

Supporting Recovery on Campus

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Education

- ❖ Heroin to UCLA PhD Program
- ❖ Heroin to Med School
- ❖ Etc...
- ❖ Education is recovery capital!

What brings you here?

- ▶ Why this presentation?
- ▶ Thoughts about recovery and college?

Introduction

- ▶ My Story
- ▶ Timeline
- ▶ Why Collegiate Recovery?
- ▶ What we do
- ▶ Examples of Student Cases



U-M CRP Timeline

- ▶ My story
- ▶ 2009 Social Work Students for Recovery (SFR)
- ▶ 2010 UHS advises SFR



Timeline

- ▶ 2011
 - ▶ Texas Tech dissemination grant
 - ▶ Approval for UHS MSW intern
 - ▶ Placement in Division of Student Life/UHS/Wolverine Wellness
- ▶ 2012 Funding for Program Manager/ Space
- ▶ 2015 25- 30 students in the UM CRP (more in SFR)

Recovery Support on Campus

- ▶ Brown University 1977
- ▶ Rutgers 1983
- ▶ Texas Tech University 1986
- ▶ Augsburg College 1997

Explosion

- ▶ Dozens in the last few years
 - ▶ Texas Tech Replication Project
 - ▶ Stacie Mathewson Foundation/Transforming Youth Recovery Grants
 - ▶ Statistics for deaths related to substance use
 - ▶ Recovery Movement ONDCP, YPR, Many Faces one Voice, Anonymous People, Department of Ed.
 - ▶ UT System

Why Collegiate Recovery?

- ▶ The loudest story is the drinking story

Campus Data - 2013 SLS

- ▶ 51% UM undergrads binge drank past 2 weeks
- ▶ 24% positive for AOD abuse or dependence in the past year
 - ▶ 19% etoh
 - ▶ 7% other drugs

Alcohol and College Students

- ▶ 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months ([Knight et al., 2002](#)).
- ▶ This does not include drugs!
- ▶ How many seek help?
- ▶ How many will seek help if recovery is more visible?

College Students

- ▶ More likely to use
- ▶ Least supportive peers
 - ▶ Use most, encourage use most
- ▶ Less likely to likely to seek help

Young People

- ▶ Entering treatment at higher rates
- ▶ Early intervention
- ▶ Entering recovery at higher rates
- ▶ Sobriety threatening, abstinence hostile environment and culture
- ▶ Should not have to choose between recovery and continuing education

Why Collegiate Recovery?

- ▶ Second chances
- ▶ Stigma
- ▶ “You cant be an alcoholic in college”

Staying Stopped

- ▶ Relapse is often stress or cue related
- ▶ Collegiate recovery is recovery support
- ▶ Recovery support is relapse prevention
- ▶ Social support, peer support, and community are protective factors
- ▶ Fight stigma, shame
- ▶ Foster healthy identity

Principles

Provide a culture within the college environment that supports the ideals of a recovering (abstinence-based) lifestyle. It is necessary to provide this space within the dominant discourse of the abstinence-hostile college environment.

CRP Essential Elements

- ▶ University-dedicated staff
- ▶ Dedicated physical space on University campus
- ▶ Recovery protection services and recovery capital resources
- ▶ Community of students who offer each other peer support.

Program Elements - Staff

- ▶ It is important that the University make the investment so that it holds capital within the institution, promotes buy-in, helps with marketing and education of the program.
- ▶ Sustainability

Program Elements - Space

- ▶ Dedicated physical space on campus
 - ▶ Bonding and connection
 - ▶ Pride and belief in the value of the identity
 - ▶ Ownership and responsibility for the space, the identity, the legacy
 - ▶ Safety

Program Elements - Services

- ▶ Recovery protection services and recovery capital resources
 - ▶ 12 step meetings on or near campus
 - ▶ Counseling & Psychiatry Services
 - ▶ Alliances with other recovering organizations
 - ▶ Advocacy opportunities
 - ▶ Substance-Free programming and events/investment in sober events.

Program Elements - Students

- ▶ A community of students who offer each other peer support
 - ▶ As an under-represented identity on campus, it's critical to have a community that understands and identifies as recovering. It offers support, understanding, recognition, value, role modeling, experience, and a path for others.

Salzers Social Support Model

- ▶ Emotional support - Both staff and peers
- ▶ Instrumental support - Case management staff and peer help
- ▶ Validation Support - Existence of program, stigma reduction, normalizing recovery
- ▶ Informational support - CRP groups and meetings

ARHE

- ▶ Represents colleges and universities that have CRP'S
- ▶ Advocates for the creation and development of CRP'S
- ▶ Guides professionals who work in collegiate recovery

ARHE Pillars

- ▶ Dedicated Staff
- ▶ Physical Space - community, safety
- ▶ Recovery Protection Programming
- ▶ Community of Students

Abstinence Based

- ▶ ARHE maintains that the science supporting the efficacy of abstinence-based approaches to recovery is meaningful
- ▶ Convey to CRC and CRP students the highest expectations for their success, and help foster high levels of educational achievement and resilient, lasting recoveries

What are we doing at U-M CRP?

- ▶ Social support
- ▶ Community building & connecting
- ▶ Accountability & recovery support
- ▶ A safe, affirming place
- ▶ Students for Recovery (SFR)
- ▶ Advocacy
- ▶ <http://www.uhs.umich.edu/recovery>



UNIVERSITY OF MICHIGAN



**University of Michigan Typology Matrix:
 Mapping Alcohol and Other Drug Campus and Community Prevention Efforts**

**This document outlines a typology of programs and policies for preventing and treating campus-based alcohol-related concerns. It can be used to categorize current efforts and to inform strategic planning of multilevel interventions.*

Areas of Strategic Intervention

	Public Policy	Community	Institution	Group	Individual
Knowledge attitudes, behaviors and intentions	State and federal policy Ex: MLCC, MIP, Medical Amnesty, DUL, DFSCA, Clary Act	Ann Arbor Campus/Community Coalition (A2C3)	AOD Typology Matrix Safe and Legal, Stay in the Blue (SIB) AODCRM, SAEN Survey data- Student Life Survey Healthy Minds, NCHA	Training for Housing, Greeks Neighborhood Ambassadors, Academic Advisors, OSCR Arbiters Class presentations	Wolverine Wellness, OGI, DOS websites Community Matters-BASICS/IMEP New Student/Parent Orientation BTD website, Off-campus Living Guide
Environmental Changes					
Alcohol Free Options		Movies/ Concerts/Museums Coffee shops/Restaurants Bookstores Parks Community Service	UMIX Service learning Sporting events Movies/ Lectures Res. Learn.Com. Rec Sports/Outdoor Adventure	Gimberg-ASB Housing events/RHA Student Org events CCI - Leaderships Greek Philanthropy and Service Events	Service learning Student engagement (research, leadership, etc.) Club sports CCRB and IM
Normative Environment		Alumni outreach Neighborhood outreach A2C3 Stakeholder conversations	WW-Stay in the Blue (SIB) ONSP-UM Exc Bystander Change it up MHealthy, Smoke-free campus Welcome to Michigan	DOS/Athletics fan behavior letters <i>Admissions</i> High-risk holiday prevention Beyond the Diag	WW-BASICS/IMEP e-CHUG Community Matters-required online course, SAPAC outreach BTD Neighborhood Outreach efforts/events
Alcohol Availability		Compliance checks ->1, Fake IDs	Trained servers for all licensed facilities Alcohol prohibited from stadium	GARP Greek Life-SEMP	Safe and Legal campaign
Marketing and Promotions		A2C3	UM Marketing Standards Industry watch Campus Safety Handbook	UM Marketing Standards	Develop media literacy education
Law/Policy Development and Enforcement		AAPD 15 th District Court A2C3 Liquor license review recommendations Medical Amnesty	Alcohol SPG AOD Biennial Policy Review Statement-OSCR UM Police, Housing security Facilities Use Policy	Housing-CLAM Greeks- SEMP/IFC Bylaws Athletics OSCR/SOAR Consultation-Academic Units	New Student Orientation, Parent Orientation Community Matters Student Legal Services, OSCR
Health Protection		Washtenaw County Health Organization- Access Service Medical Amnesty law (June 2012)	UHS/PULSE/SFR Theatre troupe @ Orientation Safe and legal campaign, SIB, Bystander -Change it Up	UHS/SIB/SFR PULSE Theatre troupe Bystander -Change it Up Greek Life-Social Responsibility	PULSE Alcohol screening training Bystander -Change it Up Students for Recovery Greek Life-SMT Medical Amnesty law (June 2012)
Intervention/Treatment		Assessment/treatment Sobriety Court AA Meetings UMHS-UMATS	CAPS UHS-Wolverine Wellness UMHS	Referral to BASICS/IMEP/CAPS/FASAP	CAPS BASICS/IMEP Wellness Coaching UHS, OSCR, FASAP
Recovery Support		Huron Valley Intergroup Local AA Meetings/recovery coaches	UM Collegiate Recovery Program CAPS/CRP groups	Students for Recovery Panel-guest speakers	UM Collegiate Recovery Program CAPS

A Typology for Campus-Based Alcohol Prevention: Moving toward Environmental Management Strategies. W. DeJong, Ph.D., and L. M. Langford, Sc.D.
 Department of Social and Behavioral Sciences, Boston University School of Public Health,

Updated: 9/17/14, For more information please contact: Mary Jo Desprez, Director Wolverine Wellness (maryjod@med.umich.edu)



Comprehensive Approach Evidence-Based Areas of Strategic Intervention

Education and Outreach

Alcohol Free Events

Normative Messaging and
Marketing

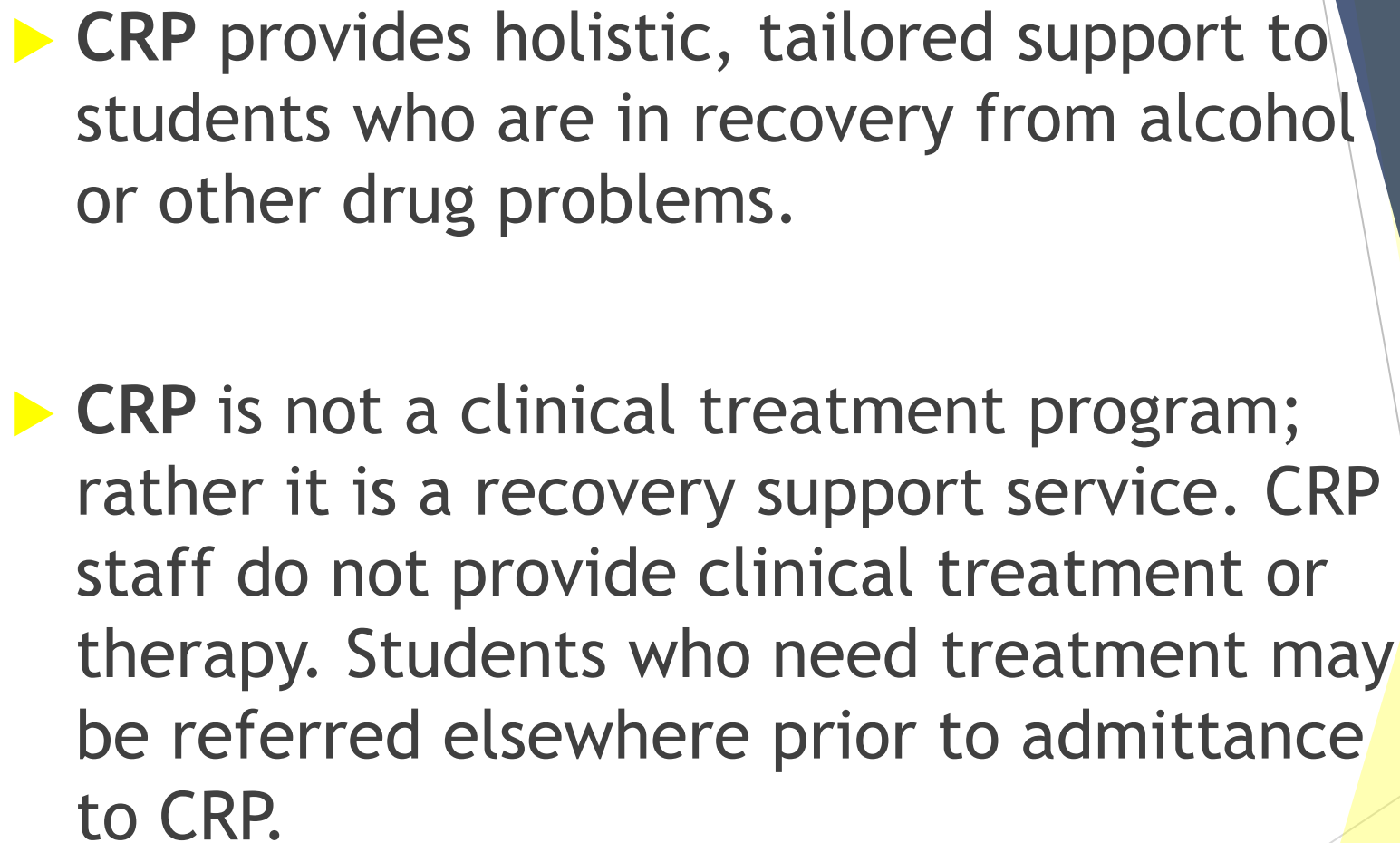
Alcohol Availability

Law Enforcement and
Policy Development

Health Protection/
Intervention/Treatment

Recovery Support

Source: *A Typology for Campus-Based Alcohol Prevention: Moving toward Environmental Management Strategies*. W. DeJong, Ph.D., and L. M. Lengford, Sc.D. *Department of Social and Behavioral Sciences, Boston University School of Public Health*.

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- ▶ **CRP** provides holistic, tailored support to students who are in recovery from alcohol or other drug problems.
 - ▶ **CRP** is not a clinical treatment program; rather it is a recovery support service. CRP staff do not provide clinical treatment or therapy. Students who need treatment may be referred elsewhere prior to admittance to CRP.

Specifics

- ▶ Create a Tribe -
- ▶ Regular Recovery Check Up
 - ▶ Meet with manager and set goals/ check in
- ▶ Resources and Referrals
- ▶ Welcoming and Friendly Environment
- ▶ Advocacy - positive identity development

Seeking Recovery?

- ▶ Attendance in at least *five* meetings a week; seven is recommended.
- ▶ Obtain a sponsor.
- ▶ Participate in individual meetings with CRP Manager once every week.
- ▶ Call at least three recovering people a week; other CRP members are recommended.
- ▶ It is also suggested that you attend SFR every other Tuesday evening.
- ▶ Attend Friday drop in meeting.

Early Recovery (Fewer than 6months)

- ▶ Minimum of 5 - 12 step or other sobriety affirming mutual aid meetings weekly (7 recommended) *
- ▶ 12 step involvement including - Sponsorship/ support system contact/ step work/ home group/ service commitment
- ▶ Weekly individual recovery checkup / goal setting with CRP Manager
- ▶ Bi-weekly CRP groups
- ▶ SFR suggested
- ▶ Engagement in therapy or treatment for addiction or other issues as needed

Year or More

- ▶ Min. 3 Mtgs. Weekly
- ▶ Bi weekly CRP groups
- ▶ Drop in CRP lounge hours and support for newer members monthly
- ▶ Recovery support list for new members
- ▶ Access to scholarship money **
- ▶ SFR suggested
- ▶ Optional recovery check-up with CRP manager

SFR Service and Fun

- ▶ Alano Club Garden
- ▶ Humane Society
- ▶ Dance
- ▶ The Anonymous People
- ▶ St. Patrick's Day Skating
- ▶ Bowling...

Relapse

- ▶ Report it to CRP staff ASAP so we can help you make a plan
- ▶ Part of that plan may include mandatory, documented attendance at 12 step meetings daily for 90 days as well as weekly meeting with CRP for 6 months
- ▶ You must talk about your relapse at the next CRP group
- ▶ CRP is not a clinical treatment service, staff may determine that a different type of care is necessary for you. You, therefore, may be required to enter detoxification and or a treatment program, as a condition of re-admittance to CRP
- ▶ If you know another CRP student has relapsed encourage them to talk to CRP staff immediately and contact CRP staff yourself as follow up
- ▶ Not reporting another CRP students use or suspected use is colluding with their addiction and a violation of CRP principles.

Early Research

- ▶ Sobriety
- ▶ GPA
- ▶ Retention



Lessons

- ▶ Different needs on the recovery continuum
 - ▶ Early and more stable recovery
 - ▶ Undergraduate and graduate
 - ▶ Co-occurring issues
- ▶ Group dynamics
- ▶ Relapse and campus community considerations

Lessons

- ▶ Student development issues
 - ▶ Autonomy
 - ▶ Ownership
 - ▶ Accountability
 - ▶ Recovery identity, stigma and anonymity
- ▶ Legal issues
- ▶ More in common with wellness efforts than early intervention efforts

Social Justice

- ▶ “Part of what we do on campus is address stigma by normalizing recovery on campus. This happens both intentionally and as a consequence of us just having a visible presence. It is part of our mission. We do this in order to help create a more recovery friendly environment, to increase the likelihood that students in need will seek help, to help faculty and staff understand addiction and recovery and to help recovering students feel good about who they are and what they are doing. Students should not be ashamed to come out about their recovery status if they chose to. We do panels in classrooms many times each semester where recovering students who are interested in this kind of activism tell their stories. We do not pressure students to do this kind of work, but many see its importance and feel they are in a position to be involved, some don't and that is ok too. We hang our signs at tailgates and Students for Recovery does tabling events all over campus. We also talk with academic advisors and other faculty who have a lot of contact with students. Slowly and surely it is definitely making an impact.”

Pathways to CRP

- ▶ Student in stable recovery
- ▶ Student returning from Tx
- ▶ Student entering recovery without Tx
- ▶ Student who doesn't want on campus group
- ▶ Student who needs treatment
- ▶ Student who is unsure about recovery
- ▶ Student who does not wish to be abstinent

Student Stories

- ▶ 17 year old still in High School
- ▶ Junior who lives with people who use
- ▶ People who did TX / recovery in A2 and came back to school
- ▶ Goes to TX. and returns to school
- ▶ Older students with long term sobriety

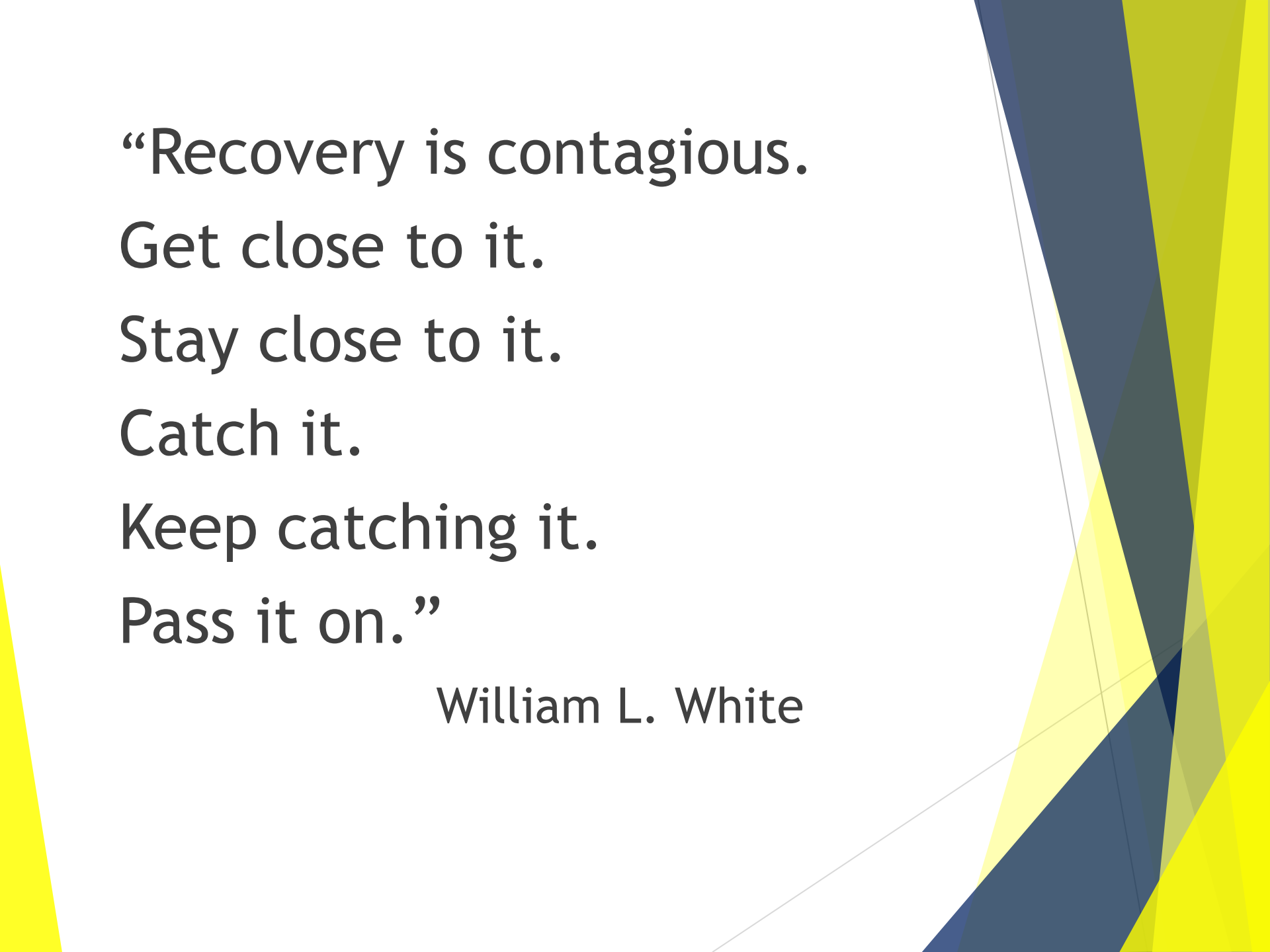
What students want you to know

- CRP is not a substitute for other recovery support groups (such as 12 step), rather it is meant for additional support.
- It helps to relate with people based on them being a **student** in recovery
- Learning or re-learning to have sober fun is a crucial part of being in long-term recovery. CRP will host fun events that all members can come to.
- Bi-weekly CRP meetings are a time where members can come and check in, do an activity. Provides another level of accountability
- Have a "safe" place that students can come to during the week to hang out or study
- Learn how to live life sober while being a student with the support of staff and other members.
- There are requirements, more or less tailored to each student at time of CRP contract signing.

Sober housing is provided in some colleges (although not currently at UM)



Video



“Recovery is contagious.
Get close to it.
Stay close to it.
Catch it.
Keep catching it.
Pass it on.”

William L. White