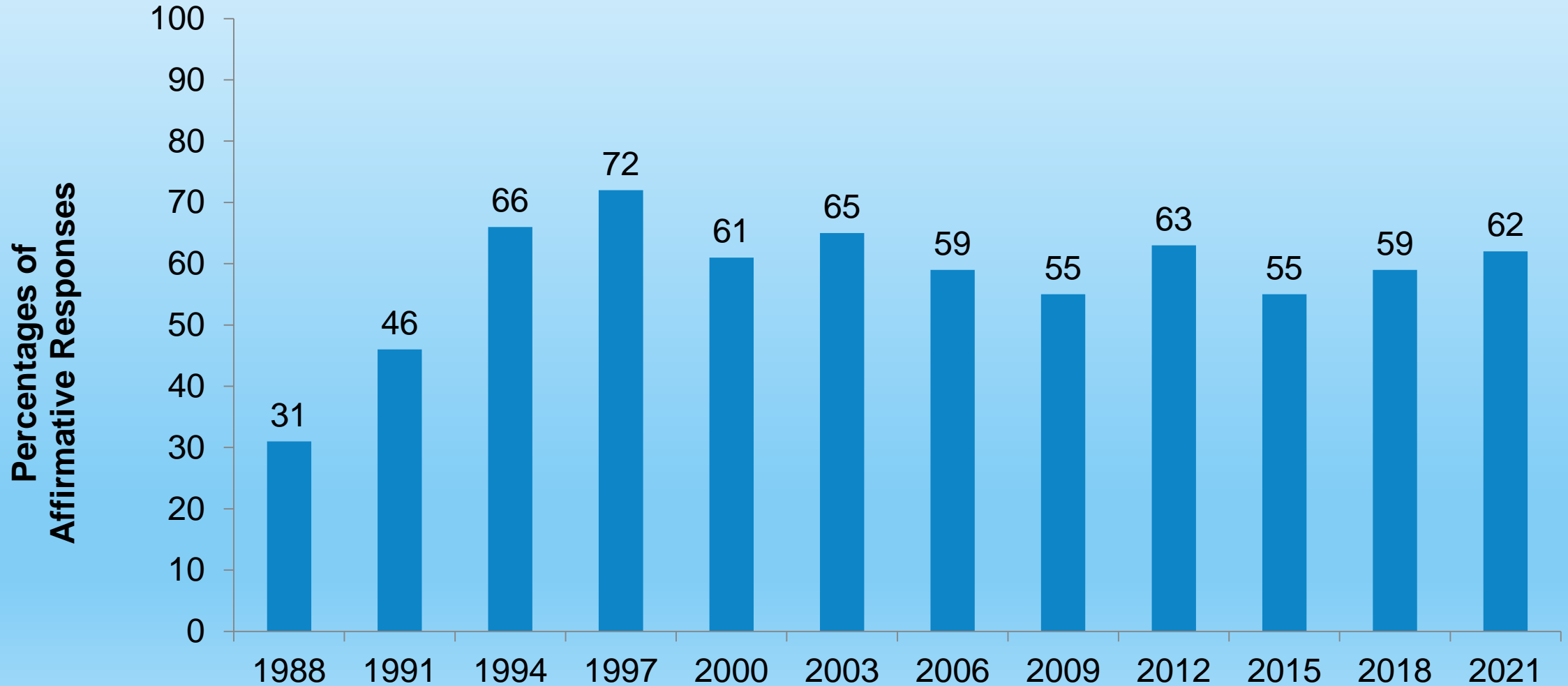


2021 Wellness Funding = \$60,010

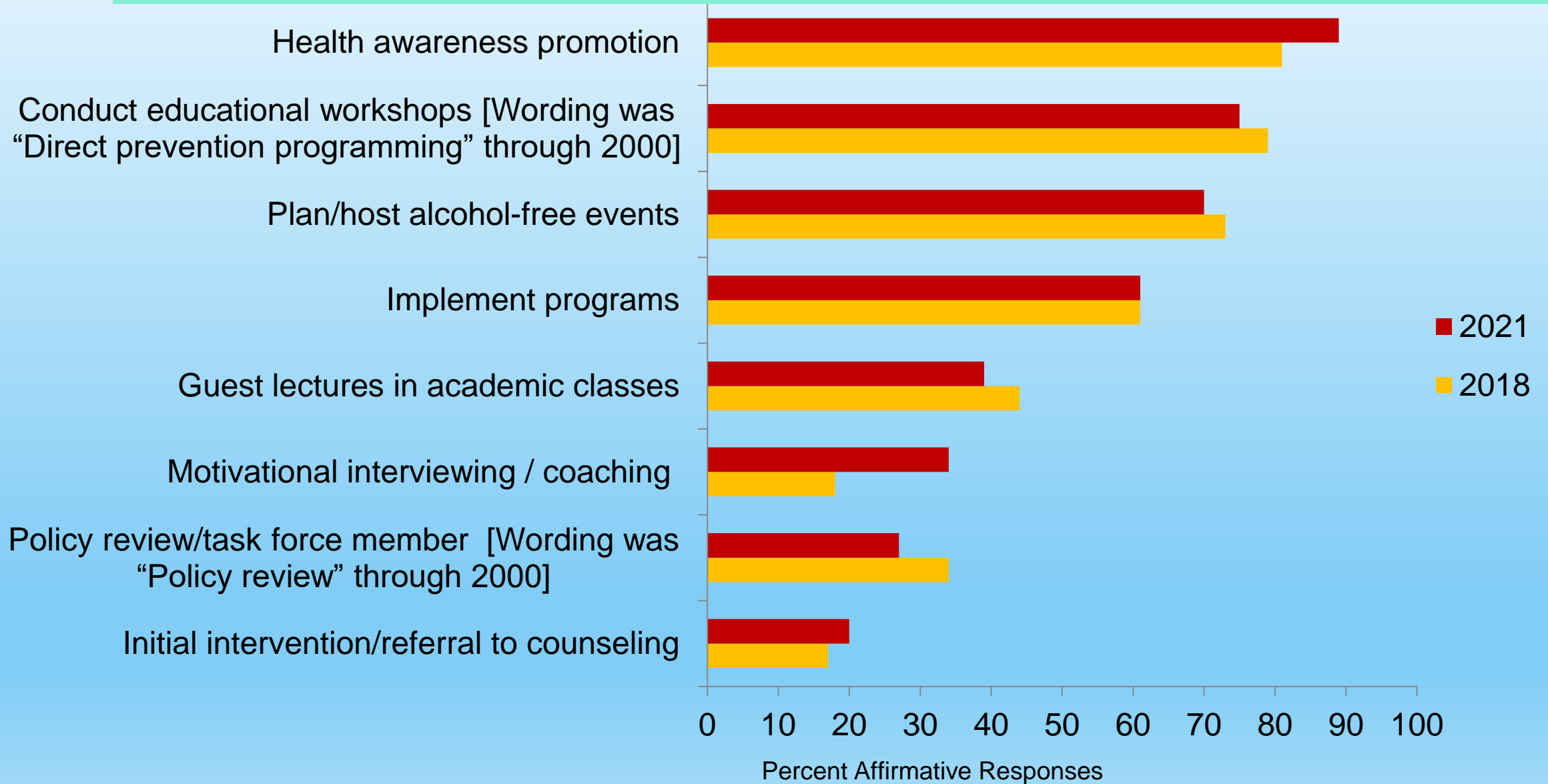
Source of Funding for Substance Abuse Efforts: 2021



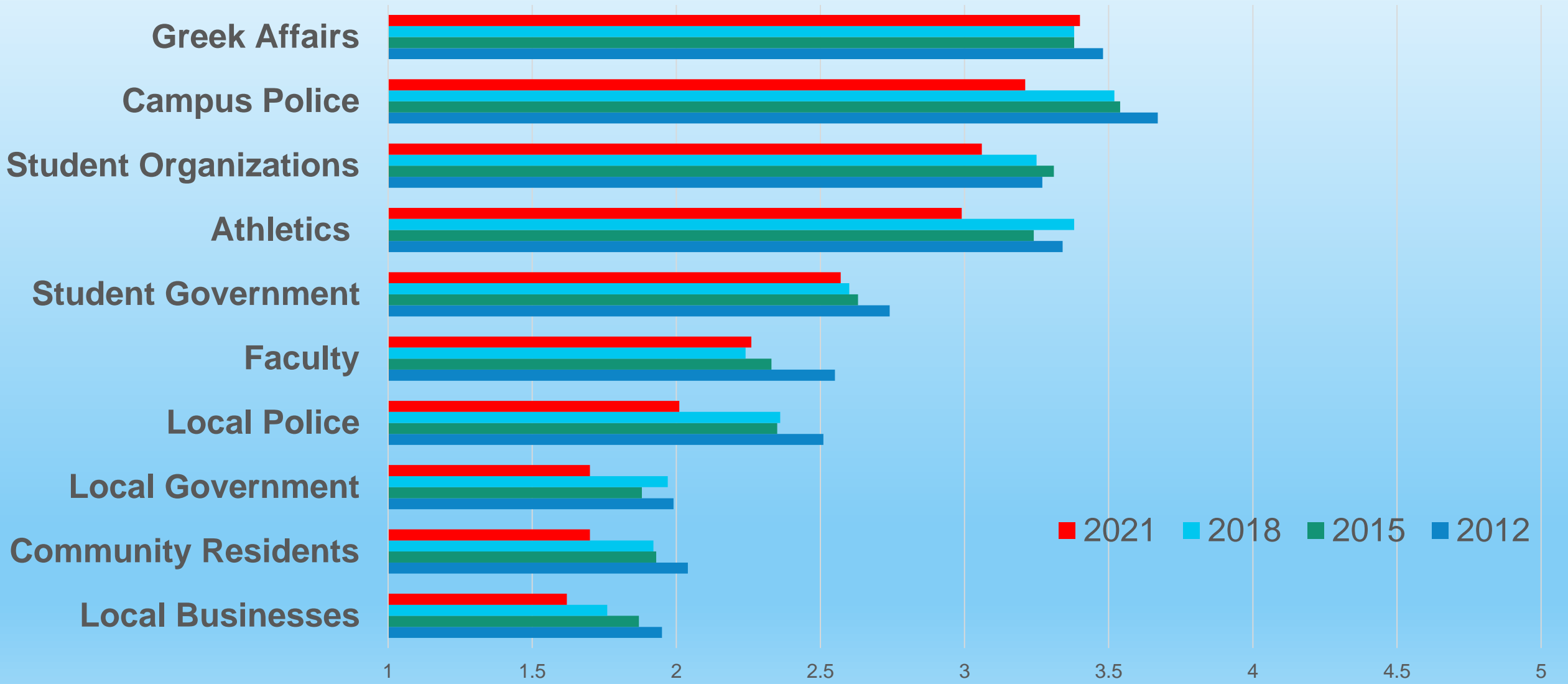
Use of Peer Groups Whose Primary Purpose is Drug or Alcohol Abuse



Roles of Peers with Primary Focus on Alcohol and Substance Abuse: 2018 & 2021



Collaboration Between Coordinator and Campus Groups

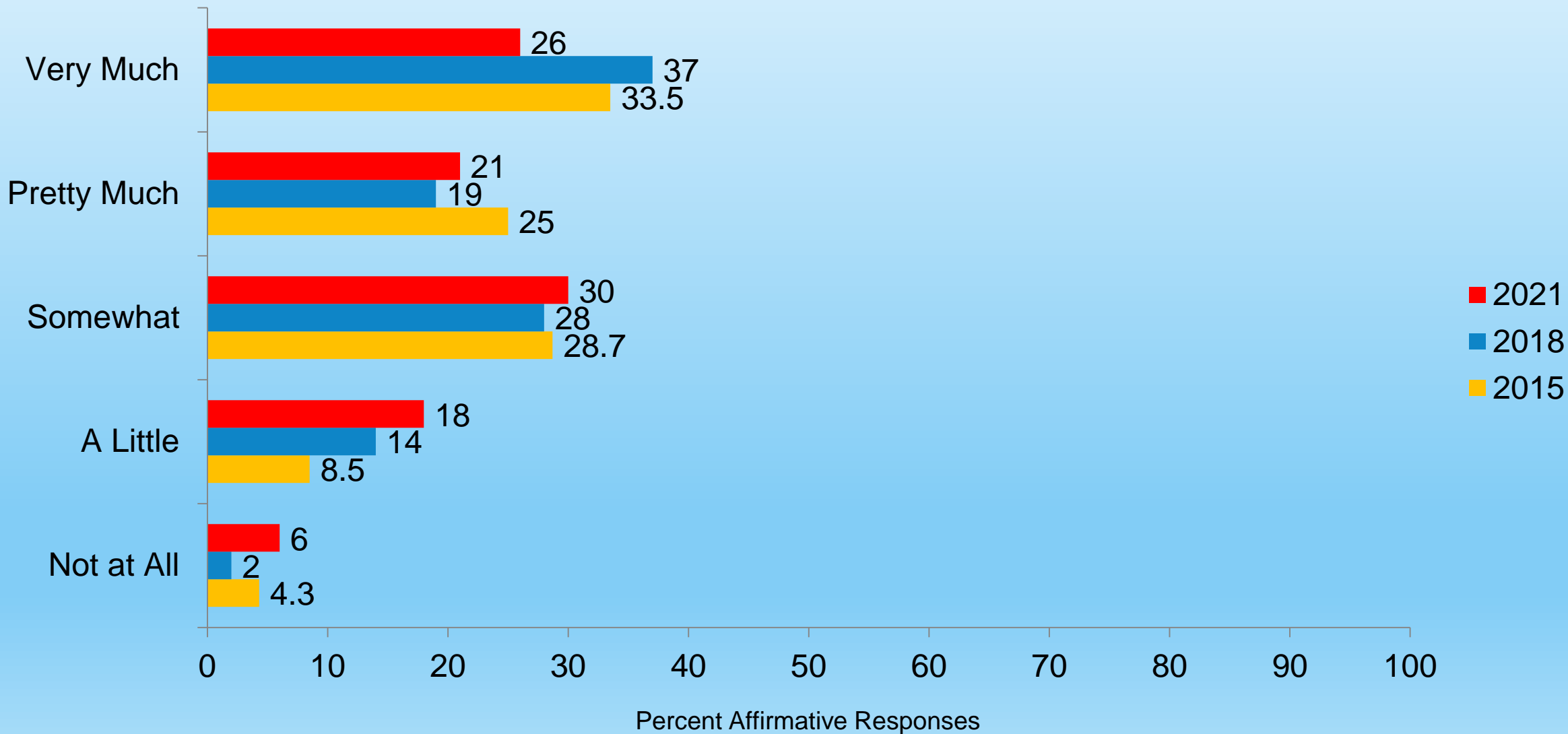


1 = Not at all; 5 = Very much

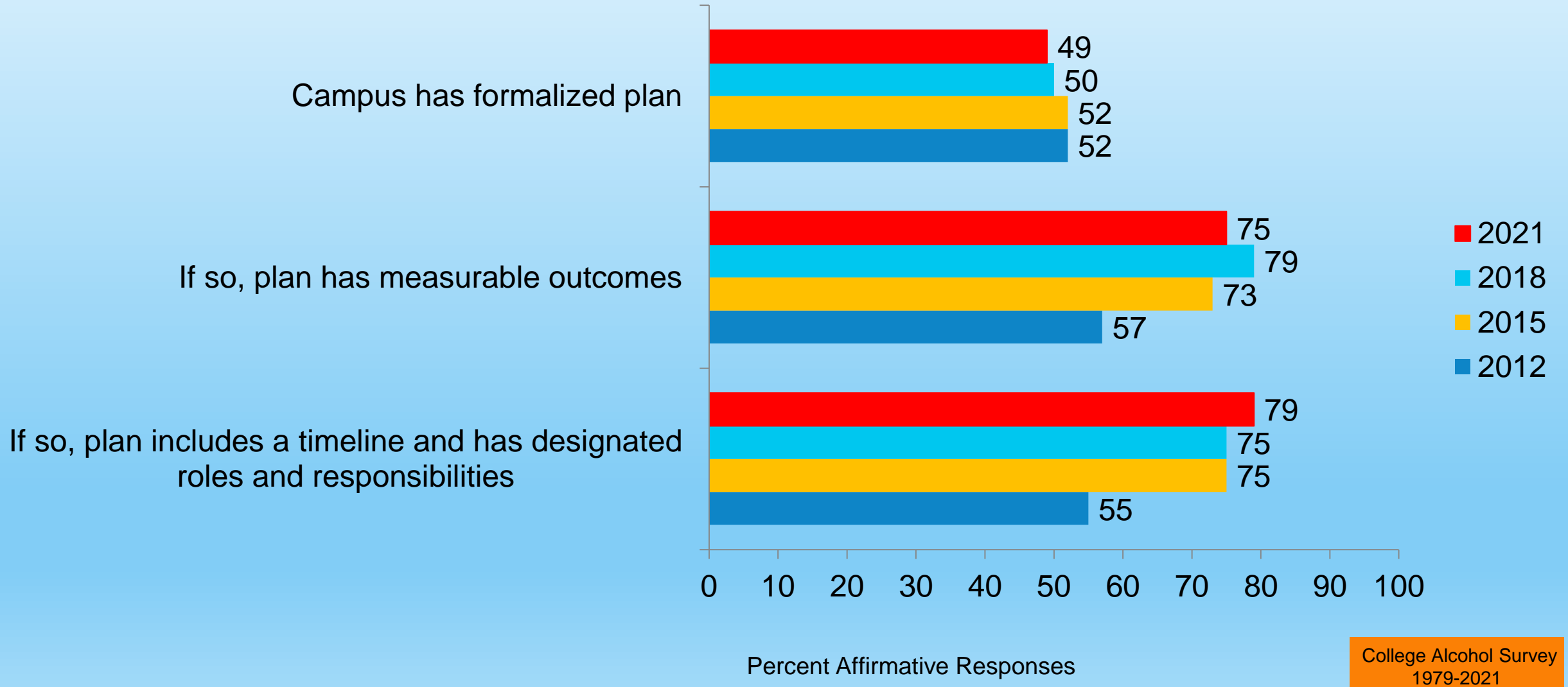
President / Chancellor Support: 2015 - 2021

Mean Score: 3.43 (2021) 3.75 (2018) 3.75 (2015)

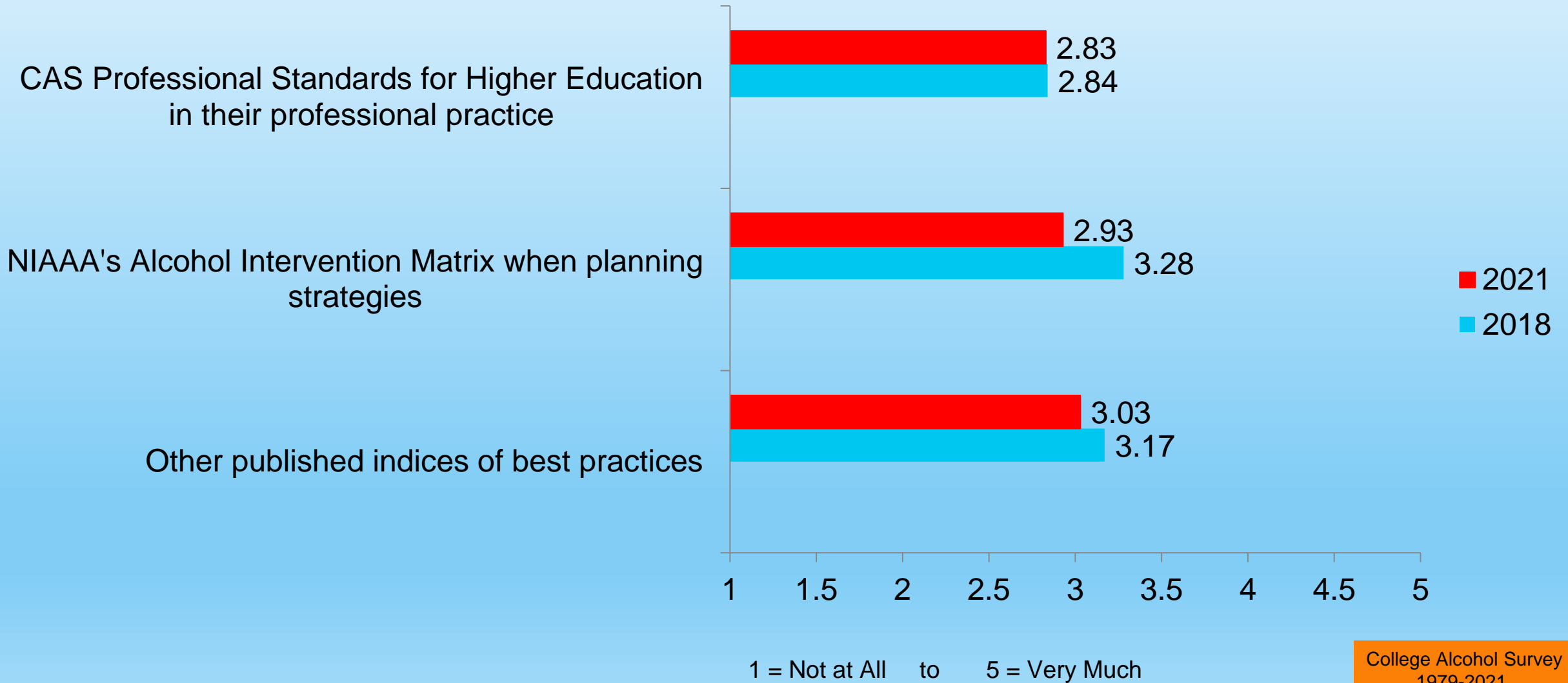
where 1 = not at all and 5 = very much



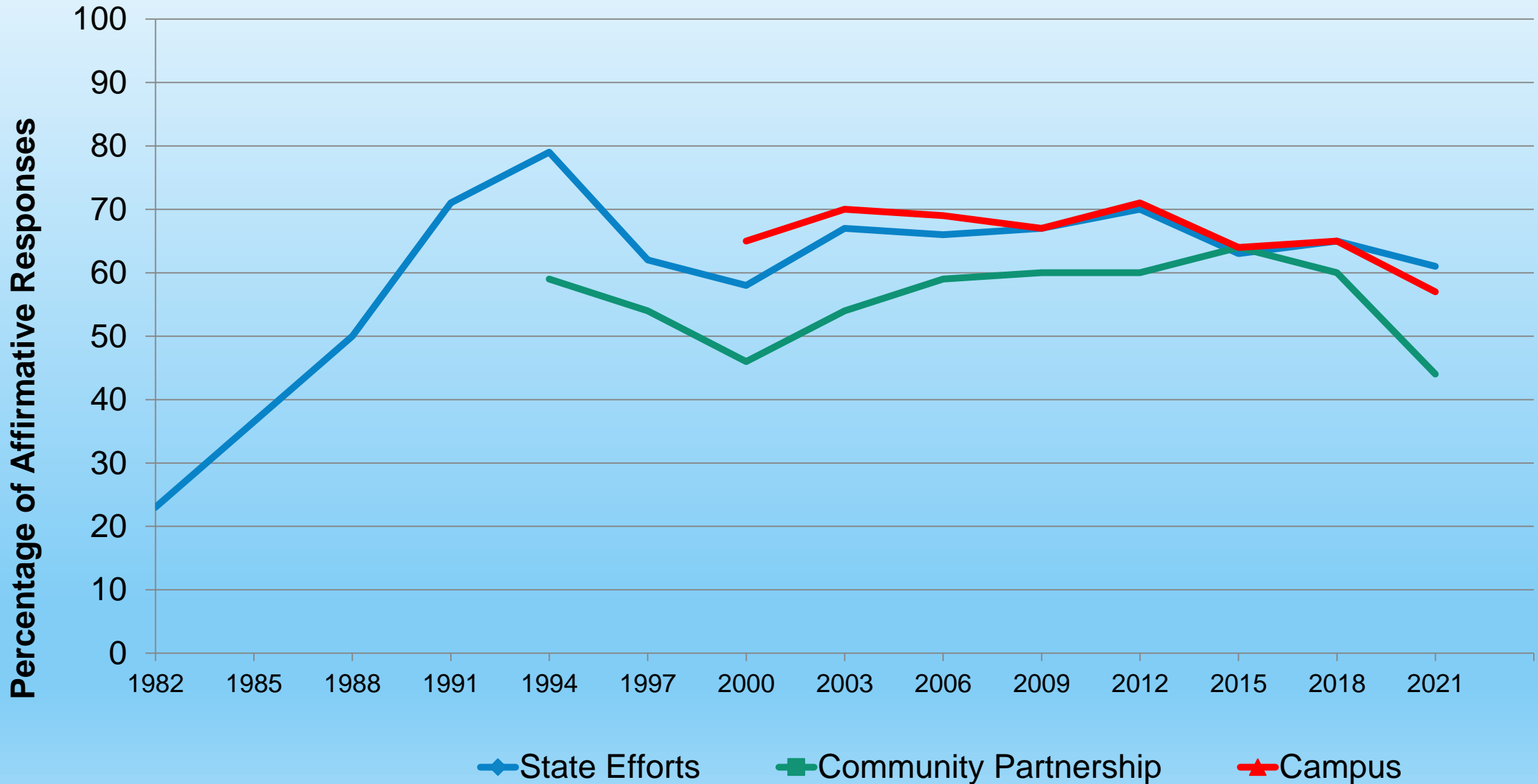
Strategic Plan for Addressing Alcohol and Substance Abuse Issues



Campus Uses Designated Resources: 2018 - 2021



Campus, Community and State Efforts



STRATEGIC PLANNING and ORGANIZATION

- **The majority of campuses have a coordinator/specialist; this is reducing.**
- **Campus specialists have varied roles, requiring different sets of skills.**
- **Time allocation on topics and issues shows wellness, alcohol and violence with less than 1/3 each (30%, 29%, 26%); drugs as a whole is 10%.**
- **Time allocation on alcohol, specifically, is going down dramatically over time.**
- **Peer educators are used in a variety of roles; many opportunities exist for enhancement and expansion.**
- **Strategic planning with formalized plans and specified grounding resources is modest.**
- **Collaboration with campus and local groups is modest; many opportunities exist for enhancement.**

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