



Collegiate Recovery Programs: Supporting Second Chances

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Agenda

- Why Collegiate Recovery
- What is Collegiate Recovery
- How did we make it happen?
- U-M Collegiate Recovery
- Student Panel
- Q and A

Culture

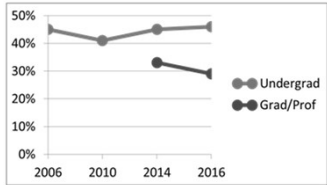


U-M Data

High-Risk Drinking in Past 2 weeks

Defined as ≥ 4 drinks for females, ≥ 5 for males*

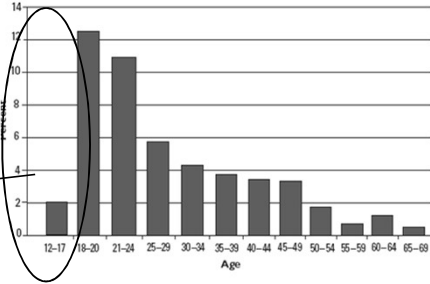
- 40% of All respondents experienced high-risk drinking
- **Undergrads more likely than Grad/Prof (46% vs 29%)**
- Grad/Prof declined from 2014 to 2016 (33% to 29%)



* Definition of high-risk drinking changed over time. In 2006 & 2010, definition was ≥ 5 drinks for both females and males.

ENVIRONMENT

Prevalence of DSM-IV Alcohol Dependence across the Lifespan

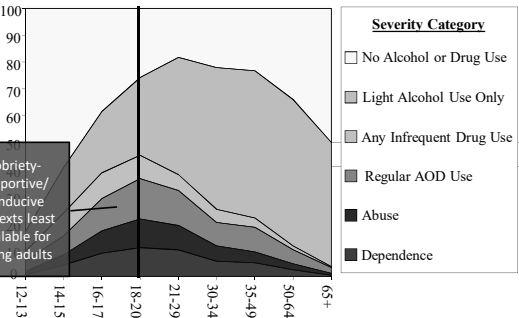


Sobriety-supportive/conducive contexts least available for young adults

Source: Grant, Dawson et al, 2004

ENVIRONMENT

Substance Use Onset and Offset



Sobriety-supportive/conducive contexts least available for young adults

NSDUH and Dennis & Scott

Alcohol and College Students

- 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months (Knight et al., 2002).
 - This does not include drugs!
 - How many seek help?
 - How many will seek help if recovery is more visible?

A college education is an important recovery resource for young people helping to build recovery (and life) capital...

College education outweighed money and social prestige as the pathway to health and happiness (Vaillant, 2011)

Education represents important recovery capital for young people

(Vaillant & Mukamal, 2001, Am. Jnl. Of Psychiatry)

Hardest about being sober at U-M?

- *Balancing recovery and scholastic demands.*
- *Downtown, hearing about parties, being invited especially after big exams or projects.*
- *All of the triggers socially and expectations as a student*
- *Feeling left out and different while surrounded by people my age drinking and going to bars and tailgates. Trying to cope with the demands of classes and life at U of M without turning towards drugs or alcohol when it's so accessible.*
- *Meeting people. Everyone I meet asks if I want to go have a drink with them and I don't know what to say.*
- *Smelling pot around Ann Arbor.*
- *Beer references in course materials because they are trying to engage students.*
- *Missing out on bonding that goes on between other students while out drinking and not feeling as close to members of my cohort as others are.*

Hardest about being sober at U-M?

(continued)

- *Fun sober activities/figuring out how to traverse that line between safety and isolation. I would partake in a CRP/SFR event like laser tag or a movie night or whatever every weekend if we had it. If we had some sort of space like other schools with couches and a TV and what not I'd probably spend most of my time there doing my writing.*
- *Football Saturdays.*
- *Making sober friends, feeling like you aren't losing all your friends because you're sober and they just want to drink, school in general without your go to security blanket.*
- *Having fun and feeling like a student enjoying the full college experience without drinking.*
- *Having a social life that exists outside of meetings and studying.*
- *Drinking cultures. Role of drinking in career search process. And as someone coming into school in long term recovery who used for many years, inability to relate to fellow students with more traditional backgrounds.*
- *Being in early recovery*

What is a Collegiate Recovery Program?

Historical timeline...

- Brown University 1977
- Rutgers 1983
- Texas Tech University 1986
- Augsburg College 1997
- 2016 100+ programs

Fostering Expansion

- Texas Tech Replication Project
- Stacie Mathewson Foundation/Transforming Youth Recovery Grants
- Recovery Movement
 - Office of National Drug Control Policy
 - Young People in Recovery
 - Many Faces One Voice
 - Anonymous People
 - Department of Education
- University of Texas System

Association of Recovery in Higher Education (ARHE)



ARHE

- Represents colleges and universities that have CRP'S
- Develops standards for CRP's
- Advocates for the creation and development of CRP'S
- Guides professionals who work in collegiate recovery
- National conference

ARHE Principles

Provide a culture within the college environment that supports the ideals of a recovering (abstinence-based) lifestyle.

It is necessary to provide this space within the dominant discourse of the abstinence-hostile college environment.

Pillars of Collegiate Recovery (ARHE)



Recovering Students

- A community of students who offer each other peer support
 - As an under-represented identity on campus, it's critical to have a community that understands and identifies as recovering. It offers support, understanding, recognition, value, role modeling, experience, and a path for others.

Dedicated Staff

- Important for assessment, referral and support
- University investment shows that it holds capital within the institution
- Promotes buy-in
- Helps with marketing and education regarding the program
- Sustainability

Dedicated Space

- Dedicated physical space on campus
 - Bonding and connection
 - Pride and belief in the value of the identity
 - Ownership and responsibility for the space, the identity, the legacy
 - Safety

Services

Recovery protection services / recovery capital resources

- Peer supports
- Seminars
- Mutual aid meetings on or near campus
- Alliances with other recovering organizations
- Advocacy opportunities
- Substance-Free programming and events/investment in sober events
- Good referrals
- Advising

Abstinence Based

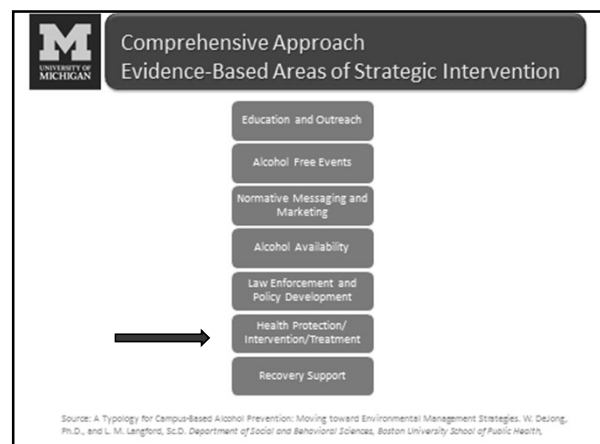
- ARHE maintains that the science supporting the efficacy of abstinence-based approaches to recovery is meaningful
- Convey to CRC and CRP students the highest expectations for their success, and help foster high levels of educational achievement and resilient, lasting recoveries

Different Models

- Clinical
- Housing
- Sobriety requirements
- Location in university
- “Integrated recovery”

How it happened at U-M

- Students are KEY!
- We started talking about it !
- Benchmarked other schools
- Texas Tech Replication Grant opportunity
- Student Organization with a committed advisor (small broad)
- Bring in experts
- Research/data to inform budget request
- Grants and donations





Timeline

- 2009 Social Work Students for Recovery (SFR)
- 2010 UHS advises SFR
- 2011
 - Texas Tech dissemination grant
 - Approval for UHS MSW intern
 - Placement in Division of Student Life/UHS/Wolverine Wellness
- 2012 Funding for Program Manager/ Space
- 2016 25- 30 students in the UM CRP



U-M CRP Mission

To create a supportive community where UM students in recovery can thrive (by):

- fostering peer support and accountability
- reducing stigma and changing social norms
- providing information, resources and consult to students, families, faculty and staff.
- providing and advocate for sober social activities
- providing dedicated space with caring professionals and student

CRP provides holistic, tailored support to students who are in recovery from alcohol or other drug problems.

CRP is not a clinical treatment program; rather it is a recovery support service. CRP staff do not provide clinical treatment or therapy. Students who need treatment may be referred elsewhere prior to admittance to CRP.

What are we doing at U-M CRP?

- Social support
- Hedonic rehabilitation
- Community building & connecting
- Accountability & recovery support
- Referral
- A safe, affirming place
- Students for Recovery (SFR)
- Advocacy
- <http://www.uhs.umich.edu/recovery>



Pathways to CRP

- Student in stable recovery
- Student returning from treatment
- Student entering recovery without treatment

Referrals come from:

- Self-referral
- Word of mouth
- Parents
- University colleagues
- Treatment centers

Seeking Recovery?

- Abstinence from alcohol and other drugs
- Submitting and adhering to an individualized recovery plan
- Minimum of five 12 step or other sobriety affirming mutual aid meetings weekly (7 recommended)
- 12 step involvement including : Sponsorship/ support system contact/ step work/ home group/ service commitment
- Weekly individual recovery check-up / goal setting with CRP staff
- Weekly CRP seminars
- Regular CRP service work
- Engagement in therapy or treatment for addiction or other issues as needed

Six months to a year in continuous recovery

- Individualized recovery contract
- Min. 3 twelve-step meetings weekly
- Weekly CRP groups
- Minimal once a month check up with CRP manager
- Participation in CRP service opportunities
- Recovery support list for new members

One year or more in continuous recovery

- Weekly CRP groups
- Recovery support for new members
- Participation in other CRP service opportunities

WHAT ABOUT RELAPSES?

ACTUAL AGREEMENT LANGUAGE

Relapses will be addressed on an individual basis. Any non-medical use is considered a relapse. Relapse is *not* part of recovery - it *is* part of addiction. Relapse is not something to be ashamed of. CRP will continue to support you and relapse is indicative that something needs to change. You may need higher level of care (ie treatment), more support, stress management etc...

WHAT ABOUT RELAPSES? (continued ...)

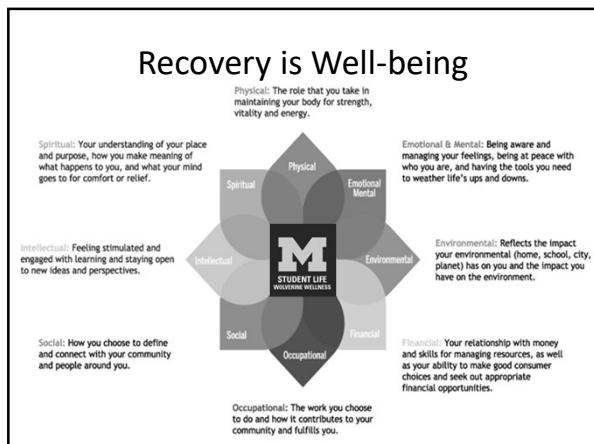
- If a student relapses they report it to CRP staff ASAP and get help with making a new plan for their recovery
- If a student wishes to remain in the CRP program a part of that plan may include mandatory, documented attendance at 12 step meetings daily for 90 days as well as a weekly meeting with CRP program manager for 6 months
- A student talks about their relapse at the next CRP group
- Because CRP is not a clinical treatment service, staff may determine that a different type of care is necessary for a student. Therefore, it may be requirement to enter detoxification and or a treatment program, as a condition of re-admittance to CRP
- If student knows that another CRP student has relapsed they encourage them to talk to CRP staff immediately and contact CRP staff themselves as a follow up
- It is important that a student understands that not reporting another CRP students' use or suspected use is, in effect, is colluding with their addiction and a violation of CRP principles.

CRP Impacted College Experience?

- *It has helped me maintain my recovery and keep recovery a main focus of my time here.*
- *Shows that you do not have to party as part of college experience. Having just as much fun in sobriety. I definitely would not be making it in school if weren't for my sobriety, which CRP is definitely a part of. And also Matt's guidance and support! Thank you!*
- *It's been an extremely valuable networking opportunity.*
- *It has given me friends, a place where I feel I fit in in and has made me so much happier.*
- *Gave me a community with whom I can relate.*
- *I honestly don't think I would be sober if it weren't for CRP. Coming back to U of M sober was such an incredibly painful and difficult adjustment and I don't know how would've done it without the support for CRP. It's a safe space with people who understand me and get what I'm going through. It's allowed me to feel part of a community and feel like I can have fun. And most importantly it's given me so many new friends, when I felt alone.*
- *It has been a positive experience. I really like it.*
- *It has helped me to have a community of U of M students also in recovery facing the challenges of being on a college campus and going back to school sober.*
- *It's a huge source of strength, companionship, support, and security. I look forward to Tuesday evenings and feel free in that space to be ME.*

CRP Impacted College Experience?

- *It's given me essential relationships. ESSENTIAL relationships. Even just knowing people are walking around campus with the same daily goal as me and who understand my battle is so crucial to my health.*
- *Very positively.*
- *It is the reason I can graduate.*
- *It has greatly improved my social life and feeling like I have a place I belong.*
- *CRP is a great means of support and outlet to recovery in Ann Arbor in general.*
- *Confidence that it can be done.*
- *I can't say enough. CRP has given me many friendships and had a significant impact on me returning to recovery after a relapse.*
- *It has given me a safe place to talk about my struggles and a place where I can get support and connect with other recovery addicts.*
- *Offered fellowship, friendship, and most importantly accountability. If I hadn't already had a stable recovery program when entering the university, I believe it would have been an*
- *essential part in making it through my undergraduate career and remaining sober.*
- *It is unifying to know that although the commitments of recovery are a lot on top of my schoolwork, I am not alone.*
- *CRP makes me feel like there is a place for me and others in recovery on campus.*



Early Research

- Sobriety
- GPA
- Retention
- Graduation

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Collegiate Recovery Communities Programs: What do we know and what do we need to know?

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Characteristics of Students Participating in Collegiate Recovery Programs: A National Survey

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U-M Student Panel

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