Creating a ROSC Through Collegiate Recovery Programs.
• Recovery
• Recovery Oriented Systems of Care
• Collegiate Recovery Overview
• Ohio State CRC
• Q&A
1. Discuss how a recovery oriented system of care can be developed on a college campus, which is usually a recovery hostile environment, to increase positive outcomes for students in recovery

2. Review the definition of Collegiate Recovery Programs (CRP’s) and their effectiveness

3. Examine Ohio State's CRP and its approach to wellness and recovery
Recovery
“Recovery is a process of change whereby individuals work to improve their own health and wellness and to live a meaningful life in a community of their choice while striving to achieve their full potential.”

-SAMHSA
Many Pathways to recovery

• Mutual aid groups
  • 12 steps, AA, NA, CA, the whole alphabet soup.
• Therapy
• Faith-based
• Medication assisted therapy
• Criminal justice
• Natural recovery

*Most people utilize multiple pathways*
SAMHSA’s Four Pillars of Recovery

- Recovery
- Health
- Home
- Purpose
- Community
# SAMHSA’s Four Pillars of Recovery for Young Adults

<table>
<thead>
<tr>
<th>Health</th>
<th>Home</th>
<th>Purpose</th>
<th>Community</th>
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<tbody>
<tr>
<td>Therapy</td>
<td>Family Support</td>
<td>School</td>
<td>Mutual Support Group</td>
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<tr>
<td>Supportive medical professionals</td>
<td>Transportation</td>
<td>Employment</td>
<td>Young people’s meetings</td>
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<tr>
<td>Holistic approach to wellness</td>
<td>Safe and drug free living environment</td>
<td>Service work</td>
<td>Supportive non recovering friends</td>
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<tr>
<td>Abstinence</td>
<td>Environmental change</td>
<td>Mentorship</td>
<td>Leadership development</td>
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What We See Is Working for Young People (13-25) In Sustained Recovery:

• Youth Peer-to-Peer Support

• Early Intervention

• Family Involvement and Support

• Environmental Solutions and Recovery Support Services:
  • Housing
  • Social Supports
  • Employment
  • Education
Recovery Oriented System of Care
“A coordinated network of community-based services and supports that is person-centered and builds on strengths and resilience of individuals, families and communities to achieve abstinence and improved health, wellness and quality of life for those at risk for drug and alcohol misuse.”

William White
1. Accessible services that engage and retain people seeking recovery
2. A continuum of services rather than crisis-oriented care
3. Care that is age- and gender-appropriate and culturally competent
4. Where possible, care in the person’s community and home using natural supports.

-SAMHSA
**Examples of Recovery Oriented Activities**

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Intervention</th>
<th>Treatment</th>
<th>Post-Treatment</th>
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<tbody>
<tr>
<td>• Early screening before onset</td>
<td>• Screening</td>
<td>• Menu of treatment services</td>
<td>• Continuing care</td>
</tr>
<tr>
<td>• Collaborate between departments</td>
<td>• Early intervention</td>
<td>• Recovery Support services</td>
<td>• Recovery support services</td>
</tr>
<tr>
<td>• Stigma reduction activities</td>
<td>• Pre-treatment</td>
<td>• Alternative services and therapies</td>
<td>• Check-ups</td>
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<tr>
<td>• Refer to intervention services</td>
<td>• Recovery support services</td>
<td></td>
<td>• Self-monitoring</td>
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<td></td>
<td>• Outreach services</td>
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**Recovery-Oriented Activities: College Campuses**
Collegiate Recovery Overview
“Yet, amid all the activities to prevent alcohol abuse or reduce alcohol-related harm, there has been relatively little attention directed to those students who are recovering from severe alcohol [and other drug] abuse or dependence”

Donald Misch, 2009
• Campus is a recovery hostile environment
• Acute care model doesn’t work
• Underdeveloped continuum of care for youth and young adults
• Opioid epidemic
• Average age of onset for a SUD is 19 (Crum, 2011)
• 1 out of 5 young adults has a SUD (ONDCP, 2014)
Collegiate Recovery Programs

“A supportive environment within the campus culture that reinforces the decision to disengage from addictive behavior. It is designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other.”

Association of Recovery in Higher Education
• **Institutionally sanctioned** and supported program for students in recovery from SUD seeking a degree in higher education

• CRPs seem consistent with **continuing care** paradigm within a **recovery management** system (ROSC) that experts recommend

• While sharing the goals of providing support, preventing relapse, and promoting academic performance, individual CRPs likely **vary greatly on key dimensions**

*Association of Recovery in Higher Education, 2013*
Recovery Protection

Prevention

Recovery

Treatment

Intervention
Barriers to Recovery on Campus

- Returning to academia
- Balancing recovery and school
- Recovery has to come first
- Developing a new peer group
- Accountability
- Leaving behind recovery supports
Scope of the Solution

“The tremendous fact for everyone one of us is that we have discovered a common solution”

- Over 150 CRPs across the country
- Multiple conferences dedicated to CRPs
- Research is being funded & published
- Recognition from federal agencies
- System-wide expansion
- Foundation/nonprofits devoted to it
Benefits of CRPs

- Extends the continuum of care
- Provides an organic support system on campus
- Increases access to higher education
- Retention and graduation
- Change campus culture
- Students that embody what the university is trying to instill
CRP Movement

Transforming Youth Recovery, 2015
Student Data

- 25 years – average age
- 16 months – average length of recovery
- 32% freshmen
- 35% transfer student
- 12% Veterans
- 8% relapse rate

Laudet, 2013 & 2014
Student Data

- **1/3** of students would not be in school right now if it weren’t for the CRP

- Very high addiction severity, high treatment utilization and related consequences
  - 59% charged with a crime
  - 33% experienced homelessness
  - 82% received addiction treatment
  - 66% currently being treated for mental health

Laudet, 2014
Graduation and Retention

CRP Average Graduation Rate – 89%
Average Institution Graduation Rate – 60.5%

CRP Average Retention Rate – 91.8%
Average Institution Retention Rate - 80.8%

Laudet, 2013
Collegiate Recovery Programs

- Staff members
- Recovery friendly housing
- Scholarships
- Social Events
- Recovery support meetings
- Campus awareness / Stigma reduction activities

Collegiate Recovery Communities

- Students in recovery
- Recovery allies
- Peer to peer support
Ohio Universities with CRP’s
How You Can Support Your Local CRC

• Refer students in recovery to them
• Help advertise the CRC
• Share your expertise and ideas with them
• Ask them to speak at your staff meetings, classes, committees, etc.
• Bring some colleagues/students/friends and tour the CRC
• Attend their events
Ohio State’s Collegiate Recovery Community
Ohio State’s CRC

- Started March 2013
- **33** CRC participants
- **17** official members for 2015-16 academic year
- **18** CRC members have graduated since 2013
- Mix of undergrads, graduate and professional students
Current Programming and Support

Collegiate Recovery Community

- Two Dedicated Recovery Staff Members
- Dedicated Space
- Recovery Scholarships
- Peer to Peer Support
- Recovery House
- Social Events
- Professional and Leadership Development
- On Campus Recovery Meetings
CRC Dedicated Recovery Staff

Sarah Nerad
Program Manager
In long-term recovery

Ahmed Hosni
Program Coordinator
In long-term recovery
Characteristics of OSU’s Recovery Oriented System of Care

1. Accessible services that engage and retain people seeking recovery
   I. Services are included in tuition costs (unless referred to treatment off campus)
   II. Students who choose abstinence are celebrated and supported
   III. Recovery is attractive

2. A continuum of services rather than crisis-oriented care
   I. Prevention-Intervention-Treatment-Recovery vs Treatment
   II. SBIRT through ScreenU

3. Care that is age- and gender-appropriate and culturally competent
   I. Services customized to individuals based on age, length of sobriety etc.
   II. Activities designed to engage young adults

4. Where possible, care in the person’s community and home using natural supports.
   I. Creating and fostering a supportive community of young people in recovery on campus
   II. Providing a sober living environment through the Recovery House at Penn Place
   III. Inviting and welcoming supportive friends and family to events on campus
Current Dedicated CRP Space

1230 Lincoln Tower

Amenities include:
• Coffee station
• Computers
• Prayer/meditation room
• Lounge area
• Media room
• Kitchenette
• Group project space
• Lockers
• Access to staff
• Arts & craft room
Recovery House at Penn Place

- Opened Fall 2014
- Can hold 28 students
- Accountability and Support
- “Residence hall experience”
CRP Signature Events

Annual CRC Orientation
CRP Signature Events

Annual CRC Graduation Dinner
CRP Signature Events

Scarlet, Gray and Sober Tailgates
CRP Signature Events

Party at the Park
CRP Programming

- Peer to Peer Support
- On-Campus Support
- Group Meetings
- Monthly Social Events
- Monthly Community Lunch
CRP Programming

• Leadership and Professional Development

• CRC Student Leadership Board

• Clean and Sober Fellowship
CRP Programming

- Recovery Tracks
- Individualized Recovery Plan
- MAT services through campus partnerships
- Advocacy, Information and Referrals
CRP Programming

• Sober Spring Break Trip
• Service Opportunities
• Ohio State Alumni in Recovery Mentor Program
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2. Know the definition of Collegiate Recovery Programs (CRP’s) and their effectiveness

3. Understand Ohio State's CRP and its approach to wellness and recovery
Higher Education Center
for Alcohol and Drug Misuse Prevention and Recovery

The Ohio State University
College of Social Work
College of Pharmacy
Office of Student Life
Thank you!

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