



Collegiate Recovery at OSU

MAKING OSU A RECOVERY SUPPORTIVE HOME

Introductions

Brief Outline

- Quick Definitions
- Understanding the Need
- Collegiate Recovery Programs
- What you can do
- Q and A



Definitions

Substance Use Disorder: is a condition in which the use of one or more substances leads to a clinically significant impairment or distress (DSM V)

Recovery: Many definitions, that vary between individuals

-“A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential”
(SAMSHA)

-‘A voluntary maintained lifestyle characterized by sobriety, personal health and citizenship, (Betty Ford Institute, JSAT 2007)



What Does it Take?

University defines success as:

- Persistence
- Completion
- Advancement

Augmented By:

- Proficiency in Academics
- Resilience
- Community
- Belonging



Community and Belonging

Asian & Pacific Islanders

LGBT

African & African American

SUDs & Recovery

Native Americans

Political Affiliation

Student Athletes

.....But what about students with SUDs or who are in recovery?

Chicano/Latino/Hispanic

Academic College

Women
Could they benefit from the having a support system on campus?

...The Answer is YES

Research shows that there are two very important resources that help college students maintain sobriety

1: Social Support Networks

2: 12-Step group involvement

This is what collegiate recovery programs seek to capitalize on

Adding allies such as administration/faculty = an even stronger support network

How many students?



On a campus like ours

Total number of students on campus = **30,000**

Number of students meeting criteria for substance abuse (31.6%) = **9,480** (number of students on campus x .316)

Number of students meeting criteria for substance dependence disorder (6%) = **1,800** (number of students on campus x .06)

Estimated number of students who are seeking help for their problem (4%) = **451** (Total from Step Two + total from Step Three) x (.04)

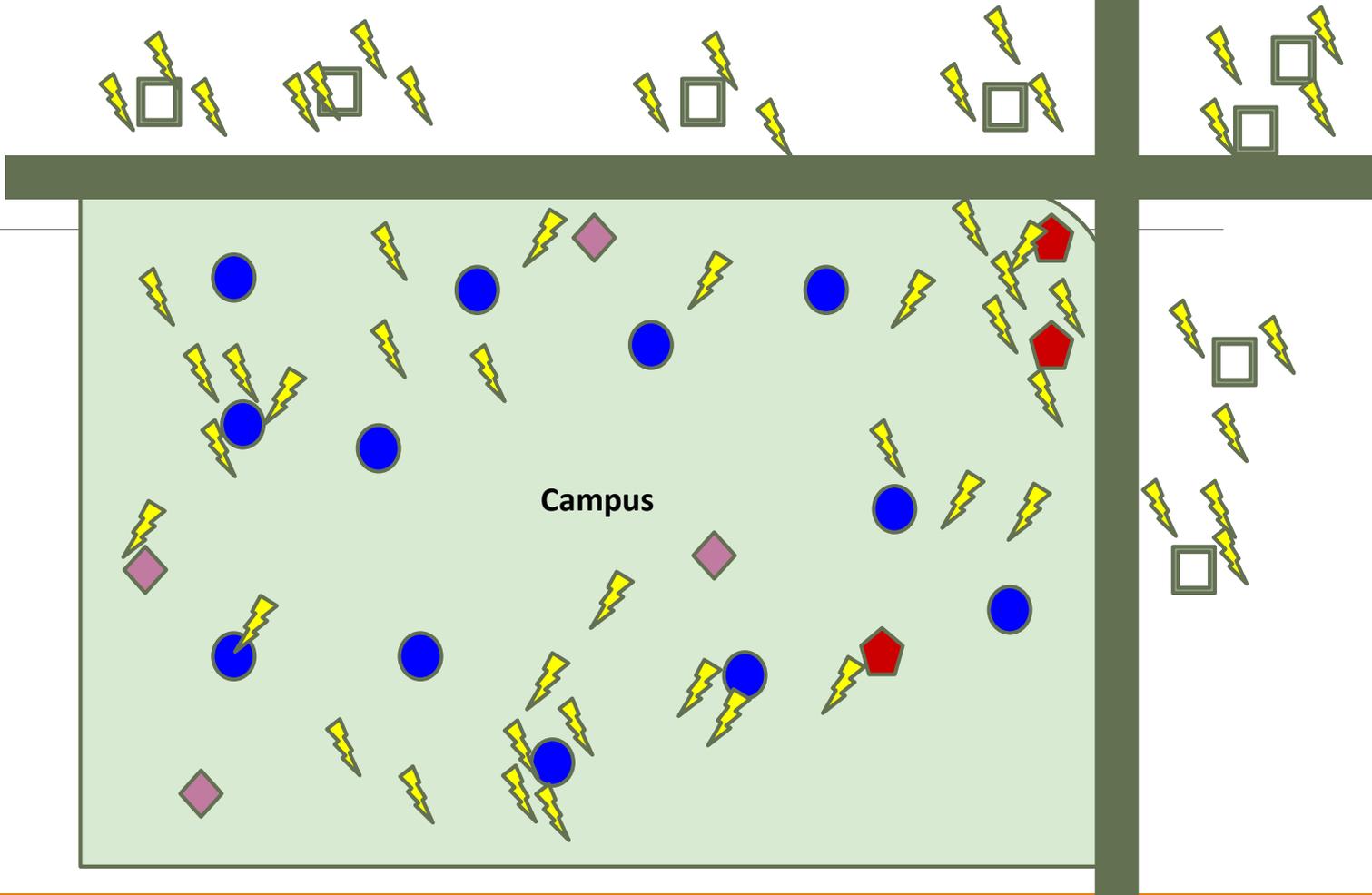
There are an estimated **451** students on this campus that could benefit from recovery support

**formula borrowed from Center for the Study of Addiction and Recovery at Texas Tech University

Why aren't they being more vocal about their needs?

Key

-  = General Campus building
-  = Cultural Center
-  = Sports Complex
-  = off-campus Alcohol establishment
-  = alcohol use or reference
-  = sober spaces and supportive programming





Coupling Campus Environment with Historical Stigma

Students in recovery or working through an SUD often feel stigma placed upon them

- "aren't you too young to be an addict?"
- "it isn't alcoholism if you are in college"
- "Can't you just stop"
- "watch out for that one"
- "they should have been stronger"

The prevalence of alcohol use on campus and stigma leads to

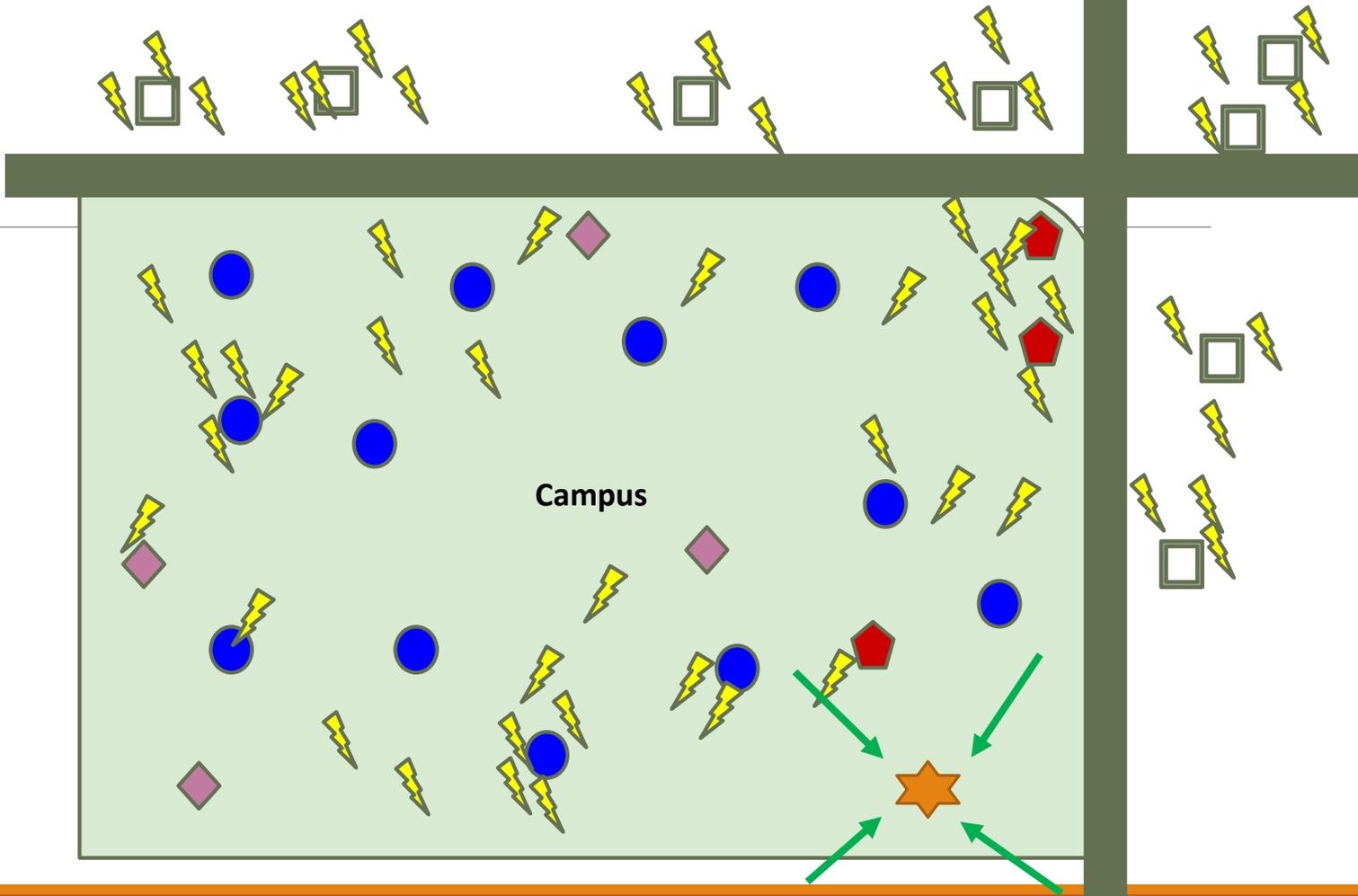
- Marginalization
- Stifled Voices

Ultimately leads to most keeping this identity to themselves

Collegiate Recovery Programs

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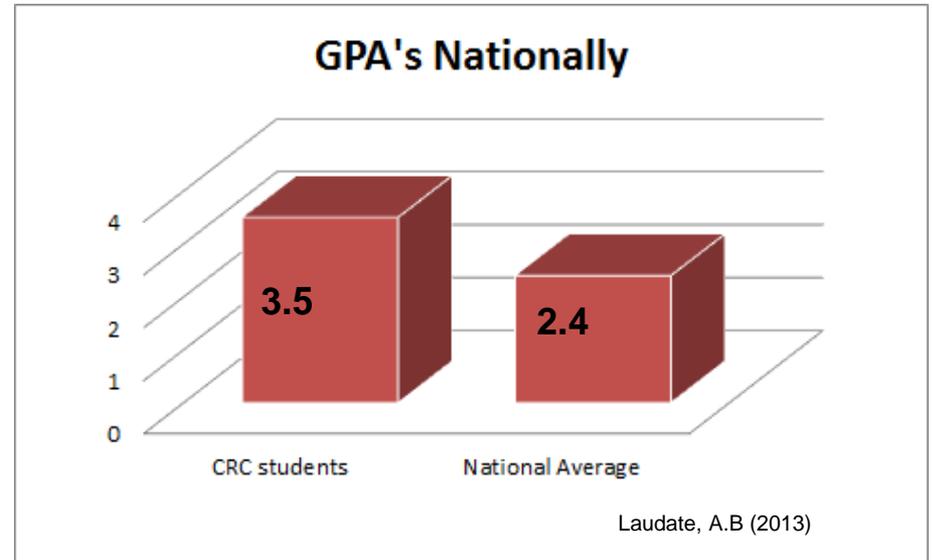


DO CRPs Work?

50% of students engaging in recovery support remain sober 6 months after first accessing support services when supported (Texas Tech Center for the Study of Addiction and Recovery)

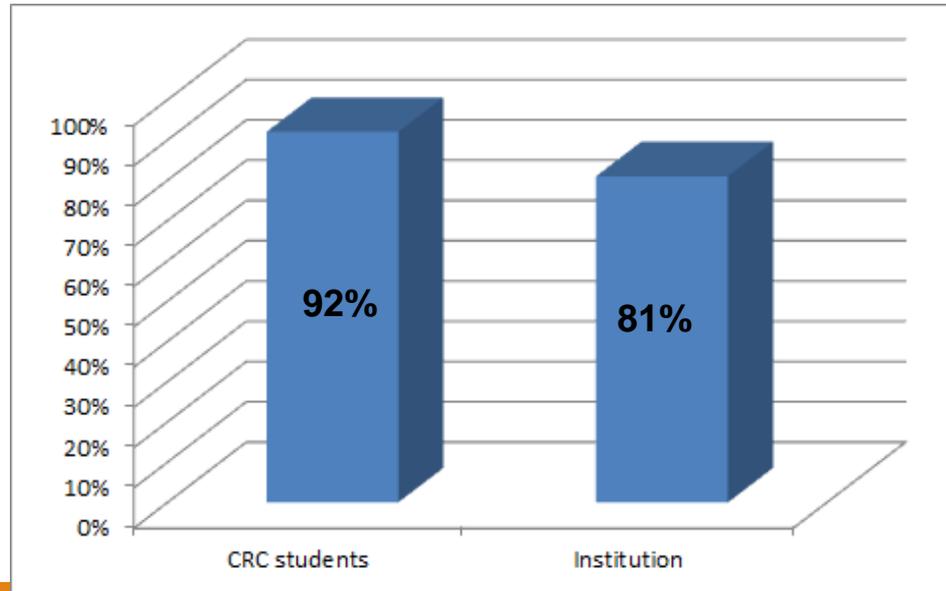
GPA's are known to rise and remain stable when students are not taking part in high-risk drinking behaviors

GPA's of students involved in CRC's are shown to be higher than the National Average

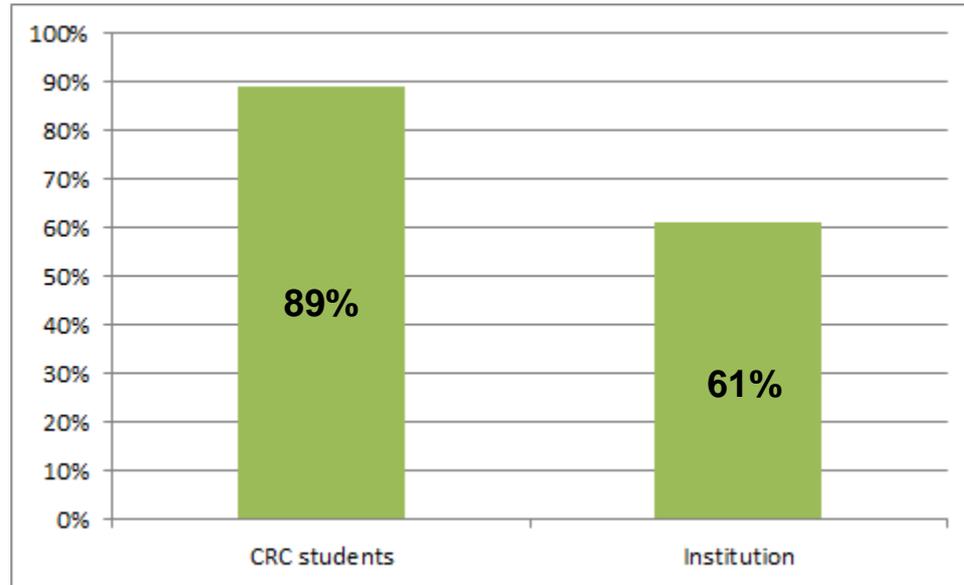


Retention Rates Increase

The support that students get for CRC's has also been shown to increase retention rates



As Well as Graduation Rates



Laudate, A.B (2013)



Collegiate Recovery Programs

Provide environment where students in recovery or who are contemplating recovery:

- Can find a group of peers who provide support through shared experiences
- Are affirmed in decision to live a sober life
- Can take part in sober activities
- Can easily access on-campus support meetings
- Can access other forms of support (staff direct to appropriate resources)

Recovery Support at OSU

Collegiate Recovery Community and the Joan and Tom Skoro – Recovery Living Community

Established on our campus in Fall 2013

- Started as a small program, with a clubhouse the size of a small classroom
- Focused primarily on creating peer network and providing social activities

In Fall of 2016, moved into a stand alone building, adding on-campus recovery-first housing

- Sober living environment, coupled with peer support network
- Recovery support meetings on campus, in building
- Scholarships provided to every student who lives in the building



What do Students Do?

- Weekly Check –ins
- Friday Night Movie Nights
- Sober Tailgating
- Celebrating Recovery Birthdays
- Hiking
- Cover Letter and Resume Workshops
- Attend National Recovery Conferences



What Can You Do?

First: Be an Ally

If a student comes to you for help:

- Express understanding and compassion
- Ask how they would like you to help
- Avoid encouraging to just drink less
- Avoid passing judgement

Second: Tell Them About Support at OSU

If they are in recovery and seeking support for maintaining sobriety

- Tell them about the Collegiate Recovery Community and our sober living option
- Tell them about the support groups on campus

If they are still using, but want help reducing or stopping

- Tell them about the Substance Use Disorder Clinician at SHS

Third: Consider Mentioning This to Your Classes and Ask Colleagues to do the Same

Is there a time that you could mention these support services in your class

- Could you make a brief announcement?
- Could you display a slide while people are coming into the class

Fourth: Think about Language and Programming

It goes a long way when students hear University staff supporting sobriety and recovery

It can also do harm if they hear staff perpetuating drinking culture or reinforcing stigma

- Avoid normalizing drinking/drug use as part of the college experience and encourage colleagues to do the same

Conclusion

Key

 = General Campus building

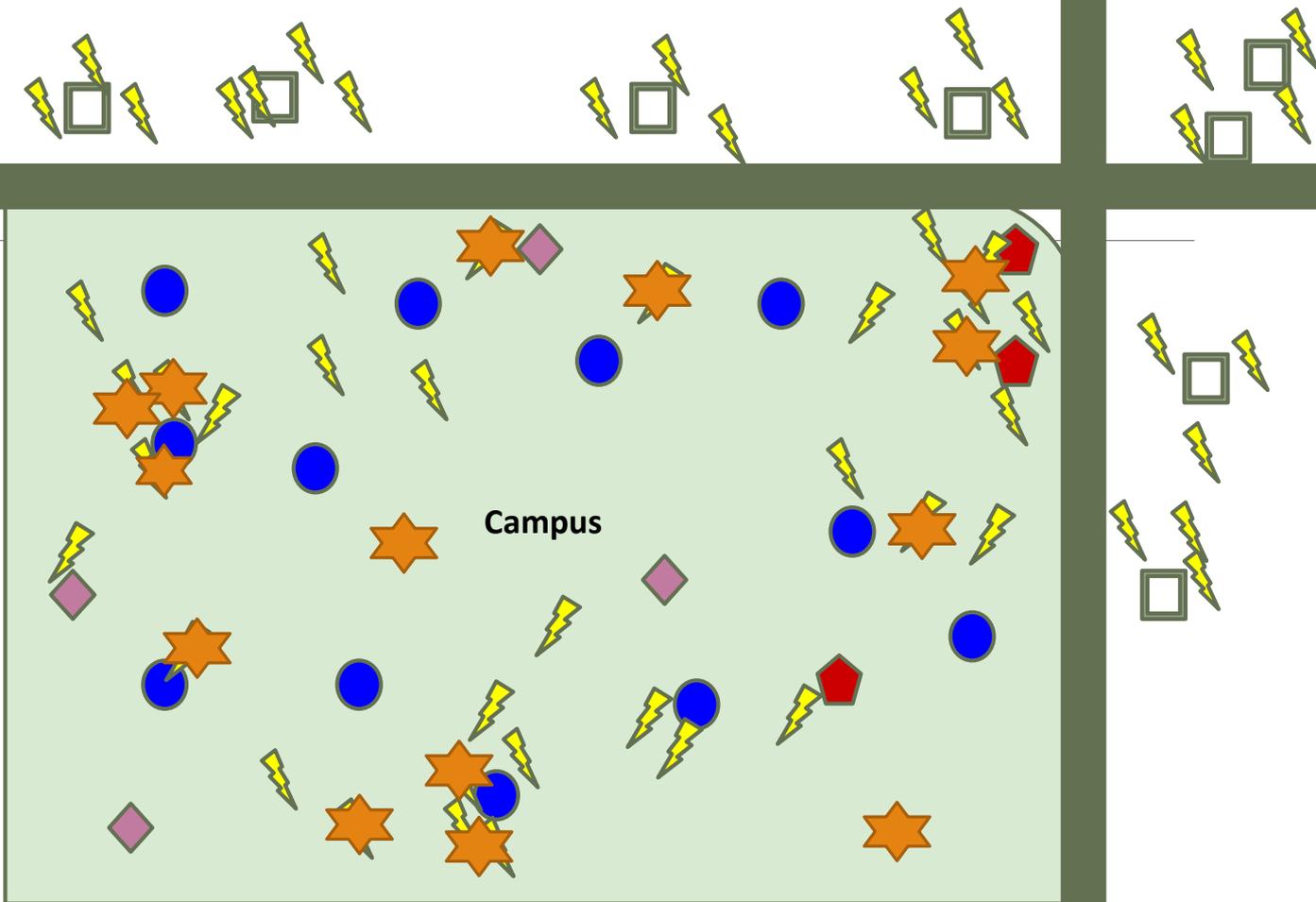
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Questions

Resources

Collegiate Recovery Community webpage:

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

Collegiate Recovery Community email: recovery@oregonstate.edu

On Campus, Recovery support meetings:

<http://studenthealth.oregonstate.edu/collegiate-recovery-community/weekly-meetings>

Substance Use Disorder Clinician: Call Student Health Services at
541-737-9355