Q&A: Your questions will be submitted to the staff and answered at the end of the webinar. Any questions we do not address during the webinar will be shared via email along with a recording of the webinar.
Join Us at the National Meeting!

- October 15-18
- Columbus, Ohio
- Learn more at: Go.osu.edu/ntlmtg18

Our Presenter
Tim Rabolt
Executive Director
Association of Recovery in Higher Education

Agenda
- Introduction/Background
- The Basics
- The Research
- What's the Return?
- Next Steps
Background

- Found recovery in high school, April of 2011
- BBA from The George Washington University, MA from GW two years later, focused on Higher Education Administration - Student Affairs
- While at GW, started our collegiate recovery program
- Interned at the White House Office of National Drug Control Policy
- Served on the Board of the Association of Recovery in Higher Education (ARHE) for nearly 3 years
- Worked at Altarum for past 2+ years, primarily working with ARHE through contract role
- Full-time with ARHE the past 6 months

About ARHE

- Membership association representing programs, faculty, staff, students, and other stakeholders
- Mission: To empower CRPs, CRCs & professionals to support students in recovery.
- Vision: Collegiate Culture that embraces recovery

Who's in the (virtual) room?

- What schools/organizations represented?
- Role in the school/organization?
- Familiarity with collegiate recovery?
- Why are you attending this session?
Collegiate Recovery 101

- Collegiate Recovery Programs (CRPs)
- University-provided addiction recovery support services
- Think of the services similar to how collegiate athletes receive specialized accommodations
- Most developed programs are Texas Tech, Augsburg University, Rutgers University, and Kennesaw State University
- Typical components include meeting space for students, dedicated staff, supportive services, housing accommodations, etc.
- Housed in a variety of areas (sometimes academic, sometimes health and wellness, etc.)

Collegiate Recovery 101

- Different structures/funding:
  - Texas Tech
  - Kennesaw State
  - The George Washington University
  - University of Utah
  - University of North Texas

Build Supportive Recovery Communities

- A SOCIAL JUSTICE ISSUE
  - Promoting inclusiveness of an underserved and marginalized population benefits all students.
  - New campus traditions and supportive illustrations are seen as part of "fit for passage" behaviors.
  - Students in recovery are often leaders in creating sober parties and activities for all students, reflecting new vision about college life.

- A REPUTATION ISSUE
  - As programs grow in strength and reputation, they attract students looking for a recovery program, increasing enrollment of potentially healthier students and alumni.

- A STUDENT SUCCESS ISSUE
  - Across 24 CRP nationwide:
    - Annual retention rates range from 0% to 25%.
    - Academic achievement (GPA and graduation) surpasses the host institution’s overall outcomes.

Prevent and recover are not mutually exclusive if a campus is safe for students in recovery and safe for all students.

Source: Hall, G., et al. (2014); Luedtke, et al. (2014)
How many students?

- The average university of 30,000 college students found the following: (Harris, Baker, and Cleveland 2010)
  - 31.6%, or 9,480 students met the criteria for excessive substance use
  - 6%, or 1,800 students met the criteria for substance dependency
  - 1.5%, or 450 students met the criteria for actively seeking help from substance dependency

The Research

- First National Collegiate Recovery Survey
  - [N=486 from 29 CRPs]
  - Dr. Alexandre Laudet, Ph.D

- Key finding that CRPs reduce addiction cycle by an average of 15 years
- Average age of first treatment episode is 10 years earlier
- Average age of stable recovery is 15 years earlier
**What's the Return?**

- **What we know:**
  - CRPs lead to more successful students
  - Higher GPAs, graduation rates, retention rates
  - 90% believe the CRP helped with academic success, and 70% believe the CRP prepared them for professional life
  - CRPs lead to healthier, more engaged students
  - Reduces the addiction life cycle by 15 years
  - 96.6% of collegiate recovery alumni still in active recovery
  - Student involvement on campus significantly higher

- **What that looks like for the college or university:**
  - Healthier students means less problems (less costs)
  - Engaged students turn into engaged alumni (potential volunteers or donors)
  - Student success is the best business practice for a school:
    - If the students stay in school, they’re paying tuition, buying textbooks, paying for housing, etc.
    - If those students become successful alumni, it helps with prestige, rankings, and the chances of breaking into a large, untapped donor base

- **Simply put, a collegiate recovery program has the potential to mold the ideal college student.**
  - Healthy
  - Engaged
  - Successful
    - Academically
    - Professionally
    - Personally
What's the Return?
- No easy answer. Depends on a lot of factors:
  - Where are you located?
  - What's the size?
  - How far along are your collegiate recovery efforts?
  - How are you tracking outcomes?
  - What's your relationship with the development office?
  - How are you integrated with other parts of the university?
  - Is there a strategic plan?
  - What level of financial commitment do you have from the administration or the state?
  - How do you and/or your administration value the benefits?
  - How many students would it benefit on your campus?

How to answer the question?
- If there's a 100% accurate calculation, that person deserves the Nobel Prize
- Start with the data and make some reasonable assumptions
- Take into consideration the circumstances your own college/university is in
- However, might not need to answer it exactly:
  - Can your administration really put a price on the risk of a student death vs. promoting holistic student success?

Next Steps
- Get plugged in!
  - ARHE - www.collegiaterecovery.org
  - Transforming Youth Recovery - www.transformingyouthrecovery.org
  - Ohio State HECAD listerv
  - Leading schools
    - Texas Tech, Kennesaw State, Augsburg, Rutgers, among many others
  - Schools in your region
    - Can contact your ARHE regional representative through the website
Other Events

- Mid-Atlantic Collegiate Recovery Conference
  - October 5-7, 2018 at UNC Greensboro
- Ohio State National Meeting
  - October 15-18, 2018
- ARHE Leadership Academy Regional Summits
  - November 9-11 in Washington, D.C.
  - January 25-27 in Keystone, CO
  - April 12-14 in Minneapolis, MN
- NASPA Conference(s)
- Other local, regional, national events

References

- A lot...
References


References


References

References


Questions?

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October’s Free Webinar

Drug Free Schools & Campus Act Regulations Overview and Updates

October 25
2:00 – 3:00 p.m. EDT

Go.osu.edu/octwebinar

Eric Davidson
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Illinois Higher Education Center