



# 38 ASSETS

## For Building Collegiate Recovery Capacity

These assets reflect the potential college-specific people, places, and groups that can be assembled into practices to help students in recovery thrive in the fullness of the college experience.

The categories reflect findings from the 2015 Collegiate Recovery Asset Survey completed by ninety-one collegiate recovery programs and efforts in the United States.

The 9 assets that are critical to starting any collegiate recovery effort.

The 20 additional assets that are essential to serve and support students in recovery.

The 9 assets that can contribute to a sustainable community of students in recovery.

## Lifecycle of a Recovery Community

### Notion

You are cultivating a small group of students to build a recovery community.

### Establishment

You have a community of students in recovery and are making new relationships to support those students.

### Maturity

You have a formalized collegiate recovery program and community.

### Sustainability

You have a formalized collegiate recovery program/community and are building coalitions to support that community.



## These are the 9 assets that are viewed as critical to starting any collegiate recovery effort.

- Individuals available for 1:1 recovery support (coaching, guiding, supporting, mentoring).
- Individuals who are dedicated staff for a collegiate recovery program (faculty, staff, students; full or part-time).
- Individuals who are influential within the University and/or in the broader community and are interested in advocating for students in recovery.
- Mutual aid support groups near or on campus for students in recovery (i.e. AA, NA, GA, and other 12-Step meetings in addition to groups such as Celebrate Recovery, SMART Recovery, eating disorder recovery, Teen Challenge, etc.).
- Physical space for students to get together socially, soberly, and safely (organized meals, dances, bowling or other age-appropriate activities).
- Physical space that is dedicated for students in recovery to gather and meet.
- Organizations, departments and services that a collegiate recovery program can refer students to if they need outside services (treatment centers, mental health professionals, counselors, psychologists, etc.).\*
- Organizations, departments and services that can refer students to a collegiate recovery program (judicial affairs, academic counselors, mental health counselors, treatment centers, etc.).
- Students in recovery who are interested in growing the recovery community on-campus.

*\* Based on responses to the 2015 Collegiate Recovery Asset Survey, this asset has been updated to clarify meaning and intended application.*



## The 20 additional assets that are essential to serve and support students in recovery.

- Appropriate and protective housing options for students in recovery (sober roommates, floors, buildings, etc.).
- Individuals available to assist with fundraising in support of a collegiate recovery program (i.e. write grants, solicit donations, run fundraisers, etc.).
- Individuals from the collegiate recovery program who have graduated and are interested in supporting students in recovery.
- Individuals in student residential settings who are trained to identify potential addiction issues.
- Individuals licensed or trained to support both mental health (ADHD, anxiety, depression, etc.) and substance use disorders (alcohol and other drugs).
- Individuals trained as drug and alcohol counselors in the areas of addiction and recovery.
- Individual who can help students in recovery build self-efficacy (confidence, social skills, budgeting, general life-skills, etc.).
- Individuals who can provide students in recovery with academic guidance (i.e. tutoring, counseling, etc.).
- Individuals who can serve as positive mentors (professional, recovery, or as a general role model) for students in recovery.
- Organizations, departments and services that can help students meet basic needs (food, safe shelter, etc.).
- Organizations, departments and services that can provide operational support to a collegiate recovery program (endowments, foundations, University departments, institutional funds, etc.).
- Organizations, departments and services that can provide the general population (students, faculty and staff) with education and training to increase understanding of substance use disorders and recovery (presentations, newsletters, events, orientations, new hire training, etc.).
- Organizations, groups and clubs that can provide students in recovery access to recovery resources in the broader community (support programs, counseling, housing, etc.)\*
- Organizations, groups and clubs that facilitate involvement in community service, philanthropy and civic engagement (speaking at high schools, service projects, etc.).
- Organizations, groups and clubs that have an interest in supporting students in recovery (i.e. community, religious or school organizations).
- Organizations, groups and clubs that help students enhance their physical health and wellness (nutrition information, fitness programs, health screenings, stress and anxiety, meditation, etc.).
- Organizations that promote awareness of collegiate recovery beyond the University (peer groups, government programs, research, associations, etc.).
- Students in recovery who are interested in mentoring other students in recovery (vocational, recovery, or as a general role model).
- Students in recovery who are trained to lead and facilitate groups.
- University support for students in recovery in the form of funding, promotion, recognition, and/or staff assignment.

*\* Based on responses to the 2015 Collegiate Recovery Asset Survey, this asset has been updated to clarify meaning and intended application.*



## And 9 more assets that can contribute to a sustainable community of students in recovery.

- Departments within the University involved in or supporting ongoing research on addiction and recovery.
- Departments within the University that offer courses on subjects related to addiction and recovery for course credit.
- Individuals from medical services (medical doctors, psychiatrists, psychologists and other licensed counselors) available to provide students in recovery with medical treatment (prescriptions, referrals, etc.) specific to mental health (ADHD, anxiety, depression, etc.) and substance use disorders (alcohol and other drugs).
- Individuals from the university community (alumni, parents, advocates) interested in supporting students in recovery.
- Individuals interested in recovery who can use their personal network within the broader community to help students in recovery to find vocational opportunities (such as internships, sponsored research, etc.).
- Individuals who can provide students in recovery with legal assistance (i.e. consultation for referrals, expungement of records, etc.).
- Individuals who can provide students in recovery with spiritual guidance where spiritual guidance is defined as the exploration of personal values and development of a purpose-driven life.
- Organizations, groups and clubs that enable students to gain and practice leadership skills (through internships, community service, mentoring, through participation in student-led organizations, etc.).
- Organizations that provide financial assistance for students in recovery (scholarships, grants, etc.).

## PARTICIPATING COLLEGIATE RECOVERY PROGRAMS/EFFORTS

Name of Institution	Name of Collegiate Recovery Program/Effort	Year Started	Characterized as endorsed by institution	Undergraduate students served last semester (Fall, 2014)	Graduate students served last semester (Fall, 2014)	Number of staff and volunteers dedicated to CRP/E	Returning or new respondent to survey
Arkansas State University	Red Wolves Recovery Community	2014	Yes	5-10	0-5	12	Returning
Auburn University	Auburn Recovery Community	2011	Yes	5-10	0-5	1	Returning
Boise State University, Health Services, Counseling	SOBER (Students & Other Broncos Enjoying Recovery)	2013	No	10-15	0-5	3	Returning
California State University, Long Beach	Beach Recovery	2013	Yes	5-10	0-5	2	New
California State University, San Bernardino	(None)	2013	Yes	5-10	0-5	7	Returning
California State University, Stanislaus	Warriors For Recovery	2014	No	0-5	20-25	1	New
Central Washington University	Central Washington U. Recovery Outreach Community	2015	No	0-5	0-5	6	New
Colorado State University-Pueblo	Healing from Addiction through Resouces and Teachings	2014	Yes	0-5	0-5	2	New
Dalton State College	Dalton State Collegiate Recovery Community	2013	Yes	0-5	0-5	0	Returning
Drexel University	The Haven at Drexel	2013	Yes	25-30	5-10	6	New
Fairfield University	Collegiate Recovery Program	2013	Yes	10-15	0-5	17	New
Florida Atlantic University	Collegiate Recovery Community at FAU	2014	Yes	5-10	5-10	27	Returning
George Mason University, Mason's Wellness, Alcohol and Violence Education and Services	All Recovery for Mason Students	2014	Yes	10-15	0-5	2	New
George Washington University	Students For Recovery (Student organization)	2012	Yes	15-20	0-5	2	New
Georgetown University	GU College Recovery Program	2014	Yes	0-5	0-5	4	New
Hampden-Sydney College	H-SC Collegiate Recovery	2014	Yes	0-5	0-5	3	New
Idaho State University	Collegiate Recovery Program	2014	Yes	0-5	0-5	2	New
Indiana University Bloomington	Students in Recovery-Bloomington	2014	No	5-10	0-5	12	New
Kennesaw State University	KSU Collegiate Recovery Community	2007	Yes	50+	5-10	3	Returning
Longwood University	Longwood Recovers	2013	Yes	5-10	0-5	1	Returning
Louisiana State University	(None)	2014	No	5-10	0-5	4	New
Loyola University Maryland, The Office of Student Support and Wellness Promotion	Cardoner Recovery Community	2014	Yes	0-5	0-5	0	New
Maryville University	Maryville University Collegiate Recovery Community	2013	Yes	0-5	0-5	2	New
Michigan State University, Student Health Services	Traveler's Club/ MSU Collegiate Recovery Community	2013	Yes	5-10	0-5	3	Returning
Mississippi State University	MSU Collegiate Recovery Community Program	2013	Yes	5-10	0-5	2	Returning
Missouri State University	SoBEAR: Bears in Recovery	2014	Yes	10-15	0-5	5	New
Montana State University	Recovering Students at MSU	2013	No	0-5	0-5	3	Returning
Morehead State University	MSU Collegiate Recovery Effort	2013	Yes	0-5	0-5	11	Returning
North Carolina Central University	NCCU AOD Collegiate Recovery	2013	No	0-5	0-5	18	Returning
North Carolina State University	Collegiate Recovery Community	2014	No	0-5	0-5	1	New
North Dakota State University	NDSU Recovery Support Services	2014	Yes	5-10	0-5	8	New
Northern State University	Student Wellness Action Team (SWAT)	2010	No	0-5	0-5	11	New
Ohio University	RISE	2012	Yes	5-10	0-5	20	New
Oregon State University	Collegiate Recovery Community	2013	Yes	10-15	0-5	1	Returning
Pace University, New York City	(None)	2013	Yes	10-15	5-10	3	Returning
Penn State University	Penn State Collegiate Recovery Community	2011	Yes	15-20	5-10	2	New
Portland State University	CRC - Collegiate Recovery Community	2015	No	0-5	0-5	1	New
Saint Joseph's University	The Flock	2014	Yes	10-15	0-5	4	New
Saint Louis University	(None)	2012	No	5-10	0-5	7	Returning
San Diego State University	SDSU Collegiate Recovery Program	2014	Yes	10-15	0-5	2	New
Schreiner University	Schreiner Recovery Effort	2014	No	0-5	0-5	7	New
Southern Methodist University (SMU)	Collegiate Recovery Community (CRC)	2012	Yes	0-5	0-5	2	New
Southern Oregon University	CORE: Community of Recovery in Education	2010	Yes	10-15	0-5	8	New
St. Cloud State University	St. Cloud State University Recovery Community	2012	Yes	15-20	0-5	1	Returning
Stony Brook University	Seawolves for Recovery	2012	Yes	0-5	0-5	7	Returning
Sweet Briar College	Smart Recovery	2014	Yes	0-5	0-5	8	New

The Ohio State University	The Ohio State Collegiate Recovery Community	2013	Yes	25-30	10-15	4	Returning
The University of Mississippi	Collegiate Recovery Community at The U. of Mississippi	2010	Yes	5-10	0-5	2	Returning
The University of New Mexico	UNM/COSAP Collegiate Recovery Program	2015	No	0-5	0-5	4	New
The University of Texas at Arlington	Center for Students in Recovery	2013	Yes	20-25	15-20	8	Returning
The University of Texas at Austin	The Center for Students in Recovery (CSR)	2004	Yes	50+	50+	43	Returning
The University of Texas at Brownsville	UTB Collegiate Recovery Program	2014	Yes	5-10	0-5	13	New
The University of Texas at Dallas	Center for Students in Recovery	2014	Yes	20-25	0-5	4	New
The University of Texas at El Paso, UTEP University Counseling Center	UTEP Collegiate Recovery Program	2014	Yes	10-15	0-5	2	New
The University of Texas at San Antonio	Center for Collegiate Recovery at UTSA	2013	Yes	15-20	0-5	4	New
The University of Texas at Tyler	Center for Students in Recovery	2013	Yes	0-5	0-5	3	Returning
The University of Texas Rio Grande Valley, Counseling and Psychological Services	Zen Recovery Center	2014	Yes	30-35	0-5	7	New
University at Albany, SUNY	University at Albany Collegiate Recovery Program	2013	Yes	25-30	15-20	6	New
University of California, Berkeley	SoBears: Students for Recovery	2014	Yes	10-15	0-5	2	New
University of California, Los Angeles, UCLA Counseling & Psychological Services	Bruins for Recovery (B4R)	2014	Yes	15-20	5-10	3	New
University of California, Merced	Bobcats for Recovery	2015	Yes	0-5	0-5	8	New
University of California, Riverside	The Loft: Collegiate Recovery Community	2011	Yes	5-10	0-5	3	Returning
University of California, Santa Barbara	Gauchos for Recovery	2012	Yes	15-20	0-5	1	Returning
University of California, Santa Cruz	Slugs for Health and Growth	2013	Yes	40-45	0-5	1	Returning
University of Connecticut	UConn Recovery Program	2013	Yes	10-15	0-5	2	Returning
University of Delaware	Collegiate Recovery Community at UD	2014	Yes	0-5	0-5	10	New
University of Florida	UFCRC (U. of Florida Collegiate Recovery Community)	2013	Yes	0-5	5-10	3	New
University of Houston	Cougars in Recovery	2013	Yes	25-30	0-5	1	Returning
University of Massachusetts Boston	UMass Boston Recovery Support Program	2013	No	10-15	0-5	1	Returning
University of Michigan	U-M CRP	2009	Yes	5-10	5-10	8	Returning
University of Missouri, Columbia	Sober In College	2014	Yes	25-30	0-5	2	New
University of Nebraska Omaha	UNO Recovery Community	2014	Yes	5-10	0-5	7	New
University of Nebraska-Lincoln, Counseling and Psychological Services	(None)	2014	Yes	5-10	5-10	5	New
University of Nevada, Reno	Nevada's Recovery and Prevention Program (NRAP)	2011	Yes	50+	0-5	4	Returning
University of North Carolina, Chapel Hill	Carolina Recovery Community	2012	Yes	15-20	5-10	8	New
University of North Carolina, Charlotte	UNC Charlotte Collegiate Recovery Community (CRC)	2012	Yes	10-15	0-5	1	Returning
University of North Carolina, Wilmington	CRC Hawks	2013	Yes	20-25	0-5	1	Returning
University of North Dakota	Been There Done That Group	2011	No	25-30	0-5	1	Returning
University of North Texas	UNT Collegiate Recovery Program	2013	Yes	50+	15-20	3	New
University of Redlands	The Haven Collegiate Recovery Community	2014	Yes	50+	0-5	1	New
University of South Carolina	(None)	2013	Yes	0-5	0-5	3	Returning
University of Vermont	Catamount Recovery Program	2010	Yes	15-20	0-5	0	New
University of Virginia, Gordie Center for Substance Abuse Prevention	Hoos in Recovery	2006	Yes	5-10	0-5	2	Returning
University of Washington	Health & Wellness	2013	Yes	20-25	5-10	6	Returning
University of Wisconsin-La Crosse	La Crosse Collegiate Recovery	2014	Yes	0-5	0-5	2	Returning
University of Wisconsin-Madison, University Health Services	Live Free - Student Wellness and Recovery	2014	Yes	10-15	0-5	3	New
University of Wyoming	Collegiate Recovery Program at University of Wyoming	2013	Yes	5-10	0-5	2	New
Virginia Commonwealth University	Rams in Recovery	2013	Yes	10-15	0-5	3	Returning
Wake Forest University	WFU Collegiate Recovery Effort	2014	Yes	0-5	0-5	1	Returning
Western Carolina University, WCU Counseling and Psychological Services	Catamounts For Recovery	2014	Yes	0-5	0-5	3	New
Winona State University	WSU Recovery Warriors	2014	Yes	0-5	0-5	11	New