



Welcome to Today's Webinar!

Supporting Recovery and Resilience on Campus: The Role of Collegiate Recovery Programs

This event will begin at 3:00 p.m. EDT.



National Center on Safe Supportive Learning Environments



Safe Supportive Learning

Engagement | Safety | Environment



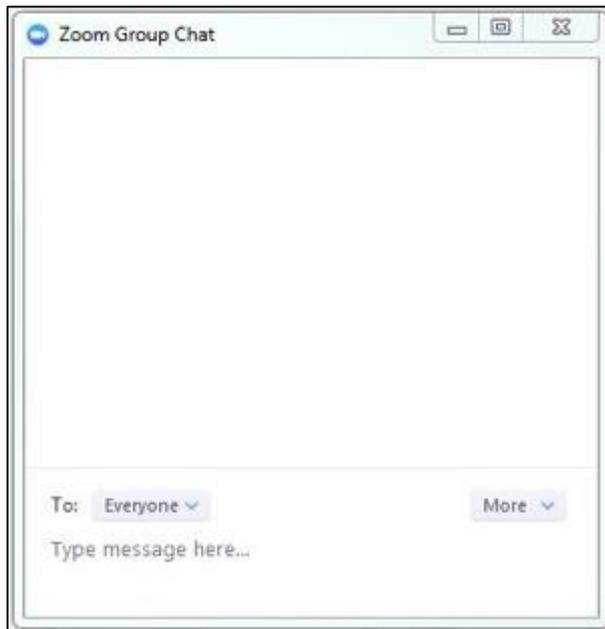
Opening Remarks

Dr. Mick Zais, Deputy Secretary,
U.S. Department of Education



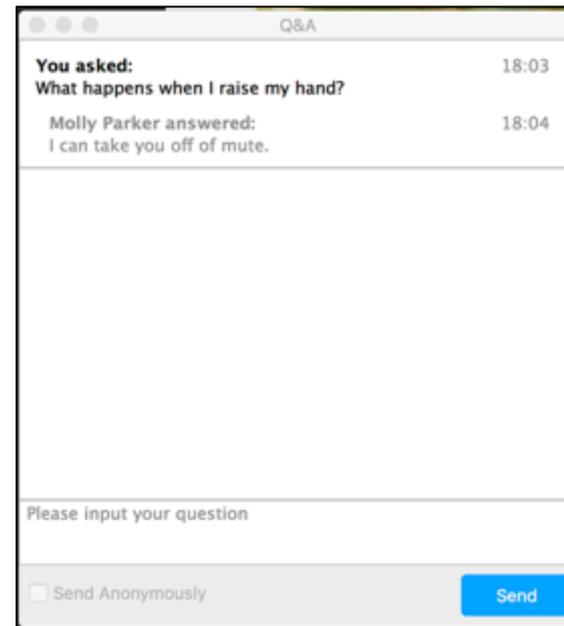


Chat Pod



If you have a comment during the event, please type it in the Chat Pod.

Q&A Pod



If you have a question for the presenters, please type it in the Q&A, or e-mail ncssle@air.org during the webinar.



For assistance during the webinar, please contact the National Center on Safe Supportive Learning Environments at ncssle@air.org.





Today's Moderator

Richard Lucey, Prevention Program Manager,
Drug Enforcement Administration (DEA)



DEA's Mission

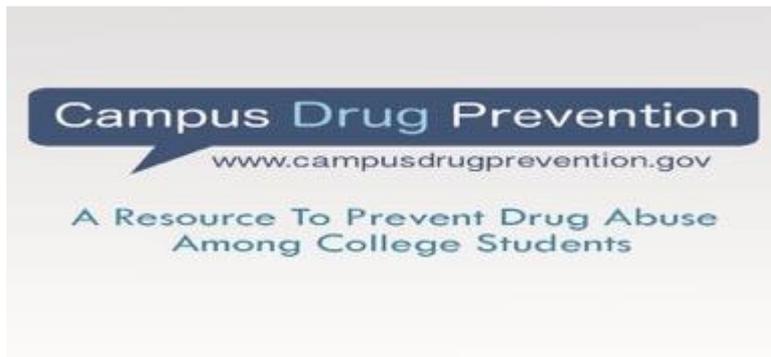


DEA's Products for Colleges and Universities



Institutions of higher education are an important stakeholder.

- Launched website in 2017 – www.campusdrugprevention.gov
- Developed two fact cards on marijuana use and prescription drug misuse among college students
- Sponsor Red Ribbon Week Campus Video PSA Contest with the Substance Abuse and Mental Health Services Administration's (SAMSHA) Center for Substance Abuse Prevention (CSAP)
- Coming soon: Strategic planning guide to preventing drug abuse among college students



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Agenda



1

Overview of Collegiate Recovery Programs
Arthur Kleinschmidt, SAMHSA

2

Collegiate Recovery Program: Case Study 1
Eric Klein, Northampton Community College

3

Collegiate Recovery Program: Case Study 2
Karen Moses, Arizona State University

4

Collegiate Recovery Program: Case Study 3
Ahmed Hosni, The Ohio State University

5

Administration Commitment to Recovery and Call to Action
James Carroll, ONDCP

6

Question & Answer Session





U.S. Department of Education

- [Student Loans](#)
- [Grants](#)
- [Laws](#)
- [Data](#)

Combating the Opioid Crisis and Other Substance Misuse: Schools, Students, Families

In October 2017, President Donald J. Trump declared the opioid crisis a national public health emergency. The U.S. Department of Education (the Department) is joining other Federal agencies in combating the opioid crisis that is killing Americans at unprecedented rates and plaguing families and communities. While the causes of opioid misuse are complex and determined by multiple factors, the goals of prevention and recovery focus on reducing risk and promoting factors that increase resiliency. Schools play an important role in reaching these goals.

The Department is taking a two pronged approach to addressing the opioid crisis: 1) Helping to educate students, families and educators about the dangers of opioid misuse and about ways to prevent and overcome opioid addiction and; 2) Supporting State and local education agency efforts to prevent and reduce opioid misuse.

What are opioids, how are they having an impact and what is the Federal government doing?

- Opioids are natural or synthetic chemicals that reduce feelings of pain.
- Opioids are a class of drugs that include pain relievers available legally by prescription such as oxycodone, hydrocodone (Vicodin), codeine and morphine, as well as heroin and synthetic opioids such as fentanyl.
- **Anyone** who takes prescription opioids can become addicted to them or develop tolerance of physical dependence.
- In 2016, more Americans died due to opioid overdoses than car crashes. From cities and suburbs to rural America, opioid addiction and overdose is "the crisis next door".

Resources

- [National Prescription Drug Take Back Day](#) is an event lead by the Drug Enforcement Agency to provide a safe, convenient, and anonymous way of disposing of prescription drugs.

How Do I Find...?

- Student loans, forgiveness
- College accreditation
- Every Student Succeeds Act (ESSA)
- FERPA
- FAFSA
- 1098, tax forms
- More...

Information About...

- Transforming Teaching
- Family and Community Engagement
- Early Learning



Polling Question #1



Which of the following best describes your role? (Choose all that apply.)

- Institution of Higher Education: Community College
- Institution of Higher Education: Four-year College/University
- Parent
- Student
- State-level Alcohol and Other Drug/Behavioral Health Authority
- State Liquor Control/ABS
- Local Health and/or Alcohol/Drug/Behavioral Health Authority
- DFC or Other Prevention Coalition
- State or Local Educational Authority
- Other (Please share your role in the Chat Box.)



Polling Question #2



If you are employed at an IHE (two-year or four-year) which of the following best describes your role? (Choose all that apply.)

- Student Affairs
- Residential Life
- Greek Life
- Public Safety
- Student Health/Wellness
- Faculty
- Administration
- Other (Please share your role in the Chat Box.)



Polling Question #3



Which of the following best describes your primary reason for participating in this webinar?

- I have leadership responsibility to address alcohol and other drug (AOD) issues within my IHE.
- I am part of my IHE's team addressing AOD concerns.
- I have a personal interest in addressing AOD risks and consequences.
- Other (Please share in the Chat Box.)





Overview of Collegiate Recovery Programs

Arthur Kleinschmidt, Ph.D. Senior Advisor, Substance Abuse and Mental Health Services Administration (SAMHSA)



Some Context



- **In 2016, one in six young adults between 18–25 met criteria for a substance use disorder and were considered to be in need of treatment.**
- **About 40 percent of students surveyed in the Spring 2018 National College Health Assessment reported feeling so depressed that it was difficult to function in the past 12 months.**



Higher Education Institutions Respond



- **Collegiate recovery programs (CRPs) support college students in recovery.**
 - CRPs support students who are in or seeking recovery from substance use disorders and mental illness, and increase awareness on campus about these issues.
 - Collegiate supports for students in recovery from mental and substance use disorders have evolved along different but parallel trajectories marked by the devotion of students, recovery movement leaders, advocates, and allies.
- **The Association for Recovery in Higher Education (ARHE) reports significant growth in programs, expanding from 40 in 2015 to 140 in 2018.**
- **The nonprofit organization Transforming Youth Recovery (2017) reports 184 verified institutions of higher education offering support to students in recovery.**



Some Results To Date



- **Data from Texas Tech University (TTU) show that students in its collegiate recovery program have an average GPA of 3.18, which is markedly higher than TTU's overall undergraduate GPA of 2.93.**
- **Since 2002, relapse rates (defined as any use) per semester range from 4.4 percent to 8 percent.**
- **Collegiate Recovery Program members in the StepUP program at Augsburg College also reported higher GPAs than the student body average and 93 percent reported abstinence from 2007 to 2016.**
- **Active participation in a Collegiate Recovery Program seems to enhance recovery quality and length as well as potential for academic success.**





Collegiate Recovery Program: Case Study 1

Eric Klein, MSS, LSW, Coordinator, Collegiate Recovery Program, Northampton Community College – Bethlehem, Pennsylvania





What do you see as the biggest barriers to student involvement in a Collegiate Recovery Programs at a community college?



Community Overview



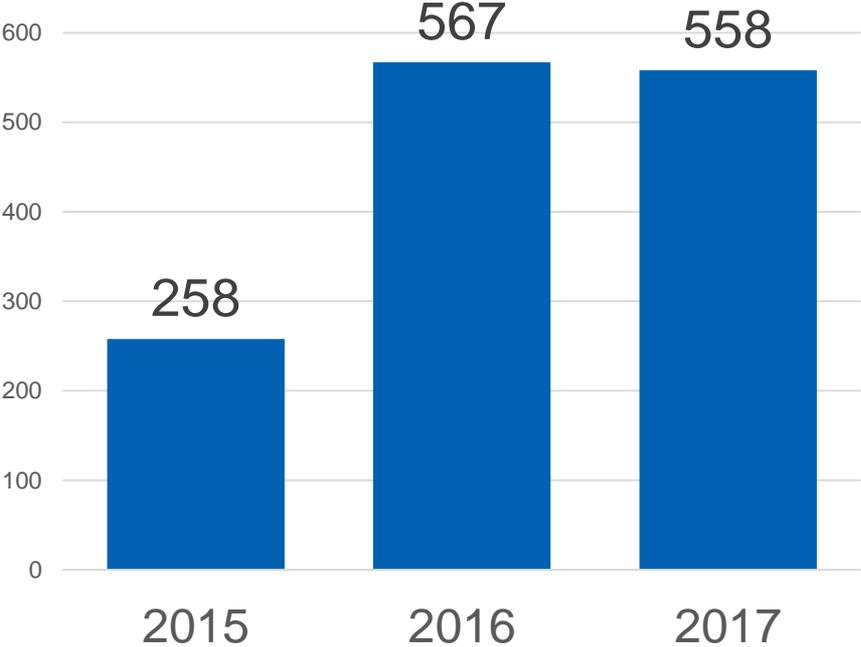
- **Location: Bethlehem, PA**
- **Population: approximately 305,000**
 - Total employer establishments: 6,320
 - Total employment: 103,761
 - Total annual payroll: (\$1,000): \$4,563,362
 - Total employment, percent change from 2015: +4.2%
- **Skilled manufacturing in all areas of tech and the economy**
- **International airport**
- **Major shipping hub**
- **Successful casino**



Opioid Overdose Deaths



- Slight majority male-identifying
- Vast majority 20-40 years of age





- Serves more than 35,000 students
- Confers degrees, certificates, and diplomas in more than 100 fields
- 600 bed residence hall
- Three campus locations



The Northampton CRP



Mission: To provide an enriched sober environment in which students in recovery can achieve academic success.

The NCC Collegiate Recovery Program:

- **Is voluntary and mostly anonymous**
- **Welcomes all students in recovery from substance use disorders; any type of recovery path**
- **Empowers students to support each other in academic and recovery efforts**
- **Is tailored for students who are committed to and active in their recovery**
- **Provides opportunity for those in recovery to relate enjoy, and support each other while at NCC**



The Northampton CRP members



- Undergo no formal application process
- Develop their own by-laws and rules
- Choose majority of group activities
- Are encouraged to speak at campus events
- Will soon accompany staff to juvenile justice centers for peer support and recruitment to NCC
- Conduct volunteer work
- Attended Association of Recovery in Higher Education conference (2017 and upcoming 2019)





Why might a student not join or learn about a CRP such as ours?

(Please insert responses in the Chat Pod.)



Some of the barriers facing NCC students



Work

Caregiving duties

Stigma

Time

Culture

Knowledge

Dislike of 12-step language

Not enough 12-step language





Recovery Capital



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The entirety of all resources, internal and external, that can be utilized in order to sustain recovery from substance use disorder.





Our CRP students (n=20)

■ 85% reported positive outcomes

- 1 graduated fall 2017
- 1 graduated Spring 2018
- 1 graduated Spring 2018 and transferred
- 1 graduated Summer 2018
- 1 needs one more class to graduate
- 3 transferred to positive academic setting
- 6 continue enrollment
- 3 currently not enrolled but maintain positive academic standing
- 2 have not returned
- 1 passed away



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Institutional Barriers



- **When it comes to academic and collegiate policy, the students have not been given a direct voice.**
- **Students in the CRP are rarely here for more than 2 years.**
- **The desires and dynamics of the group are fluid with each new group.**
- **Thus, we need institutional buy-in at all levels and through all systems.**
- **There is still institutional stigma, unintended cultural incompetence, and a lack of funding.**
- **Plus, who houses a CRP?**



Signs of Institutional Success at NCC



- Meetings with campus leadership
- Placement on campus electronic billboards
- Rebranding and placement in key student publications
- Recognition by Dean of Diversity
- Priority registration status for CRP members



Continuing Challenges at NCC



- **Our own space**
- **Budget**
- **Is buy-in real?**
- **Stigma remains**
- **Living space (dorm) realities**
- **Lack of presence during orientation days**





What stakeholders in your community have not been targeted as recovery capital for a CRP?



Some Solutions to Sustain Momentum at NCC



- **Build more institutional recovery capital**
- **Peer-to-peer recovery**
- **Reaching the recovery community at-large**
- **Certified Peer Recovery Specialist Certificates (CRS)**





Community Colleges are a gateway to success for students, and their local regions. Having a CRP has begun to develop the recovery capital of our region.





Collegiate Recovery Program: Case Study 2

Karen Moses, Ed.D., Director

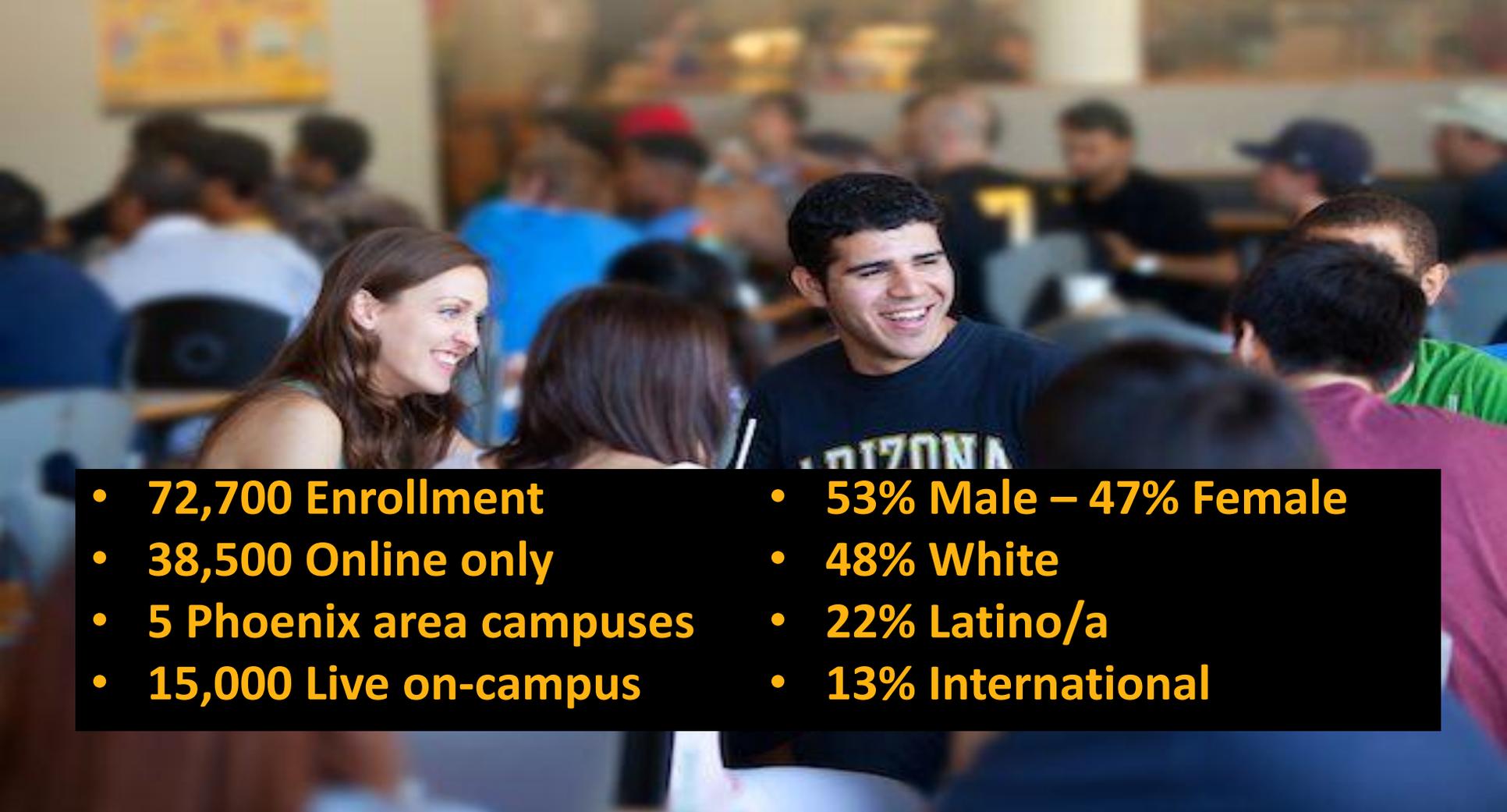
Wellness and Health Promotion, Arizona State University
(ASU) – Tempe, Arizona





Recovery Rising at ASU





- **72,700 Enrollment**
- **38,500 Online only**
- **5 Phoenix area campuses**
- **15,000 Live on-campus**
- **53% Male – 47% Female**
- **48% White**
- **22% Latino/a**
- **13% International**



**4.8% - students with history
of addiction . . .**

which includes

2.6% - students in recovery



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- **Increase visibility**
- **Build connections**
- **Educate our community**
- **Provide seamless support**



Increase visibility



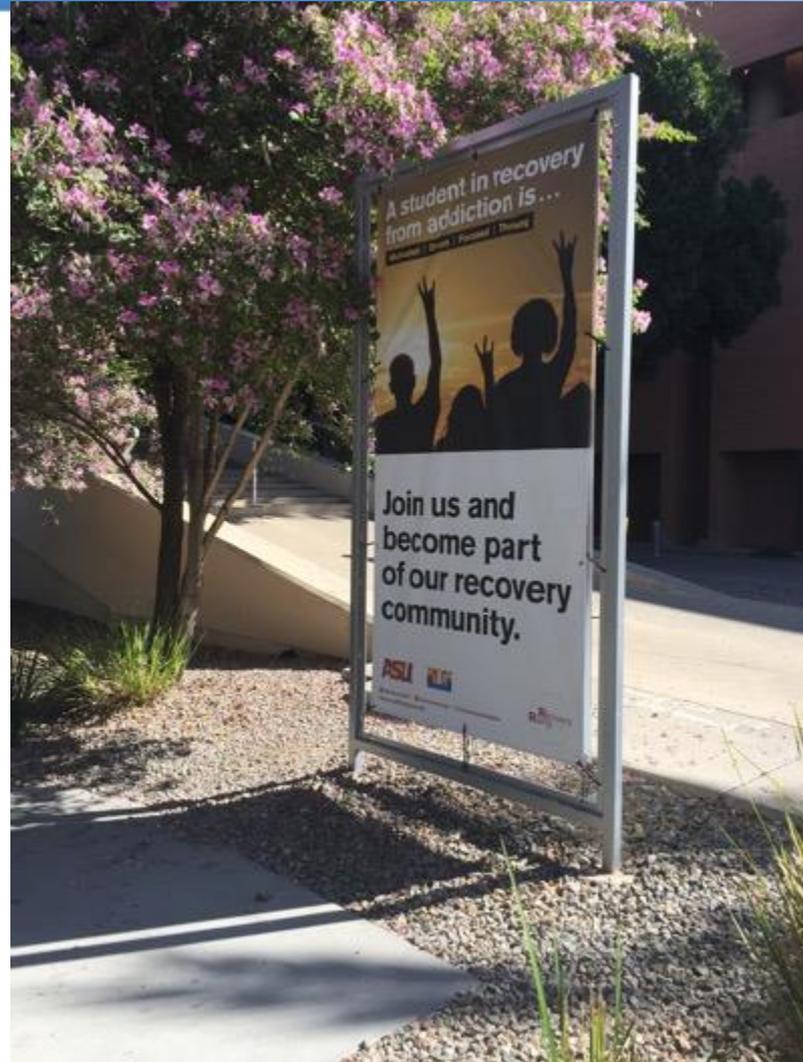
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Increase visibility



Increase visibility



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Increase visibility



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Build connections



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Build connections



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Build connections



Build connections



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Educate our community



Forging Connections In Recovery: A New Dialogue

with speaker **Dr. Kevin McCauley**

— Presented by Recovery Rising and The Meadows

Sept. 20

**ASU's Tempe campus
Old Main Auditorium
400 E. Tyler Mall
Tempe, AZ 85281**

6–7 p.m.
Registration | Resource Fair
Light refreshments will be served

7–8:30 p.m.
Presentation

8:30–9 p.m.
Meet and Greet with Dr. McCauley

**Register to attend by Sept. 12:
bit.ly/ForgingConnections**

“Addiction is a potentially fatal illness – but it is also eminently recoverable.” — Dr. Kevin McCauley



**National Recovery Month
September 2018**



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Recovery Rising



Hello Sun Devils!

With the spring semester halfway through and spring break right around the corner, we know you're working long and hard to achieve excellence in many areas of your life. To assist with your efforts, Recovery Rising would like to share information about stress management, wellness resources and involvement opportunities to help you do your best on midterms, recharge and thrive.



Wellness Corner: Stress and balance

As midterms approach, it is important to contemplate and plan how to balance increasing academic demands with your everyday responsibilities. Some of the [top sources of stress](#) reported by ASU students include academics, being overcommitted, finances and personal, emotional or career-related issues. Stress is a natural part of life and we experience stress in varying degrees daily. Getting a handle on stress helps to create balance. Some [signs of balance](#) include:

- **Mindfulness:** focus on the present moment rather than living in the past or future
- **Time management:** using your time well so that you attend to the important priorities in your life
- **Regulating emotions:** recognizing and expressing your emotions in constructive ways
- **Prioritizing sleep:** setting an effective sleep routine so that you get enough sleep to rest your body and mind daily



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Educate our community



Search

Recovery 101



Recovery 101 : ASU students bust stereotypes.

363 views



<https://www.youtube.com/watch?v=YbzIC87LEBw>



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Seamless support



- **Recovery Rising**
- **ASU Counseling Services**
- **Housing**
- **Veteran's Center**
- **Disability Resources**
- **Council of Religious Advisors**
- **Students in Recovery**
- **Faculty Partners**



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Seamless support





SUN DEVILS ANONYMOUS MEETINGS

STARTING THIS WEEK!

ON TEMPE AND DOWNTOWN PHOENIX CAMPUSES



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Experience recovery through the healing principles of yoga

Yoga of 12-Step Recovery (Y12SR) combines the spiritual principles and practices of yoga and 12-Step recovery. If you are in any form of recovery (addiction, eating disorders, etc), seeking to overcome self-destructive or addictive tendencies, or have been affected by the addictive behavior of others, Y12SR can provide you with a safe space for healing and growth. Half yoga class and half 12-Step meeting, the Y12SR philosophy is "the issues live in the tissues."

Y12SR: Yoga of 12-Step Recovery classes

Every Thursday 6 – 7:30pm

Sun Devil Fitness Complex, Tempe location, Small Gym B

For more information contact recoveryrising@asu.edu



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One More Step

Recovery Walk and Health Expo 

Where: Old Main Lawn, Tempe

When: Saturday, Feb 9th,
10:00AM-1:00PM





Seamless support



Friends of

Recovery

Ask me about Recovery Resources at ASU

Recovery Rising
RecoveryASU



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Seamless support



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Collegiate Recovery Program: Case Study 3

Ahmed Hosni, Program Manager, Collegiate Recovery Community;
Director of Recovery, Higher Education Center for Alcohol and Drug
Misuse Prevention and Recovery; The Ohio State University –
Columbus, Ohio





Collegiate Recovery Community (CRC)





Programming and Support



Two
Dedicated
Recovery
Staff
Members

Dedicated
Space

Recovery
Scholarships

Individual
Recovery
Plan

Recovery
House

Social
Events

Professional
and
Leadership
Development

On Campus
Recovery
Meetings



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CRC Dedicated Recovery Staff



Ahmed Hosni
Program Manager



Jessica Cracolice
Program Coordinator





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Coming Soon – NEW Dedicated CRC Space



Baker Commons

Amenities include:

- Centrally located on campus!
- Lounge area
- Entertainment
- Kitchenette
- Group project space
- Access to staff
- Coffee station
- Snacks
- Computers/printing



THE OHIO STATE UNIVERSITY
Office of the Vice President for Student Affairs

BAKER COMMONS:
STUDENTS IN RECOVERY

001041
04/20/17



THE OHIO STATE UNIVERSITY
Office of the Vice President for Student Affairs

BAKER COMMONS:
STUDENTS IN RECOVERY
LAYOUT 2

001041
04/20/17
04/20/17





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The Financial Need Recovery Scholarship – Students in recovery with financial need or hardship

The Buckeye Recovery Scholarship – Members of the CRC who exhibit values of recovery and leadership

The Recovery House at Penn Place Scholarship – Students planning to live in the Recovery House at Penn Place





Programming and Support



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Individualized Recovery Plans (IRP)



IRP Process - Students develop a new IRP each semester in individual meetings with staff and in small group meetings with peers

IRP Goals - Each IRP includes the setting of SMART goals in the areas of recovery, wellness, and academics



IRP Progress - Students meet and discuss progress towards their goals and celebrate success with staff and in small group settings throughout the semester





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Recovery House at Penn Place



Fall 2014

Can hold 28 students

Recovery residence hall

NOT a traditional Sober Living Environment





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Scarlet Gray and Sober Tailgates



Family Friendly Tailgating Experience

Open to staff, faculty, students and fans

Food, music, and games

Outside of Ohio Stadium

Tremendous support from campus and corporate sponsors





Programming and Support



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Why a Recovery Ally Training?

Our aim is to foster an environment where students in or seeking recovery feel accepted by their peers, are empowered to live genuinely, feel comfortable asking for help and are celebrated by the Ohio State community.

- Began trainings in 2015
- Training is made available to other campuses
- Idea of recovery ally training is being re-conceptualized by other schools across the country
- Inspired by other ally trainings like Safe Zone





MAT Program

The Medication Assisted Treatment (MAT) program at Ohio State is committed to assisting students with a history of having an opioid use disorder maintain their recovery by offering continued maintenance treatment with medication, psychosocial support programs and recovery support.

The MAT program at The Ohio State University is a partnership between the Office of Student Life's Counseling and Consultation Services (CCS), Collegiate Recovery Community (CRC) and Student Health Services (SHS).

Please contact recovery@osu.edu or (614) 292-2094 to learn more.

NALOXONE Project

Do you know someone struggling with opioid dependence? The pharmacy at the Wilce Student Health Center now offers life saving naloxone kits (antidote for opioid overdose, also commonly referred to as Narcan). The kits are available with or without a doctor's prescription.

Contact **614-292-0125** for more info.



OFFICE OF STUDENT LIFE
COUNSELING AND
CONSULTATION SERVICE
STUDENT HEALTH SERVICES
STUDENT WELLNESS CENTER



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Administration Commitment to Recovery and Call to Action

James Carroll, Director, White House Office of National Drug Control Policy (ONDCP)



Questions?



Q&A

You asked: 18:03
What happens when I raise my hand?

Molly Parker answered: 18:04
I can take you off of mute.

Please input your question

Send Anonymously Send

If you have a question for the presenters, please type it in the Q&A, or e-mail nccsle@air.org during the webinar.



References



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14. O'Sullivan, Xiao, and Watts 2017,
15. Lennox Terrion, 2013



Participant Feedback



Feedback Form: Supporting Recovery and Building Resilience on Campus: The Role of Collegiate Recovery Programs

Thank you for attending Supporting Recovery and Building Resilience on Campus: The Role of Collegiate Recovery Programs webinar on March 28, 2019. To best serve you, we would greatly appreciate receiving your feedback on the webinar. 📄

1. Prior to the webinar, how knowledgeable were you about the webinar's topic? 📄

- Not At All Knowledgeable
- Somewhat Knowledgeable
- Very Knowledgeable

2. Overall this webinar was a good use of my time. 📄

- Strongly Disagree
- Somewhat Disagree
- Somewhat Agree
- Strongly Agree

3. This webinar improved my understanding of the covered topic. 📄

- Strongly Disagree
- Somewhat Disagree
- Somewhat Agree
- Strongly Agree

4. Overall, how would you rate the quality of this webinar, such as the communication style of the presenters and the clarity of the webinar content? 📄

- Poor
- Fair
- Good
- Excellent

5. Please tell us what additional question you have about the content presented. 📄

<https://www.surveymonkey.com/r/CollegiateRecoveryWeb>

