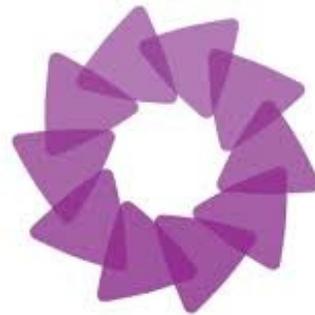


Recovery as an Essential Component of an Alcohol & Other Drug Program on Campus: The WHAT, WHY and HOW of Collegiate Recovery

June 19, 2015

Breanna Cook, Collegiate Recovery Grant Manager



Transforming
Youth Recovery

Slide 1

BC1

Breanna Cook, 6/18/2015



Building pathways to recovery and success.

Every student deserves a sober place to learn and grow.

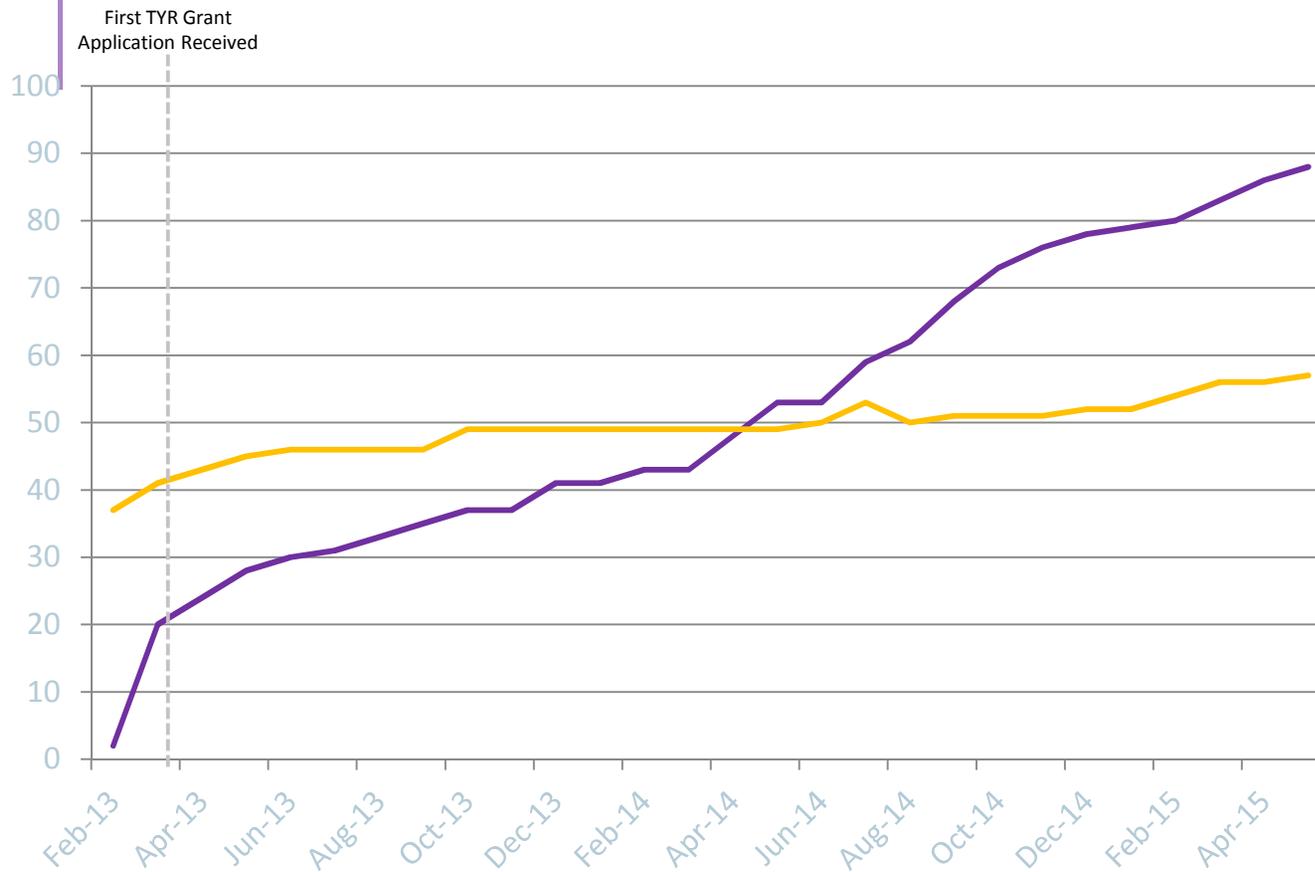
We stand for giving educators, parents and community members what they need to help students in recovery thrive.

Our vision is to transform youth recovery—one community, one school, one student at a time.



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COLLEGIATE RECOVERY PROGRAMS AND EFFORTS GROWTH 2013-15



Number of CRPs currently operating or launching

Efforts
Programs



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Source: <http://collegiaterecovery.capacitytype.com> Retrieved: May 12, 2015

What is a Collegiate Recovery Program?

A Supportive Environment within the campus culture that reinforces the decision to disengage from an addictive behavior.

Educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other.

Collegiate Recovery Communities are designed to provide:

Accountability for recovering students that comes from both higher education staff and peers.

A genuine **college experience** for individuals with addictive disorders apart from the culture of partying that is present on today's campuses.



CRPs are FUN!

CRPs allow students in recovery to have an authentic college experience and achieve their educational goals while maintaining their recovery



What does a student in recovery look like?

While many college peers are engaging in alcohol and other drug experimentation, students in recovery are:

Learning how to maintain abstinence

Restructuring their daily lives to avoid behaviors and social triggers that may lead to use

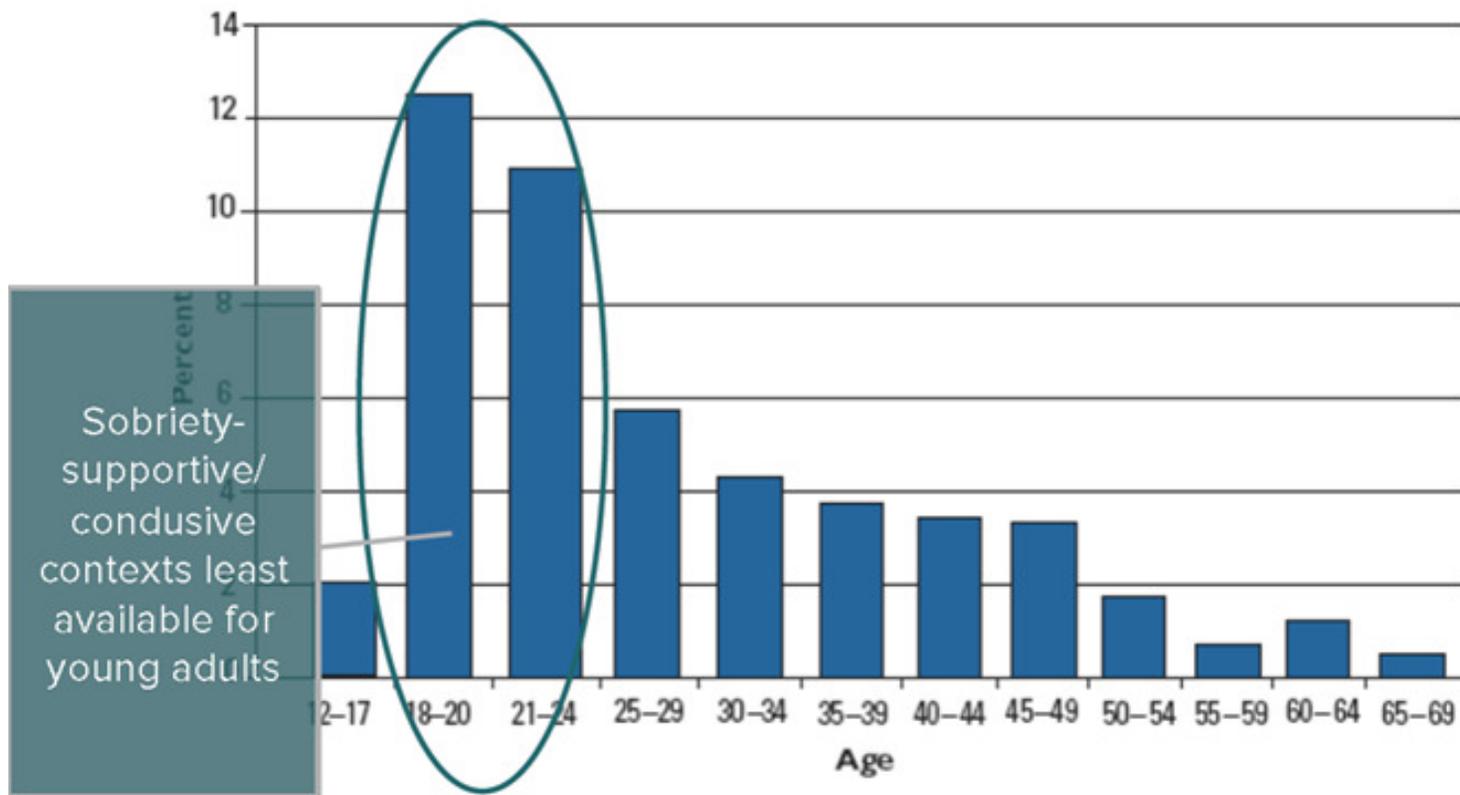
Balancing the demands of recovery and academics

Making new friends and finding a sense of belonging



Why is a Recovery Program Necessary?

Prevalence of DSM-IV Alcohol Dependence across the Lifespan



The Importance of Recovery in College

Recovery is often not an equally represented component of the continuum of care for addiction on campus

- College is a recovery hostile environment
- Students shouldn't have to choose between supported recovery and education
- Students in recovery need peer support
- Education is an important recovery resource that helps to build recovery capital

“One of the things we talk about is that this is an especially demanding place to get sober because it’s an abstinence hostile environment.

It’s not just that there are people who pressure you to drink and use drugs. There is this constant expectation in all kinds of social situations that you should be drinking or using drugs. It just wears people down...”

-Jason Whitney, Program Coordinator
Collegiate Recovery Community Penn State



The Importance of Recovery in College

Education is important in building recovery (and life) capital

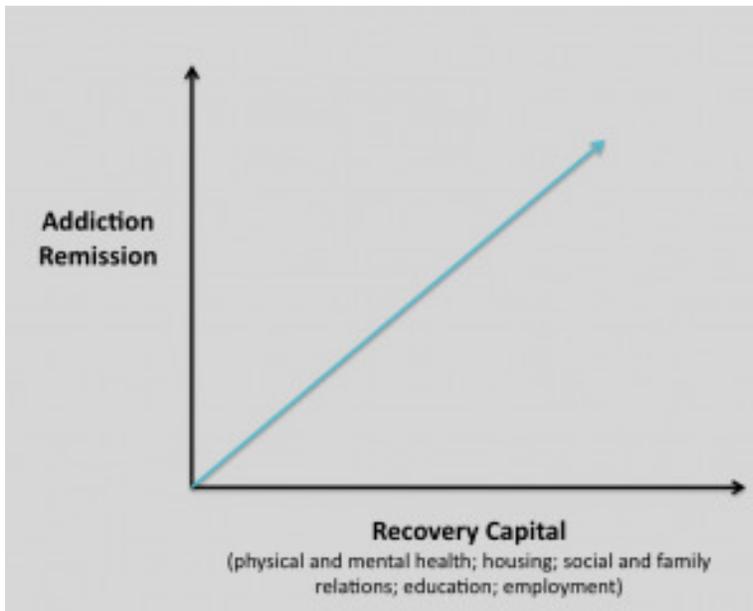


Figure 1: A biaxial formulation of the recovery construct, *Addiction Research and Theory* ([Kelly & Hoepfner, 2014](#))

- *Recovery capital*: the resources (social, physical, human and cultural) that are necessary to begin and maintain recovery from substance use, abuse, and dependence
- Like the addiction construct, the recovery construct is made up of two reciprocal factors: “remission” and “recovery capital”
- The longer remission is achieved, more recovery capital accrues; conversely, as more recovery capital accrues, the chances of continued remission increase



How Do Recovery Programs Benefit Your Campus?

CRP Outcomes

- Higher GPA and graduation rates
- Lower rates of return to use
- Normalizes sober lifestyle
- Decrease lost tuition
- Students in recovery thrive!

Academic Performance: CRP vs. Institution-wide



*Laudet, et al, 2014



How does a Recovery Program Start?

- It starts small
- Student voices
- Statement of intentions
- Patience and consistency
- Community asset mapping

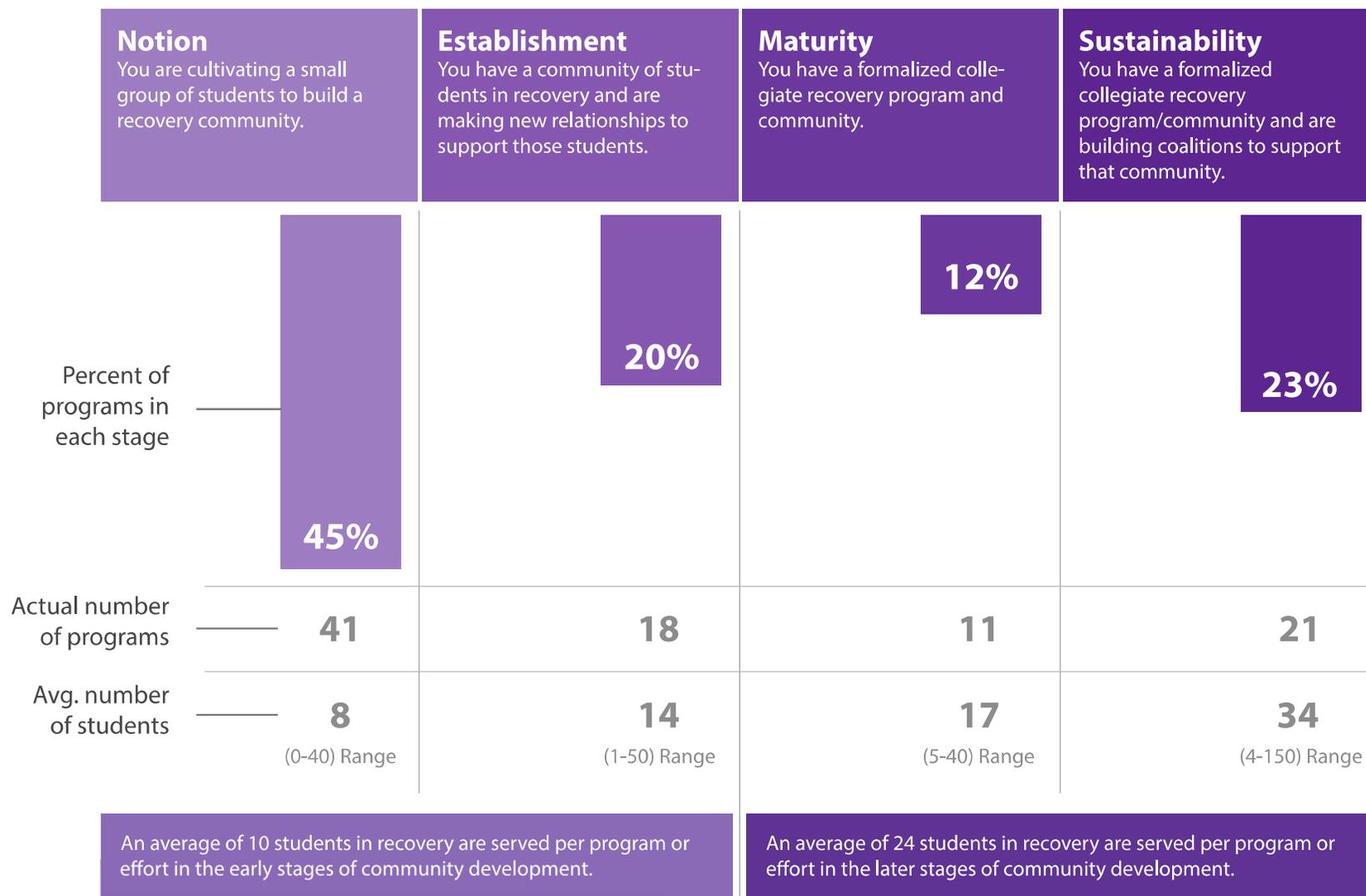


Which assets on campus and in the community should I identify?

Assets that are viewed as critical to starting any collegiate recovery effort.	
Students in recovery who are interested in growing the recovery community on-campus.	
Individuals who are dedicated staff for a collegiate recovery program (faculty, staff, students; full or part-time).	
Mutual aid support groups near or on campus for students in recovery (i.e. AA, NA, GA, and other 12-Step meetings in addition to groups such as Celebrate Recovery, SMART Recovery, eating disorder recovery, Teen Challenge, etc.).	
Individuals who are influential within the University and/or in the broader community and are interested in advocating for students in recovery.	
Physical space for students to get together socially, soberly, and safely (organized meals, dances, bowling or other age-appropriate activities).	
Physical space that is dedicated for students in recovery to gather and meet.	
Organizations, departments and services that can refer students to a collegiate recovery program (judicial affairs, academic counselors, mental health counselors, treatment centers, etc.).	
Individuals available for 1:1 recovery support (coaching, guiding, supporting, mentoring).	
Organizations, departments and services that a collegiate recovery program can refer students to if they need outside services (treatment centers, mental health professionals, counselors, psychologists, etc.).	



Lifecycle Stages of a Recovery Community — 2015 Survey



Practices of those in the **Notion** stage of the Recovery Community

Notion

You are cultivating a small group of students to build a recovery community.

Establishment

You have a community of students in recovery and are making new relationships to support those students.

Maturity

You have a formalized collegiate recovery program and community.

Sustainability

You have a formalized collegiate recovery program/community and are building coalitions to support that community.

CRP/Es that identified themselves as being in the Notion stage (41 of 91), reported an average of **10 practices**.

The practices most commonly ranked were:

- Coordinate events to raise awareness on campus (30x) *
- Engage in outreach and marketing (e.g. website, social media, newsletter, brochure) (26x) *
- Advocacy efforts undertaken by professional staff for student needs (24x) *
- Host on-campus 12-step or other mutual aid support groups (22x)
- Maintain a referral network (22x)
- Have no membership requirements or criteria (21x)



Looking at Collegiate Recovery Types

Peer-based

With Counseling Emphasis

32%
(29)

Peer-based recovery support with an emphasis on extending continuing care for substance use disorders in a campus-based recovery friendly setting.

Counseling-based

With Peer Support Emphasis

8% (7)

Clinical recovery support with an emphasis on continuing care through peer support in a campus-based recovery friendly setting.

Peer-based

With Social Emphasis

44%
(40)

Peer-based recovery support with an emphasis on a campus-based recovery friendly setting and supportive social community.

Socially-focused

With Peer Support Emphasis

16%
(15)

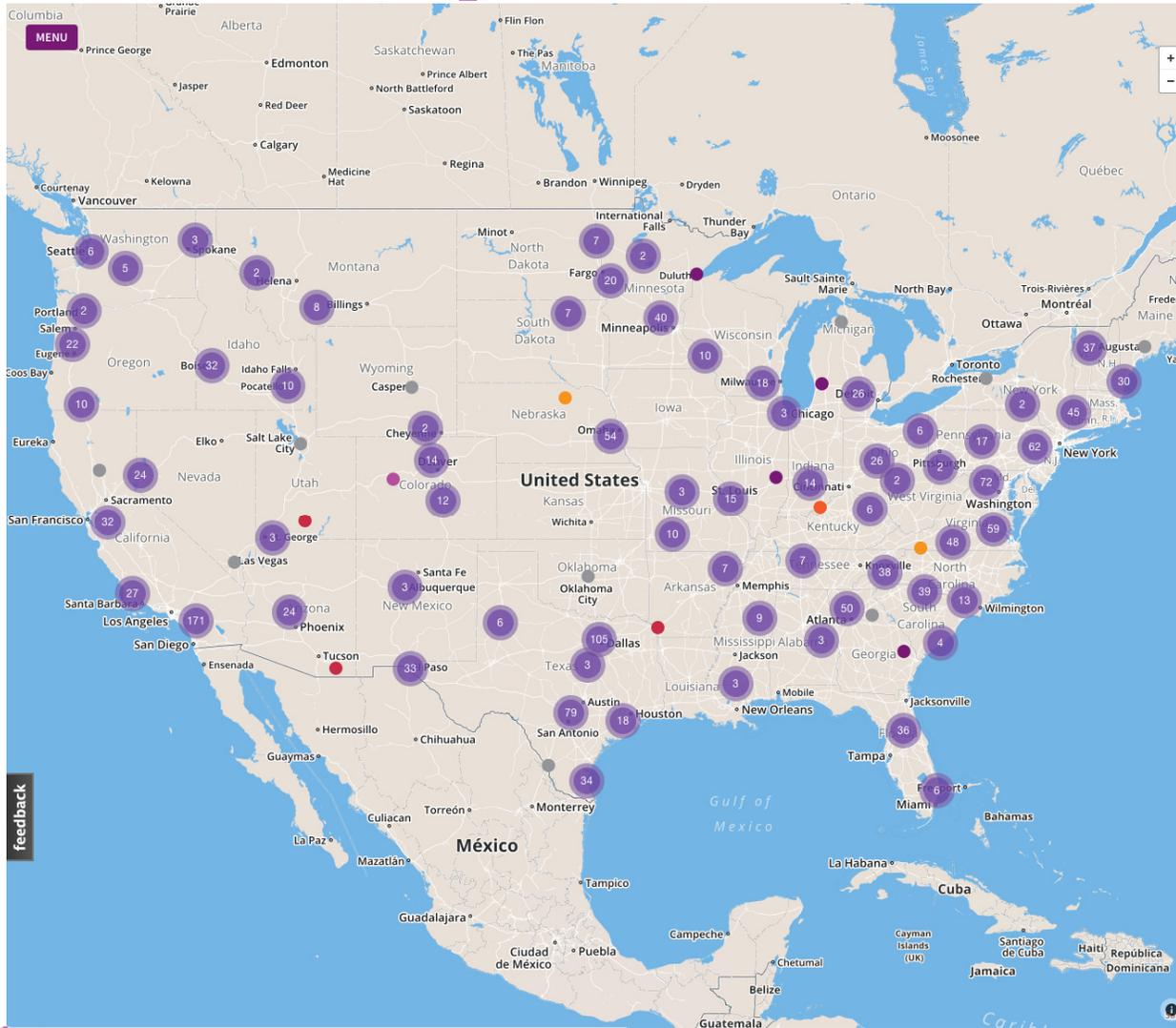
Recovery community focused on safe space for social activities with an emphasis on peer support in a campus-based setting.





CAPACITYTYPE

BUILDING CAPACITY FOR CHANGE



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Search by City or Postal Code

Click on category names to show/hide.

View All | Hide All

- Advocacy and Public Policy
- Collegiate Recovery (School-Based Recovery Support)
- Community College (School-Based Recovery Support)
- Family Support and Service
- Health and Wellness
- High School (School-Based Recovery Support)
- K-12 Prevention
- Recovery Support
- Treatment and Counseling
- Other

ADD TO THE MAP



Early Stage Grant award recipient from Transforming Youth Recovery to initiate capacity building for collegiate recovery efforts.

[Visit Collegiate Recovery @ Capacitytype](#)



Support Grant award recipient from Transforming Youth Recovery to encourage the growth of existing collegiate recovery programs.

[Visit Collegiate Recovery @ Capacitytype](#)



Denotes a certified recovery high school by the Association of Recovery Schools.

[Visit Recovery Schools @ Capacitytype](#)



Denotes a school with a best-in-class evidence-based alcohol and other drug prevention program.

[See the entire list.](#)



Denotes a Young People in Recovery (YPR) Chapter.

[Young People in Recovery](#)



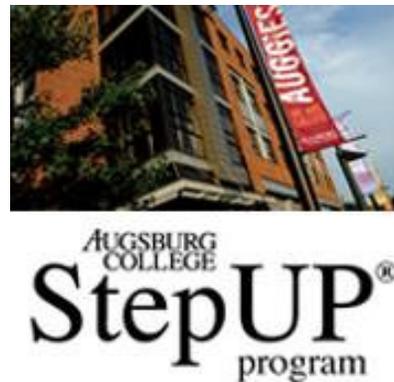
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Participate at

<http://collegiaterecovery.capacitytype.com/>

What if I have a small student population (or limited time, resources, etc.)?

- Use your students!
- Share their stories
- Find your allies
- Build it and they will come



Ask for Help!

TYR Community Forum: Most Popular

A community of people working to provide every student with a sober place to learn and grow.

Start a new conversation

[HAPPENING NOW](#) **[MOST POPULAR](#)** [CONVERSATIONS BY CATEGORY](#)

Sober/Recovery Roommate Matching			
Discussion in Help Needed	Started by Justin Johns, MSW, CRADC, 1 month ago	Last post by Katie Bean , 1 month ago	8 posts
Allies for Recovery			
Discussion in Program Talk	Started by Sarah Zucker, Psy.D., 4 months ago	Last post by Mr. Casey Nguyen I , 3 months ago	5 posts
Screening The Anonymous People			
Discussion in Program Talk	Started by Bre Cook, 2 months ago	Last post by Mr. Michael For... , 1 month ago	4 posts
Needs Assessment/Data Collection			
Discussion in Program Talk	Started by Jenna Parisi, 4 months ago	Last post by Mr. Brian Dulin... , 1 month ago	4 posts



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Participate at

<http://collegiaterecovery.capacitytype.com/conversations>

TYR Early Stage Collegiate Recovery Grants

Seeds of Hope



**DEADLINE TO APPLY:
JULY 1, 2015**

<http://www.transformingyouthrecovery.org/grants/early-stage-collegiate-recovery-grants>



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Other Resources



<http://manyfaces1voice.org/>



<http://youngpeopleinrecovery.org/>



<http://recoverycampus.com/>



<http://collegiaterecovery.org/>



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Thank you!

For more info, please contact:



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<http://www.transformingyouthrecovery.org/>