Road to Recovery:
Establishing a Collegiate Recovery Community (CRC) at LSU

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Louisiana Center Addressing Substance Use in Collegiate Communities (LaCASU)
Agenda

I. Scope of the Problem
II. “Best Practices” Recommendations
III. Current Capacity
IV. The Case for a CRC
V. Benchmark Comparisons
VI. Recovery Student Reflections
VII. Next Steps
I. Scope of the Problem
Why Now?

- Student Arrests
- Suspensions/Expulsions
- DWIs and MIPs (Minor in Possession)
- Substance-related Withdrawals
## Select Factors:

<table>
<thead>
<tr>
<th>Factor</th>
<th>LSU</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-Day Alcohol Use</td>
<td>77.3%</td>
<td>68.6%</td>
</tr>
<tr>
<td>Underage Drinking</td>
<td>69.9%</td>
<td>60.3%</td>
</tr>
<tr>
<td>Binge Drinking (5 or more drinks in &lt;2 hours)</td>
<td>46.6%</td>
<td>42.8%</td>
</tr>
<tr>
<td>30-Day Marijuana Use</td>
<td>22.4%</td>
<td>18.8%</td>
</tr>
<tr>
<td>30-Day Other Illegal Drug Use</td>
<td>10.9%</td>
<td>6.0%</td>
</tr>
</tbody>
</table>
Thought I might have a drinking or other drug problem

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.9%</td>
<td>12.8%</td>
<td>10.4%</td>
<td>13.2%</td>
<td></td>
</tr>
</tbody>
</table>

LSU 2013 Core Survey Results
Tried unsuccessfully to stop using

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tried</td>
<td>6.7%</td>
<td>4.4%</td>
<td>4.7%</td>
<td>4.8%</td>
</tr>
<tr>
<td>unsuccessfully to stop using</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
II. “Best Practices” Recommendations
What is a Collegiate Recovery Community (CRC)?

“...a nurturing, affirming environment in which individuals recovering from addictive disorders can find peer support while attaining a college education.” (The Center for the Study of Addiction and Recovery, Texas Tech University)
38 Assets For Building Collegiate Recovery Capacity

- Established by Transforming Youth Recovery
- Based on Community-wide assets
- Data derived from 2014 survey of CRCs
38 Assets For Building Collegiate Recovery Capacity

• Three-tiered approach
  • 8 Critical Assets for Beginning
  • 14 Additional Assets for Service & Support
  • 16 Contributing Assets for Sustainability
III. Current Capacity
<table>
<thead>
<tr>
<th>8 Steps</th>
<th>Yes</th>
<th>No</th>
<th>Partially</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dedicated support staff</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Influential campus advocates for students in recovery</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Mutual Aid support groups on &amp; off campus (AA, NA, Celebrate Recovery, Teen Challenge, Etc.)</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>On campus capacity to provide off campus referrals</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical space for students to socialize safely</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Physical space for students to gather and meet</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Students in recovery &amp; who are interested in a CRC</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Students in recovery &amp; who are interested in mentoring other students in recovery</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Recovery Community Life Cycle

<table>
<thead>
<tr>
<th>Notion</th>
<th>Establishment</th>
<th>Maturity</th>
<th>Sustainability</th>
</tr>
</thead>
<tbody>
<tr>
<td>You are cultivating a small group of students to build a recovery community.</td>
<td>You have a community of students in recovery and are making new relationships to support those students.</td>
<td>You have a formalized collegiate recovery program and community.</td>
<td>You have a formalized collegiate recovery program and are building coalitions to extend the influence of the community.</td>
</tr>
</tbody>
</table>

- ✔ 8 Critical Assets
- ✅ 14 Additional Assets
- 16 Sustainable Assets

*Transforming Youth Recovery, Revised June 2014.*
IV. The Case for a CRC
Negative Implications for Retention:

• Students reporting grade ranges from C-F, reported the following usage rates:
  • 75% - Alcohol Use
  • 25% - Marijuana Use
  • 13% - Illegal Drug Use

All data reports 30-Day Use from 2013 Core Survey Results
Benefits of a CRC:

• Peer Tutoring
  • CRC Average GPA range of 3.4-3.6
    • Source: The Center for The Study of Addiction and Recovery, Texas Tech

• Retention Rate
  • 95% for CRC students
    • Source: Association of Recovery in Higher Education
Benefits for Recruitment:

• 43% of students in recovery reported CRC presence as the reason for choosing an institution.
  
  • Source: The Center for The Study of Addiction and Recovery, Texas Tech

• Nearest program: 200 miles

• Would be 1st in state
Beyond improving the chances of academic success and retention, these programs have the potential to save lives, shift perceptions on campus and reduce stigma, which will in turn allow more students to seek help.

- Chris Brownson,

Associate VP for Student Affairs at UT Austin
Implications for Funding:

• The Story of “Jane Doe”
• Missed Grant Opportunities
Congratulations are in order!!!
Seeds of Hope Award!!!
V. Benchmark Comparisons
Flagship Institution Comparison: 18

- Ohio State University
- Penn State University
- Rutgers University
- SUNY – Albany
- University of Alabama
- University of Colorado
- University of Florida
- University of Georgia
- University of Massachusetts
- University of Michigan
- University of Mississippi
- University of North Carolina
- University of Nebraska
- University of Nevada
- University of Oregon
- University of Texas
- University of Vermont
- University of Wyoming
SEC Institution Comparison: 6

- Mississippi State University
- University of Alabama
- University of Florida
- University of Georgia
- University of Mississippi
- Vanderbilt University
Peer Institution Comparison: 2

- University of Georgia
- Mississippi State University
UGA Students:
• Actively participate in a 12-step recovery program and attend weekly meetings
• Have active sponsor support
• Actively participate in community service projects
• Show commitment to long-term recovery as evidenced by at least 6 months of continuous sobriety
• Attend weekly CRC meetings designed to support personal, professional, and educational growth
• Show a commitment to academic success and graduation

Source: Collegiate Recovery Community (CRC), University of Georgia
VII. Next Steps
This initiative is an investment in student success, student health and student safety. We want to prevent students from getting into trouble in the first place, but if they do get into trouble, we want to make sure they have a place to go that will provide the resources to get them back on track.

- Steve Hicks,

*Vice Chairman, UT System Board of Regents*
Moving Forward with the “8 Critical Assets”

- Workgroup Assembly
- Student Involvement
- Institutional Support
Fall 2015 Programming Options

• Dedicated space for students in recovery
• Student Leadership Opportunities
• Recovery Conferences, Summits, Social Activities & Retreats
• Recovery Walk
• Recovery First Tailgates
We want to make sure every student, in whatever condition that they come, can be individually successful all the way to graduation. No one should have to choose between recovery and a college degree!

Patrice Salmeri,

Director, StepUp®, Augsburg College

President, Association of Recovery in Higher Education (ARHE)