



NC Department of Health and Human Services

Collegiate Recovery - How to Manage Recovery in College

Panelists:

Victoria Cooper (She/Her) – UNC-Chapel Hill

Charnequa Kennedy, EdS, Med, LCP-MHSP/S, NCC, ACS, BC-TMH (She/Her) – NCCU

Jordan Kessler, MA, LMFTA, LCASA (She/Her) – ASU

Moderator:

Jarmichael R. Harris, MS, LCAS (He/Him) – APNC

September 21, 2023

Collegiate Recovery - History

- First CRP at Brown in 1977
- Next phase of programs 1983 – 1997 at Texas Tech, Rutgers, Augsburg
- *Collegiate Recovery Community Replication Curriculum* funded by SAMHSA and the DOE, drafted by Mandy Baker & Kitty Harris Texas Tech

SOURCE:

Collegiate Recovery – History (Cont.)

- Rapid increase after *Transforming Youth Recovery's CRP Seed Grant* Program Launched by founder Stacie Mathewson in 2014
- NC Six Pilot Programs (NC A&T, ECU, UNC, UNCC, UNCG & UNCW)
- 2023 - 19 State Funded Programs and nearly 30 Programs (Community Colleges, Independent Institutions, and UNC System Schools)

Collegiate Recovery – What is the Goal?

- Initiate or maintain their recovery and complete college.
- A Collegiate Recovery Program (CRP) is a college or university-provided program that includes a supportive environment within the campus culture. CRPs reinforce the decision to engage in a lifestyle of recovery from addiction/substance use disorder. It is designed to provide an educational opportunity alongside recovery supports to ensure that students do not have to sacrifice one for the other. (ARHE, 2017)

Collegiate Recovery – What is the Goal? (Cont.)

“ECU Recovery is my university’s endorsement of my humanity. It’s standing in solidarity with me, embracing my unique gifts and needs, to guide me down a different path.”

- Anonymous Pirate™

Collegiate Recovery – Current Status

- 152 Member Institutions of Association of Recovery in Higher Education
- Multiple Pathways of Recovery
- Gaining rapport with ONDCP and SAMHSA Office of Recovery



Collegiate Recovery Subject Matter Experts from across the US and Canada convene at the SAMHSA Office of Recovery, including North Carolina's Dr. Dominique Clemmons-James and Jarmichael Harris.

Collegiate Recovery – Current Status (Cont.)

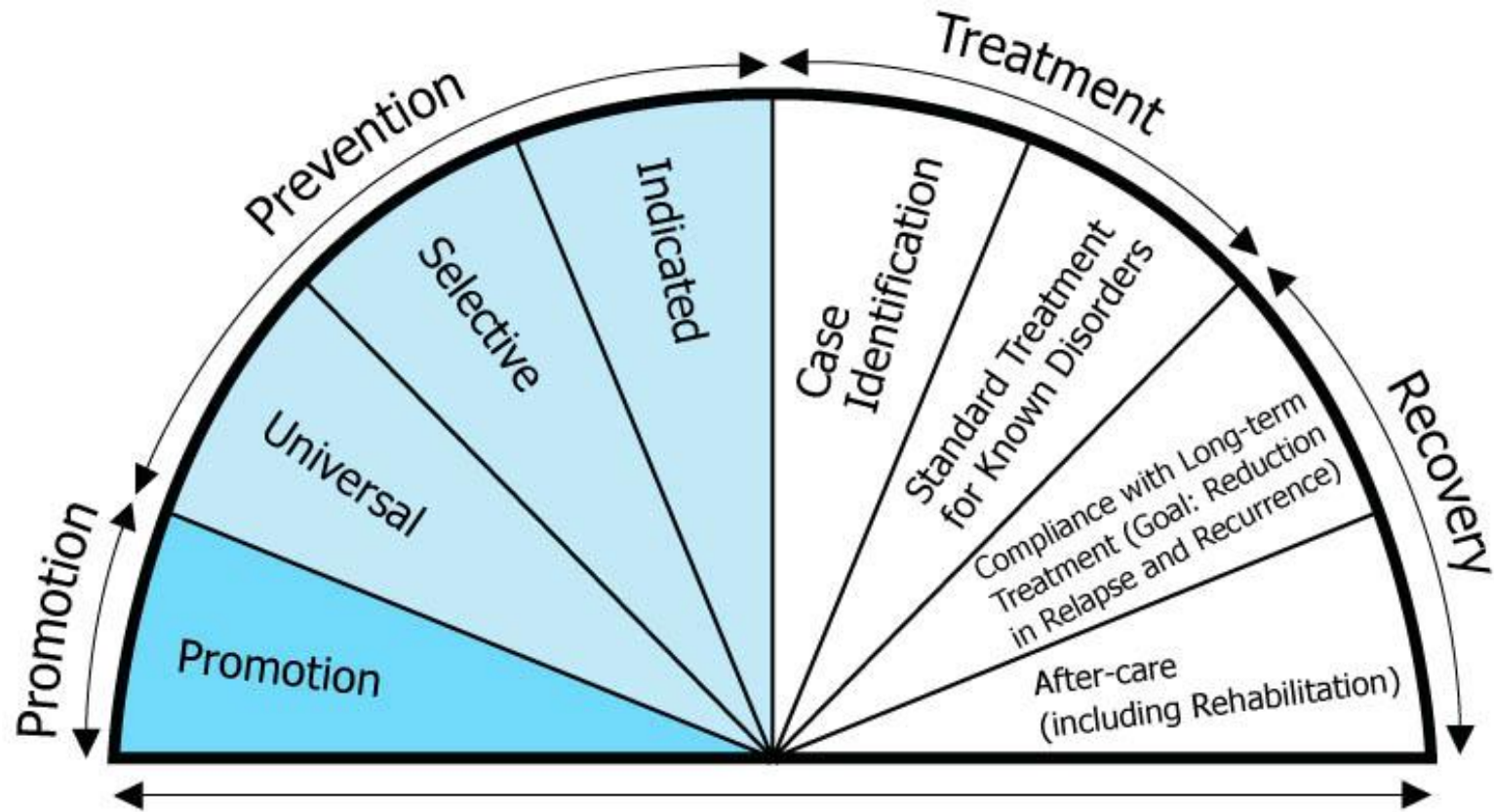
- 6 ARHE Award Winners Since 2017 - Including our both 2023 Staff Members of the Year - Mitzi Averette (Methodist) and Tre'Sean Cooks (NC Central) and Student of the Year, Syd Danzinger (Elon)
- +/-30 Collegiate Recovery Programs in NC, serving approx. 400 students



Tre'Sean Cooks (Right) Receives 2023 ARHE Staff Member of the Year Award. Pictured with Dr. Dominique Clemmons-James (Left).

Collegiate Recovery and the ROSC

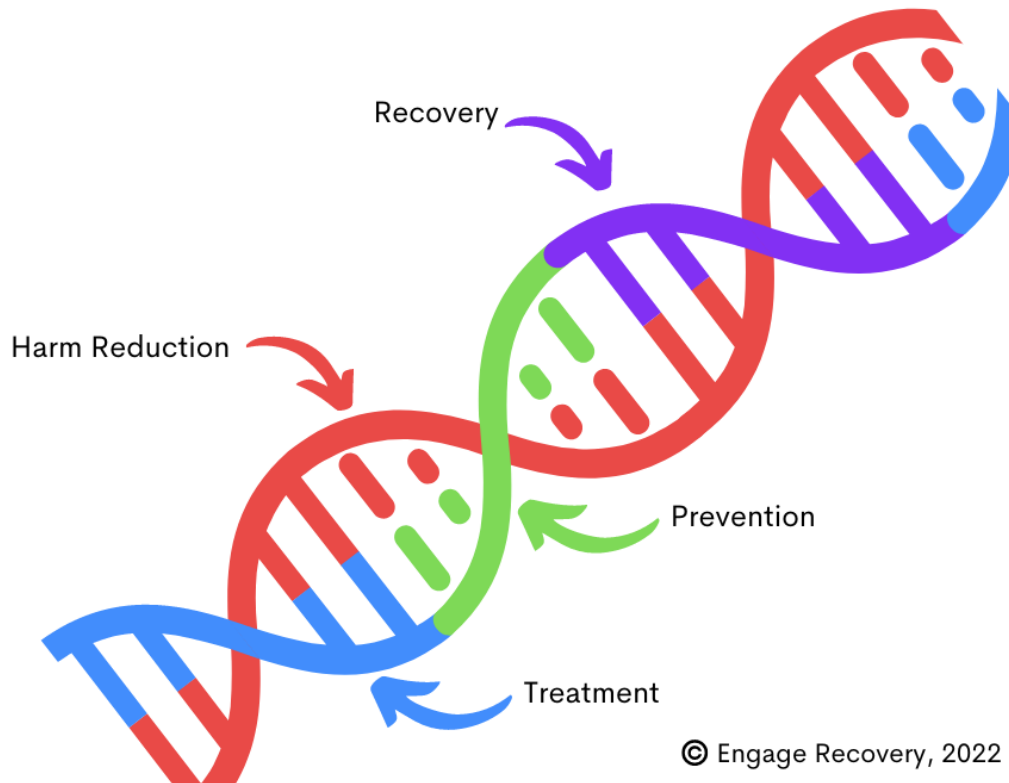
- Recovery Oriented System of Care



Collegiate Recovery and the ROSC (Cont.)

- Recovery Oriented System of Care

Harm Reduction is embedded in the DNA of the Recovery Oriented Continuum of Care



© Engage Recovery, 2022

Barriers of Collegiate Recovery

- Lack of Diversity (91-95% Non-Hispanic White Student Participants)
- Myth of Scarcity
- Inadequate Funding
- Insufficient Research - Less than 10 State Funded CRP Efforts
- Unique Skillset of Professional Staff

Overcoming Barriers

North Carolina Collegiate Recovery Satisfaction & Impact Survey

Overall Satisfaction	95%
CRP Peers Have Influenced My Recovery	94%
Overall Improvement in Health & Wellbeing	90%
CRP Has Encouraged Me to Participate in Other Student Affairs Supports	84%

Fall 2020-Fall 2022 (n=328)

Carolina Recovery - recovery@unc.edu

- Carolina Recovery strives to create an inclusive and accepting environment where any UNC-CH student seeking recovery can build community, flourish personally, thrive academically, and foster enduring resiliency.

Carolina Recovery – recovery@unc.edu

- We believe the collegiate recovery experience connects or reconnects students with their core values and purpose.



Community Highlights

A-SURC Team

Fully-staffed team coordinating AOD efforts

Focus on “Belonging”

Education on recovery barriers & intersectionality

Curriculum Updates

Multiple pathways; graduation planning; first Spring Break

Increased Participation

More graduate students & overall growth across social identities

Campus Involvement

Attending campus events; harm-reduction coalition

Awareness & De-Stigmatization

Pilot-location for national anti-stigma campaign

We believe the collegiate recovery experience connects or reconnects students with their core values and purpose.

Where We're Headed

- Campus-community harm-reduction coalition
- “Sober curious” spaces
- Ally & Narcan training launch
- Student service opportunities
- Housing solutions

Where We're Headed

- Institutionalization: Dedicated campus space; University funding
- Consult on state, local, & campus policies
- Develop & sustain an Advisory Board
- Advocate for recovery-supportive campus culture



HOPE

COLLEGIATE RECOVERY COMMUNITY
NORTH CAROLINA CENTRAL UNIVERSITY

Creates a safe space for NCCU students in all phases of recovery and assists fellow Eagles on their path to sobriety and overall personal wellness.

HOPE

- Collegiate Recovery is a part of the outreach arm of the NCCU Counseling Center and offers a designated space for students, monthly live streams, Successful Life Skills peer-focused groups, and the annual signature event Stomp Out Stigma (SOS).
- HOPE provides harm reduction and recovery support to undergraduate and graduate students at NCCU.
- Participation is open, including allies. Student engagement during the year ranges from 10-20 students.

Programming and Events

- Collaborative programs with campus partners include Sober Tailgate/Watch Parties with Athletics. The watch parties provide a social and educational space for students to watch games, enjoy board and video games, mocktails, and receive educational materials.
- Stomp Out Stigma (SOS), which is a signature event is hosted annually with campus partners to engage students in a large outreach event. Campus partners for SOS include the Office of Fraternity and Sorority Life, Health Promotion and Education, Project Safe, Recreation & Wellness, Campus Pantry, Active Minds, REACH Ambassadors, and the Campus Garden.

Programming and Events (Cont.)

- The Spring 2023 event was a speed dating relay between stations to present alcohol and substance use education. Attendance was 85.
- Social media impact has included a 7.1% increase in followers, with 1,034 accounts reached and direct engagement with 89 accounts.

Appalachian State University

Harm Reduction

Substance use is often a part of the collegiate experience and we recognize that not all students desire abstinence – we provide students with education and tools for safer, responsible use, reducing the negative consequences and stigma associated with substance use as well as to promote hope and healing.

Process Addictions

In much of the same way substance use can have negative consequences, process addictions can negatively impact a person's mental and physical health, relationships, and financial standings all of which can severely affect the academic success of our students.

Holistic Care

We take a holistic approach in supporting students of our CRC. We have many offerings for the WHOLE person in recovery such as nutritional and mental health counseling, expressive arts therapy, sexual health workshops and we facilitate many pro-social activities that incorporate mindfulness, nature, and art

Appalachian State University

- Small group - approximately 5 students engaging consistently
- Students utilize services and participate in events on a needs basis - they engaged when needing extra support from staff and/or community

Appalachian State University

- Since minoritized students (multiple races, gender identities, sexual orientations, student veterans) comprised a smaller percentage of our groups and/or event attendance we are implementing “Wellness Hour” twice a month in different student identity centers.

Appalachian State University

- Trained approximately 750 students in overdose response and prevention.
- We provided 476 doses of Narcan and 400 Fentanyl testing strips to the campus community.
- One of our currently engaged students participated in the Collegiate Recovery Leadership Academy via SAFE project - with an emphasis on harm reduction and engaging in enhancing awareness of overdose prevention and response, and educating the student community on naloxone resources, and recovery support on campus.

Appalachian State University

- They were featured in our student newspaper “The Appalachian” this month highlighting their efforts to educate students on the campus resources as well as overdose prevention and response and their assistance distributing naloxone to the campus community
- They are now a student employee with the CRC as a Peer Mentor