

## Collegiate Recovery Communities

New England College Health Association  
Conference  
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## Goals for today

- ◉ Have an understanding of the challenges and needs of recovering college students.
- ◉ Be able to describe what a CRC/CRPs is.
- ◉ Understand how a CRC meets the needs of recovering students and how it's a necessary addition to almost every college campus.

## Overview

- ◉ Needs of college students in recovery
  - > What does it mean to be "in recovery"?
  - > Culture of typical college campus
  - > How does a recovering identity conflict with the college student identity?
  - > What are the particular needs of students in recovery?
- ◉ What is a CRC/CRP?
  - > Basic tenets
  - > Differences
  - > Prevalence nation-wide
  - > History in the US
- ◉ How does a CRC support college students in recovery
  - > Tenets meet needs
    - Housing
    - Community
    - Academic support
    - Alternative programming
    - Partnerships on campus
    - Partnerships off campus

## What is recovery?

- > What does it mean to be in recovery?
  - Definition: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. (SAMSHA, 12/22/2011)
    - Specific to substance abuse, this generally includes:
      - Abstinence from mind-altering substances
      - Working a program of recovery
      - Effort towards self-discovery and acceptance
      - Developing a community of support

## How might recovery conflict with the student experience?

- What does the media tell us the college experience looks like?
- Who is getting this message?
- What does that translate to in terms of the college environment/atmosphere?



THE HOUSE PARTY

Doesn't everyone want to be cool enough to crowd surf?



THE BEER COMMERCIAL

Girls, Bikinis, Beer . . . Exploding Beer



THE FRAT PARTY

To belong to a group



## How do these messages translate for recovering college students?

- Challenges for Recovering College Students:
  - > Finding people to hang out with where they can be their true selves
  - > Learning how to be social, sober
  - > What to do with social/down time
  - > Having a "normal" college experience
  - > Fearing "coming out" to professors, friends, potential partners
  - > General stereotypes made about college students by professors/academia
  - > Dealing with the wreckage of the addiction

## Concerns/Fears of recovering college students

Fear Based	Reality Based	Recovery Based
Being different	Social concerns	Community
Lacking social scene	Housing issues	Self-Work
Inability to make friends/partners	Age/maturity issues	Support
Fearing college	Role model/mentors	Accountability
Risk sobriety for education/ future	Stigma/Ignorance-based issues	Active engagement in a program
	Lifestyle differences	
	Triggers/Reminders	

## Needs of recovering students

- Physical/Emotional Needs
- Psychological Needs

## Needs of recovering students

- Physical/Emotional Needs:
  - > Community of folks who can understand and relate to the experiences and current choices of recovering students.
  - > Non-judgmental, Supportive
  - > Activities that fit within the recovering students' values
  - > Space to share the challenges of being in recovery on a college campus
    - Living situation
    - Social scene
    - Age
    - Lifestyle
    - Stigma/Lack of understanding and awareness

## Needs of recovering students

- Psychological Space Needs:
  - > All the attributes that go into creating an inclusive environment:
    - Feeling welcome
    - Feeling valued
    - Feeling visible
    - Feeling there's space for you, you can be heard, your opinion is sought
    - Feeling supported and encouraged to excel
    - Feeling empowered
    - Feeling that their contributions as an identity create a richer environment
    - By being who they are is valued by the community
    - There is a conversation between the mainstream and the recovery community
    - Positive impact on the mainstream community
    - Normalizing sobriety

Secret: It's similar to how we look to accommodate any other identity - help them feel visible, valued, and welcome on our campuses - we need to understand the culture and create our communities within that.

## Needs of Recovering Students - Questions

- Questions?
- Discussion:

## Collegiate Recovery Communities

- What is a CRC/CRP?
  - > Definition
  - > Basic tenets
  - > Differences
  - > Prevalence nation-wide
  - > Why the need for CRCs is on the rise
  - > History

## Collegiate Recovery Community Definition:

- ◉ A Collegiate Recovery Community or Program is a space within an institution of higher education where students in recovery from alcohol and/or other drugs can pursue their education without sacrificing their recovery.



## Basic Tenets: CRC/CRPs

- ◉ Are within an institution of higher education.
- ◉ Have a space.
- ◉ Have dedicated staff.
- ◉ have Students, engaged in pursuit of higher education and a recovering lifestyle.
- ◉ encourage Community.
- ◉ offer Support.



## Ways that CRCs can Differ

Where they're housed	Offerings	Philosophy
Student & Campus Life	Space	Support model
Academic Unit	Staff	Treatment model
Residential Life	For-credit course	Texas Tech Replication Model
Counseling	Counseling	Hybrid models
Dean of Students	Academic/Financial support	
AOD Office	Programming	

What's important here is that your CRC fits your institution's culture as well as your students' needs.

## Prevalence of CRCs Nationwide

- ◉ Approximately 35 programs up and running nationwide
- ◉ Another 35 programs in start-up mode
- ◉ <http://staciemathewsonfoundation.capacity.com/map>



## The need for CRCs is on the rise

By Age Group: Admissions to Publicly Funded Substance Abuse Treatment Programs, 2008

Age Group	Percentage of Admissions
12-17	7.5% equals 195,000 admissions
18-19	4.1% equals 106,000 admissions
20-24	14.4% equals 374,400 admissions
25-29	14.8% equals 384,800 admissions
12-29	<b>40.8% equals 1,060,800 admissions</b>

According to SAMHSA's National Survey on Drug Use and Health, 23.5 million persons 12 or older needed treatment for an illicit drug or alcohol abuse problem in 2009. This translates to 9,588,000 young people who would have benefitted from treatment in 2009.

## The History of CRCs

- UVMs history
- CRC history

## Collegiate Recovery Communities/Programs

- Questions?
- Discussion

## How CRCs meet the needs of recovering students:

- Tenets meet needs
  - > Housing
  - > Community
  - > Academic support
  - > Alternative programming
  - > Partnerships on campus
  - > Partnerships off campus



## Housing

- Campus specific
  - > What is the need?
  - > Safe space
  - > Support/Community
  - > Home for all
- On campus
- Off campus
- Knowing the resources available

## Community

- The need for a peer group
- The need for feeling "normal"
- The need for support
- The need for feeling understood
- The need for a social scene
- The need for an outlet (physical or virtual)

## Academic Support

- Admission – getting in to school
- Academic wreckage
- Study skills
- Confidence inhibited by hx of use
- Knowledgeable counselors/advisors who understand and advise based on this
- Scholarships

## Alternative Programming

- ◉ Opportunities to get together
- ◉ Alternatives to "partying"
- ◉ Development of relationships
- ◉ Communication tools
- ◉ Skill building opportunities
- ◉ Exploring new activities

## Partnerships On Campus

- ◉ Admissions
- ◉ Counseling & Psychiatry
- ◉ Registrar
- ◉ Supportive services in each college
- ◉ Athletics
- ◉ Student Life
- ◉ Greek Community
- ◉ Police Services

## Partnerships Off Campus

- ◉ Department of Health
- ◉ Department of Education
- ◉ Burlington Partnership for Healthy Communities
- ◉ Friends of Recovery
- ◉ Vermont Association for Mental Health & Addiction Recovery
- ◉ Turning Point
- ◉ Wellness Co-Op

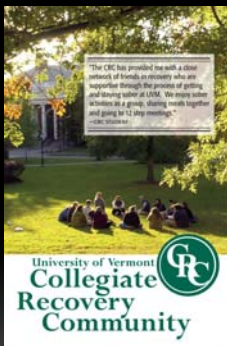
## CRC Resources

- ◉ Association of Recovery in Higher Education:
- ◉ Stacie Mathewson Foundation - \$10,000 grant for CRC Start-up
- ◉ Recovery Campus Magazine:
- ◉ <http://recoverycampus.com/>





UVM'S CRC IS A RESOURCE!!



COMMUNITY THAT BUILDS A STRONG FOUNDATION

The Collegiate Recovery Community (CRC) at the University of Vermont offers the opportunity for students to pursue their education without sacrificing their recovery. Students within the CRC find connection to one another through the daily programs, the private Facebook group, the CRC Area, dedicated housing, and the monthly activities. Our Counseling and Psychiatry Services (CAPS) additionally offers numerous counseling and a weekly Recovery Group. Burlington has a strong 12 step fellowship, and a wonderful young people fellowship in Asheville, Vermont (VMA). Recovery Awareness (RA), Wellness Awareness (WA), and Campus Awareness (CA), in addition to being dedicated space in the Collegiate Recovery Community on campus, there is a 12 Step Club House downtown, and several government organizations dedicated to young people's recovery.



- Programming Opportunities:**
- Weekly lunches
  - Single groups
  - Weekly Recovery Group
  - Monthly socials
  - Activities calendar
  - Academic Achievement



- Support Services:**
- 12 Step meeting on and off campus
  - Counseling & Psychiatry Services
  - Student Health Services
  - ACCESS - Academic Support Programs
  - Wellness Center
  - ALANA Student Center
  - LGBTQA Center

For inquiries on specific programs, contact Amy Boyd Austin, CRC Director at 802.656.0236

[www.uvm.edu/recoverycommunity](http://www.uvm.edu/recoverycommunity)

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