Collegiate Recovery Programs: A Groundbreaking Solution for Students With Addictions

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Session Objectives

1. Overview of recovery

2. Overview of collegiate recovery programs (CRPs)

3. Considering stigma

4. CRP outcomes

5. Recovery and CRPs in Canada
What is recovery?

- A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

- Recovery is built on access to evidence-based clinical treatment and recovery support services for all populations.
Four Dimensions of the Recovery Process

**HEALTH**
Overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way

**HOME**
A stable and safe place to live

**COMMUNITY**
Relationships and social networks that provide support, friendship, love, and hope

**PURPOSE**
Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society
Collegiate Recovery Programs
What is a Collegiate Recovery Program?

A collegiate recovery program (CRP) is a College or University provided, supportive environment within the campus culture that reinforces the decision to engage in a lifestyle of recovery from substance use. It is designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other.

Association of Recovery in Higher Education, 2018
Why are CRPs important?

Percentage of alcohol and other drug use and problems that start between the ages of 12-20.

SUD rates nearly triple from 7% in adolescence to 20% in early adulthood.

NSDUH, 2002; Dennis & Scott, 2007; Neumark et al., 2000; SAMHSA, 2011
Why are CRPs important?

- 22.9% of full-time college students meet the medical criteria for substance use disorders.

- Only 4% of students with alcohol/drug related problems will seek help.

- More than 40% of student attrition cases involve substance use difficulties.

CASAColumbia Center on Addiction, 2007; Center for the Study of Addiction and Recovery, Texas Tech University, 2005; Clements, 1999; Sullivan & Reisler, 2002
Why are CRPs important?

RECOVERY IS NOT AN EVENT. IT’S A PROCESS.
Small group activity: Stigma

In what ways do you imagine students in recovery experience stigma while navigating social and academic life at post-secondary institutions?
Barriers to Recovery

<table>
<thead>
<tr>
<th>Barriers to Recovery</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did not experience any barriers to starting recovery</td>
<td>17.4%</td>
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<tr>
<td>Not being ready, not believing you had a problem, or not believing the problem was serious enough</td>
<td>54.9%</td>
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<tr>
<td>Being worried about what people would think of you</td>
<td>49.7%</td>
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<tr>
<td>Not knowing where to go for help</td>
<td>35.8%</td>
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<tr>
<td>Lack of supportive social networks</td>
<td>30.4%</td>
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<tr>
<td>Long delays for treatment</td>
<td>25.0%</td>
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<tr>
<td>Lack of professional help for mental health or emotional problems</td>
<td>24.1%</td>
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<tr>
<td>Cost of recovery services</td>
<td>21.6%</td>
</tr>
<tr>
<td>Lack of programs or supports in your community</td>
<td>20.4%</td>
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<tr>
<td>Quality of services available in your community</td>
<td>19.9%</td>
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<tr>
<td>Not receiving the right treatment for your addiction</td>
<td>13.0%</td>
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<tr>
<td>Not having stable or adequate housing</td>
<td>12.6%</td>
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<tr>
<td>Receiving the wrong diagnosis</td>
<td>10.8%</td>
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<tr>
<td>Receiving an incomplete diagnosis</td>
<td>10.4%</td>
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<tr>
<td>Lack of programs or supports that met your cultural needs</td>
<td>5.3%</td>
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<tr>
<td>Lack of programs or supports in your preferred language</td>
<td>1.1%</td>
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<tr>
<td>Other</td>
<td>3.7%</td>
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<tr>
<td>No response</td>
<td>0.1%</td>
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</tbody>
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Note: Respondents could provide more than one answer; total can sum to more than 100%.
Post-secondary Students in Recovery: Campus Challenges

These factors can create an abstinence-hostile environment for **COLLEGE STUDENTS**:

- Transitioning into the college lifestyle and adulthood
- Feeling isolated at a time when fitting in is crucial
- Less structure and supervision
- Peer pressure to use substances
- New freedoms

Post-secondary Students in Recovery: Campus Challenges

Many university 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
- Are attempting to find a place of belonging with those who have similar experiences

Grahovac et al., 2014
How many students in recovery on your campus?

- Total number of students = 55,887
- Number meeting criteria for substance abuse (31.6%) = 17,660
  \( (55,887 \times .316) \)
- Number of students meeting criteria for substance dependency (6%) = 3,353
  \( (55,887 \times .06) \)
- Estimated number of students who are seeking help (4%) = 841
  \( (17,660 + 3,353) \times (.04) \)
- THERE ARE AN ESTIMATED 841 STUDENTS AT THIS UNIVERSITY WHO COULD POTENTIALLY BENEFIT FROM A COLLEGIATE RECOVERY COMMUNITY!
How CRPs can Help

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.

**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.

Collegiate Recovery Programs are designed to provide:

Grahovac et al., 2014
Common Components

- Support meetings
- Substance-free social events
- Peer support network
- Dedicated Staff
- Academic support
- Physical Space
Peer Support Network

Marginalized to Empowered
<table>
<thead>
<tr>
<th>Day</th>
<th>Meeting Name</th>
<th>Description</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>Creative Arts</td>
<td>A meeting for students with a desire to artistically express themselves using a variety of different methods including drawing, painting, etc. Weekly activities are designed to help students de-stress while establishing a strong peer community.</td>
<td>1:00 PM</td>
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<td></td>
<td>Eagle Peer Recovery</td>
<td>The Eagle Peer Recovery (EPR) student organization weekly meeting. For additional information about this student org please visit: <a href="https://recovery.unt.edu/content/epr">https://recovery.unt.edu/content/epr</a></td>
<td>6:00 PM</td>
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<tr>
<td>Thursday</td>
<td>College Success</td>
<td>College success supports students with practical techniques and strategies when transitioning from a high school to a collegiate learning environment. Our focus is on approach to assignments, managing your time, reducing stress and anxiety in coursework, and navigating college resources such as the library, writing labs, and testing center.</td>
<td>4:00 PM</td>
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<tr>
<td>Friday</td>
<td>Community Fun</td>
<td>A meeting intended to explore on and off campus extracurricular activities that have included movie nights, board games, pot luck dinners and other various FUN events.</td>
<td>Various Times</td>
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<td>Sundays</td>
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<td></td>
<td></td>
<td>7:00-8:00pm Refuge Recovery (meditation meeting)</td>
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<td>Mondays</td>
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<td>5:30-6:30pm AA Meeting: The People's Meeting of AA</td>
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<td>Tuesdays</td>
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<td>5:00-6:00pm Recovery Talks - open topic/check in meeting</td>
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<td>Wednesdays</td>
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<td></td>
<td>12:00-1:00pm AA Meeting: Wednesday Nooner</td>
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<td></td>
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<td>4:00-5:00pm NA Meeting</td>
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<td></td>
<td></td>
<td>5:30-6:45pm Refuge Recovery (meditation meeting)</td>
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<td>Thursdays</td>
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<td>4:00-5:00pm Recovery Talks - open topic/check in meeting</td>
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<td>5:00-6:30pm bi-monthly CRC Leadership Meeting (meets in UMC 411)</td>
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<td>Fridays</td>
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<td>12:00-1:00pm Recovery 101 (meets in UMC 411)</td>
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<td></td>
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<td>4:45-5:45pm CRC Community Meeting</td>
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<td>Friday Social afterward: events vary</td>
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Dedicated Staff

Recovery is Possible
ask me how...
Academic Support
Substance-free social events

The Collegiate Recovery Program presents:

Sober Happy Hour

November 1st
5-6:30pm
Bruin Resource Center B44
In the Student Activites Center

Take a break between studying for midterms week 5. Join us in the BRC for free dinner catered by IIT!
CRP Outcomes

- Close to 90% graduation rate compared to 61% institution-wide
- 92% retention rate compared to 81% institution wide
- 95% of students who participate in CRPs maintain their recovery
- Students and their families are choosing schools based on CRP availability
As a student in early recovery, I felt that the college experience was an impossible uphill climb where I would be suffocated by drugs and alcohol everywhere I turned. Finding a CRP gave me a path I never thought possible.

CRP meant that I had support not just for my academic career, but for my recovery as well. A CRP meant that I finally felt like I belonged somewhere, and that I wasn’t fighting the battle alone. It was possible for me to connect and get support from other students in recovery.
I can honestly say CRP has saved my life. Before getting involved with CRP, I did not know that I could have a sober college experience. All my previous social circles revolved around using, and I did not know how to live otherwise. CRP gave me a supportive community of students just like me, which was exactly what I needed to get sober and stay sober.

-M.P. 2013
What’s Happening in Canada?

RECOVERY HAPPENS HERE.
Thank you for listening!

Any questions?

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