Vision Forum
November 2017
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

A voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship. – Betty Ford Institute

Being honest with myself. Handling negative feelings without using drugs or alcohol. Being able to enjoy life without drinking or using drugs like I used to. A process of growth and development. Reacting to life’s ups and downs in a more balanced way than I used to. Taking responsibility for the things I can change. –”What is Recovery” study
Recovery is

- 10% of American adults

- Approximately 1350 students at Carolina including 2% of freshman and 4.5% of transfer students in Fall 2017.

- 39% of students who know someone with an alcohol or drug problem, including 9% who have a parent or sibling with addiction.

Source: Alcohol Edu Survey #1 (August 2017)
Collegiate Recovery

Is a campus-based “recovery friendly” space and a supportive social community to enhance educational opportunities while supporting students’ recovery and emotional growth.

Can include sober housing, recovery support meetings, counseling, academic and social support.

Fits into the continuing care paradigm of a “recovery management” system but models vary substantially from one campus to another.

Participants achieve higher GPAs, faster progress to graduation, and lower relapse rates than non-participants.

Source: ARHE https://collegiaterecovery.org/the-collegiate-recovery-movement-a-history/
Growth of Collegiate Recovery

Transforming Youth Recovery Grants begin

Programs
Efforts


0 20 40 60 80 100 120
Timeline of Gamecock Recovery

Recovery support effort begins.

2012 Groups travel to Texas Tech.
2013 Transforming Youth Recovery grant

2014-2016 CoSW provides interns one day per week.

Newsletter & social media created.
Surveys & focus groups conducted
Bi-weekly meetings begin.

Fall 2016 CRP Workgroup Created

Full needs assessment conducted.
Outreach to interest through Alcohol Edu.
Website created.
Marketing materials created & distributed during Orientation.
Strom 301 space repurposed.

Fall 2017 Funding for Graduate Assistant.

Grant from DAODAS.
Regular activities established.
Full-time Coordinator position requested.
Fall 2016 Needs Assessment

• Workgroup of faculty, staff and students in recovery.

• Conducted online survey and focus groups.

• Visited College of Charleston and University of Georgia’s programs.

• Explored national research, best practices, and programs at peer and aspirant institutions.
2016 Needs Assessment Results

Students in recovery reported:

• feeling isolated.
• wanting to feel more connected to each other and the Carolina community.
• stigmatizing statements from both peers and faculty.
• need for education about addiction and recovery across campus.

<table>
<thead>
<tr>
<th>Possible Programs &amp; Services</th>
<th>Interest</th>
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</thead>
<tbody>
<tr>
<td>Social Events</td>
<td>86%</td>
</tr>
<tr>
<td>On Campus 12 Step Meetings</td>
<td>71%</td>
</tr>
<tr>
<td>Scholarships</td>
<td>71%</td>
</tr>
<tr>
<td>Tutoring or Academic Support</td>
<td>71%</td>
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<tr>
<td>Space to hang out/study</td>
<td>57%</td>
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<tr>
<td>Access to a mentor/supportive staff member</td>
<td>57%</td>
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<tr>
<td>Service Opportunities</td>
<td>57%</td>
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<tr>
<td>Peer Support/Mentorship</td>
<td>57%</td>
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Benchmarking

In SEC:
- 50% of schools have recovery programs with professional staff: UA, Auburn, UF, UGA, UK, Ms State, and Vanderbilt.
- MS and Mizzou have efforts with graduate student staff.
- AR, LSU, TN, and TX A&M have efforts without staff.

In South Carolina:
- College of Charleston has a program with a director.
- Clemson has an effort without staff.

Structure:
- CRP part of Health & Counseling Center: UF, UGA, UA, AR, LSU, Clemson
- CRP part of Health/Wellness office within Student Affairs: Auburn, UK, MS, Ms State, Mizzou, UT, TX A&M, Vanderbilt, C of C, UNC
CURRENT EFFORTS
Institute of Medicine (IOM) Continuum of Care Protractor

Point of diagnosis

PREVENTION

TREATMENT

MAINTENANCE

Universal

Selected

Indicated

Case Identification

Universal (Populations)

Addresses the entire population
Health enhancing for those at risk and those not at risk

Selected (Sub-Groups)

Targets subsets of the population considered at risk by virtue of their membership in a given segment of the population

Indicated (Individuals)

Targets individuals who are exhibiting early signs of problem behaviors

Compliance with Long-term Treatment (Goal, Reduction in Relapse & Recurrence)

1994 — Institute of Medicine full continuum of care model for mental health
Substance Abuse Prevention & Education
University of South Carolina Student Life

Universal Prevention
- Carolina Community Coalition
- Education (including Alcohol Edu)
- Peer Engagement
- Alcohol Event Registration

Selective Prevention
- Freshmen
- Fraternity & Sorority Members
- Athletes

Indicated Prevention & Case Identification
- STIR Counseling & Psychiatry
- Behavioral Intervention Team
- First Year Analytics

Treatment for Identified Disorders
- Off-campus Resources

Recovery Support
- Gamecock Recovery

Based on the Institute of Medicine’s Mental Health Intervention Spectrum: https://www.samhsa.gov/prevention
The mission of Gamecock Recovery is to promote a healthy environment and lifestyle for students in recovery at the University of South Carolina. Gamecock Recovery seeks to ensure that all students in recovery can achieve student success by creating a nurturing campus and community environment.

**Goals:**

- To provide appropriate support for students in recovery to assist them in creating a successful collegiate experience.
- To shape a nurturing campus environment for students in recovery through education and advocacy in order to increase retention and graduation of these students.
- To build a sustainable collegiate recovery program with established institutional support and funding.
Program Activities

- **Study and hangout space** in the SAPE office in Strom 301B.
- **Student staff** to provide support, manage social media, and plan events.
- **Consultation** with parents, students and treatment providers seeking information about entry or re-entry into the university as a student in recovery.
- **Online support** through social media and a monthly newsletter.
- **Regular social events** (coffee, dinner, etc).
- **Alcohol-free Tailgate** on Greene Street
- **What’s Up Wednesdays**, 5-8pm in Strom 301B.
FUTURE OF GAMECOCK RECOVERY
Spring 2018

- Full time coordinator position requested.
- Engage students in program activities.
- Implement ally education program.
- Large scale campus events (Momentum Series, speakers, films).
- Explore options for improved space.
- Increased marketing through Orientation, campus publications, presentations, video, etc.
- Continue to provide opportunities for students to participate in national and regional conferences and retreats.
2018-2019

Expand program activities, including weekly community meeting, service opportunities, and campus events.

Increase recovery support with on-campus meetings, including 12 step, SMART Recovery, ACOA and affected groups, etc.

Develop recovery coaching program for peer leaders.

Increase scholarship opportunities for Gamecock Recovery members.

Explore campus policy changes, including support for re-admitted students, transfer students, early registration, etc.

Network with local treatment providers and sober living facilities.
2019-2020 and beyond

Expand program activities, based on student participation and identified needs, research, and best practices.

Explore options for academic credits through Gamecock Recovery.

Provide advocacy, education, and policy change recommendations based on on-going assessment and student experiences.

Continue to expand visible ally program and marketing.
How Can You Help?

- Provide feedback and suggestions.
- Connect students in recovery to the program.
- Talk about recovery publicly to educate others and reduce stigma.
- Contribute your talents and resources.
- Sponsor an event or student to travel to a retreat or conference.
Thanks for your support!