Substance Abuse Among College Students

by Louisville Addiction Treatment Center | Sep 7, 2022

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

Substance abuse is a growing problem on college campuses across the United States. According to the National Institute on Drug Abuse, one in four college students reported binge drinking, and nearly two-thirds of full-time college students report using alcohol in the past month.

In addition, about one in five college students reports using marijuana in the past month, and one in 10 reports using an illicit drug such as cocaine or ecstasy.

Popular Types of Substance Abuse Among College Students

There are many different types of substance abuse that can occur among college students. Some of the most popular substances that are abused include alcohol, marijuana, cocaine, and ecstasy. Each of these substances has different effects on the body and can lead to different problems.

Alcohol

Alcohol is by far the most popular substance that is abused by college students. According to the National Institute on Drug Abuse, nearly two-thirds of full-time college students report using alcohol in the past month. Alcohol abuse can lead to a number of problems, including liver damage, brain damage, and addiction.

Marijuana

Marijuana is another popular substance that is abused by college students. In addition, about one in five college students report using marijuana in the past month. Marijuana abuse can lead to a number of problems, including memory problems, difficulty concentrating, and paranoia.

Cocaine

Cocaine abuse can lead to a number of problems, including heart attacks, strokes, and seizures.

Ecstasy

Popular among college students, this substance abuse can lead to a number of problems, including dehydration, kidney failure, and seizures.

Warning Signs of Substance Abuse

There are a number of warning signs that can indicate that someone is abusing substances. Some of the most common warning signs include changes in behavior, mood swings, problems with school or work, and financial problems.

If you notice any of these warning signs in yourself or someone you know, it is important to get help as soon as possible. There are many resources available to help people who are struggling with substance abuse.

Resources Available for Substance Abuse

If you or someone you know is struggling with substance abuse, there are many resources available to help. Some of the most popular resources include Alcoholics Anonymous, Narcotics Anonymous, and Al-Anon. These organizations can provide support and guidance for people who are struggling with substance abuse.

In addition, there are many treatment options available for people who are struggling with substance abuse. Impact Outpatient Program is a one-of-a-kind program that offers a variety of services for people who are struggling with substance abuse. Services offered at Impact Outpatient Program include an intensive outpatient program, outpatient program, telemedicine, and multiple pathways treatment.

Impact Outpatient Program Services

An intensive outpatient program (IOP) is a nine-week program that includes three hours of group therapy per week and one individual therapy session per week. The outpatient program is a six-week program that includes two hours of group therapy per week and one individual therapy session per week.

Telemedicine is a service that allows people to receive treatment for substance abuse from the comfort of their own home. Multiple Pathways Treatment (MPT) is a unique approach to treating substance abuse that uses a combination of medication, counseling, and self-help groups.

If you or someone you know is struggling with substance abuse, please reach out for help. There are many resources available to help you get on the road to recovery. Impact Outpatient Program can help you get the treatment you need to overcome substance abuse. With the help of the Impact Outpatient Program, you can get on the road to recovery and live a healthy and happy life.

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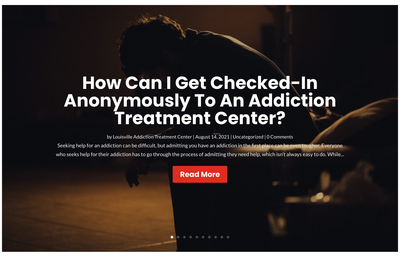

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Impact Outpatient Program is an innovative, intensive outpatient program for substance abuse and co-occurring disorders, located just outside metro Louisville, in Mount Washington, Kentucky.

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