

**State of Washington
Collegiate Recovery Initiative
Virtual Learning Community**

**Collegiate Recovery Student
Recruitment & Retention Strategies**

Thursday, April 29th , 2021 | 11:00 am – 12:00 PM PT



State of Washington Collegiate Recovery Initiative Team

Washington State University –
Initiative/Contract Admin

Patricia Maarhuis, PhD (she/her)
Health Promotion Specialist
Cougar Health Services

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Director, Health Promotion
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Cougar Health Services - Health Promotion

C4 Innovations – Sub-contractor

Kristen Harper, M.Ed. (she/her)
Recovery Specialist

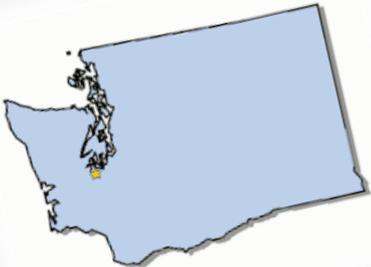
Marsha Kubyshko, (she/her)
Project Coordinator



Community & Behavioral Health | Recovery | Social Change



Introduction to Plenary Series



- ❖ **Plenary sessions are part of State of WA-HCA Recovery Support Initiative contract/grant awarded to WSU.** Initiative includes:
 - ❖ Statewide Recovery Services Asset Mapping project
 - ❖ Statewide Evaluation of Collegiate Recovery services and funding
 - ❖ Public dissemination of RS initiative findings and materials for ongoing use: WSU Collegiate Recovery Grant page: <https://cougarhealth.wsu.edu/collegiate-recovery/>

- ❖ **Acknowledgments:**
 - ❖ Representatives L. Davis, J. Schmick, and colleagues for their work on the initiative and funding source, House Bill 1528
 - ❖ HCA Contract Manager Liz Venuto, Supervisor - Transition Age Youth Focus
 - ❖ **Six plenary sessions**, December 2020 through April 2021

- ❖ **Collegiate Recovery Virtual Summit**, May 20th - 21st, 2021

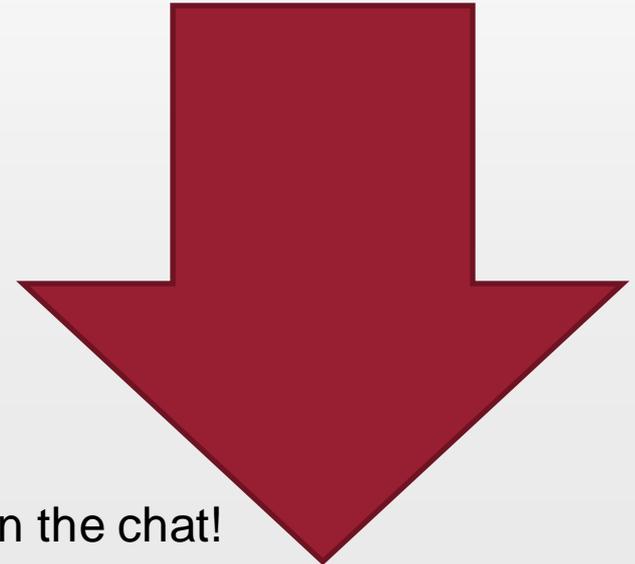
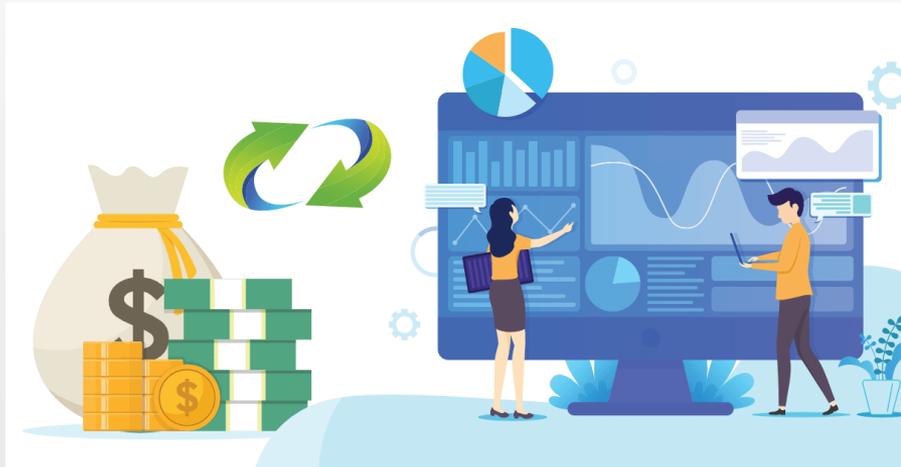


Critical Ask

WA HEI's ONLY, PLEASE TAKE OUR SURVEY

Survey link:

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



Link in the chat!



Purpose of Statewide Education Efforts: Development of CRP Supports



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 - ARHE, 2020)



Meet Our Presenters



Seth Welch,
Substance Use
Disorder Professional
and Student Family
Advocate at
Interagency Recovery
High School



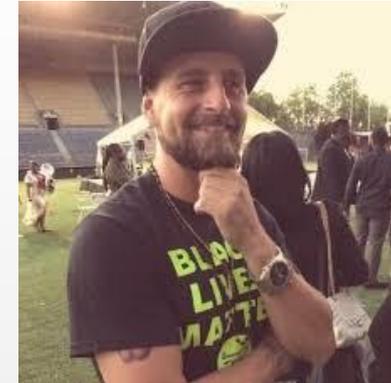
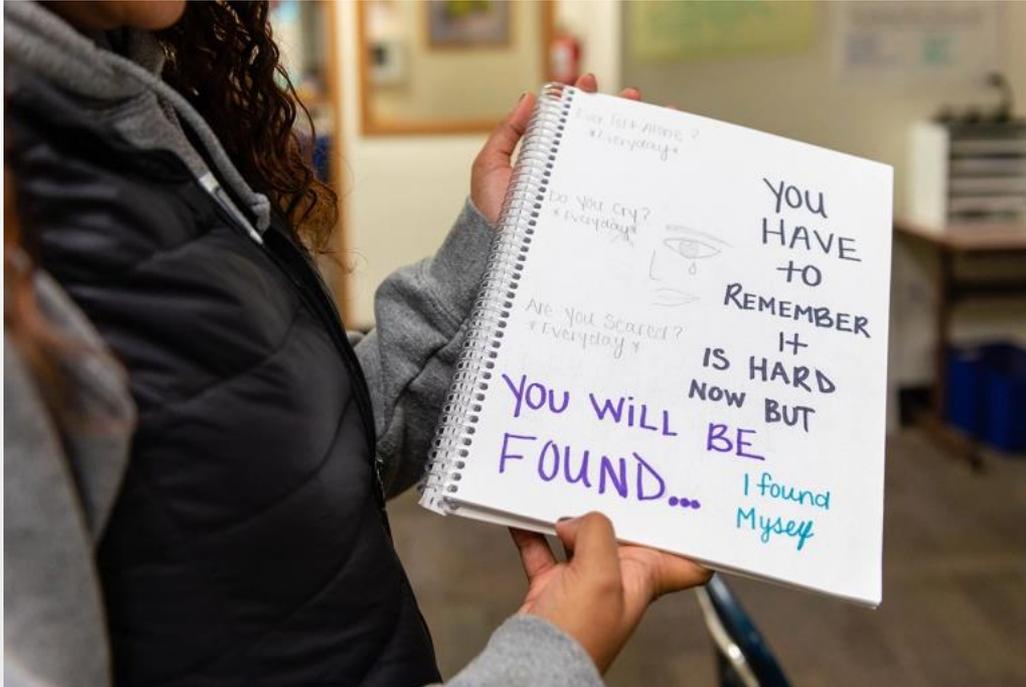
Jonathan Lofgren,
Founder of the
Collegiate Recovery
Program at
Minneapolis
Community and
Technical College



Olivia Dale Pape,
Director of the WVU
Collegiate Recovery
Program at West
Virginia University



Interagency Recovery High School



Seth Welch,
Interagency Recovery High
School,
Seattle, WA



Minneapolis Community and Technical College

Jonathan Lofgren,
Founder of the Collegiate Recovery Program at Minneapolis
College



WHITE HOUSE OFFICE OF NATIONAL DRUG CONTROL POLICY
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
U.S. DEPARTMENT OF EDUCATION

To College and University Administrators:

We know that colleges and universities already are doing a great deal to support the health and safety of their students. However, the problems caused by the use of alcohol and other drugs continue to be a problem throughout our society, including on college campuses. Substance use takes a toll on educational outcomes such as grade point average, attendance, and graduation. It also poses a health and safety risk for students. With the current national opioid epidemic and the growing lethality of the illegal drug supply, there is, unfortunately, a growing risk that students could suffer a fatal overdose. These are difficult, complex challenges. However, we wanted to bring to your attention a program that has achieved significant results in addressing campus substance use.

A growing number of colleges and universities have launched collegiate recovery programs (CRPs). These programs help students in recovery successfully return to school to complete their studies. Through simple accommodations such as staff support, a gathering place such as a lounge, and peer support and academic guidance, these programs are providing the support those in recovery need to excel in college while maintaining their sobriety. However, the assistance provided to students in recovery is only one part of the benefit of CRPs. They are also helping to reshape campus-wide attitudes towards alcohol and drug use. Through a range of alcohol and drug free events open to all students, including parties, movie nights and football game tailgates, CRPs can make a positive contribution to campus life and help to transform the culture surrounding substance use. Some schools have also established alcohol and drug free dorms open to all interested students.

“We would respectfully ask you to consider adding a small collegiate recovery program to the tools available on your campuses to support students.”

CRP @ Minneapolis College Grand Opening, September 2017



Transforming Youth Recovery

- *Community Colleges, Next Frontier of Collegiate Recovery*

- Central Piedmont Community College
- Community College of Philadelphia
- East Field College
- Greenfield Community College
- Hartford Community College
- Minneapolis College
- Nash Community College
- Northampton Community College
- Santa Rosa Junior College
- Southwestern Community College
- Truckee Meadows Community College
- <https://www.transformingyouthrecovery.org/research/community-colleges-the-next-frontier-of-recovery-support-at-institutions-of-higher-education-2018/>

Why Collegiate Recovery @ Minneapolis College

- Student's in recovery looking for support
- Create a recovery supportive culture on campus
- Make positive impact on student outcomes
- IDEA

“we can do something about this issue or simply leave our heads in the sand”

Dr. Sharon Pierce, President, Minneapolis College



Recruitment

- Inclusion, **D**iversity, **E**quity, and **A**ccess: A Great IDEA
- Accessible programming, limited admission requirements
- Student recruitment & engagement activity must be ongoing
 - High student to student recruitment & engagement
 - Students know other students in recovery
- Technology
- Dedicated space for programs

Operation Recovery Annual Recovery Month Celebration



CRP @ MCTC Integrated Campus Team

- College President
- VP of Student Affairs
- Dean of Students & Academic Dean
- Academic Program - Addiction Counseling Program
- Student Life, Student Government (Director)
 - Addiction Counseling Club
- Student Health Clinic (U of M Boynton Health)
 - CRP Counselor (Dual Licensed)
- CRP Work-study – Recovery Support Specialist(s)
- Student Services Support Center (counseling, advising, resource center)
- Americorps – Recovery Corps
 - Recovery Navigator Sharla

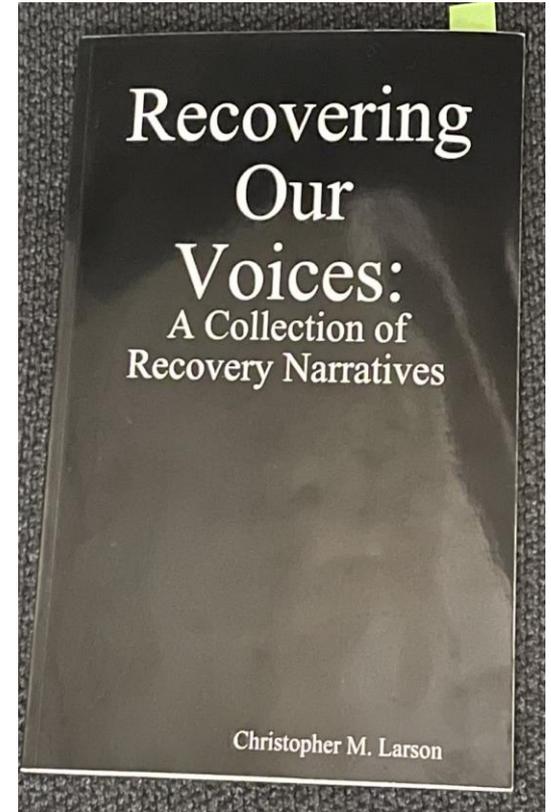
CRP Coin and Logo; design by Bayla McDougal



Student Engagement

- *IDEA*
- Technology – Spotlights – ACC/CRP Newsletter
- Internal/External Supports (integrated approach)
 - Association of Recovery In Higher Education Membership
 - Student Life
- All Recovery Meetings, Family & Friends Meetings
- Community Support – Recovery Corps/Recovery Navigators - MRC
- Work Study – Recovery Support Specialists – Education Support
- Outreach and In-reach
- Brian Lindell Scholarship named – memorial scholarship
- Ritual, ceremony, celebration

#WeLoveRecovery #RecoveryLovesUs



Surviving the COVID Pandemic

- Acknowledge and Grieve
- Breathe and Reconnect
- Innovation (all hands-on deck, student leadership shines)
- Market, Outreach and Engage
- Communicate and Meet
- Hybrid
- Com-Passion
- Physical Distance – Social Connection



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Collegiate Recovery @ Minneapolis College

CRP

- Education, Recovery, Community, Equity; you will find support right here
- https://youtu.be/vQAF_caiX4
- <https://minneapolis.edu/student-services/support-services/collegiate-recovery-program>

Campus



WVU Collegiate Recovery Program

Olivia Dale Pape, Director



WVU Collegiate Recovery

- The WVU Collegiate Recovery Program supports students in recovery by promoting a healthy, balanced, and meaningful life on campus
- Our goal is to provide the resources necessary to help students thrive in their recovery and develop purpose as they move forward in life
- First collegiate recovery program in the state





What do we mean by *RECOVERY*?

- We support students regardless of what they are in recovery “from”—our focus is on where they want to recover “to”
 - Substance use disorders
 - Eating disorders
 - Mental health or behavioral disorders
- Recovery is a part of one’s identity





Who do we serve?

- All pathways to recovery welcome
- No abstinence requirements
 - Harm reduction model
 - Inclusivity is key component
- Students in, seeking and supporting recovery
 - Addiction is a family disease
 - Recovery Ally trainings





Serenity Place at Arnold House

- Dedicated safe space on campus
- Drop-in hours
MWF, 9A-2P
- Onsite programming and events





Virtual Serenity Place

- Online platform for support and programming
- Developed in response to COVID-19
- Reduces barriers to access and increases opportunities for engagement

COLLEGIATE RECOVERY WEEKLY EVENTS

Mon.
9am Start Your Day Right
10am Peer Support Hour
12pm Eating Disorder Support Group
1pm Meditation

Tues.
9am Start Your Day Right
10am Mountaineers for Recovery
12pm SMART Friends & Family
1pm Meditation

Wed.
9am Start Your Day Right
10am Peer Support Hour
12pm All Recovery
12pm All Recovery for Faculty/Staff
1pm Meditation

Thur.
9am Start Your Day Right
10am Serenity Chats-
1st Thur. of every month
12pm SMART Recovery
1pm Meditation

Fri.
9am Start Your Day Right
10am Music Therapy
12pm All Recovery
1pm Meditation

Learn more at:
recovery.wvu.edu

WVU COLLEGIATE RECOVERY



Programs and support offerings

- Daily programming and activities
 - Something for everyone!
- Lunchtime Recovery Meetings
 - ED Support Group
 - All Recovery
 - Faculty and Staff All Recovery
 - SMART Recovery
 - SMART Family and Friends
- Opportunities for fun and fellowship
 - Sober tailgates
 - Outdoor adventure trips

RECOVERY MEETINGS

These events will be hosted on Virtual Serenity Place: <https://wvu.zoom.us/j/94312387819>
Email Olivia Pape (olivia.pape@mail.wvu.edu) for the password.

- Eating Disorder Support Group**
Mon. 12 PM
- SMART Recovery Family & Friends**
Tues. 12 PM
- All Recovery**
Wed. and Fri. 12 PM
- Faculty and Staff All Recovery**
Wed. 12 PM
- SMART Recovery**
Thur. 12 PM

Learn more at:
recovery.wvu.edu

WVU COLLEGIATE RECOVERY

WVU is an EEO/Affirmative Action Employer -- Minority/Female/Disability/Veteran



Scholarships for student members

- George Daugherty Scholarship
 - One \$500 award
- Addiction Studies Minor Scholarship
 - Two \$3,000 awards
- Cathy Yura Recovery Scholarship
 - Partnership with WV Sober Living
 - Two \$1,000 awards





Employment opportunities



THANK YOU!



Questions and
Comments for
our Presenters?



Don't Forget to Register for the 2021 Conference
<https://cougarhealth.wsu.edu/reshaping-the-conversation/>

Reshaping the Conversation:
**Integrating Recovery
Supports**



STATE OF WASHINGTON 2021 COLLEGIATE RECOVERY CONFERENCE



To watch previous VLC recordings:

<https://cougarhealth.wsu.edu/collegeiate-recovery/>

For more information please contact:

Jon Wallis, Project Coordinator
Jonathan.wallis@wsu.edu