

Preface

More than 80% of college students are drinking. More than a third do drugs. For students struggling with substance abuse, temptations on campus—and stressors that can derail abstinence—run high. In response, several colleges and universities offer effective support in the form of recovery communities, which are more appropriate to campus settings and young adult development than traditional 12-step groups alone.

Substance Abuse Recovery in College explains in authoritative detail what collegiate recovery communities are, the types of services they provide, and their role in the context of campus life, with extended examples from Texas Tech University's influential CSAR (Center for the Study of Addiction and Recovery) program. Using data from both conventional surveys and end-of-day daily Palm Pilot assessments as well as focus groups, the book examines community members' experiences. In addition, the importance of a positive relationship between the recovery community and the school administration is emphasized.

Topics covered include:

- The growing need for recovery services at colleges.
- How recovery communities support abstinence and relapse prevention.
- Who are community members and their addiction and treatment histories.
- Daily lives of young adults in a collegiate recovery community.
- Challenges and opportunities in establishing recovery communities on campus.
- Building abstinence support into an academic curriculum.

This volume offers clear insights and up-close perspectives of importance to developmental and clinical child psychologists, social workers, higher education policymakers, and related professionals in human development, family studies, student services, college health care, and community services.

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