



IOWA COLLEGIATE  
RECOVERY NETWORK

# COLLEGIATE RECOVERY & SUBSTANCE USE AWARENESS



## Why It Matters

- College students face high risk for substance use & mental health challenges.
- Early support improves well-being, academic success, and retention.

## Key Insights

- High-Risk Group: Ages 18–25 show the highest alcohol, marijuana, and prescription drug misuse.
- Mental Health Impact: Rising anxiety, depression, and stress affect academics.

\*SAMHSA, 2023 National Survey on Drug Use and Health (NSDUH), 2024, ACHA.

## What Helps

- Campus-based recovery programs.
- Peer support and inclusive recovery communities.
- Education to reduce stigma and increase awareness.

**CONTACT US TO JOIN TODAY:**

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