

A NATIONAL RECOVERY STUDY IN HIGHER EDUCATION INSTITUTIONS IN IRELAND

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BACKGROUND

DUHEI: Survey of drug use among 3rd-level education students

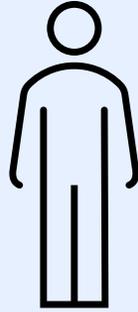
- **11,500** participant responses
- **60%** were **female**
- The median age was **21**
- **81%** undergraduates
- **9%** were registered with a **Disability Support Service**
- **93%** were EU students
- **56%** have previously used **illicit drugs**
- **6.6%** reported that at one time had a problem with drugs or alcohol but no longer did



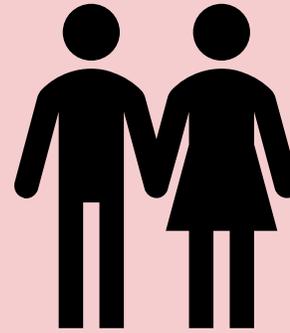
WHO WAS MORE LIKELY TO HAVE A PREVIOUS DRUG PROBLEM?



ASOCIAL



MEN



PARTNERED



OLDER



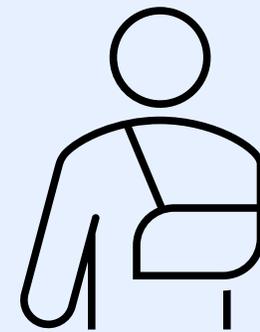
ILLICIT DRUG USE

Lifetime and recent illicit drug use was associated with a higher rate of previous drug problems



NORMALITY OF DRUGS

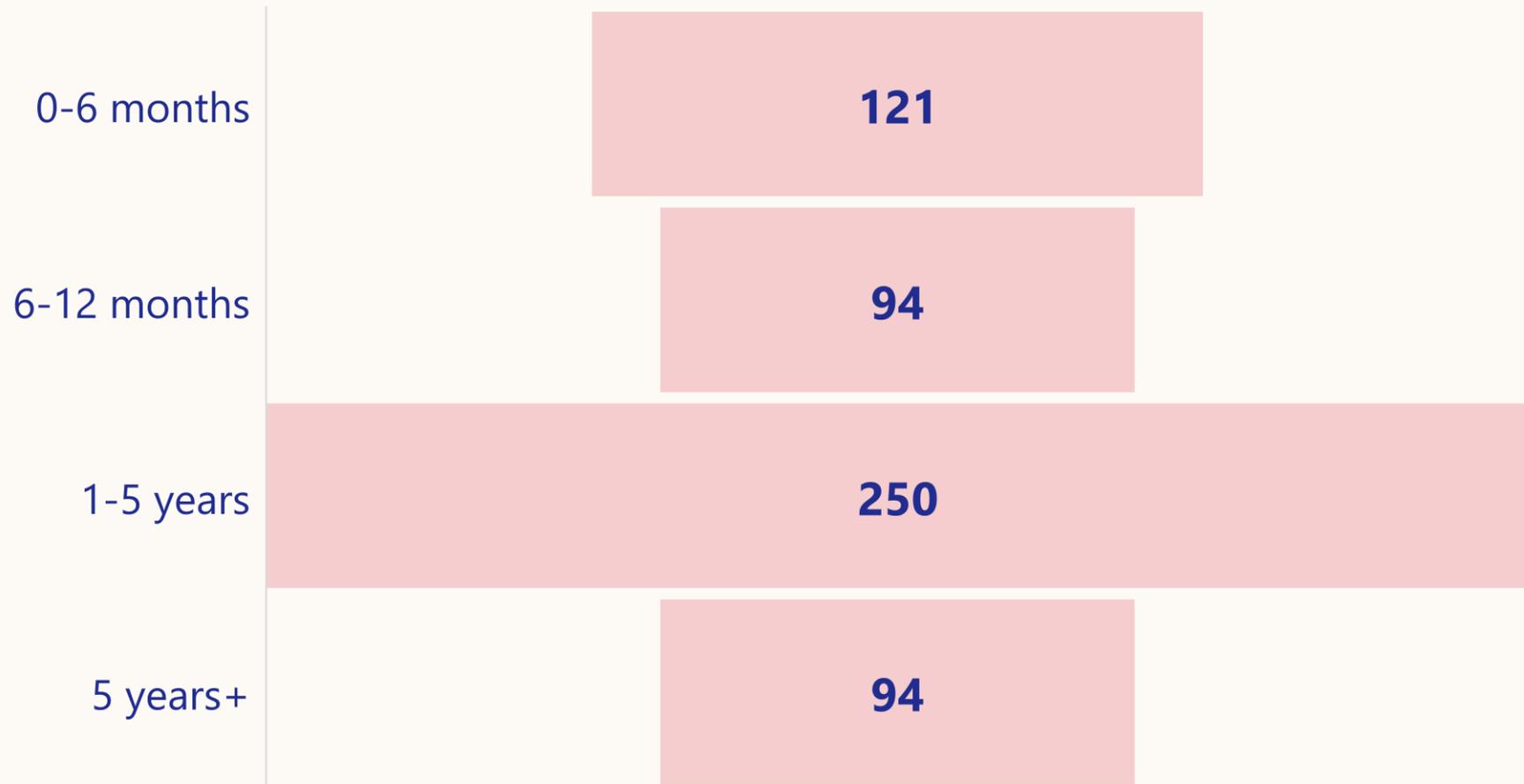
Viewing drug use as a normal part of college increased the likelihood of having a previous drug problem



PERCEPTION OF HARMS

Those who viewed drugs as having a neutral or positive effect were more likely to have a previous drug problem.

HOW LONG AGO DID STUDENTS RESOLVE THEIR SUBSTANCE USE PROBLEM?



Number of participants

WHAT IS “RECOVERY” TO STUDENTS?

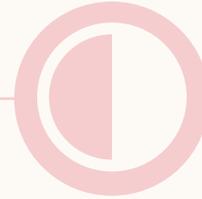


TOTAL ABSTINENCE

Abstinence from all substances

Favoured by:

- Women
- Have never taken illicit substances
- Those who believe drugs have a negative effect
- Students who consider themselves to be in recovery



PARTIAL ABSTINENCE

Abstinence only from the problem substance

Favoured by;

- Men
- Lifetime and recent drug users



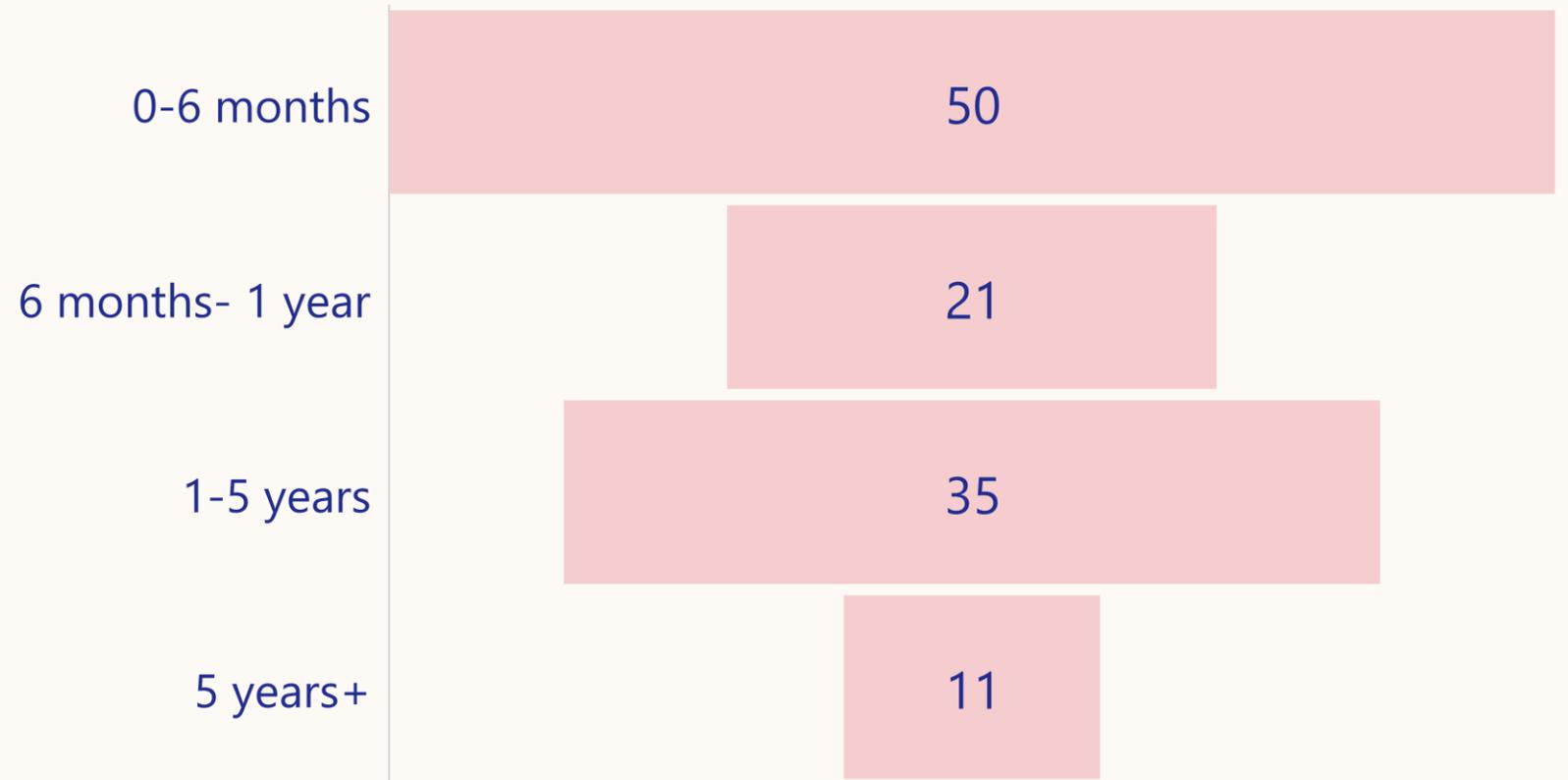
MODERATE USE

Moderate use of all substances

Favoured by:

- Those with a neutral or positive view of the effects of drug use.
- Students who don't consider themselves to be in recovery

LENGTH OF CURRENT RECOVERY



Number of participants

WHO'S CURRENTLY IN RECOVERY?



ALCOHOL

Those who've never used illicit drugs were more likely to be in recovery



STRAIGHT 'N' NARROW

Those with no recent non-medical drug use were more likely to consider themselves in recovery



HARM PERCEPTION

Believing that drug use has a negative effects was more common among those in recovery



TOTAL ABSTINENCE

Believing recovery to be total abstinence from all substances was associated with being in recovery



SELECT PROGRAMME USE

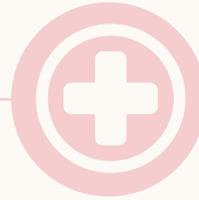
Faith-based
Recovery Community
National/local services
Detox
In/outpatient services

RESOLUTION OF A SUBSTANCE PROBLEM



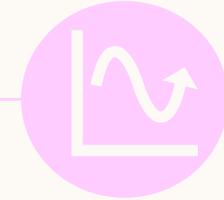
FIGURES

- 7% of students have solved a previous problem they had with alcohol or drugs.
- Slightly more likely to be male (9% of males vs 5% of females)
- Higher in those with a disability (11%)
- They were more likely to see drug use as a normal part of college life.

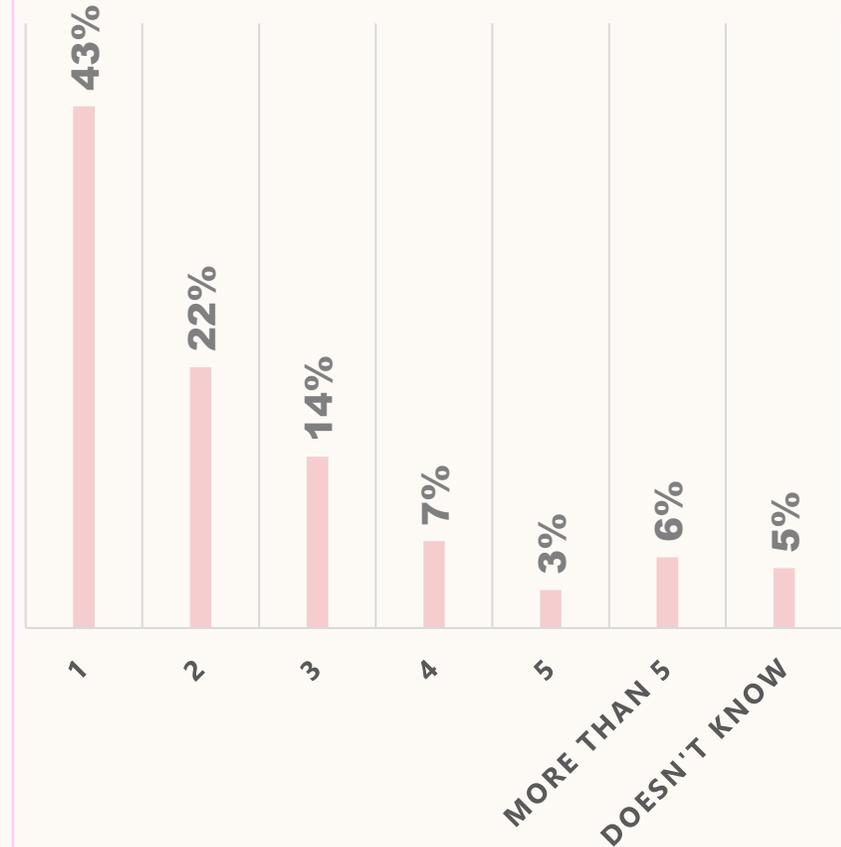


RECOVERY

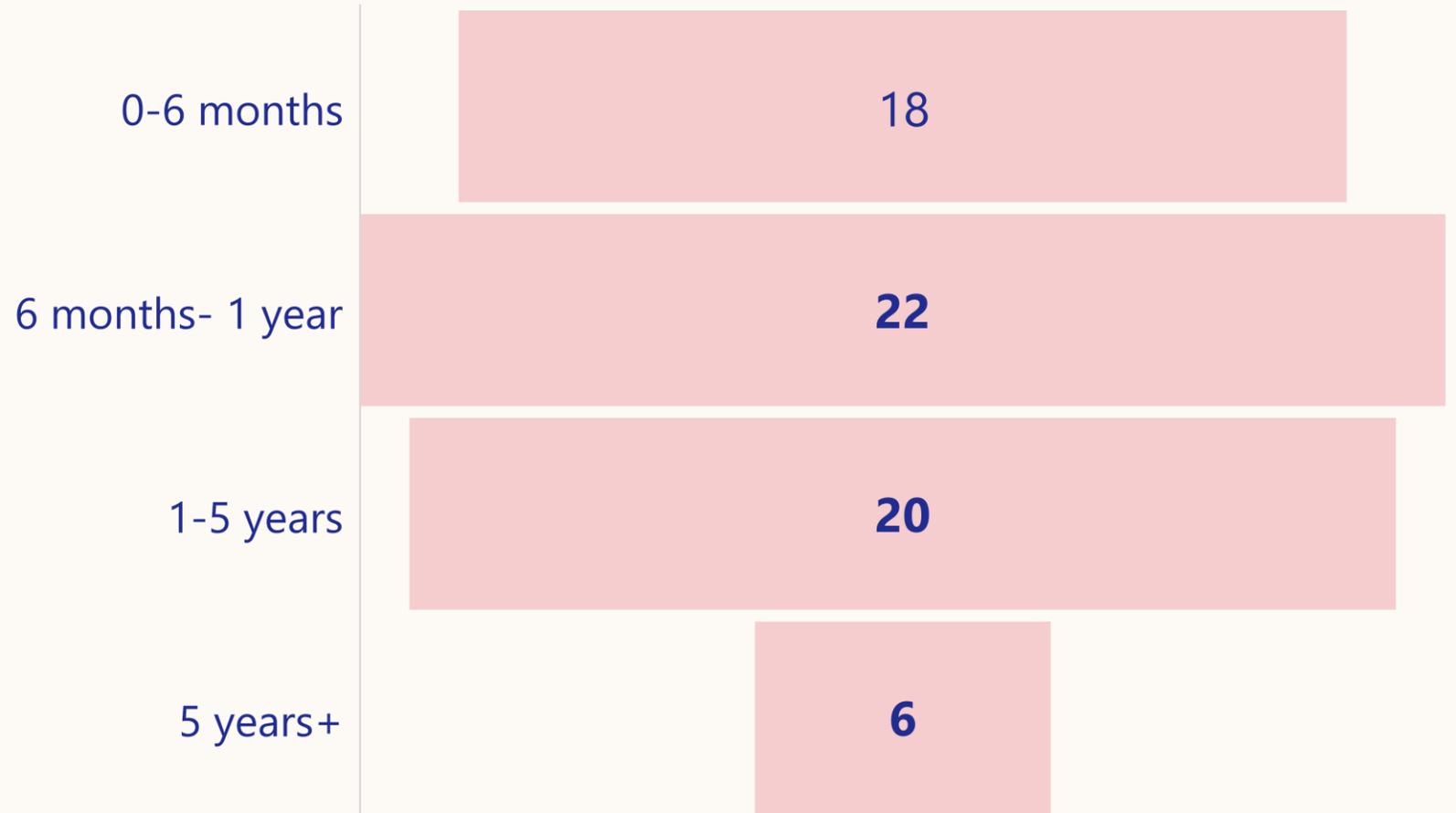
- Most (54%) did not use a recovery support programme
- Only 30% of these students would consider themselves to be or have been in recovery
- Those who consider themselves in recovery see it as total abstinence.
- Those who don't associate with the term recovery see it as partial abstinence or moderate use.



HOW MANY ATTEMPTS DID IT TAKE

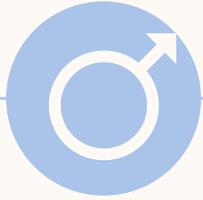


LENGTH OF PREVIOUS RECOVERY



Number of participants

RECOVERY FOR MALES VS. FEMALES



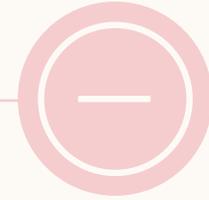
MALES

- Were more likely to consider drug use as normal
- More likely to have recently used drugs
- Were more likely to be a member of a sports club or society
- View recovery as partial abstinence



FEMALES

- Females' previous recovery attempts took longer than males (average of 33 vs. 17 months)
- More likely to view drug use as having a negative effect
- Less likely to ever have used illicit substances
- View recovery as total abstinence



NO DIFFERENCE

- Utilization of a recovery service or programme
- Choice of said programmes
- Number of recovery attempts

MULTIPLE RECOVERY ATTEMPTS

SOCIETIES

College societies, but not sport clubs, were associated with less attempts at recovery than non-members.

PREVIOUS ATTEMPTS

Those who were currently in recovery had multiple previous attempts.

HARM

Viewing drugs as having an extremely negative effect on student life was associated with more recovery attempts than a neutral or positive view.

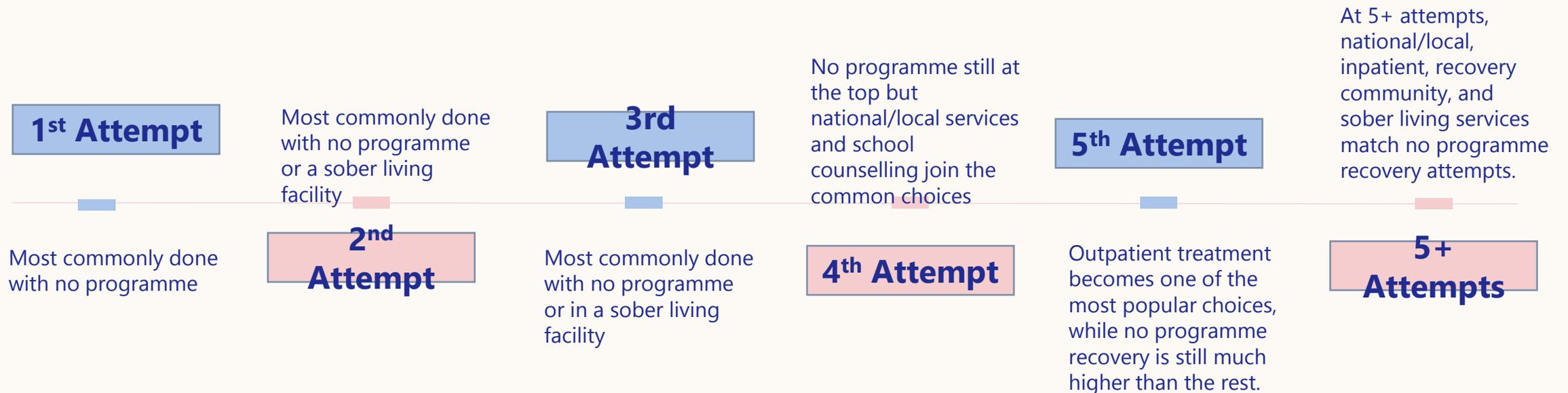
AGE

Older students were more likely to have more recovery attempts than younger students.

METHOD OF EACH ATTEMPT

Not using a recovery programme is the most common way for students to approach each attempt, though this gap narrows with each attempt.

RECOVERY PROGRAMMES IN MULTIPLE ATTEMPTS



HOW THEY RECOVERED



THEIR COMMENTS

- Participants wrote why they no longer considered themselves in recovery
- Each of these were assigned to one of 8 themes

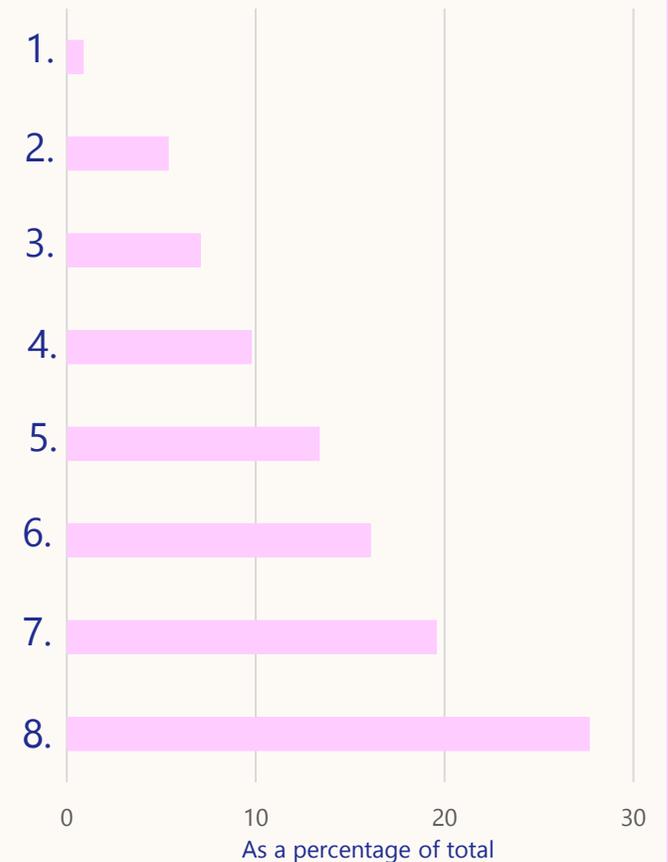


8 THEMES

1. Replaced addiction
2. Relapsed
3. Had a long period of abstinence
4. Removal of cause or triggers
5. Recovered so no longer in recovery
6. Reduced urge to take substance
7. Undeterminable
8. Change in relationship with substance



PROMINENCE



SUMMARY

A wide range of factors affect recovery in 3rd-level students.

What recovery means differs among students.

Harder to reach students who are not as involved in university life, like asocial or older students are most at risk for having a drug problem.

Students are currently not/unable to use recovery services as much as would help them.

Survey shows many students were in the early stages of their recovery.

THANK YOU

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