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Few College Students with Alcohol Use Disorders Utilize Alcohol-Related Treatment Services

Few college students with alcohol use disorders (AUDs) utilize alcohol treatment services, according to an analysis of data from the National Survey on Drug Use and Health. One-fifth (21%) of full-time and 15% of part-time college students met the criteria for either alcohol abuse or dependence in the past year. However, relatively few college students with AUDs reported that they had used alcohol-related treatment or counseling services in the past year (see figure below). One reason for not receiving treatment may be a lack of perceived need for services—only 2% of full-time and less than 1% of part-time college students who had an AUD but who did not receive any alcohol services in the past year reported that they felt they needed alcohol-related services during this period (data not shown). Other reasons cited by the students included financial barriers and that they did not know where to get treatment. The authors suggest that “increased availability of and access to community-and college-based alcohol-screening programs may be an effective way to identify individuals with harmful alcohol use behaviors, to offer alcohol-related education, and to refer them to appropriate treatment service programs” (p. 199).

SOURCE: Adapted by CESAR from the Office of Applied Studies, SAMHSA, *Treatment Episode Dataset (TEDS) Highlights—2005, National Admissions to Substance Abuse Treatment Services*, 2007. Available online at <http://www.oas.samhsa.gov/dasis.htm#teds2>.