

# State of Washington Collegiate Recovery Initiative Virtual Learning Community

## *Introduction to Collegiate Recovery*

Representative Lauren Davis, State of Washington

Jarmichael Harris, Association of Recovery in Higher Education

Noel Vest, Stanford University – School of Medicine

Thursday, December 3, 2020 | 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

**Paula M. Adams, M.A.** (she/her)  
Director, Health Promotion  
Cougar Health Services

**Jon Wallis, (he/him)**  
Collegiate Recovery Project Coordinator  
Cougar Health Services - Health Promotion

C4 Innovations – Sub-contractor

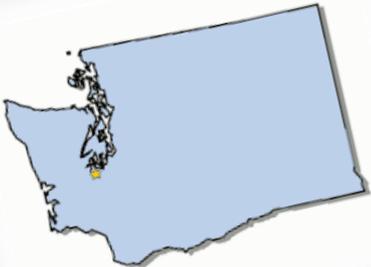
**Kristen Harper, M.Ed.** (she/her)  
Recovery Specialist

**Courtney Williams, (she/her)**  
Project Coordinator

**Justine Hanson, PhD** (she/her)  
Senior Associate



# Introduction to Plenary Series



- ❖ **Plenary sessions are part of State of WA-HCA Recovery Support Initiative contract/grant awarded to WSU.** Initiative includes:
  - ❖ IHE seed grant recipients for Collegiate Recovery Program development – Green River College, Whitman College, Gonzaga University
  - ❖ Statewide Recovery Services Asset Mapping project
  - ❖ Statewide Evaluation of Collegiate Recovery services and funding
- ❖ **Acknowledgments:**
  - ❖ Representative Lauren Davis and colleagues for their work on the initiative and funding source, House Bill 1528
  - ❖ HCA Contract Manager Edward Michael, Child and Adolescent Substance Use Disorder, Co-occurring Program Manager
- ❖ **Seven plenary sessions, December 2020 through April 2021**
- ❖ **Collegiate Recovery Virtual Summit, May 20<sup>th</sup> - 21<sup>st</sup>, 2021**



# 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)



# Continuum of Campus Support

Prevention

- Education
- Social Norming
- Resiliency Activities

Intervention

- SBIRT
- Mentorship/  
Peer-to-Peer
- Referral to  
Treatment

Collegiate  
Recovery

- A Place to Call Home
- Holistic Wellness  
Activities
- Social Events
- Academic Supports
- Peer Support
- Etc.

Supported by Harm Reduction and Person-Centered services throughout the continuum.



# Foundational Pillars of Collegiate Recovery

- **Health:** Learning to overcome, manage, or more successfully live with symptoms and making healthy choices that support one's physical and emotional wellbeing
- **Purpose:** Meaningful daily activities, such as a job, volunteer work, or creative endeavors; increased ability to lead a self-directed life; and meaningful engagement in society
- **Community:** Relationships and social networks that provide support, friendship, love, hope, and engagement in the broader community
- **Academics:** Progress toward successful academic and professional pursuits, which supports one's ability to lead a self-directed life, physical and emotional wellbeing, and meaningful engagement in society





# Virtual Learning Community Schedule

- **January 7th, 2021: Collegiate Recovery Data Collection**  
Speakers include Waltrina DeFrantz-DuFour (University of Denver) & Austin Brown (Syracuse)
- **February 18th, 2021: Asset Mapping**  
Speakers include Kristen Harper (C4 Innovations) & Ely Hernandez (Washington Recovery Alliance)
- **March 4th, 2021: Cultivating Community Partnerships**  
Speakers include Jamichael Harris (ARHE), Susie Mullens (Marshall University), and more.
- **April 1st, 2021: Multiple Pathways of Recovery and the Intersection of Harm Reduction**  
Speakers include Ariel Britt (SAFE Project), Ahmed Hosni (Ohio State University) and more.
- **April 29th, 2021: Student Recruitment and Retention**  
Speakers include Olivia Pence (West Virginia University), Jonathan Lofgren (Minneapolis Community & Technical College), and Seth Welch (Interagency Academy)
- **May 20th & 21st: Washington State Collegiate Recovery Virtual Summit**  
Seed grant recipient presentations and more

**\*All events are scheduled from 11:00am – 12:00 pm PT**



# The History of Collegiate Recovery in Washington



Noel A. Vest  
T-32 Postdoctoral Fellow  
Department of Anesthesiology, Perioperative  
& Pain Medicine  
Stanford University – School of Medicine



Representative Lauren Davis  
32nd Legislative District  
State of Washington



# WA Collegiate Recovery Programs (CRPs)

## School Level - Noel

- Why CRPs are important?
- History of CRPs
- Cougs for Recovery
- What does this mean for students and schools?
- Opportunity

## State Level – Rep Davis

- Washington Recovery Alliance
- State level funding idea inception
- The legislative process and budget items
- What this means for our communities?
- Opportunity



# Recovery

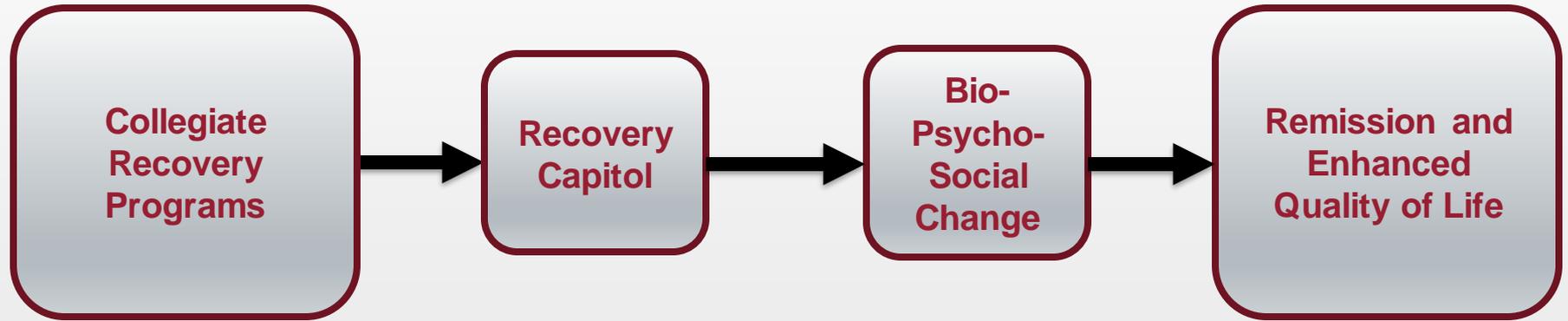
**Collegiate Recovery  
Programs**



**Remission and  
Enhanced Quality of  
Life**



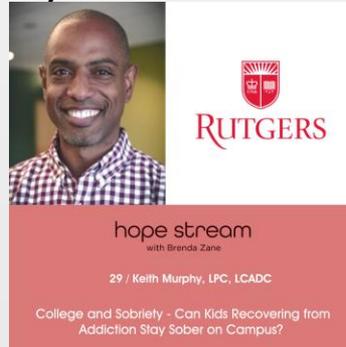
# Collegiate Recovery Mechanisms





# Quick History

- First CRP at Brown in 1977
- Next phase of programs 1983 – 1997 at Texas Tech, Rutgers, Augsburg
- *Collegiate Recovery Community Replication Curriculum* funded by SAMHSA and the DOE, drafted by Mandy Baker & Kitty Harris Texas Tech
- Rapid increase after *Transforming Youth Recovery's CRP Seed Grant Program* Launched by founder Stacie Mathewson in 2014





# A little about me...Jon and the C4R





# Legislative work...





# Leverage this Opportunity for the Future!

**Future**



**Go Cougs!!!**





# Association of Recovery in Higher Education



**Jarmichael “Jay” Harris  
President-Elect  
Association of Recovery in Higher Education**



# Association of Recovery in Higher Education

## MISSION STATEMENT

To Champion, Develop, and Sustain Excellence in Collegiate Recovery.





# Collegiate Recovery History and Context

- 1910:** Princeton University founded the first mental health service center for students
- 1973:** Section 504 of the Rehabilitation Act provides the first federal civil rights protection for people with disabilities
- 1977:** Brown University implements school-based recovery services
- 1983:** Rutgers University implements school-based recovery services
- 1986:** Texas Tech University establishes a recovery community
- 1990:** American with Disabilities Act strengthens federal protections against discrimination based on disability
- 1997:** Augsburg College establishes a collegiate recovery program with on-campus residential housing
- 2000:** Active Minds first chapter starts at the University of Pennsylvania
- 2002:** NAMI on Campus inaugurates first club at Arizona State University
- 2004:** Garrett Lee Smith Memorial Act provides ongoing funding for campus mental health services
- 2001:** The Association for Recovery in Higher Education is established
- 2015:** There are 40 collegiate recovery programs operating in the United States



# Collegiate Recovery & COVID-19

- Virtual Meetings
- Staff Water Cooler Chats
- Current Conversations of Importance
  - Equity & Inclusion, Masculinity Working Group
  - Accreditation
- Giving Tuesday 2020
  - \$10K Raised, Paid Student Interns and Fellows
- National Collegiate Recovery Conference
  - 2020 & 2021 - Virtual





Questions?



# January 7<sup>th</sup> Plenary Session

**Presentation Title: “Collegiate Recovery Data Collection for Beginners”**

**Description and Objectives:**

What’s the secret in the collegiate recovery program sauce? Is it funding? Student engagement? A supportive institution? A strong recovery culture? We don’t know why some programs seem to flourish for decades while others seem to struggle. Researchers are catching up to practice, but we do have emergent evidence of the effectiveness of the inclusion of certain aspects. **Join two experienced CRP researchers, Austin Brown, LCSW and Waltrina DeFranz-Dufor, Ph.D.**, for an informative, dynamic discussion, as they review the basic building blocks for data collection that will be critical for garnering more support from your institution, community partners, and potential funders, no matter the size of the campus or culture of the students.

**REGISTRATION LINK IN THE CHAT AND WE WILL EMAIL MORE INFORMATION**



**For more information  
please contact:**

Jon Wallis, Project Coordinator  
[Jonathan.wallis@wsu.edu](mailto:Jonathan.wallis@wsu.edu)