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
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

Student Success Built on Sobriety
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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