

# Examining How Substance (Mis)Use Resources Provide Support and Relief for Indiana University Students

## Research Questions

- How do professional staff create pathways to Substance Use Intervention Services (SUIS)/ Collegiate Recovery Community (CRC) services for students?
- What goals and strategies do SUIS and CRC staff generate and implement to aid in student persistence?

## Theoretical Framework

### Ecological Theory

Bronfenbrenner's theory has been linked to student attrition, transition, and understanding the behaviors of students

(Arnold et al., 2012, Erikson et al., 2019; Mulisa, 2019)

### Environmental Theory

Understanding different offices' "authority and responsibil[ities] ... [helps students] maximize [their] time and resource" (Strange and Banning, 2015, p. 103).

### I-E-O Model (Astin, 1991)

Examines how a student's background, identities, and experiences inform their development in college.

### Theory of Student Involvement (Astin, 1991)

Peers and student organization involvement are two primary factors of involvement (Astin, 1984).

## Research Methods

### Staff Interviews

We conducted semi-structured interviews with staff members who implement substance use services at IUB and IUPUI.

These interviews focused on the goals of their program(s), resources offered, and the environment

The 8 interviews were coded thematically by three team members focusing on positive, neutral, and negative verbiage

### Survey Data

We conducted a survey to understand the student experience with these services.

Data from IUB's program satisfaction survey was provided and helped provide context to our interviews.

## Findings

- 1 Most student's first time encountering SUIS was through a conduct violation
- 2 Goals are similar between SUIS and CRC where education, resource sharing, and harm reduction are big tenets.
- 3 Having a friendly, welcoming, and supportive environment is key in supporting students.
- 4 Having a comfortable physical environment and intentional messaging around campus is key to letting students know about their options
- 5 Friendships and support groups within CRC helped keep students engaged and coming back

## Discussion

- Pathways to SUIS are mainly through the Office of Student Conduct.
- Pathways to CRC are either voluntary or through connection by SUIS.
- Three primary goals: education, resource sharing, and harm reduction.
- Strategies: decision-making skills, positive impact from the human aggregate and physical environments.

## Recommendations

- A more accessible, centralized physical environment
- More individualized, personalized services
- Increased staffing at SUIS through more funding
- Further research needs to consider barriers for surveying and interviewing students who use substance use resources

"The autonomy piece [is important]. Students may be tense when they first come in and then they say we're not here to judge you, and they loosen up."