

# Recovery:

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

*Working definition from SAMHSA*



UNIVERSITY  
HEALTH CENTER

# What is collegiate recovery?

---

- Who is collegiate recovery made of?
- Where do you find collegiate recovery?
- What are useful parts of a collegiate recovery community?
  - Meetings
  - Housing
  - Social events
  - Student organization
  - Dedicated staff
  - Dedicated space ("safe spaces")



# An Incredibly Brief History of Collegiate Recovery

- 1977-1983 Development of school-based recovery support services at Brown University (1977) and Rutgers University (1983)
- 1986-1997 More fully developed recovery communities at Texas Tech University (Center for the Study of Addictions)(1986) and Augsburg College (StepUP Program)(1997)!
- 2005 - SAMHSA Pilot Program to establish 3 Collegiate Recovery Communities
- 2013- 2018 - Transforming Youth Recovery grants triple the number of CRCs/CRPs in the country
- Currently - Nearly 150 communities and programs in various stages of development across the country, most started in the last 5-10 years.



Why make collegiate  
recovery a priority?



UNIVERSITY  
HEALTH CENTER

# Prevalence of High Risk Drinking

- 47% of students surveyed in the Maryland College Alcohol Survey engaged in binge drinking at least once during the past month
- Among past-month drinkers in MD-CAS, 28% were classified as “high risk” and 20% were classified as “very high-risk” drinkers.
  - “high-risk” drinkers (28%) binge drank one to four times during the past month
  - “very high-risk” drinkers (10%) binge drank more than 4 times during the past month.
- The more and more often that students drink, the higher their chances of developing an alcohol use disorder

Sources: Maryland Alcohol Collaborative, 2014



UNIVERSITY  
HEALTH CENTER

# But Why Do College Students in Recovery Need Us?

- Unique Stage of Psychosocial and Cognitive Development
  - Hard to find community off campus with similar developmental stage
  - Hard for them to identify universality of experience (yet)
  - This is when addiction usually starts - what if you can stop it then too?
  - Not great at planning and organizing (yet)
- College “bubble”
  - Can be very different from surrounding area; this is historically true at UMD
- Abstinence-hostile environment
  - College students
- Financial costs of treatment PLUS education



# Can't students just go to treatment?

---

- 1st year post-treatment relapse rate for youth: 60-79%
  - 2nd year post-treatment relapse rate for youth: 90%
- (Laudet, 2014)

...so what's going wrong?



## What Makes this Moment a Flashpoint for Collegiate Recovery?

- Maryland House Bill 950 (2017)
  - USM institutions required to establish AOD recovery program
- Opioid addiction crisis
- Population level health (behavioral health disorders likely to outpace “medical” disorders in next 10 years)
- COVID-19 pandemic behavioral health effects





# Benefits of Supporting College Students in Recovery

- More successful individual students (Laudet, 2014)
- Able to support each other, thereby supplementing limited professional campus resources
- Fits with the current best practice narrative of encouraging abstinence/delayed onset of drinking AND supporting harm reduction efforts by students who are already drinking
- Students in recovery are natural culture change ambassadors
  - It's true! You can enjoy college and be sober!
  - Impact of public events on raising discourse

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. <http://doi.org/10.1080/1533255X.2014.872015>



UNIVERSITY  
HEALTH CENTER

# Why isn't everybody doing this?

---

- Stigma
  - You can't fix what you won't talk about
- Silent/hidden minority
  - You can't address what you don't know about
  - Students (reasonably) fear reprisal or consequence for openness re: addiction and recovery
- Perceived costs
- Dominant cultural narrative about "the college experience"



# Recovery Resources at UMD

---

- Clinical/counseling staff specializing in assessments and limited outpatient treatment of SUD and co-occurring MH
  - Targeted psychoeducational interventions for alcohol and other drug violations on campus
  - Harm Reduction Oriented Recovery Support Group
  - Medication Assisted Treatment (including opioid replacement therapy)
- Terps for Recovery student organization & activities
- Recovery Drop-In Space
- Opioid Overdose Prevention and Response Trainings
- Substance Free Housing Pilot in Carroll Hall (pilot complete)

