

Supporting Students in Recovery from Alcohol and Other Drugs

Oregon State University's Collegiate Recovery
Community's Inaugural Year

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Learning Objectives

1. Increased understanding of the need for recovery support on college campuses
2. Understanding of existing collegiate recovery efforts

College Campus Culture

Oregon State University

- 40.4% of undergraduate students engaged in high risk drinking in the previous 2 weeks (NCHA, Spring 2014)
- 18.3% abused prescription drugs in the past year(NCHA, Spring 2014)

Treatment

- 1.2 million people age 12-17 needed treatment for illicit drug use (2011)
- 21% of people age 18-21 meet substance abuse disorder criteria
- 420 OSU students estimated to be seeking help for substance use issues

Recovery

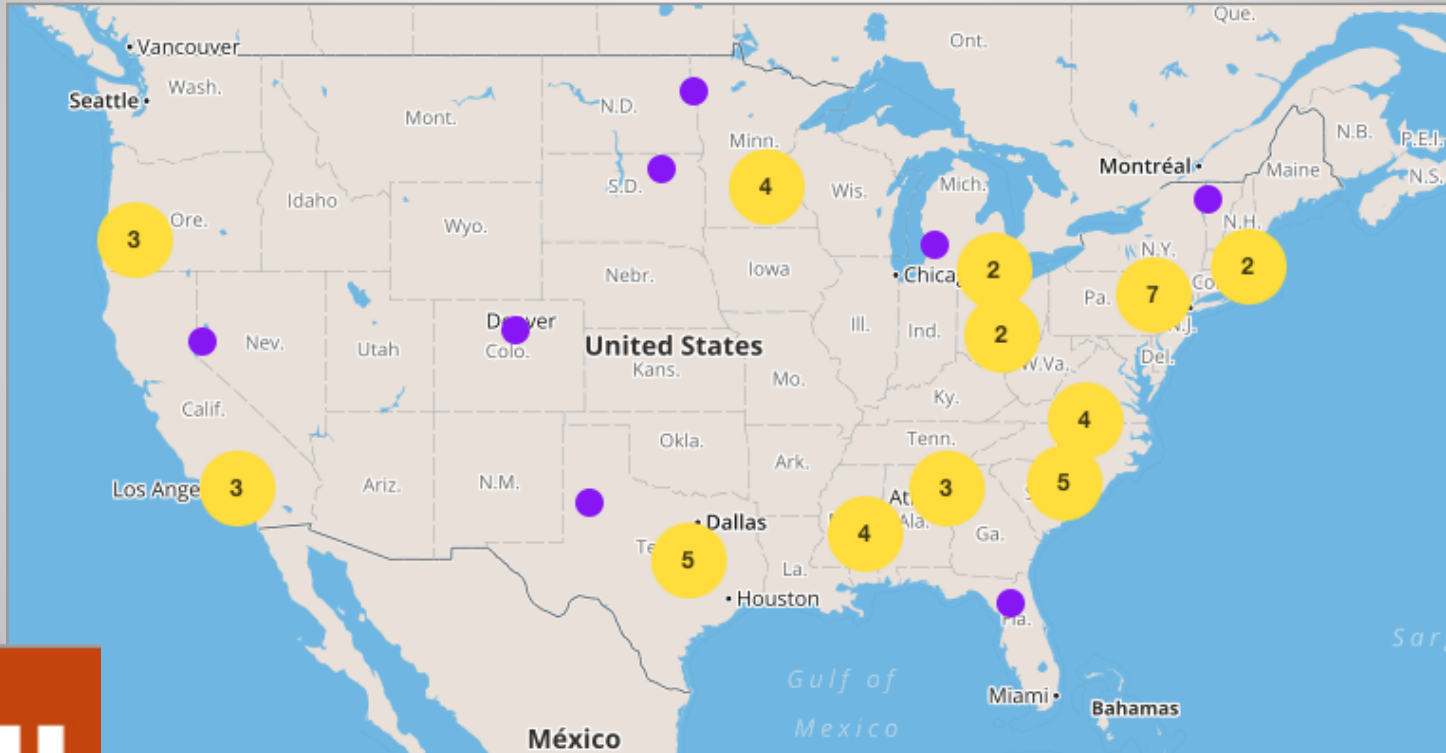
- Different for everyone, but is characterized by abstinence from alcohol and other drugs.
- Intentional change of behavior to support abstinence.
- Support groups
- Other opportunities for growth

What is a Collegiate Recovery Community?

Programmatic support for students

- Fellowship
- Academic Support
- Private Location/ Clubhouse
- Support Meetings
- Overall support for sobriety

Collegiate Recovery Communities



Oregon State's CRC History

- History
 - OSU's Substance Abuse Prevention Coordinator
- Capacity Building
 - University support and program staff FTE
- Program Development

Oregon State's CRC: Program Components

Clubhouse

On Campus, 12-step meetings

Community Building

Programming and Events

Student-specific support

- Academic
- Group Check in meetings
- Recovery celebrations

Successes

- College life before sobriety
- College life in early recovery
- College life in recovery with support of the CRC

Member Successes

“The CRC has been a source for validation and support to help me through times of self-doubt.”

Phil R., *current CRC member*

“The sober students have a tight bond; we look out for each other, we are available for our friends in recovery 24/7, no matter what.”

Past *CRC member*

“Being a part of the Collegiate Recovery Community has empowered me to not be ashamed of the fact that I am a person in recovery.”

Amy D., *current CRC member and CRC Undergrad. Asst.*

Next Steps

- Continuing to support students in recovery
- Evaluation and program improvement
- Movement for Young People in Recovery
- Support other universities in establishing Collegiate Recovery Communities

Student Success Built on Sobriety



<http://studenthealth.oregonstate.edu/recovery>

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