

# Age Factors In College Recovery Programs

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## Introduction

The Collegiate Recovery Program is a university-centered that helps students in recovery from substance use disorder. Substance disorder is a disorder that affects one's brain and behavior and leads to the uncontrolled use of a substance such as legal/illegal; drugs, alcohol, or medications. This research brief aims to analyze the role of Age in the collegiate recovery program. It will combine findings from multiple studies to provide insights into how different age groups influence recovery within the Collegiate Recovery Program.

- *Herbert, R. E. (2006)- "Social Networks and Support for Abstinence Within a Collegiate Recovery Community."*
- *Cleveland, H. H (2010)- "The Role of Coping in Moderating Within-Day Associations between Negative Triggers and Substance Use Cravings: A Daily Diary Investigation."*
- *Patterson, M. S. (2020)- "Using Social Network Analysis to Understand Sobriety among a Campus Recovery Community."*

## Objectives

1. To analyze the role of age in influencing social networks, coping mechanisms, and leadership dynamics within CRPS
2. To determine age-specific challenges and strengths in recovery processes among college students.

## Methodology

These studies used statistics to link age, coping strategies, and social networks to recovery outcomes.

**1****Herbert, R. E. - Social Networks and Support For Abstinence Within a Collegiate Recovery Community**

This study utilizes the survey and network analysis, which were used to evaluate the structure of social networks among CRPS participants.

**2****Cleveland, H.H.- The Role of Coping in Moderating Within-Day Associations between Negative Triggers and Substance Use Cravings: A Daily Diary Investigation**

Students in recovery kept daily journals to track substance cravings, negative feelings, and coping methods.

**3****Patterson, M.S.- Using Social Network Analysis to Understand Sobriety among a Campus Recovery Community**

Researchers mapped CRPS members social networks and analyzed how connections influenced sobriety length and leadership roles.

## Key Findings

Overall, age has a big impact on recovery. Students in their late 20s could stay sober longer than students in their late teens to early 20s. Older students have more supportive social circles and coping strategies, while younger students face more challenges due to having friends who use this substance on a daily and managing stress effectively.

## **“Social Networks and Support for Abstinence Within a Collegiate Recovery Community” Key Findings**

### **1 Social Network Structures**

- There is a major difference between older students and younger students when it comes to social groups. Older students tend to have friends who support their recovery, while younger students often have friends who use substances making it extremely hard for the younger students to make progress
- Long-term relationships are easier with stable and supportive relationships.

### **2 Importance of Contact**

- Younger students tend to continue frequent contact with peers who use substances, which weakens the positive influence of peers who do not use substances.
- Older students show the opposite trend. They tend to maintain less contact with peers who drink and focuses their interaction more on supportive relationships

## **The Role of Coping in Moderating Within-Day Associations Between Negative Triggers and Substance Use Cravings**

### **1 Coping and Daily Substance Use Cravings**

- Cravings were linked to daily negative emotions
- Older students use problem-solving to handle cravings, and stress, which helps them progress in their recovery.
- Younger students tend to avoid dealing with cravings intensified cravings which makes recovery harder.

## **Using Social Network Analysis to Understand Sobriety Among a Campus Recovery Community**

### **1 Social Network Analysis in CRPS**

- Older students often have longer sobriety periods due to having greater responsibilities such as jobs and families. This fostered a stronger commitment to recovery.
- Older students often became mentors in the CRP, which strengthens their recovery and helps motivate others.

# **Implications/Recommendations**

# 1

Developing an Age-Appropriate support:

- The CRP program should tailor its program to fit the needs of younger and older students. Encourage younger students to maintain relationships with sober friends while limiting interactions with risky peers. While for Older students should be encouraged to on leadership roles to strengthen recovery and support other.

# 2

Incorporating Holistic Support

- That is teaching younger students how to face problems head-on rather than avoiding it. Using approaches such as nutrition and life-skills training to support recovery. Also provide counseling to address unhelpful coping habits.

# 3

Encourage Older and Younger students to work together, allowing them to share strengths and experiences.

## Conclusions

Age has significantly impacted recovery in CRPS. Tailoring programs to address specific challenges of younger and older students can lead to better outcomes. By focusing on social support, practical coping strategies, and leadership opportunities. CRPS can help students stay sober and thrive in their personal and academic lives.

## References

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