

CORE Alcohol and Drug Survey
Cotley College
September 7, 2016

The Cotley Counseling Center administers the CORE alcohol and drug survey to students every two years on Assessment Day (4/20/16). The statistics are compiled comparing 171 students' use and perceptions on the Cotley College campus to a reference group of 125,371 college students from 288 institutions nation-wide. As in past years, Cotley students continue to be below the reference group for tobacco, alcohol, and illegal drug usage for lifetime, annual, and 30-day usage. Though the statistics for alcohol use are less than the reference group, it remains an on-going concern. With the goal of increased alcohol/drug awareness and prevention thru campus programming, the following statistics are significant and warrant assessment, education, and program intervention. There is an overall decrease from alcohol use from two years ago.

Highly significant is the increase in Cotley students reporting to have attempted or considered attempting suicide. Cotley's statistics remain above the reference group in both areas.

Significant concerns impacting students

- 6% of Cotley students had serious thoughts about suicide in the past year which is a 1% increase and higher than the reference group.
- 3% of students report having tried to commit suicide in the past year which is a 2% increase and higher than the reference group.
- 5% of students reported being taken advantage of sexually when drinking.
- 5% reported concerns of having a drinking or other drug problem.
- 5% reported doing poorly on a test while 5% missed a class.
- 8% reported getting in an argument or fight.
- 8% reported being hurt or injured.
- 13% reported doing something they later regretted.
- 30% reported having a hangover.
- 13% reported having memory loss.
- 18% were criticized by someone they know
- 26% got nauseated or vomited

Key findings on the use of alcohol at Cotley College:

- 57% of the students consumed alcohol in the past year ("annual prevalence") which is 13% decrease from two years ago.
- 28% of the students consumed alcohol in the past 30 days which is 9% decrease.
- 25% of underage students (younger than 21) consumed alcohol in the previous 30 days which is 13% decrease from two years ago.
- 9% of students reported binge drinking in the previous two weeks which is 7% decrease from two years ago. A binge is defined as consuming five or more drinks in one setting.

Most frequently reported illegal drug used in the past 30 days:

- 17% marijuana use in the past year which is 6% increase from two years ago.
- 1.8% current marijuana users in past 30 days
- Under 1% report use of amphetamines or opiates in past 30 days

Key findings on the consequences of alcohol and drug use:

- 11% reported some form of public misconduct (such as trouble with police,

fighting/argument, DWI/DUI, vandalism) at least once during the past year as a result of drinking or drug use which is a 4% decrease.

- 12% reported experiencing some kind of serious personal problems (such as suicidality, being hurt or injured, trying unsuccessfully to stop using, sexual assault) at least once during the past year as a result of drinking or drug use which is a 3% decrease.

Key findings on opinions about the campus environment:

- 97% of students said the campus has alcohol and drug policies which remains steady.
- 42% of students said the campus has an alcohol and drug prevention program which is **10% decrease**.
- 83% of students said the campus is concerned about the prevention of drug and alcohol use which is 3% decrease.

Students' perceptions of other students' use:

- 70% of students indicated they would prefer not to have alcohol available at parties they attend.
- 93% of students indicated they would prefer not to have drugs available at parties they attend.
- 88% of Cottey students felt that alcohol use is less on Cottey campus than other college campuses.
- 45% of the students believe that the average student on campus uses alcohol once a week or more as compared to 28% of students who report alcohol use in the past 30 days.
- 27% of students feel the average student on campus uses some form of illegal drug each week as compared to 2% who report to have used marijuana in the past 30 days. Two percent report use of another illegal drug in the past 30 days.

Perceived effects of alcohol by students:

- Break the ice (51%)
- Enhance social activity (51%)
- Makes it easier to deal with stress (32%)
- Give people something to do (49%)
- Give people something to talk about (46%)
- Facilitate a connection to peers (33%)
- Allows people to have more fun (36%)
- Facilitates sexual opportunity (19%)

Sexual behavior

- 37% reported engaging in sexual intercourse within past year. Of these, 13% used alcohol the last time they had intercourse and 2% used drugs.

Tobacco use

- Tobacco use at Cottey is significantly lower than the reference group. 5% report use in past 30 days and only 2% report use 3 times weekly or more though 20% had smoked in their lifetime.

The statistics continue to support the on-going need for alternative activities on campus to promote non-alcoholic social activities, as well as the need for continued off campus road trips, etc. for “something to do.” Almost one-third of students perceive that the effect of alcohol makes it easier to deal with stress. The Counseling Office will use this statistic to continue implementation of stress management programming. Awareness that the majority of students do not use alcohol or drugs on campus is advantageous and will be disseminated by campus groups including student wellness, SGA, peer listeners and RA's. Tobacco cessation information, aids, and intervention will continue to be offered as Cottey is a tobacco-free campus.

Additional questions submitted by the Cottey Counseling Office

- The most significant wellness concerns on campus continue to be depression and anxiety. Additional concerns included technology distractions (Facebook, gaming, Netflix, etc.) and sexual assault, followed by a small percentage concerned about bullying and food related issues. Alcohol, drug, and tobacco issues had the least concern.
- Students provided a variety of answers for how Cottey College might address wellness concerns in addition to the best times for wellness programming (provided upon request).

The statistics warrant the ongoing need for counseling services as well as education and programming. Assessment and interventions will continue to be provided to students for alcohol and drug use/abuse. The Health Service and Counseling Offices will continue to distribute the *Cottey College Drug and Alcohol Prevention Program* to each student as well as posting it on the College website. The 2016 CORE report and data, in its entirety, is available for review in the Counseling Office.