CAMPUS COUNCIL PEER EXCHNAGE HIGHLIGHTS
March 10, 2021

Topic: How to Support Students in Recovery

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*

1. **Why Make Collegiate Recovery a Priority** *(Hyperlink Laura's slides)*
   √ High rates of binge drinking and both high risk and very high risk drinkers and we know that the more often that students drink, the higher their chances of developing an alcohol use disorder
   √ Treatment alone is often ineffective: 1st year post-treatment relapse rate for youth: 60-79%; 2nd year post-treatment relapse rate for youth: 90%.
   √ Maryland HB950 (2017), requires USM institutions to establish AOD recovery program; opioid addiction crisis, behavioral health disorders and behavioral health effects of COVID-19.
   √ more successful individual students; peer support supplements limited professional campus resources; students in recovery are ambassadors for culture change.

2. **Starting a Program to Support College Students in Recovery** *(Hyperlink ARHE 101)*
   √ Provide a consistent connection to meetings, housing, social events, student organizations, dedicated staff, and dedicated safe spaces for students in recovery to gather and support one another
   √ Start with student initiated programs that create a community of students who offer peer support
   √ Collaborate with on and off campus partners and stakeholders
   √ Find staff champions with some connection to recovery to help get funding and support effort.
   √ Assess what you can offer and what resources are available in broader community and how you can connect students to them.
   √ Determine what will be sustainable beyond current personnel.

3. **Overcoming Challenges**
   √ Provide consistency and go where students want to take it. TU went on-line during Covid and was willing to be versatile to allow the meetings to be what the students needed. They also invite alumni to participate and connect to students in recovery. Popular programming includes virtual group cooking, watch parties, trivia and other games, show and tell with pets/homes.
   √ Offer sustained small group programming. UMCP offers an abbreviated program that allows meaningful relationship formation with a focus on building connection.
   √ Brand Specific Events to Be More Inclusive. Create programs to reach students in different forms of recovery (e.g., sober for the day; sober any day), but be clear about expectations
   √ Build a bigger community by providing opportunities for students in recovery to meet across schools

Resource: Collegiate Recovery Programs: A Win-Win Proposition for Students and Colleges