



Dear Health Counselor,

As a college health counselor, you may be familiar with the persistent issue of prescription stimulant misuse, abuse and diversion—a problem that occurs most commonly among college students.<sup>1</sup> At CPAMM, we appreciate everything you are already doing as a counselor to help prevent misuse on your campus. Our hope is to provide you with additional tools that may be useful as you continue your efforts.

We've found that while college students primarily misuse based on the mistaken belief that it will result in academic gain, some other reasons for misuse include misusing to party (41%),<sup>2</sup> to lose weight (10%),<sup>3</sup> and even to improve athletic performance (9%).<sup>4</sup> Since counselors are on the front lines with students day to day, we believe you have the opportunity to incorporate the issue of misuse into your ongoing student conversations, potentially screening for the issue of misuse as you address certain issues like stress, anxiety, eating disorders, alcohol and other drug abuse. For example, a 2016 survey conducted on behalf of CPAMM found that 86% of those who misused prescription stimulants in the past year have also used marijuana.<sup>5</sup>

As you know, a positive approach to messaging is a best practice when trying to reinforce good behavior, particularly when it is supported by data that points to normative behavior. For instance, research shows that 83% of students have not used stimulants for non-medical reasons in the past year,<sup>4</sup> which helps to dispel the myth that “everyone is doing it.” Enclosed is an infographic that provides additional key data points to help support your efforts. We hope this can serve as a useful guide as you discuss the issue of misuse. It also offers alternate coping strategies for students to help them deal more productively with stress.

We hope you continue to visit [www.CPAMM.org](http://www.CPAMM.org) as we grow our resources and research sections to provide you with up to date information and tools on the issue of misuse. Thank you for your help.

Regards,

CPAMM Partners

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<sup>1</sup> Johnston LD, Miech RA, O'Malley PM, Bachman JG, Schulenberg JE, Patrick ME. Demographic subgroup trends among young adults in the use of various licit and illicit drugs, 1975-2017 (Monitoring the Future Occasional Paper No. 91). Ann Arbor, MI: Institute for Social Research, University of Michigan. 2018.

<sup>2</sup> The Coalition to Prevent ADHD Medication Misuse conducted by Harris Poll. College students and the misuse, abuse and diversion of ADHD prescription stimulant medications. May 15-June 11, 2014. <http://www.cpamm.com/wp-content/uploads/Updated-CPAMM-College-Student-Study-Final-Report-4.pdf>. Published December 2014.

<sup>3</sup> Partnership for Drug-Free Kids. 2014. Survey on misuse and abuse of prescription stimulants among college students and other young adults. 2014. <http://www.drugfree.org/wp-content/uploads/2014/11/Survey-on-Misuse-and-Abuse-of-Prescription-Stimulants-Among-College-Students-and-Other-Young-Adults-Full-Report-FINAL-November-13-2014.pdf>. Published November 13, 2014. Accessed April 18, 2017.

<sup>4</sup> NCAA. NCAA national study of substance use habits of college student-athletes. [https://www.ncaa.org/sites/default/files/Substance%20Use%20Final%20Report\\_FINAL.pdf](https://www.ncaa.org/sites/default/files/Substance%20Use%20Final%20Report_FINAL.pdf). Published July, 2014. Updated August, 2014. Accessed April 18, 2017.

<sup>5</sup> Kilmer JR, Fossos-Wong N, Geisner IM, Yeh J, Larimer ME. Preliminary data report: Non-medical use of prescription stimulant medication. University of Washington's Center for the Study of Health & Risk Behaviors. Conducted by the University of Washington on behalf of NASPA for CPAMM. 2017.

# HELP PREVENT PRESCRIPTION STIMULANT MEDICATION MISUSE, ABUSE & DIVERSION BY SHARING THE FACTS.

## MOST STUDENTS DON'T MISUSE



Students estimate that nearly 30% of their peers are misusing, but the actual reported rate is 17%<sup>1</sup>

### AND IN REALITY

**83%**

of college students have not used stimulants for non-medical reasons in the past year<sup>1</sup>

## MISUSE DOESN'T IMPROVE GRADES



**70%**

of students don't think misuse actually improves academic performance<sup>1</sup>

### RESEARCH SHOWS THEY'RE RIGHT<sup>2</sup>

**74%**

of college students with a valid stimulant prescription prefer their friends seek help rather than misuse<sup>1</sup>

## REASONS STUDENTS MISUSE

COLLEGE STUDENTS PRIMARILY MISUSE BELIEVING IT MAY RESULT IN ACADEMIC GAIN, BUT OTHER REASONS CAN INCLUDE:



to party (41%),<sup>3</sup>



to lose weight (10%),<sup>4</sup>



and to improve athletic performance (9%)<sup>5</sup>

## KEEP THIS IN MIND WHEN MEETING WITH STUDENTS

**86%**

of college students who misused prescription stimulants in the past year have also used marijuana<sup>1</sup>

## HEALTHY WAYS STUDENTS CAN COPE WITH THE STRESS OF COLLEGE

### TOP TIPS FROM REAL STUDENTS<sup>1</sup>:



Study in groups



Take 15 minute breaks



Break up study sessions



Exercise



Have a treat after each piece of work



Take a power nap

## CONTINUE TO MAKE A DIFFERENCE. SPEAK TO STUDENTS AND HELP PREVENT MISUSE.

1. Kilmer JR, Fossos-Wong N, Geisner IM, Yeh J, Larimer ME. (2017). *Preliminary data report: Non-medical use of prescription stimulant medication*. University of Washington's Center for the Study of Health & Risk Behaviors. Conducted by the University of Washington on behalf of NASPA for CPAMM.
2. Arria, AM, Caldeira KM, Vincent KB, et al. Do college students improve their grades by using prescription stimulants nonmedically? *Addict Behav.* 2017;65:245-249. doi:10.1016/j.addbeh.2016.07.016.
3. The Coalition to Prevent ADHD Medication Misuse conducted by Harris Poll. College students and the misuse, abuse and diversion of ADHD prescription stimulant medications. May 15-June 11, 2014. <http://www.cpamm.com/wp-content/uploads/Updated-CPAMM-College-Student-Study-Final-Report-4.pdf>. Published December 2014.
4. Partnership for Drug-Free Kids. Survey on misuse and abuse of prescription stimulants among college students and other young adults. 2014. <http://www.drugfree.org/wp-content/uploads/2014/11/Survey-on-Misuse-and-Abuse-of-Prescription-Stimulants-Among-College-Students-and-Other-Young-Adults-Full-Report-FINAL-November-13-2014.pdf>. Published November 13, 2014. Accessed April 18, 2017.
5. NCAA. NCAA national study of substance use habits of college student-athletes. [https://www.ncaa.org/sites/default/files/Substance%20Use%20Final%20Report\\_FINAL.pdf](https://www.ncaa.org/sites/default/files/Substance%20Use%20Final%20Report_FINAL.pdf). Published July, 2014. Updated August, 2014. Accessed January 24, 2017.