



Selection of Resources on Supporting Recovery and Building Resilience on Campus via Collegiate Recovery Programs

As institutions of higher education (IHE) and community partners work to support recovery and build resilience via collegiate recovery programs, there are many resources to reference. The resources listed below are grouped according to type or source. They have been recommended by representatives of the following organizations:

- Association of Recovery in Higher Education;
- Drug Enforcement Administration
- National Center on Safe Supportive Learning Environments;
- Substance Abuse and Mental Health Services Administration;
- Transforming Youth Recovery;
- U.S. Department of Education;
- U.S. Drug Enforcement Administration; and
- White House Office of National Drug Control Policy.

Collegiate Recovery Resources

Brown, A. M., Ashford, R. D., Figley, N., Courson, K., & Curtis, B. (2019) Alumni characteristics of collegiate recovery programs: A national survey. *Alcoholism Treatment Quarterly*, 37(2). Retrieved from <https://www.tandfonline.com/doi/abs/10.1080/07347324.2018.1437374>

Bugbee, B. A., Caldeira, K. M., Soong, A. M., Vincent, K. B., & Arria, A. M. (2016). *Collegiate recovery programs: A win-win proposition for students and colleges*. College Park, MD: Center on Young Adult Health and Development. Retrieved from <https://www.cls.umd.edu/docs/CRP.pdf>

College-Age & Young Adults [Web page] (n.d.). National Institute on Drug Abuse. Retrieved from <https://www.drugabuse.gov/related-topics/college-age-young-adults>

Web page features the most recent data from the Monitoring the Future national survey of substance use in this age group, including patterns of marijuana and alcohol use, nicotine use, and non-medical use of prescription drugs.

Collegiate Recovery Program [Web page] (n.d.). Retrieved from <https://www.uhs.umich.edu/recovery>

Collegiate recovery resources at HECAOD (2019). Columbus, OH: Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery. Retrieved from <https://hecaod.osu.edu/wp-content/uploads/2019/03/Collegiate-Recovery-Resources.pdf>

Greenagel, F., Jr. (2016). *History of collegiate recovery programs*. Retrieved from <https://www.hazeldenbettyford.org/articles/greenagel/history-of-collegiate-recovery-programs>

Harris K. S., Baker A., & Cleveland H. H. (2010). Collegiate recovery communities: What they are and how they support recovery. In Cleveland H., Harris K., & Wiebe R. (Eds.), *Substance Abuse Recovery in College*. Boston, MA: Springer. Retrieved from https://link.springer.com/chapter/10.1007/978-1-4419-1767-6_2

Laudet, A., Harris, K., Kimball, T., Winters, K. C., & Moberg, D. P. (2014). Collegiate recovery communities programs: What do we know and what do we need to know? *Journal of Social Work Practice in the Addictions*, 14(1), 84–100. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3952555/>

National Collegiate Recovery Conference (2019, June 29). Boston, MA: Association of Recovery in Higher Education. Retrieved from <https://collegiaterecovery.org/event/boston/>

Prevention 101 video series [Video file]. (n.d.). Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery. Retrieved from <https://hecaod.osu.edu/trainings/prevention101/>

Five videos designed for new prevention professionals explore the foundations of collegiate substance misuse prevention.

Recovery Campus [Magazine]. Birmingham, AL: Latitude³ Media Group, LLC. Retrieved from <http://recoverycampus.com/>

The Center for Collegiate Recovery Communities at Texas Tech University (n.d.) Retrieved from <http://www.depts.ttu.edu/hs/csa/replication.php>

URreport [Newsletter]. From the Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery. Retrieved from <http://hecaod.osu.edu/news-research/ureport/>

Weekly newsletter features resources and tools, news, events, and access to the latest research about alcohol and drug misuse and recovery.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Bringing Recovery Supports to Scale Technical Assistance Center Strategy webinars

SAMHSA video trainings and webinars promote recovery-oriented services and supports by highlighting new knowledge areas, hot topics, and cutting-edge programs. Trainings and webinars hosted on Adobe Connect require the installation of a viewer obtained by pasting the URL in your browser address line and following the download instructions; next, open the application, paste the URL into the blank, and click Connect. Trainings and webinars hosted on YouTube require only that you paste the URL into your browser address line. More trainings can be found at <https://www.samhsa.gov/brss-tacs/video-trainings>.

- Bardwell, T., Avallone, N., White, R., & Sanchez, J. D. (2014, May 8). Support and services for LGBT youth in recovery [Video file]. Retrieved from <https://center4si.adobeconnect.com/a966410469/p65xx5seekb/?proto=true>
- Gagne, C., Ellison, M., Fox, D., Gruttadaro, D., Seera, S., & Isham, A. (2013, July 25). Recovery supports for young adults [Video file]. Retrieved from <http://center4si.adobeconnect.com/p5zwx37mcl/> [Install and launch Adobe Connect as directed and then enter the URL to view.]
- Gold, V., Burk, L. K., Court, J. V., & Riley, J. L. (2017, February 23). Defining our own recovery: Strategic sharing and recovery messaging for young people [Video file]. Retrieved from <https://www.youtube.com/watch?v=Wi0KvDa4g3c>
- Reaves, D., Burk, L. K., & Fissel, M. (2016, June 15). Team building, strategic thinking, and leveraging diversity [Video file]. Session 3 in *Self Exploration, Resiliency, and Professional Development*. Retrieved from <https://center4si.adobeconnect.com/a966410469/p1yxxdqb9ke/?launcher=false&fcsContent=true&pbMode=normal>
- Reaves, D., Court, J. V., Nerad, S. (2016, June 1). Knowing yourself as a leader [Video file]. Session 1 in *Self Exploration, Resiliency, and Professional Development*. Retrieved from <https://center4si.adobeconnect.com/a966410469/p1keq5lk0mz/?launcher=false&fcsContent=true&pbMode=normal> [Install and launch Adobe Connect as directed and then enter the URL to view.]
- Reaves, D., Lovell, C., & Winterberg, H. (2016, June 8). Communications, advocacy, and storytelling [Video file]. Session 2 in *Self Exploration, Resiliency, and Professional Development*. Retrieved from <https://center4si.adobeconnect.com/a966410469/p7aplbbvwzv/?launcher=false&fcsContent=true&pbMode=normal> [Install and launch Adobe Connect as directed and then enter the URL to view.]
- Reaves, D., Mills, A., Gant, C., & Rahim, H. (2018, April 26). Supporting underrepresented college student populations experiencing or at risk of serious mental illness or substance use disorders [Video file]. Retrieved from https://www.youtube.com/watch?v=BjbrXl-IOJ0&index=10&list=PLBXgZMI_zqfSRZVtxRBWg7cDja_qy2e-M
- Reaves, D., Riley, J. L., & Bergan, J. (2016, May 19). Cultivating the leadership skills of young people in recovery [Video file]. Retrieved from <https://center4si.adobeconnect.com/a966410469/p1xivne15ms/?launcher=false&fcsContent=true&pbMode=normal> [Install and launch Adobe Connect as directed and then enter the URL to view.]
- Samra, S., Bergan, J., Brown, B. (2018, June 28). Peer supports for young adults living with serious mental illness or substance use disorder [Video file]. Retrieved from <https://www.youtube.com/watch?v=OIs1AFMuhY&feature=youtu.be>

Winn, L., Delman J., Finch, A., & Whitcher, H. (2014, April 14). Recovery supports in education and employment for youth and young adults [Video file]. Retrieved from <http://center4si.adobeconnect.com/p5zwx37mcl/>

Other SAMHSA-funded resources

Addiction Technology Transfer Center Network [Web page] (2019). Retrieved from <https://attcnetwork.org/>

Website provides online resources to support recovery from substance use and/or mental health disorders.

Lipari, R.N., & Jean-Francois, B. (2016, May 26). A day in the life of college students aged 18 to 22: Substance use facts. *The CBHSQ Report*. Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from

https://www.samhsa.gov/data/sites/default/files/report_2361/ShortReport-2361.html

Report presents facts about substance use among college students aged 18 to 22 using combined data from the 2011 to 2014 National Survey on Drug Use and Health.

School and Campus Health [Web page] (n.d.). Retrieved from <https://www.samhsa.gov/school-campus-health>

Web page provides an overview of SAMHSA's efforts to promote behavioral health among students and prevent violence and substance use in schools and on campuses with links to various programs.

Collegiate recovery: Back to the dorm [Radio episode] (2017, April). SAMHSA Recovery Month. Retrieved from <https://www.recoverymonth.gov/road-to-recovery/radio-series/april-2017-collegiate-recovery>

Panelists discuss collegiate recovery in diverse higher education settings and ways to support students who are initiating or maintaining recovery from mental illness or substance use disorders.

SAMHSA (2019). *Recovery Month Toolkit*. Retrieved from <https://recoverymonth.gov/promote/recovery-month-toolkit>

The annual toolkit provides tips and resources for planning Recovery Month events and distributing information in communities across the nation.

SAMHSA (2018). *SAMHSA Opioid Overdose Prevention Toolkit* (HHS Publication No. SMA 18-4742). Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved from <https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

Toolkit offers strategies to health care providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths

Transforming Youth Recovery (TYR)

As of July, 2018, TYR provided seed grants to help launch, expand, and enhance 124 collegiate recovery efforts and Campus Recovery Programs, nationally. TYR also has been instrumental in supporting the development of recovery high schools and focused on piloting the implementation of a comprehensive continuum of evidence-based substance use prevention across a single school district.

Capacity building for collegiate recovery, second edition (2017). Reno, NV: Transforming Youth Recovery. Retrieved from <https://www.transformingyouthrecovery.org/research/capacity-building-for-collegiate-recovery-edition-2-2017/>

Community colleges: The next frontier of recovery support at institutions of higher education (2018). Reno, NV: Transforming Youth Recovery. Retrieved from <https://www.transformingyouthrecovery.org/research/community-colleges-the-next-frontier-of-recovery-support-at-institutions-of-higher-education-2018/>

Recovery in higher education research [Web page] (n.d.). Retrieved from <https://www.transformingyouthrecovery.org/research/?area=135#view>

Recovery in Higher Education: Supporting early stage collegiate recovery efforts [Web page] (n.d.). Retrieved from <https://www.transformingyouthrecovery.org/areas-of-focus/recovery-in-higher-education/>

Recovery support in and around community college campuses in the U.S. (2016). Reno, NV: Transforming Youth Recovery. Retrieved from <https://www.transformingyouthrecovery.org/research/recovery-support-in-and-around-community-college-campuses-in-the-u-s-2016/>

2017 census and definitions for recovery support in higher education (2017). Reno, NV: Transforming Youth Recovery. Retrieved from <https://www.transformingyouthrecovery.org/research/2017-census-and-definitions-for-recovery-support-in-higher-education/>

U.S. Drug Enforcement Administration

Campus Drug Prevention (n.d.). Retrieved from <https://www.campusdrugprevention.gov/>

DEA website provides institutions of higher education and their surrounding communities with resources to prevent drug abuse among college students.

Collegiate Recovery [Web page] (n.d.). In Campus Drug Prevention. Retrieved from <https://www.campusdrugprevention.gov/views-from-the-field/collegiate-recovery>

Collegiate recovery programs (CRPs) are designed to support young people in recovery while they pursue their academic goals.

Drug Enforcement Administration (2017). *What you should know about prescription drug misuse among college students*. Retrieved from <https://www.campusdrugprevention.gov/sites/default/files/Prescription%20Drug%20Misuse%20among%20College%20Students%20%28Final%29%20%285-26-17%29.pdf>

Leaflet provides readers with data on prescription drug use among college students, including information on prevalence, consequences, and tips for prevention.

Related Research

- Arria, A. M., Caldeira, K. M., Allen, H. K., Bugbee, B. A., Vincent, K. B., & O'Grady, K. E. (2017). Prevalence and incidence of drug use among college students: An 8-year longitudinal analysis. *American Journal of Drug and Alcohol Abuse*, 43(6), 711–718. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/28402711>
- Caldeira, K. M., Kasperski, S. J., Sharma, E., Vincent, K. B., O'Grady, K. E., Wish, E. D., & Arria, A. (2009). College students rarely seek help despite serious substance use problems. *Journal of Substance Abuse Treatment*, 37(4), 368–78. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/19553064>
- Cleveland, H. H., Harris, K. S., Baker, A. K., Herbert, R., & Dean, L. R. (2007). Characteristics of a collegiate recovery community: maintaining recovery in an abstinence-hostile environment. *Journal of Substance Abuse Treatment*, 33(1), 13–23. Retrieved from [https://www.journalofsubstanceabusetreatment.com/article/S0740-5472\(06\)00350-3/fulltext](https://www.journalofsubstanceabusetreatment.com/article/S0740-5472(06)00350-3/fulltext)
- Laudet, A. B., Harris, K., Kimball, T., Winters, K. C., & Moberg, D. P. (2014). Characteristics of students participating in collegiate recovery programs: a national survey. *Journal of Substance Abuse Treatment*, 51, 36–46. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4346424/>
- Laudet, A. B., Harris, K., Kimball, T., Winters, K. C., & Moberg, D. P. (2014). In college and in recovery: Reasons for joining a Collegiate Recovery Program. *Journal of American College Health*, 63(3), 238–46. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/26731130>
- Laudet, A. B., Harris, K., Kimball, T., Winters, K. C., & Moberg, D. P. (2014). Collegiate Recovery Communities Programs: What do we know and what do we need to know? *Journal of Social Work Practice in the Addictions*, 14(1), 84–100. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/24634609>
- Ross, V., & DeJong, W. (2009). Other drug use and abuse on campus: The scope of the problem (Contract No. ED-04-CO-0137). Retrieved from <https://safesupportivelearning.ed.gov/resources/other-drug-use-and-abuse-campus-scope-problem>
- Report reviews the national scope of drug use problems among college students and stresses the need to analyze and understand what is happening locally.

Schepis, T. S., Teter, C. J. , McCabe, S. E. (2018). Prescription drug use, misuse and related substance use disorder symptoms vary by educational status and attainment in U.S. adolescents and young adults. *Drug and Alcohol Dependence*, 189, 172–177.

Terrion, J. L. (2013). The experience of post-secondary education for students in recovery from addiction to drugs or alcohol. *Journal of Social and Personal Relationships*, 30(1), 3–23.
Retrieved from <https://journals.sagepub.com/doi/10.1177/0265407512448276>