

Collegiate Recovery

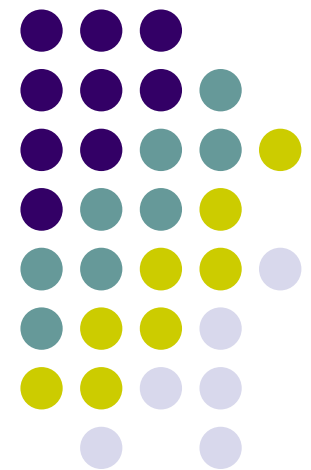
Essential Assets and Campus Examples

Angie Tozier Bryan, UC Santa Barbara

Audrey Pusey, UC Riverside

Jerry Phelps, UC San Diego

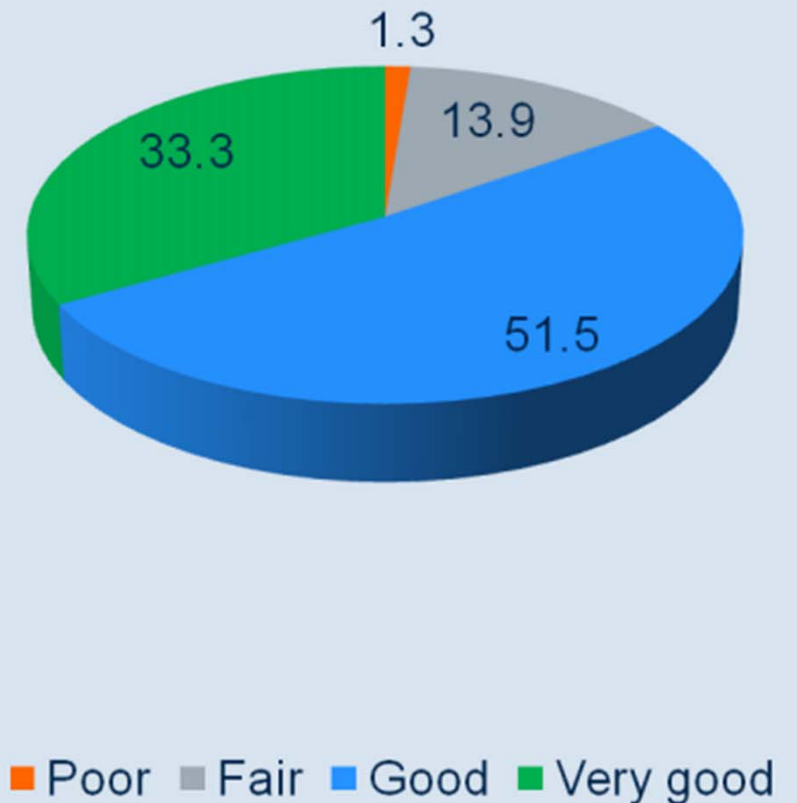
Jenna Parisi, Transforming Youth Recovery



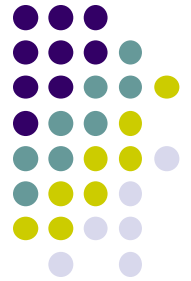
CRP Students' Mental health

| | |
|--|-------------|
| Ever treated for chronic mental health (MH) | 76.1 |
| Age first treated (in years) | 16.8 (7.3) |
| Ever hospitalized for MH | 28.2 |
| Ever diagnosed w/ MH disorder | 59.3 |
| Treated for MH past year | 49.0 |
| Currently taking medications for a MH disorder | 37.4 |
| STRESS past month (1 -10) | 6.5 (2.1) |

Mental Health rating



College students in recovery: campus challenges



Many college peers are engaging in alcohol and other drug experimentation while 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

What is a CRP?

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.

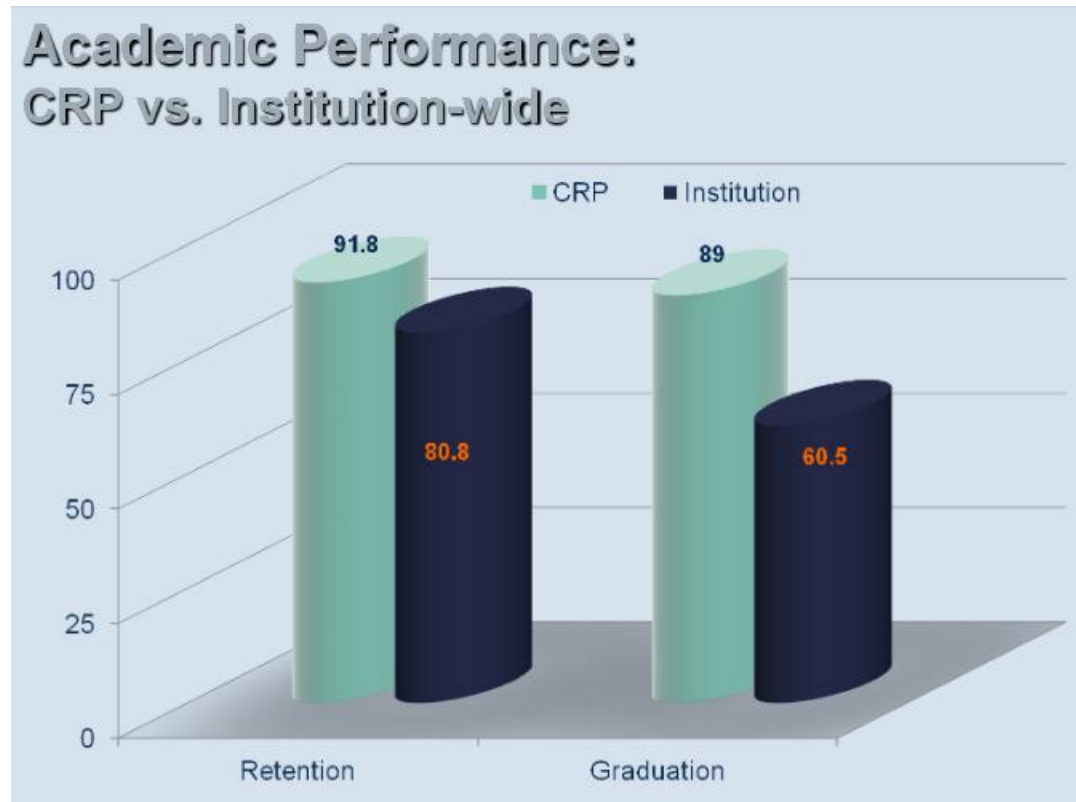


CRP Outcomes

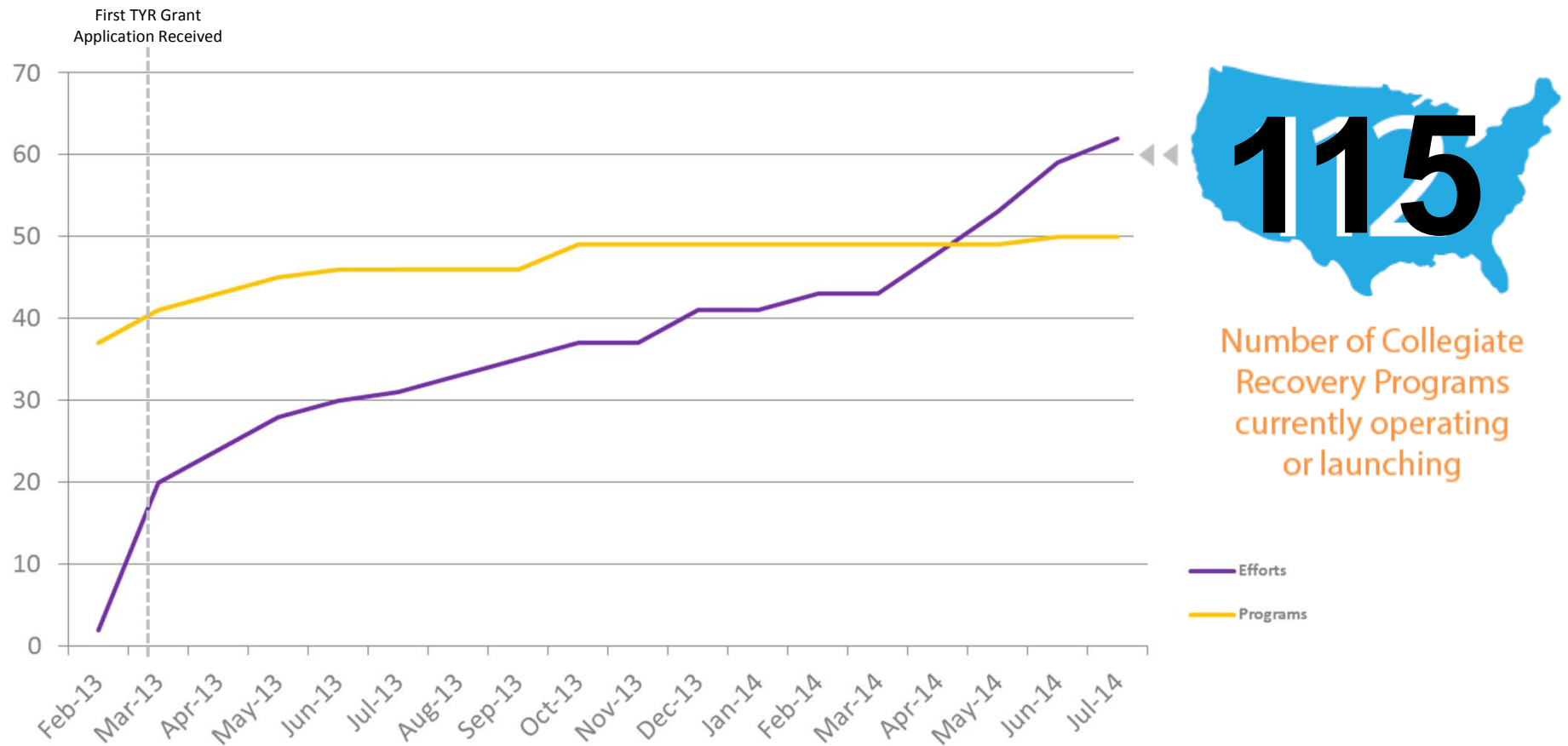
- Higher average GPAs than the general campus population
- Higher retention and graduation rates
- Lower rates of return to use



*Cassy Nielsen, Recovery Peer Intern at UCSB
Receiving the Friedman Memorial Award, the 2nd
highest award given to a graduating senior*



Collegiate Recovery Programs and Efforts Growth 2013-14



Lifecycle of a Recovery Community



Lifecycle Stages of a Recovery Community – 2014 Survey

| 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 and are building coalitions to extend the influence of the community. |
|--|---|---|--|
| <p>37% (15)</p> <p>Florida Atlantic University CSU San Bernardino University of Wisconsin-La Crosse Dalton State College Pace University-New York City Montana State University Morehead State University Stony Brook University The University of Texas at Tyler Virginia Commonwealth University University of South Carolina University of Massachusetts Boston University Of North Dakota Arkansas State University-Jonesboro North Carolina Central University</p> <p>4 (0-14)</p> | <p>29% (12)</p> <p>UC Riverside Michigan State University UC Santa Cruz Boise State University The University of Mississippi University of Virginia University of Connecticut UC San Diego University of Washington Wake Forest University Saint Louis University The University of Texas at Arlington</p> <p>16 (4-45)</p> | <p>15% (6)</p> <p>University of Michigan Kennesaw State University UNC Charlotte Auburn University Oregon State University Longwood University</p> <p>18 (4-57)</p> | <p>19% (8)</p> <p>University of Houston The University of Texas at Austin St. Cloud State University UNC Wilmington The Ohio State University UC Santa Barbara University of Nevada Reno Mississippi State University</p> <p>34 (4-150)</p> |

*Avg. Number of Engaged Students by Stage
(Range of Engaged Students by Stage)*



2014 TYR Grantee Survey

8 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.

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 dedicated staff for a collegiate recovery program (faculty, staff, students; full or part-time).

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.

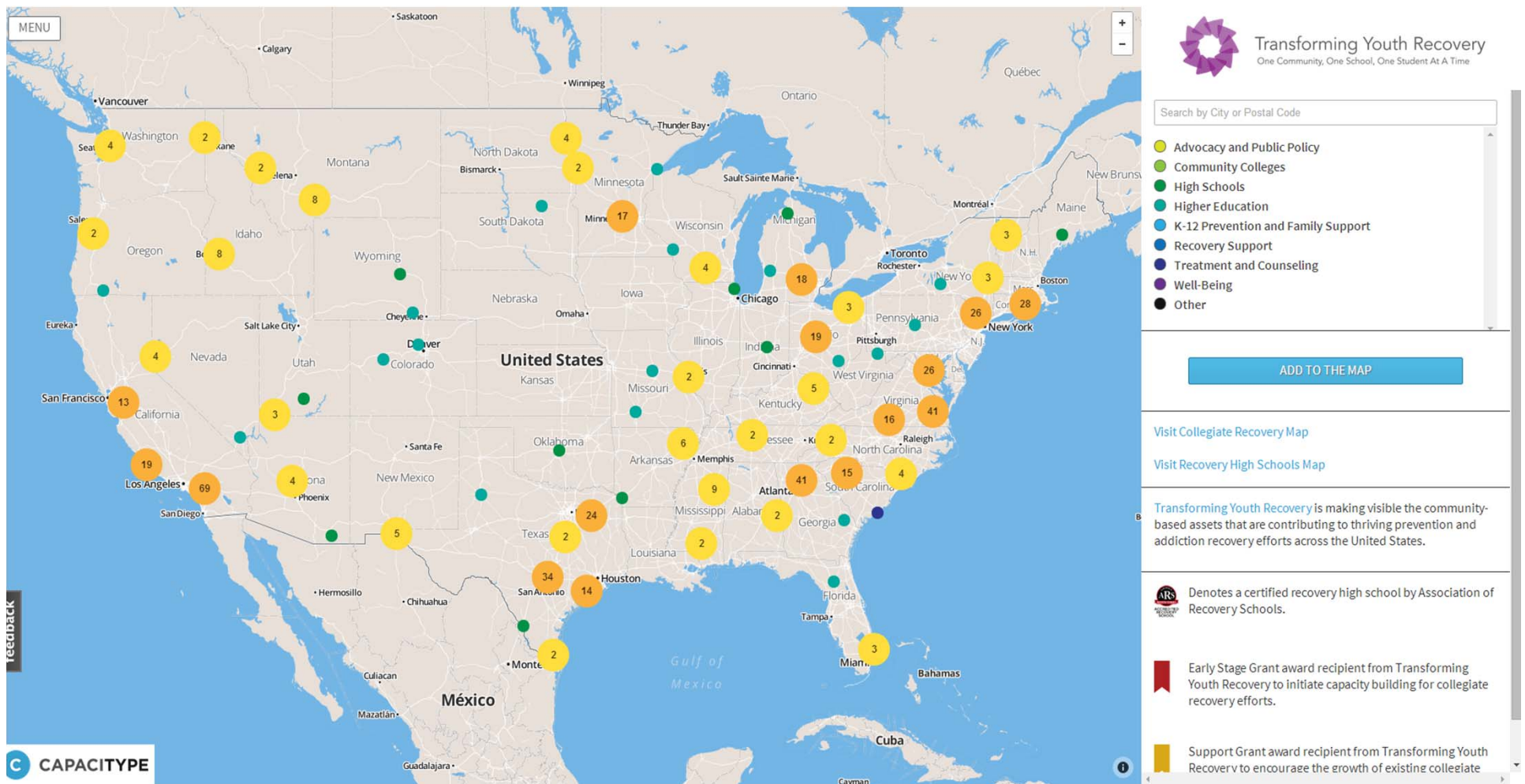
Organizations, departments and services that a collegiate recovery program can refer students who need outside services (treatment centers, mental health professionals, counselors, psychologists, etc).

Individuals who are influential within the University and/or in the broader community and are interested in advocating for students in recovery.

Students in recovery who are interested in mentoring other students in recovery (vocational, recovery, or as a general role model).



Community Mapping Platform



Add to The Map @ <http://tyr.capacitytype.com>

Asset pages have been expanded to include tools to create and view community network models and community-specific practices.



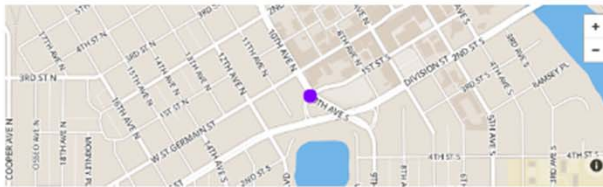
MENU

St. Cloud State University Recovery Community

VIEW EDIT NETWORK NOTES PRACTICES LOG DEVEL

St. Cloud State University is proud to offer a Collegiate Recovery Community designed to provide a safe and welcoming environment where students in recovery can receive support while working to obtain a college degree. This residentially based program applies best practice strategies that assist students in developing the behaviors and skills necessary to allow them to succeed while in recovery.

The SCSU Recovery Community, located in the Coborn Plaza Apartments, supports those who have struggled with excessive use of alcohol or drugs and now recognize the need to completely abstain and make a commitment to quality sobriety as they pursue their education at St. Cloud State University. The Recovery Community provides a perfect environment for students committed to their recovery while also pursuing a degree in higher education and participating as members of a traditional college community.



St. Cloud State University Recovery Community

AMC 219
720 4th Ave. S.
St. Cloud, MN 56301
United States

Jen Sell Matzke
(320) 308-6290
jsmatzke@stcloudstate.edu
Website

Shareables

Share a Resource

| Title | Type | Category | Resource | Privacy | Actions |
|---|------|---------------------|------------------------------------|---------|---|
| SCSU Activity 3-Mobilizing Recovery Practices | File | Grantee Information | Download (13.3 KB) | Public | edit delete |

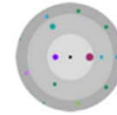
feedback



View the community model

This network has:

4 collaborators
8 friends
5 possibilities



Early Stage Grants award recipient from The Stacie Mathewson Foundation to initiate capacity building for collegiate recovery efforts.

Community Practices

- Host on-campus 12-step or other mutual aid support groups

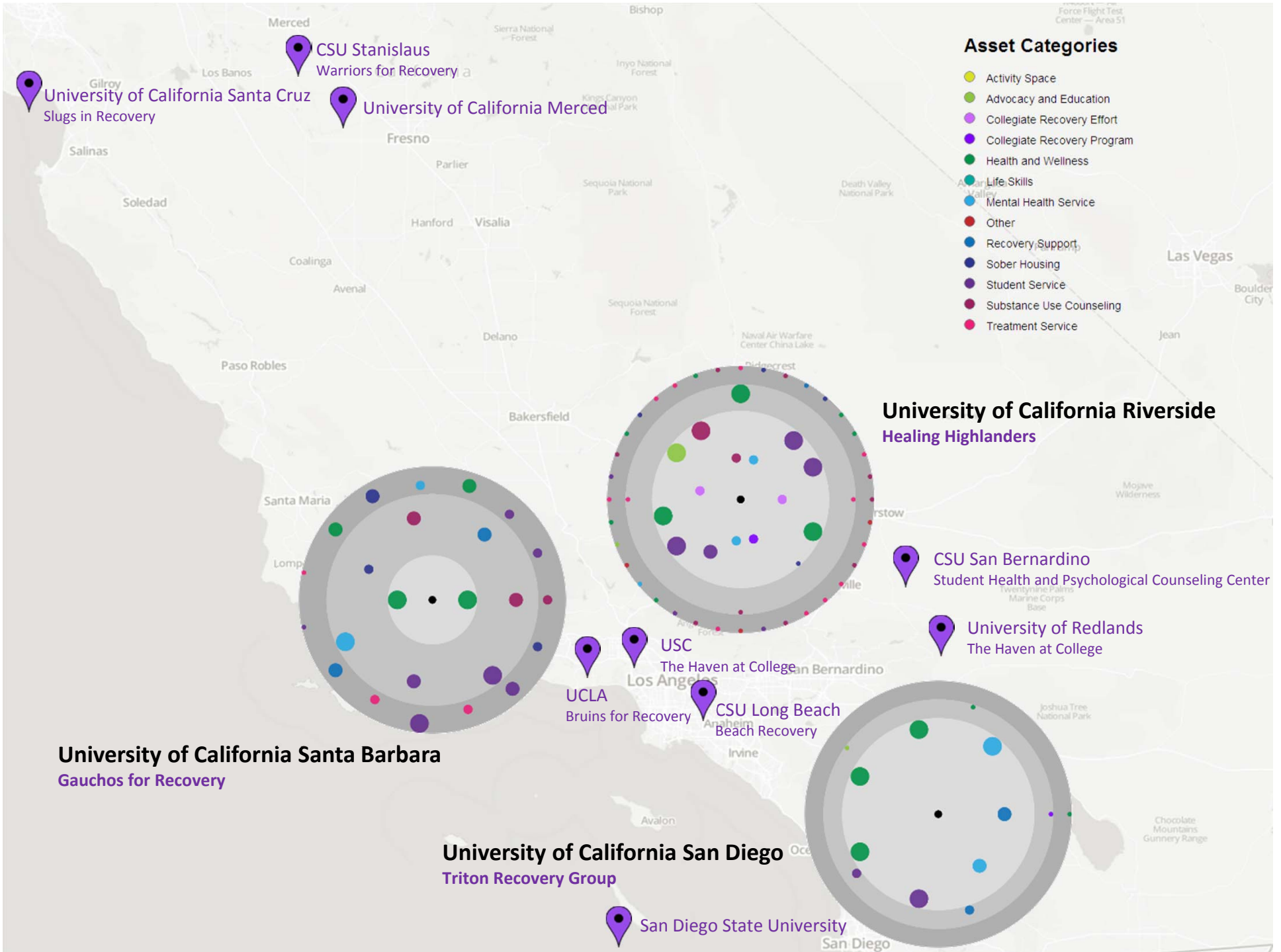
[St. Cloud Alano Club](#)

Add a Community Practice

Nearby Assets

- [St. Cloud Alano Club Recovery Support](#)
Distance: 0.20 miles
- [Student Legal Services Student Service](#)
Distance: 0.64 miles
- [Campus Recreation Health and Wellness](#)
Distance: 0.64 miles
- [University Program Board Student Service](#)
Distance: 0.64 miles
- [Student Disability Services Student Service](#)
Distance: 0.64 miles
- [Coborn Plaza at St. Cloud State University Recovery Community Sober Housing](#)
Distance: 0.66 miles
- [Outdoor Endeavors Student Service](#)
Distance: 0.66 miles
- [Students Taking Action in Recovery and Service Student Service](#)
Distance: 0.66 miles
- [Recovery Meditation/Relaxation Lounge Activity Space](#)
Distance: 0.66 miles
- [St. Cloud State University Counseling and Psychological Services Student Service](#)

Add to The Map @ <http://tyr.capacitytype.com>



Gauchos For Recovery - UCSB



UCSB demographics

- approx 20,000 students
- Consistently ranked as a top University in the nation - #2 in the world in the Leiden rankings
- ranked #2 party school in the nation
- Isla Vista



UCSB Alcohol & Drug Program



- Part of Student Health Services
- Satellite office in Isla Vista
- Group and Individual Counseling, mostly mandated
- Prevention & Outreach





The Process

- Introduction of idea
- CRC Replication Materials from Texas Tech
- Formal proposal to begin work - Summer 2012
- Focus Groups - January 2012
- AOD Town Hall Meeting - February 2012
- County Funding
- Visit to Texas Tech - April 2012
- Relationships with campus departments and clinicians
- Recovery Specialist Position - July 2012

The Process



Recovery Peer Interns

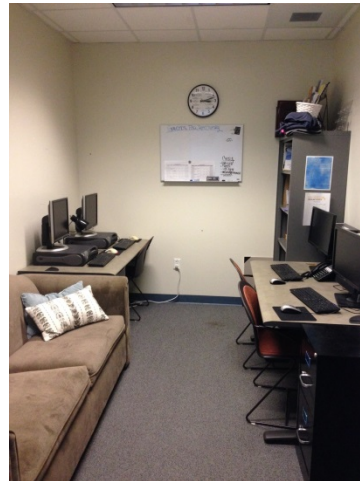
- 10 hours per week
- Paid through County Funds and/or work study
- Peer Counseling, Outreach, Meeting Facilitation

- Students for Recovery Meeting
- Modeled after Tech "Celebration" Meeting
- CUCRC 2012
- The Stacie Mathewson Foundation Grant
- Developing a space



Recovery Lounge

- Open for students in recovery from 4-7 PM weekdays
- Computers and WiFi
- Recovery Library





Progress and Goals

- Gauchos for Recovery Student Org
- Peer Counseling
- Students for Recovery Meeting
- Outreach, outreach, outreach

Goals for the Future

- housing
- increased numbers
- scholarships
- on-campus NA, OA, Alanon,
- larger space that recovery students can access independently



University of California, Riverside



- Public institution
- 21,000+ student population
- Diverse campus
- 58% are first-generation college students



Seeds Planted



- **2008** – Began researching CRC model at TTU , UCR seminar
- **2008-2011** – Try, try again! “We don’t have a problem on our campus.”
- **2011** – Healing Highlanders student organization formed on UCR campus
- **2012** – first *California Collegiate Recovery Conference* held on UCR campus (hosted by Healing Highlanders), brought idea of CRPs to the state, drew people from all over nation
- **2013** - Second CUCRC
- **2014** - In planning for third CUCRC
 - Therapist Assistant position
 - Tutoring with local high schools
 - Scholarship



Healing Highlanders at UCR



- Established in the spring of 2011
- Independent student organization
- Ally-based
- Hosts the annual *California Unified Collegiate Recovery Conference*
- Focused on education first few years, breaking the stigma
- Recipients' of the UC President's Award for Outstanding Student Leadership" in 2013

For more information:

- Website: <http://healinghighlanders.weebly.com>
- Email: [http://healinghighlanders.weebly.com/](mailto:healinghighlanders@ucr.edu)
- Facebook: <https://www.facebook.com/HH.UCR?fref=ts>



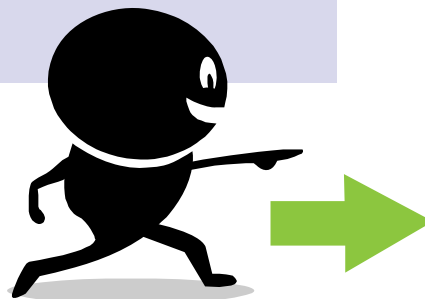


The Loft (R' Sober Space)

The Loft is an emerging Collegiate Recovery Program that will be opening in Fall 2014! Students will have access to a fellowship, a recovery library, computers, and space for meetings/events.

The program will have a dedicated graduate student and an undergraduate student intern serving as the coordinators for the program.

Almost done!!



Community Partnerships



- SMF/Transforming Youth Recovery
- MFI
- Northbound Treatment Center
- Valenta Eating Disorder Center
- The Haven – Recovery Grads



R'Future Go, Highlanders!



- The Loft
- IOP Partnerships
- Strengthen campus referral system
- CUCRC
- UCOP
- Expand community and inter-campus connections
- Establish funding base





Vision for UCSD

Create a vibrant and sustainable CRC at UCSD involving students, faculty, staff, alumni and the community. UC San Diego will be known as a school that welcomes and supports students in recovery from alcohol, substances and other addictions.

Create a Center for Students in Recovery similar to a campus community center with a permanent staff coordinator, programs to support students in or seeking recovery and a permanent budget.

A development strategy for scholarships, programming, expansion and support.

Dedicated housing for students in recovery

The Process – grass roots +



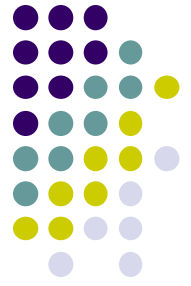
- 12 step meeting given a room – 2009
- Dedicated staff champion of recovery
- Agenda item – Supporting Students In Recovery - ATOD committee 2012
- Transforming Youth Recovery Grant - 2013
- Formation of Student Organization – Triton (our mascot) Recovery Group – Fall 2013
- Hire student intern – January 2014
- Develop relationships with campus departments and clinicians



Campus Partners

- Counseling and Psychological Services
- Student Health
- Sexual Assault Resource Center
- Recreation
- 6 Colleges
- LGBT Resource Center
- Cross Cultural Resource Center
- Women's Resource Center
- Black Resource Center
- Housing Dining and Hospitality Services

Importance of student peers

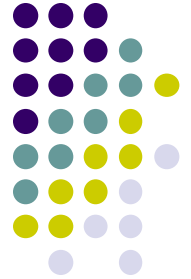


Recovery Intern

- 12 hours per week
- Paid through Stacie Mathewson Foundation
- Capacity building, student organization promotion, new 12 step meetings

Student Organization

- 6 active members
- 12+ more peripheral members
- Social events, tabling, meeting attendance, advocacy, connection



Triton Recovery Group

- Community Advisor
- Principal Members
- Logo
- Tabling
- Collaboration with other campus groups
- Collaboration with campus community centers
- Webpage



<http://tritonrecoverygroup.ucsd.edu/>

Triton Recovery Group Mission



- Triton Recovery Group seeks to create a safe space for university students in, or seeking recovery by providing resources, support, and fellowship for all individuals regardless of the type of addiction or associated recovery program. We want to create a community of students in recovery at UC San Diego that can insure students on campus will have a positive experience that is both fun and helps in their wellbeing.

Triton Recovery Group



- Marketing

- Bookmark
- Flyers
- Brochure
- T-Shirt
- Table cloth
- Tent
- Website
- Private FB Page



- Social events:

- Study Breaks
- Dinner and a Meeting
- Movie Night
- Game Night
- Bowling

UC San Diego Students Supporting Students In Recovery

Join us for our **Anza Borrego Orientation Camping Trip**

Leaving UCSD October 11, 2014 at 7:00am
Returning to UCSD October 12, 2014 at 4:00pm



For students in or seeking recovery, regardless of the type of addiction or associated recovery program

Attends collegiate recovery conferences

Facilitates fellowship and service opportunities

Hosts recovery meetings on campus, biweekly planning meetings, and monthly social events

Provides students with resources for recovery

For information on UC San Diego's recovery housing, contact Dr. Jerry Phelps at jsphelps@ucsd.edu

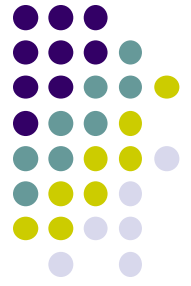
For more information, please visit TritonRecoveryGroup.ucsd.edu

Future Goals

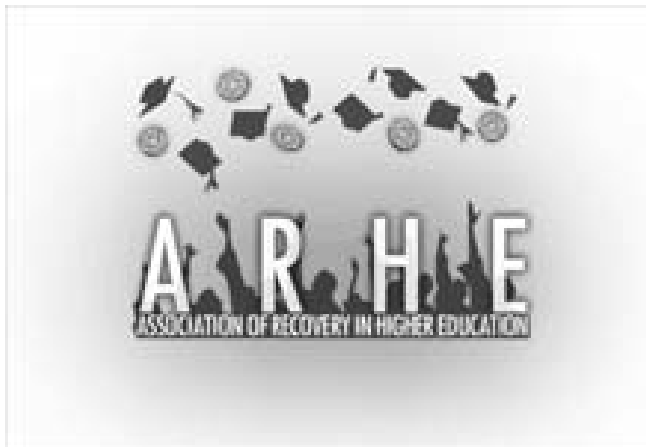


- Housing Committee (pilot project next year)
- Continue Recovery Intern
- Increase TRG membership
- Increase Referrals from CAPS, SHS, Deans, Residence Life
- Collaborative programs with other student organizations
- More on campus meetings
- Dedicated space
- Collaborate San Diego area colleges

Additional Resources



ARHE



ARS



<http://collegiaterecovery.org/>

2015 Conference: University of Nevada Reno

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

2015 Conference: Philadelphia, PA



<http://youngpeopleinrecovery.org/>

Upcoming Conference

A poster for a conference featuring a stylized tree with a trunk and branches on the right side. The tree is filled with vibrant, colorful splatters and dots in shades of yellow, orange, red, and pink. The background is white with scattered splatters. Text is overlaid on the lower left portion of the poster.

3rd Annual
California Unified
Collegiate Recovery Conference

Branching Out

November 7-9, 2014

Hosted by the Healing Highlanders at UC Riverside

<http://healinghighlanders.weebly.com>

Thank you!



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Transforming
Youth Recovery