BRINGING COLLEGIATE RECOVERY SYSTEM-WIDE:
A CASE STUDY OF THE UNIVERSITY OF TEXAS SYSTEM

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OVERVIEW
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- UT Austin’s CSR
- System-wide Expansion 2012
- Continuation in 2015
- Reflecting campus culture.
THE CENTER FOR STUDENTS IN RECOVERY AT UT AUSTIN.
CSR AT UT AUSTIN

• Founded in 2004 as part of the Alcohol & Drug Education Program in University Health Services.
  • Dedicated staff member.
  • Served 7 students initially.
  • Programming, support group meetings, social and service opportunities from the start.
• Moved to School of Social Work basement
  • Dedicated space.
• Moved out from under University Health Services – stand-alone program within Student Affairs.
CSR AT UT AUSTIN

• Non-clinical. Peer support based.
• No barrier to entry and no formal membership.
• Scholarships offered.
• Two FT staff, dedicated space in UT football stadium, weekly meetings, opportunities for service, social engagement, and deepening recovery.
• Funding primarily through private donations: individual and foundations.
• Extensive community collaboration:
  • Recovery high school collaboration:
    • University High School mentorship program.
    • Hosting Association of Recovery in Schools 2016 conference.
  • Recovery community organizations for events and service opportunities.
    • Cost-sharing.
    • Increased engagement opportunities for students.
SYSTEM-WIDE EXPANSION 2012
• UT System Board of Regents member Steve Hicks takes an interest in CSR after meeting with students.
• Then-Chancellor Francisco Cigarroa meets with CSR students.

  • System administration encourages CSR to propose system-wide expansion of collegiate recovery.
• UT System Board of Regents unanimous decision to provide just under $1m funding to establish collegiate recovery at 8 additional UT System campuses.
• Staggered roll-out process:
  • Year 1: UT San Antonio, UT Arlington, UT Tyler
  • Year 2: UT Brownsville, UT Dallas, UT El Paso, UT Pan American, UT Permian Basin.

• Funding based on size of school:
  • Small, medium, and large.
  • Schools may request 2 years of funding at once.
• UT Austin’s role:
  • Offers mentorship, guidance, and assistance.
  • Connects each school to the national collegiate recovery field.
  • Finds funds for travel to workshops and conferences to foster connection and collaboration across the System.
  • Leads workshops and check-ins.
  • Helps each school identify unique campus cultural needs.
Each campus’ collegiate recovery program is autonomous and reflects their campus culture.
SYSTEM-WIDE EXPANSION 2012

• Challenges:

  • Both campus culture and degree of stigma varies by campus.
    • Found enthusiastic champions of recovery at each campus, but some faced much greater stigma from the surrounding community.

  • Commuter and online campuses.

  • Funding.
    • Partly addressed in 2015.
2015 CONTINUED AND EXPANDED FUNDING
In February 2015, the UT System Board of Regents voted to extend and expand funding for another three years and with a significant increase.

- Amount determined by school size.
- $1.3 million additionally ($2.4m total with recovery initiatives) to fund alcohol prevention and education programs System-wide.
- Joint effort between University Health Services, Counseling and Mental Health Center, and The Center for Students in Recovery.
Progress:
• At least 1 dedicated staff member overseeing the collegiate recovery program or effort.
• Weekly recovery support group meetings at all schools with CRPs now established.
• Social media and internet presence at all schools with CRPs.
• Communities formed or forming.
• Most have dedicated space for meetings and drop-in hours.
• Schools with established CRPs attended workshops and ARHE conference.
  • Most brought students!
THE TAKE-AWAY
• Breaking down silos key to success of these (often) small and novel programs.
  • Community collaboration:
    • Partnering with resources for youth in recovery.
    • Partnering with recovery community organizations.
  • Collaboration between other collegiate recovery programs regionally or nationally, in person or at least online.
    • Plug into ARHE and TYR.
    • Online engagement.
    • Conferences.
    • Unite to Face Addiction
    • State-wide networks or System-wide networks.
    • Collaborate with other parts of campus! Natural allies in wellness, social work, etc.
TAKE-AWAY

• Student stories are your most powerful asset.
  • Board of Regents member and Chancellor of UT System both blown away by meeting students.
  • Donors supporting students.
  • Giving students voice, recognition, empowerment.
THANK YOU!

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