No Lives Wasted: Collegiate Recovery Programs

Kitty S. Harris, Ph.D., LMFT, LCDC
Substance Use in Collegiate Population

- Substance use is highest among college age group
- 49% of college students engage in high-risk alcohol use and/or abuse prescription/illicit drugs
- 23% of college students meet the criteria for substance use disorder
- 19% of college students meet diagnostic criteria for an alcohol use disorder
- An estimated 4% of students on any given college campus are in recovery from addiction
Relapse Risk in Young Adults

- Risk of relapse remains high among young adults
- Risk among college students particularly high
  - New freedoms
  - Less structure and supervision
  - “Abstinence-hostile environment”
- Students in recovery frequently isolate to avoid alcohol and drug pressures
- Isolation increases chance of relapse
- Without recovery support, many students are forced to choose between recovery and education
Collegiate Recovery Program (CRP) Support

- Provide a campus-based “recovery friendly” space
- Supportive Social Community
- Fosters healthy relationships
- Allows for students’ recovery and emotional growth
- Most CRPs:
  - Peer driven
  - 12-step based
  - Host recovery events
CRPs Provide Functional Support

Academic Advising, Financial Aid, Housing, Scholarships

Twelve-Step Meetings, Structured Activities, Social Activities

Instrumental

Orientation, Training, Health & Wellness, Life Skills, Employment Readiness

Informational

Sense of Belonging, Peer Relationships, Community Relationships

Companionship

Emotional

Self-esteem, Normalizes Recovery on Campus

Validation

Recovery
CRP Results

• The average relapse rates for CRPs is 8%
• CRP students have higher GPAs than typical student at host university
• CRP students have higher graduation rates than typical student at host university

(Laudet, Harris, Winters, Moberg, & Kimball, 2013)
Why I enrolled in my Collegiate Recovery Program

- Emotional: 46%
- Companionship: 25%
- Instrumental: 15%
- Informational: 14%

“Sense of community and fellowship because a shared struggle is barely a struggle at all.”

Reason for Enrolling

“To stay in a sober environment to finish my undergraduate degree with a focus on recovery goals with those around me.”

Companionship Support

Reason for Enrolling

“They offer extremely large amounts of support academically, mentally, physically, spiritually, emotionally, and much more, like scholarships.”

Instrumental Support

Reason for Enrolling

“I was an addict who just got out of rehab and wanted to go back to school and be successful.”

Informational Support

Why I like my Collegiate Recovery Program

- Emotional: 38%
- Companionship: 33%
- Instrumental: 18%
- Informational: 11%

Reason Why I like my CRP

“That I can feel connected to people my age with similar goals without having to explain or defend myself for my choices.”

Emotional Support

“Having friends in recovery on campus and taking classes with them.”

Instrumental Support

Reason Why I like my CRP

“My roommates and other people who are serious about school and recovery in the program.”

Companionship Support

Reason Why I like my CRP

“Provides a support network of employees and students without having to seek them out on your own.”

Informational Support

Characteristics Study

- First nationwide survey of CRP Students
- Locations = 29
- Students Sampled = 486
- Purpose to Identify characteristics of CRP Students
- Domains assessed:
  - Demographic background
  - Substance use disorders history
  - Recovery history
  - Current functioning

Laudet, Harris, Kimball, Winters & Moberg, 2015
Characteristics Study: Findings

- Slightly higher male population (43% female)
- Average age 26
- Approximately 50% of roommates were also in recovery
- Approximately 75% report a mental health diagnosis
  - Major Depressive Disorder (74%)
  - Anxiety disorder (56%)
  - Bipolar (23%)
- Approximately 85% rated their current mental health as “good” or “very good”

Laudet, Harris, Kimball, Winters & Moberg, 2015
Results suggest that CRPs may provide an opportunity to reduce duration of addiction.

Average years of drinking until abstinence is 16 (Best et al., 2010).

Present study showed an average of 6.9 (SD = 5.8).

Similar findings were found for other substances.

Early recovery not likely due to selection bias as addiction severity was high.

CRPs may provide an additional protective factor to addiction recovery.
Supporting Students in Recovery: The Epic Challenge

Robert C. Reff, PhD
Alcohol, Drug & Violence Prevention Center
Oregon State University
studenthealth.oregonstate.edu/recovery

@OSU_Recovery | @robreffphd | robert.reff@oregonstate.edu
What movie did Rob watch on the flight?
As a side note...I love Patrick Stewart

For the rest of this time I will be known as...
Background - Why do we do this work?

What is your origin story?
“The Avengers' Top 10 Tips for Building Remarkable Teams”

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
The epic challenge...

The epic challenge for our league of legendary preventionists, recovery specialists & students...
#1 Understand Your Team’s Super Powers
1. Understand Your Team’s Super Powers

“Captain America can lead his people into an impossible, dismal battle situation and he will prevail.”

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
1. Understand Your Team’s Super Powers

“Dr. Bruce Banner is an expert gamma radiation specialist with a (usually) mild manner and loads of insight and wisdom beneath the surface. In addition to that super-strength smashing talent the big green guy offers.”

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
1. Understand Your Team’s Super Powers

One of the world's greatest spies and master of disguise, she's the legendary scarlet-haired Natasha Romanova, the Black Widow. Also, the only member of the avengers that is able to soothe the Incredible Hulk.

http://marvel.com/universe/Black_Widow_(Natasha_Romanova)
1. Understand Your Team’s Super Powers

They will all eventually understand who the best person for each task, or how to best strategize and ensure the greatest level of success with their limited resources. Alone they fail together anything is possible.

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
Understand Your Kryptonites

#2
2. ...And Understand Your Kryptonites

We all have our weaknesses...

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
2. ...And Understand Your Kryptonites

Forged in a covert base this extremely debilitating & sticky substance can render superheroes completely ineffective without exceptional teamwork, tireless perseverance and genius level strategizing.

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
#3
“The World Is Ending!”
Or Why Every Team Needs a Common Goal
Or Why Every Team Needs a Common Goal

Advocate for students in recovery!

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
Or Why Every Team Needs a Common Goal

Prevent alcohol & drug misuse

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
#4 An Evil Arch-Nemesis Is The Ultimate Motivator
4. An Evil Arch-Nemesis Is The Ultimate Motivator

Stigma

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
4. An Evil Arch-Nemesis Is The Ultimate Motivator

Ignorance

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
4. An Evil Arch-Nemesis Is The Ultimate Motivator

Big Alcohol

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
#5
Nerd, God, or Soldier...
We All Belong
5. Nerd, God, or Soldier... We All Belong

Private, Public, Small, Large, Transforming Youth Recovery, Association of Recovery Schools, Higher Education Center and Association of Recovery in Higher Education

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
#6
Don’t Worry About Who’s The Best Superhero
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Should we all be...

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
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St. Cloud State University

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Oregon State University

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
#7

“It’s kind of fun to do the impossible.”

- Walt Disney
6. “It’s kind of fun to do the impossible.”

You can’t do that!
There won’t be funding!
There is no space!

http://www.mycareertopia.com/the-avengers-top-10-tips-for-building-remarkable-teams/
It’s time to decide...are you ready to be part of the League of Recovery & Prevention Legends.