



Campus Community Chat Transcript

Collegiate Recovery Communities: Supporting Recovery Initiatives for the Campus-Community

Thursday, October 21st 2-3 PM

2:00 pm: @neomedopcsmh: Welcome to Ohio Program for Campus Safety and Mental Health's second #CampusCommunityChat. We are joined with @hecaod and are excited to have this important conversation. Tweet us back so we know who's joining us!

Replies:

HECAOD – Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery: @HECAOD: Thanks for the invitation @neomedopcsmh for the invitation. We are glad to be joining today's #CampusCommunityChat.

Bobcat R.I.S.E.: @OU_CRC: The Ohio University Collegiate Recovery Community is here! Tweeting thumbs are ready.

ARHE – The Collegiate Recovery Association: @CollegeRecovery: We are here and excited to be part of this discussion!

Crystal N. Dunivant: @crysnaod: Hi! I am here.

Kristina Canfield @KCanfield211: Thanks for having @collegerecovery be part of this discussion!

2:03 pm: @neomedopcsmh: Disclaimer

2:07 pm: @neomedopcsmh: This first question is to get to know our cohost @hecaod Q1: What is The OSU HECAOD? What resources can the organization provide for my campus/community? #CampusCommunityChat

Replies:

@HECAOD: HECAOD is a collab with @osucsw, @osu_pharmacy, and @OSUwellness. We provide tools & training to those addressing collegiate substance misuse on campus & have many resources to support campus prevention and recovery work.



We offer a web-based screening and brief intervention tool called #ScreenU that helps identify a student's risk level for experiencing harms from substance use. You can learn more about ScreenU by visiting <http://screenu.org>

HECAOD also offers free training and networking. A free webinar on 10/28 at 2 pm ET will explore results from the recent College Alcohol Survey, led by Dr. David Anderson, which explores the field of AOD prevention. Register:

https://osu.zoom.us/webinar/register/WN_Qu8o5lpBRfKu7Ha3enGgkQ

Re: to this topic we are looking for testers for a new online training for #collegiaterecovery pros developed with @CollegeRecovery. If you work for a CRP in Ohio and want to learn more let us know at hecaod@osu.edu!

Stay current on all our events & sign up for our free e-newsletter, the UReport. It includes events from us and others, job postings, relevant news, and current research related to the field. Sign up here: https://hecaod.osu.edu/news-research/ureport/?utm_source=Twitter+Chat-+OPCSMH

2:10 pm @neomedopcsmh: Thank you @hecaod for providing those resources! We now invite the rest of our participants to answer the upcoming questions. Q2: Is there a national framework or evidence that supports CRPs?

Replies

@HECAOD: There is a growing body of research in support of CRPs. Data has shown that students engaged in CRPs as less likely to relapse than their non-engaged peers and higher than average graduation rate.

In 2004, Texas Tech University, one of the pioneer CRPs, received a federal grant to create a replication curriculum. Many CRPs draw from this model while finding an approach that matches their campus culture and resources.

You can view these resources from Texas Tech's Center for Collegiate Recovery Communities here: <https://www.depts.ttu.edu/hs/csa/replication.php>

@OU_CRC: I'm sure @HECAOD has covered aspects of the data supporting these things! Furthermore, anecdotally, our students have expressed gratitude for having a recovery-oriented space that gives them space to be themselves, process, and maintain their recovery in a supportive environment.



There are beautiful, life-long connections forged in the supportive spaces we have here at OU.

2:15 pm @neomedopcsmh: Q3: I'm interested in learning more about a CRP. How can I find out more about a CRP? How many CRPs are there in Ohio?

Replies

@HECAOD: We know of about 8 CRPs that exist or are in development across Ohio. @CollegeRecovery maintains a member directory to connect & learn more about each one of their member campuses nationally. <https://collegiaterecovery.org/crps-crps/>

@CollegeRecovery - do you know the latest count on CRPs nationally? The movement has really grown in the last decade!

@CollegeRecovery: The movement really has grown exponentially! While ARHE is approaching 160 member schools, the number of efforts out there is hard to quantify. We are learning about new programs and efforts on campuses all the time!

2:20 pm: @neomedopcsmh: Q4: What strategies and/or activities have you found to be the most beneficial in supporting CRPs in campus-community settings or students in recovery

Replies

@neomedopcsmh: A4: Funding and sustainment of Collegiate Recovery Programs keeps students engaged with resources to support their recovery and mental health. "When adequately supported, students in recovery are some of the most successful students on campus, as demonstrated by MSU's Collegiate Recovery Community (CRC) students: 100% report cumulative GPAs above 3.0, and 50% have a 3.5 or higher (CRC program evaluation survey, 2020)." (Kepler, 2020)

Secondly, students in recovery have benefited from participating in recovery activities such as Sober Tailgates and having dedicated recovery housing. Also having peer-leaders or like-minded individuals lead students in recovery in safe and confidential spaces would support a sense of belonging and community.

Ohio Program for Campus Safety and mental Health (OPCSMH) CPDG grants has been used to develop and implement to develop educational programs that reduce the risk factors of depression and substance abuse as well as develop educational materials for



substance abuse. For more information about the next grant cycle email opcsmh@neomed.edu

@CollegeRecovery: Find out what the students want! Some universities have Sober Tailgates that are very popular. If football isn't a big deal at your school, what is? What are the existing traditions that can be adopted for your CRP? Above all, ask your students!

@OU_CRC: Here at OU, we've done some fun, creative things. One of our most popular pre-COVID (we hope to do it again as our vaccination rate rises) was Coffee & Canvas. We set up a Bob Ross video and had coffee catered in. We do these to give alternatives to typical college parties.

Fill the vacuum of college events that typically center on substances with meaningful activities.

@HECAOD: This sounds like a lot of fun! Sign us up for the next Coffee and Canvas!

@neomedopcsmh: sounds like a great activity to build relationships and have fun!

@HECAOD: A4: Creating opportunity for students in recovery to connect with one another and begin creating community is crucial. This can be through formal support group activities and more informal social activities.

Engaging with partners both on and off campus is an important step in strengthening your CRP and reducing barriers to access. For example, work with admissions to reduce barriers for justice-involved students.

2:25 pm: @neomedopcsmh: And just like that we're onto our next question! Q5: How can we help reduce the perceived stigma of students participating in recovery groups such as CRPs? What action can we take to support groups like CRPs on campuses?

@neomedopcsmh: A5: We can all support students in recovery by helping to educate everyone about recovery. Stigma is closely associated with addiction and is often ascribed to those in recovery. For example, by saying "a person is substance free not "dirty" uses Person First Language and highlights the fact that recovery is possible. https://www.drugabuse.gov/sites/default/files/nidamed_words_matter_terms.pdf



@OU_CRC: One strategy we're using to reduce stigma and improve access is through resident advisors. In January, we'll be training all the RAs on campus on how to be allies to folks in recovery. Finding students in leadership positions and teaching them allyship has given us good traction.

@HECAOD: A5: Educating others helps to reduce stigma. There are recovery ally trainings available that you can use to train faculty, staff, and students on how to support students seeking recovery and create a more recovery-friendly campus.

Recovery is Spoken Here, a first of its kind ally training, aims to foster an environment where students in/seeking recovery feel accepted, are empowered to live genuinely, feel comfortable asking for help and are celebrated by the campus community

Recovery is Spoken Here was created at Ohio State and is available to HECAOD Members. Additionally, @CollegeRecovery hosted a webinar with VCU about being a recovery ally with great information on allyship!

<https://collegiaterecovery.org/2020/03/01/webinar-how-to-be-a-recovery-ally/>

@neomedopcsmh: The participants are bringing all the resources!! Keep them coming as we go onto question 6..... #Campuscommunitychat

2:30 pm: @neomedopcsmh: Q6: When starting a CRP at a campus or other recovery support groups, are there specific recommendations to follow? #CampusCommunityChat

Replies

@neomedopcsmh: Recommendations can include having a dedicated leader, space, and peer support. These recommendations may differ depending on the institution and recovery group. In addition, having official recognition at an institution of higher education and a supportive environment within the campus culture can ensure that a CRP is successful and sustainable.

The OPCSMH's Youtube Page has a great video on creating a collegiate recovery community presented by our friends over at University of Akron in their Collegiate Recovery Program Roo's in Recovery.

<https://www.youtube.com/watch?v=YYMaRowJO8>

@CollegeRecovery: We have also released a great new Getting Started guide that can be found under Resources at the ARHE website: <https://collegiaterecovery.org/>



@HECAOD: Have you checked out @CollegeRecovery's new Getting Started guide? It's great for campuses beginning a collegiate recovery program.

@HECAOD: A6: CRPs are intended to be student-centered, so our first rec is to ask your students what they need to feel supported in their recovery and advocate for those needs! There are also recommendations established by @collegerecovery

There are many pathways to recovery. ARHE recommends adopting abstinence-based recovery as the standard for CRPs. Medication assisted recovery, when completed as prescribed, is considered abstinence-based recovery.

Having dedicated space to gather for support can provide respite to students who are surrounded by the recovery hostile environment that campuses can be. CRPs should also have staff who are dedicated, paid, and trained

CRPs should also collaborate with both on and off campus partners to better support their students. Read more about all 8 recommendations from @collegerecovery:

<https://collegiaterecovery.org/standards-recommendations/>

2:35 pm @neomedopcsmh: Q7: As CRPs are recovery communities what challenges or trends are you observing on campuses related to students being more isolated and not as connected during the ongoing COVID-19 pandemic? #CampusCommunityChat

Replies

@neomedopcsmh: CRPs that previously met on campus prior to the pandemic, may now be faced with the challenge of not having a dedicated space. Additionally, individual members who are not comfortable with meeting in “virtual” spaces may struggle with isolation and social disconnection from the group. The pandemic may have also disrupted a students’ expectation of college life. There can be a lot of areas that may have changed. Fountain House College Re-Entry provides great resources to navigating a return back to school <https://www.collegereentry.org/>

@HECAOD: A7: Community is a big part of the “magic” of CRP’s. The pandemic has made being in community with peers more difficult and created a sense of disconnection from your support system and those who understand you most.

CRP students have definitely felt this, like the larger recovery community. CRPs were creative and offered virtual opportunities to connect. Some even reported higher attendance when weekly support meetings were also offered virtually.



@cyrsnaed: As I am thinking about accessibility could a virtual option become permanent even when in-person meetings resume?

@HECAOD: It's possible for campuses that virtual options were successful that it becomes a part of their offerings to students. For some it decreases barriers- for others it may increase. It is so important to listen to the needs of your students and adapt based on those.

@neomedopcsmh: as @CollegeRecovery mentioned, the student voice is so important!! The pandemic has opened the reality to think about programming in a much broader perspective than only in person! #CampusCommunityChat

@OU_CRC: For our CRC, virtual meetings were largely unsuccessful. People were burned out on screen-based meetings. Therefore, vaccination, physical distancing, and masking has been huge for allowing us to safely gather.

@HECAOD: Just shows that what works for one may not work for all! It's good to hear that you have been able to identify strategies to continuing gathering safely.

@OU_CRC: Speaks to the need to listen to students and be flexible, as you and others have noted!

2:40 pm: @neomedopcsmh: Q8: College students are more susceptible to alcohol and drug misuse for various reasons. What suggestions do you have for campus faculty/staff who are concerned about alcohol and drug misuse? #Campuscommunitychat

Replies

@neomedopcsmh: A8: Equipping staff with resources to connect students with the services they need could increase the support to seek treatment, or participation in collegiate recovery programs. CRPs assist to provide support and resources for students in recovery to help balance their sobriety and education while maintaining a true college experience.

@HECAOD: Learn the signs of substance misuse & how to have a meaningful conversation with students you know. Having a trusted person they respect express concern in a non-stigmatizing way helps students recognize the need for change.



Know what resources are available on your campus and community to refer students struggling with substance misuse and offer to make a warm hand off to help connect students.

See if your campus has screening tools available to help students recognize if their substance use is problematic. Your health promotion or counseling center can point you to existing tools available through your campus.

#ScreenU is just one example of a screening tool and was mentioned in earlier responses. To learn more about #ScreenU, sign up for a demo account to explore the tool:
https://osu.az1.qualtrics.com/jfe/form/SV_6YkvrM67uS9cvRj

2:45 pm: @neomedopcsmh: Lets keep these answers coming!! On to the next question...
Q9: Are there cultural considerations or resources available for diverse students and underrepresented student populations participating in CRPs? #Wellnesshour

Replies

@neomedopcsmh: Having recovery supports where students are comfortable participating welcomes underserved and underrepresented students. Also, consideration of racial, ethnic, and other cultural elements is important in all stages of treatment and recovery.

Further diverse staff, students, counselors and student leaders participating in programs and who have had similar lived experiences can impact the overall experience of a program

@OU_CRC: A big part of this is recognizing intersectional student identities and teaming up with other organizations within our institution (be it our LGBT+ Center, international and POC student groups, etc.) to work collaboratively and supportively with one another!

@HECAOD: A9: Moving away from mandating 12-step participation in CRP's is important for supporting all pathways to recovery, which in turn makes recovery seem possible to many underrepresented populations.

@collegerecovery has created affinity groups and programming for specific underrepresented populations that are virtual and open to students across the country. Learn more: <https://collegiaterecovery.org/equityandjusticeseries/>



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@neomedopcsmh: great resource! Exciting to see efforts being put in place and made accessible to students across the county.

2:50 pm: @neomedopcsmh: Last question for this chat! Q10: Where can I get additional information about how to become an ally to someone who is/has experienced addiction, or someone who is part of a CRP?

Replies

@HECAOD: A10: HECAOD members can access our Recovery Ally training and we offer Train the Trainer sessions throughout the year. Join our UReport list to stay current.

@CollegeRecovery & VCU also hosted a webinar about being a recovery ally
<https://collegiaterecovery.org/2020/03/01/webinar-how-to-be-a-recovery-ally/>

Beyond formal resources though- using language that doesn't stigmatize, knowing how to access resources, and being willing to offer a warm hand off to students in need of them are all things that we can do to be better allies.

2:55 pm: @neomedopcsmh: Thank you for joining OPCSMH and OSU HECAOD for our #campuscommunitychat! @OU_CRC @CollegeRecovery @crysnaed rockstars of the OPCSMH & @hecaod chat! We will now address any additional questions

@neomedopcsmh: Please feel free to share your organization's contact information or twitter handle. We appreciate your participation today in the Campus Community Chat. Hope to have you join us for the November 23rd webinar.

https://neomed.zoom.us/webinar/register/6516334623889/WN_Ejio4v5pT8qRzkaal5aVSg



Resources

ARHE Equity and Justice Discussion Series:

<https://collegiaterecovery.org/equityandjusticeseries/>

ARHE Programs: <https://collegiaterecovery.org/crps-crcs/>

ARHE Standards and Recommendations: <https://collegiaterecovery.org/standards-recommendations/>

Fountain House College Re-Entry: <https://www.collegereentry.org/>

ScreenU Free Demo: https://osu.az1.qualtrics.com/jfe/form/SV_6YkvrM67uS9cvRj

ScreenU: <http://screenu.org>

Texas Tech's Center for Collegiate Recovery Communities:

<https://www.depts.ttu.edu/hs/csa/replication.php>

Ureport: https://hecaod.osu.edu/news-research/ureport/?utm_source=Twitter+Chat-+OPCSMH

Webinar: Progress, Regression and Stagnation: Harnessing Current Data with

Longitudinal Lens: https://osu.zoom.us/webinar/register/WN_Qu8o5lpBRfKu7Ha3enGgkQ

Ohio Program for Campus Safety and Mental Health
One Hour Twitter Special @neomedopcsmh
#campuspowerhour #opcsmh



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Webinar Registration: OPCSMH Facilitating Recovery After Trauma Among College

Students:

https://neomed.zoom.us/webinar/register/6516334623889/WN_Ejio4v5pT8qRzkaal5aVSg

Webinar: Creating a Collegiate Recovery Community on Campus:

<https://www.youtube.com/watch?v=YYMaRowJO8>

Webinar: How To Be a Recovery Ally: [https://collegiaterecovery.org/2020/03/01/webinar-](https://collegiaterecovery.org/2020/03/01/webinar-how-to-be-a-recovery-ally/)

[how-to-be-a-recovery-ally/](https://collegiaterecovery.org/2020/03/01/webinar-how-to-be-a-recovery-ally/)

Words Matter:

https://www.drugabuse.gov/sites/default/files/nidamed_words_matter_terms.pdf