



**MISSISSIPPI STATE UNIVERSITY™**  
COLLEGIATE RECOVERY  
COMMUNITY

## **COLLEGIATE RECOVERY COMMUNITY**

Replication Model  
Mississippi State University's Collegiate Recovery Program

### **ABSTRACT**

The Collegiate Recovery Community offers comprehensive support services for recovering students by embracing a wellness approach. Choosing to focus on recovery enhancement as the best way to prevent recurrence of use allows the CRC to provide the programs and initiatives needed to enhance a student's recovery program. The following information is intended to assist partners in this recovery work.

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# Table of Contents

<b>History of Mississippi State University’s Collegiate Recovery Program .....</b>	<b>3</b>
<b>Introduction.....</b>	<b>4</b>
<b>Collegiate Recovery on the College Campus.....</b>	<b>5</b>
Collegiate Recovery Advocacy .....	6
Collegiate Recovery Program Strategic Initiative Proposal .....	8
Alcohol and Other Drugs Policies and Procedures .....	21
MSU Strategic Plan 2020 .....	23
<b>Development Materials .....</b>	<b>29</b>
Mississippi State University Board of Advisors Bylaws .....	30
Collegiate Recovery Community Introductory Student Program .....	34
Mississippi State Collegiate Recovery Program Application .....	38
Sample Protection Plans .....	53
<b>Initiatives.....</b>	<b>56</b>
Constitution of Mississippi State Students About Service 2018-19 .....	57
Recovery Night Basics .....	62
Collegiate Recovery Program Assessment of Experiences .....	65
Marketing Materials.....	66
<b>References and Additional Readings .....</b>	<b>70</b>

# History of Mississippi State University's Collegiate Recovery Program

Leah Pylate

The Mississippi State University (MSU) Collegiate Recovery Program (CRP) has its roots in health promotion and counseling. During 2012, several meetings took place between community members, directors in student affairs, and administrators of the university. These meetings were helpful to better understand the needs of MSU students and to progress to the establishment of a program on campus. Also, in 2012, MSU hosted the first Southeastern Collegiate Recovery Community Summit, which has grown over the years to include multiple schools in the southeastern region of the United States. The summit is now hosted at a different school each year and provides opportunities for continuing education as well as networking for those involved in collegiate recovery efforts.

In 2012, the Department of Health Education and Wellness grew to include additional areas of wellness such as mental health and collegiate recovery. This included hiring an assistant director to assist and oversee the administration of programming related to sexual assault and violence prevention, mental health, and collegiate recovery areas. In January 2013, the first Collegiate Recovery Community Coordinator was hired and immediately began working towards a CRC plan for the university in moving forward. In the spring of 2013, after an initial plan was created and approved, a working advisory board was established to help steer the CRC. Additionally, MSU received a seed grant from the Stacie Mathewson Foundation to help establish a recovery program. The MSU CRC opened its doors to students in the fall semester of 2013, and the first programming began. This was a learning time for the CRC as it was in its infancy and growing!

In the fall of 2014, the CRC relocated to a new office, on the edge of campus, which was once occupied as faculty/staff housing. This relocation provided a stand-alone gathering space for CRC students and office space for the department. It was also during this time the CRC went through a phase without an on-site coordinator. Many people contributed to the continuation of the CRC at that time including staff, community members, and the CRC advisory board.

In the summer of 2015, a new coordinator was hired, and many excellent pieces of work began to take shape. What followed was an exciting time of development and growth for the program. As the CRC has continued to advance during the last several years, new initiatives of programming have emerged. Some of these include scholarship fundraisers, a new CRC introductory program that complimented the scholarship program, an online distance program, multiple recovery speakers, family weekends, newsletters, updated materials, and other activities to encourage and support students in recovery. Mississippi State Students about Service was created, and the CRC students have taken their story to schools in the community, delivered books to area prisons through book drives, and attended multiple conferences, summits, and activities.

Through the years, the CRC continues to evolve and grow, seeking to meet the needs of the MSU students. While the CRC started small, with just a handful of students, the community has seen growth in programming, student development, and support across campus. These efforts would not be possible without those who have contributed time, money, and other resources to sustain and grow this important program. Through a dedicated advisory board, programming staff, community support, administrative support, and continual development, the CRC will continue to provide for students in recovery and the community in which it resides.

## Introduction

### Mission

The Collegiate Recovery Community promotes courage, hope, and citizenship in order to support students in recovery from alcohol, drugs and all process addictions.

### Vision

The Collegiate Recovery Community provides the all-inclusive college experience, helping students in recovery achieve success and excellence academically, professionally, and spiritually.

### Goals

- Promote quality, sustainable recovery for students through comprehensive recovery support services.
- Educate recovering students, Mississippi State University as a whole, and the community at large about the disease of addiction and effective methods for recovery.
- Be of service to the University, state, and local community.
- Help recovering students develop the resiliency required to be successful in their academic, professional, and social lives.
- Contribute to research on addiction and the recovery process.
- Work to change the social environment which stigmatizes those in recovery from drugs, alcohol, and all process addictions.



# Collegiate Recovery on the College Campus

## Collegiate Recovery Advocacy

Thomas Guerra & Blake Schneider

### History

Collegiate Recovery has a rich and fresh history with pioneering programs starting as early as 1977 and 1986, but more recently the majority having been created in the past 10 years. Programs at Brown University, Rutgers University, Texas Tech University, and Augsburg University led the way and paved the road so that many Collegiate Recovery Communities (CRC's) and Collegiate Recovery Programs (CRP's) may adopt and adapt their models for their own campuses. The movement has gained still more national recognition recently with the Office on National Drug Control Policy releasing a call to action statement in 2018 for all Institutions of Higher Learning (IHL) to disseminate recovery support and resources to their students. As of current there are approximately 190 programs nationwide, ranging from startup efforts to full-fledged centers of research and recovery. A total of 87 programs were started between 2013-2017 with innumerable amounts of students supported as a result. While we are still namely a grassroots movement, every day we become a bit more affixed on college campuses near and far.

### Fast Facts

- SAMSHA (2016) reported that 1 in 6 young adults between the ages of 18-24 met criteria for a substance use disorder and needed treatment.
- Of those, only 7.2% received specialized care, and an overwhelming 92.8% received no formal treatment (Brown, Ashford, Heller, Whitney, & Kimball, 2018).
- Data from the Collegiate Recovery Community at Texas Tech University suggests that its members have higher graduation (70% compared to 60%) and higher GPAs than the general student body (3.18 compared to 2.93) (Harris et al., 2008; Laudet et al., 2014).
- Nationwide, CRPs have reported relapse rates as low as 4- 8% (Bugbee, Calderia, Soong, Vincent, Arria & 2016).
- Data collected from CRPs nationwide show a GPA average of 3.5 compared to a 2.4 national average. Nationwide, CRPs have almost a 90% graduation rate compared with a 61% institution-wide graduation rate (Laudet, 2013).

### Association of Recovery in Higher Education Info

With recovering students at the heart of what we do, ARHE fosters the growth of collegiate recovery through the provision of institutional standards, support, and professional development. ARHE supports and advocates for the continued growth and expansion of collegiate recovery, acts as the accrediting body for collegiate recovery and provides professional community and development opportunities for collegiate recovery leadership and staff.

### Collegiate Recovery is...

Supportive of abstinence-based recovery, a comprehensive support program for students in recovery, housed within IHL's that confer degrees, led by ethical and qualified staff, collaborative and supportive of ethical treatment providers, inclusive and accessible, peer support and community centered, and free to all students.

## Collegiate Recovery is not...

Treatment or a substitute for treatment, for profit or housed outside of an IHL, meant to be a posterior component of a department.

## Importance & Prevalence

Students in recovery are challenged by a college environment that offers easy access to drugs and alcohol and promotes a student culture of alcohol and drug misuse (Perron et al., 2011). A necessary condition for students in recovery to be successful in college is having a supportive network of peers and access to support services. By offering campus support through a CRP for those students with substance use and other addictive disorders, universities can play a critical role in recurrence of use prevention and will have the potential to directly impact student success, engagement, resiliency, and retention as is evident in measured outcomes of existing CRPs that report higher graduation rates than the general student body, increased GPAs, and promisingly low relapse rates (Bugbee, Calderia, Soong, Vincent, & Arria 2016). Addiction is a deadly disease of which claims hundreds of thousands of lives around the globe each year - when students start dying due to the disease of addiction it not only fails the mission of the university but also fails our greater mission as sentient beings to help those in need. In sum, collegiate recovery is in the business of saving, sustaining and enhancing student lives - if you are looking for a field that is here to stay and filled with compassion, love, redemption, resiliency, support and success, look no further, Collegiate Recovery is here.

# Collegiate Recovery Program Strategic Initiative Proposal

Thomas Guerra & Blake Schneider

*The following pages are intended to be used as a template. This template can be used as a guideline when developing a Collegiate Recovery Program Strategic Initiative Proposal.*

## Overview

A Collegiate Recovery Program (CRP) is a package of supportive services offered at institutions of higher education that provides safe, understanding learning environments for enrolled students in recovery from substance misuse or dependency. A CRP facilitates a supportive environment within the campus culture that reinforces the decision to disengage from addictive behaviors. A CRP is designed to support educational opportunities alongside recovery support to ensure that students do not have to sacrifice one for the other.

- *Recovery is not just abstaining from all mind-altering substances (i.e., sobriety), but also includes embracing a positive view of wellness and personal growth (Betty Ford Institute, 2007; Laudet, 2007).*
- *Recovery is generally seen as a process, rather than a cure, and therefore requires ongoing support and effort to sustain (Harris, Baker, & Cleveland, 2010).*

The primary components of collegiate recovery programs are:

- Mutual aid support groups near or on campus for students in recovery;
- Dedicated space on campus for students to gather socially, participate in sober activities, and experience peer recovery support in a safe environment;
- Institutional acceptance and support of the CRP and the academic goals of students in recovery;
- Staff, recovery coaches, counselors, and/or student leaders dedicated to the collegiate recovery program and recovery support.

CRPs are increasingly receiving attention and support at the state and national level. Most universities provide prevention by information dissemination, workshops for fraternities and sororities, and screening for substance use, anxiety and depression. On the treatment side, more developed Collegiate Recovery Programs provides Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Recurrence of use Prevention counseling, mindfulness training, amongst other therapeutic modalities. On a basic level CRPs provide recovery support, recovery coaching, recovery-centered events, and on-campus meetings.

Of the (number) universities in the (state) University System, (number) have included some level of collegiate recovery on their campuses. The (state) Board of Governors has been paying particular attention to drug and alcohol issues on (state) campuses and are guiding a shift in the collegiate student experience towards healthy and responsible choices related to alcohol and other drug use to support lifelong health and well-being among students, implement best practices focused on prevention and early intervention, and support students with non-drinking/non-drug using lifestyles.

According to the National College Health Assessment 1% of college students reported being diagnosed and/or treated for substance abuse (drugs & alcohol) within last 12 months. That

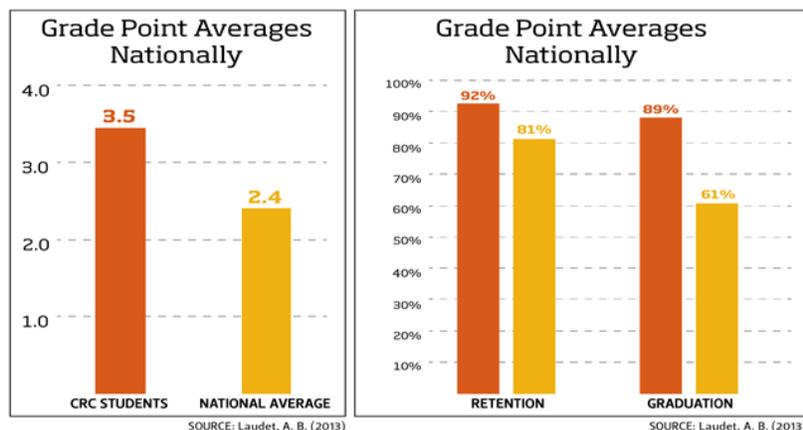
equates to over (number) students at (university). 3% of all students reported that alcohol use interfered with academic performance (lower exam grade, lower course grade, unable to complete course) within last 12 months. That equates to over (number) students at (university).

Substance use problems cause significant impairments in the lives of university students including health problems, social and family problems, and failure to meet major responsibilities at work and school. In a national survey, SAMSHA (2016) reported that 1 in 6 young adults between the ages of 18-24 met criteria for a substance use disorder and needed treatment. Of those, only 7.2% received specialized care, and an overwhelming 92.8% received no formal treatment (Brown, Ashford, Heller, Whitney, & Kimball, 2018). Lack of access to treatment and supportive resources coupled with persistent stigma prevents many young adults from receiving the help they need. College substance use leads to falling behind in studies, missing classes, lower grade point averages, prolonged college enrollment, and lower graduation rates due to drop out. These consequences directly conflict with our universities' current mission identified in (university)'s Strategic Plan, where (university) asserts to "strategic plan language regarding student support" and "strategic plan language regarding student development" by helping students at high risk of drop out, including minority students, and first-generation students (cite University Strategic Plan if applicable). A recently completed NIH-funded multi-site longitudinal study evaluated the psychosocial factors associated with increased college student drinking over the course of four years. The study found that positive peer norms about alcohol consumption were linked to transitioning to higher risk drinking (Turrisi, R., Hultgren, B., Reavy, R., Cleveland, M., Larimer, M., Geisner, I., & Hospital, M., 2015). This highlights the need for interventions and programs aimed at college students' beliefs regarding alcohol intake, campus alcohol norms, and sober support for the pivotal transition into college and throughout the college years.

### Data on Collegiate Recovery Programs

Research shows that collegiate recovery programs contribute to both better academic outcomes and successful recovery. Data from the Collegiate Recovery Community at Texas Tech University suggests that its members have higher graduation (70% compared to 60%) and higher GPAs than the general student body (3.18 compared to 2.93) (Harris et al., 2008; Laudet et al., 2014). They have reported relapse rates as low as 4- 8% (Bugbee, Calderia, Soong, Vincent, Arria & 2016). Data collected from CRPs nationwide show a GPA average of 3.5 compared to a 2.4 national average. Nationwide, CRPs have almost a 90% graduation rate compared with a 61% institution-wide graduation rate (Laudet, 2013)

#### Collegiate Recovery Community (CRC) National GPA, Retention and Graduation Averages



Students in recovery are those that have a history of problematic substance use and are working to maintain a life of sobriety (Perron et al., 2011). When living with a substance use or other addictive disorder, recovery is a long process that requires modification, maintenance, and commitment in every avenue of life, including academic life, rendering college students vulnerable to academic and social pressures. Recovery is a voluntary commitment from the individual, but maintenance of recovery is highly dependent on accessible support, acceptance, and resources available in everyday environments and communities. A number of studies have examined the unique challenges faced by students in recovery in college environments and the essential role that peer-to-peer networks and social supports play in supporting the social and academic needs of students in recovery (Brown, Ashford, Heller, Whitney, & Kimball, 2018). Challenges that students in recovery face include establishing social networks, accessing and cultivating peer-support, overcoming barriers to healthy peer relationships, and balancing the demands of sobriety and academic responsibilities (Harris, Baker, Kimball, & Shumway, 2008).

Directly in line with (university)'s goals to retain students and increase graduation rates, the establishment of the Collegiate Recovery Program will provide institutionalized support to students who are in recovery from substance use or other addictive disorders as they work to complete their degrees. This program will make thriving in recovery at (university) possible by acknowledging that recovery is indeed an option that is both available and institutionally supported for students with substance use and other addictive disorders. The (university) CRP will foster student leadership, provide campus outreach, and will provide students in recovery a community of inclusion, peer support, guidance from mentors, social activities, and educational assistance through academic mentoring, tutors, and peers.

The overall objective of the (university) Collegiate Recovery Program is to provide resources and social support to aid students in or interested in recovery in their academic performance, retention, progression, and ultimately graduation. Based on the evidence that sobriety is highly dependent on accessible support, acceptance, and resources available in everyday environments and communities, this CRP will be designed to do the following:

1. Increase (university)'s capacity to support its students in recovery from alcohol or substance use disorders by:
  - a. Linking existing resources on campus to provide a network of prevention and access to resources (e.g., AOD task Force, Disability Office, Counseling Center, Student Conduct, Student Health, LGBTQ Initiatives, Veterans Office); and
  - b. Connecting students living in recovery with an inclusive, compassionate and diverse (university) community which includes linking students to academic resources and counselors (advisors, mentors, and career specialists) and supportive faculty and staff who are aware of recovery resources.
2. Establish activities and curriculum for those students in or interested in recovery by:
  - a. Organizing and hosting sober social activities, wellness events, and service opportunities to engage students and increase the visibility of the recovery community;

- b. Offering programming to help students integrate the principles of recovery into their daily lives, including 12-step meetings conveniently located on campus; and
  - c. Creating a program for those living in recovery which provides priority enrollment, individual coaching, access to lounge space and scholarship opportunities, on-site support from staff and peers, life skills trainings, coping and stress management workshops in order to build resilience to stressful events that might otherwise trigger recurrence of use and to develop skills to establish healthy and supportive relationships.
3. Create a strong environment of acceptance of prevention, recovery, and addiction in the overall student body to help reduce stigma and ultimately increase opportunities for prevention by:
    - a. Conducting prevention outreach efforts through social media campaigns and campus outreach; and
    - b. Organizing and hosting prevention education forums and awareness events for the overall student body to increase the education and understanding among the university community about addictions and effective strategies for the prevention and successful long-term treatment of its consequences.

### Why Does (University) need a CRP?

(University) is the (number) largest public university in (state/region/nation) with a current enrollment of (number) students (cite university sources). On average, 30% of all U.S. college students meet criteria for substance use disorder; extrapolated to (university), this means that over (30% of enrollment) students at (university) may meet the criteria for a substance use disorder (Knight et al., 2002). The establishment of a CRP can potentially save (university) an estimated tuition revenue of up to \$(30% enrollment x cost of tuition) by retaining students that would otherwise drop out of college due to substance use (Harris et al., 2005). Students who remain involved in the (university) CRP will save on tuition that would otherwise be lost due to recurrence of use and dropout (Ashford et al, 2018). The savings are even greater when out-of-state students are included in the calculations. Furthermore, students who remain in recovery will not escalate financial and societal costs associated with crimes, lawsuits, and substance use disorder related healthcare (SAMHSA, 2015).

Located in (city/region/state), (university) students are exposed to a reality of high rates of drug and alcohol use, drug trafficking, and related societal, economic, and health issues. Today, over 150 other colleges and universities around the country have existing Collegiate Recovery Programs on their campuses (Transforming Youth Recovery, 2016; Association of Recovery in Higher Education, 2016). It is imperative that (university), a (research/land-grant, social justice, urban, etc.) university in (city), becomes an established center and leader for service provision and research among CRPs. As a part of the institutionalization of this CRP, we will incorporate program evaluation to track retention, progression, and graduation, collect programmatic data that examines relationships between student engagement with recovery and success, and become a leading contributor to research surrounding the implementation of CRPs.

The existing infrastructure and capacity to support students in need of substance misuse and disorders at (university) is, simply, not sufficient. Currently, on (university)'s campus, the (Counseling Center/Health Center/etc.) is the only place where students can receive services and treatment for substance misuse. (Counseling Center/Health Center/etc.), however, refers a

handful of students to outside community-based organizations. By funding this Strategic Initiative for the establishment of the (university) Collegiate Recovery Program, (university) will be providing additional, critically important tools and resources for students currently in need and falling through the proverbial cracks. This program will also serve to alleviate some of the existing service burden that falls on (Counseling Center/Health Center/etc.) faculty and staff. Furthermore, support from the university can help shape university norms about drinking and using drugs and can breakdown stigma associated with substance use disorders. In establishing the (university) CRP, (university) will be serving its students in need and, in return, (university) will gain healthy students who feel accepted and supported by their institution and will be encouraged and required to give back through university engagement and service.

### Established CRP Programs at Other Universities

Across the U.S., there are numerous programs that are leaders in the field of collegiate recovery. A few exemplars are:

- Texas Tech University (established 1986)
- University of Texas - Austin (established 2004)
- Kennesaw State University (established 2007)
- The Ohio State University (established 2013)

Texas Tech University holds one of the most established CRPs in the country. In an effort to provide a standard for CRPs, Texas Tech University developed a curriculum designed to replicate versions of its program adapted to fit within other colleges and universities in the United States (Smock et al., 2011). Funded by SAMHSA and the Department of Education, the curriculum, entitled *Making an Opportunity on Your Campus: A Comprehensive Curriculum for Designing a Collegiate Recovery Community* (Harris et al., 2005), has been distributed to more than 500 colleges and universities throughout the United States. The curriculum of (University)'s CRP will be based on this model of practice (Harris, K. S., Kimball, T. G., Casiraghi, A. M., & Maison, S. J., 2014). We will align all activities and procedures with other established CRPs (Laudet, Harris, Winters, Moberg & Kimball, 2014).

### Connecting University & Community Resources

Established (university) institutional involvement that provides financial support, space and credibility will create the foundation necessary for an effective (university) CRP. The (university) CRP, through the support of (university)'s Strategic Initiative, and in partnership with various existing (university) student servicing programs on campus, such as (university)'s (Counseling Center/Student Success Center/Alcohol and Drug Prevention Task Force), will implement collaborative, evidence-based strategies that are currently being implemented in other CRPs across the country. For example, to address situations in which a student(s) displays evidence of co-morbid behavioral addiction, we will adopt an integrated approach to promoting recovery and healthy functioning (Laudet, Harris, Kimball, Winters, & Moberg, 2015) that includes involving multiple existing resources on campus. Furthermore, because those students with substance use and other addictive disorders will likely overlap with other existing (university) programs such as the Veterans Program, we will align and complement our services with (university)'s existing support service programs as needed.

University Departments/ Resources	Community Resources
<ul style="list-style-type: none"> <li>• Office of Student Affairs</li> <li>• Health Promotion and Wellness</li> <li>• Housing and Residence Life</li> <li>• Alcohol and Other Drug Taskforce</li> <li>• Counseling Services</li> <li>• Veteran and Military Affairs</li> <li>• Multicultural Affairs</li> <li>• Office of Public Affairs</li> <li>• University Foundation</li> <li>• Student Support Services</li> <li>• Healthy Living Program</li> <li>• Student Conduct and Conflict Resolution</li> <li>• Academic Advising</li> <li>• Dean of Students Office</li> <li>• College of Public Health</li> <li>• Social Work Department</li> <li>• Psychology Department</li> <li>• Athletics</li> </ul>	<ul style="list-style-type: none"> <li>• Association of Recovery in Higher Education</li> <li>• Alcoholics Anonymous</li> <li>• Narcotics Anonymous</li> <li>• SAMHSA BRSS-TACS</li> <li>• (Insert local treatment resources)</li> </ul>

The (university) CRP will also utilize community resources to ensure that every student is given the opportunity to get the proper care they need. Students who are actively enrolled and are assessed to need a higher level of care by the (university) CRP, will be appropriately referred to intensive services. Students who are transitioning from a higher level of care will be supported in their transition back to school through the CRP. Community treatment centers such (insert local treatment center and recovery resources) cater to students with substance use disorders and are possible referrals for students who need a higher level of care. Treatment centers are commonly using CRPs as a step-down level of care for students. These centers will work directly with the CRP to ensure a smooth transition from university to treatment and back to the university.

### Sustainable Funding

Funds acquired from the (university) Foundation Fund will allow for private donors, alumni, faculty, and students to help build and sustain the (university) CRP. Donations will allow for faculty, students and college supporters to donate to a specific unit in the college. (Include plans here if feasible).

Additionally, grant funding opportunities become regularly available for collegiate recovery programs and we intend to apply for multiple grants to continue to assist with offsetting operational costs. (Include more information here if applicable).

## Direct Benefits to (University) & the Surrounding Community

Students in recovery are challenged by a college environment that offers easy access to drugs and alcohol and promotes a student culture of alcohol and drug misuse (Perron et al., 2011). This creates challenges for students who want to be open about their recovery status. A necessary condition for students in recovery to be successful in college is having a supportive network of peers and access to support services. By offering campus support through a CRP for those students with substance use and other addictive disorders, universities can play a critical role in recurrence of use prevention and will have the potential to directly impact student success, engagement, resiliency, and retention as is evident in measured outcomes of existing CRPs that report higher graduation rates than the general student body, increased GPAs, and promisingly low relapse rates (Bugbee, Calderia, Soong, Vincent, Arria & 2016).

Anticipated benefits at (university) are not limited to only academic performance benefits but will also have positive spillover benefits on our students' home and family life, work life, and ultimately, community engagement and contribution. Although the goal of the CRP is to support and strengthen students in their recovery and to help them succeed academically, the larger objective for CRPs is for graduating students to take what they learn in terms of recovery and academics and to apply these concepts as they move onto the greater professional workforce and become ambassadors of (university) CRP in the community at large.

This (university) CRP will establish and recognize the unique challenges and experiences of those students in recovery and will contribute to a well-rounded and highly capable (university) student body by recognizing and assisting some of our most vulnerable students; (including marginalized groups, ethnic minority groups, first generation students, veterans, student athletes, etc.) (cite University source). The (university) Collegiate Recovery Program will foster student leadership, provide campus outreach and will provide students in recovery a community of inclusion, peer support, guidance from mentors, social activities and educational assistance through academic advising, tutors, and peers.

Lastly, though the target population for the Collegiate Recovery Program are those students (undergraduate and graduate) who are in recovery or pursuing recovery as an option, faculty and staff will also benefit. Students and faculty who are the family, friends, or loved ones of people with substance use disorders will learn and receive support as well through educational forums and open support meetings. All will be welcome to attend open recovery events, socials, educational forums, as well as selected open 12-step meetings. This program has the potential to impact every individual on our university's campus and shape the norms around substance use and other addictive disorders.

### Risks

If this request cannot be supported and funded, the potential risk to the university is immense. Please see the attached letter of support from the White House Office of National Drug Control Policy, U.S. Department of Health and Human Services, and U.S. Department of Education. In the letter, the university is asked to consider adding a Collegiate Recovery Program to the tools available on campus to support our students. The risk to the university lies in not being able to provide the institutionalized support for substance use and other addictive disorders to students. Without an institutionalized supportive recovery program, academic performance will be affected: GPAs will be lower and the risk of dropout higher among some of our most vulnerable students. Students who are in recovery will be at greater risk of recurrence of use and harm without visible and coordinated resources and available and accessible peer support. Last, without support and

linkage to resources for recovery, those who suffer from drug, alcohol, and other harmful behavioral addictions, will be more at risk of fatal overdose. Thus, the risks are immense, can ultimately be fatal, and are indicative of the great and timely need for this Collegiate Recovery Program.

The implications of not addressing students having a substance use disorder include:

- Lower grades
- Missed classes
- Higher dropout rates
- Higher risk for injuries
- Risk of overdose
- Higher risk for STIs
- Higher risk of sexual assaults
- Higher risks for violence

### (University)'s Collegiate Recovery Program

(University)'s CRP will provide resources to students in recovery, similarly to the manner in which the Veterans Office provides resources to student veterans. (University)'s CRP will be in a central location on campus such as the (campus building/union/standalone building, etc.) or (campus building/union/standalone building, etc.). The space will consist of a lounge area, coffee/refrigerator area, and office space. The lounge area will have couches, chairs, tables, and computers. The lounge area will be used for holding meetings, events, and for students to drop in at any time of the day. Students can study, have fellowship with other students, or just relax in the lounge when meetings are not being held. Students will be able to connect with other students in recovery throughout the day as well as meet with staff to discuss recovery, academics, or any other personal issues. Coffee will be available throughout the day and students can have lunch in the lounge. Multiple meetings will be held in the lounge area every week. The office space will be used by the program director, program coordinator, and graduate assistants. The CRP will be accessible to all members with key card access. Programming curriculum will consist of weekly seminars in the lounge area that will qualify for college credits. The seminar topics will include recurrence of use prevention, wellness, leadership, mindfulness, boundaries, communication, and more. See Appendix for examples of CRP spaces.

In sum, by supporting the implementation of a Collegiate Recovery Program at (university), the university will not only be serving (university)'s most vulnerable students, but also significantly contributing to creating an environment that minimizes the appeal of problematic drinking and drug use and will exemplify a commitment of support to our diverse student body. (University) will also be joining a distinguished group of universities who are on the leading edge of this important issue.

## Budget Justification

### Personnel

1. Program Director (To Be Hired Year One) (100% FTE)
  - a. Responsibilities include but are not limited to:
    - i. Facilitate weekly support group meetings
    - ii. Meet with students individually to discuss recovery planning and provide coaching services
    - iii. Meet with students to discuss academic goals and refer to campus partners if necessary, for scholastic assistance
    - iv. Maintain relationships between the recovery program at the University and the greater surrounding community along with state, and national communities
    - v. Supervise program coordinator
    - vi. Supervise graduate assistants
    - vii. Determine program parameters
    - viii. Manage the CRP center and ensure effective personnel coverage at the office
    - ix. Raise funds for program development
    - x. Establish a structure and oversee peer-to-peer activities
    - xi. Design and implement program evaluation measures
    - xii. Collaborate with campus entities to provide AOD education and awareness
    - xiii. Instruct workshops and educational opportunities for students in recovery
    - xiv. Create marketing and other publications pertaining to recovering students
    - xv. Generate internal reports
    - xvi. Host program recruiting seminars
    - xvii. Market program to potential donors
    - xviii. Assist in the resolution of conflicts and crises that may emerge between students
  
2. Program Coordinator (To Be Hired Year One) (100% FTE)
  - a. Responsibilities include but are not limited to:
    - i. Assist with marketing and recruitment of students to the CRP
    - ii. Assist the program director
    - iii. Assist in the development of marketing materials
    - iv. Coordinate activities and programs for students in recovery
    - v. Facilitate students in seeking and maintaining relationships with AA groups, sponsors, mentors and other support for their recovery process
    - vi. Provide information on CRP to other students interested in recovery
    - vii. Assist in the resolution of conflicts and crises that may emerge between students
    - viii. Serve as a liaison to area treatment centers, recovery high schools and 12-step groups
    - ix. Assist with ongoing day-to-day operations of the CRP
    - x. Supervise graduate assistants
  
3. Graduate Assistant (To Be Hired Year One) (2)
  - a. Responsibilities include but are not limited to:

- i. Serve as a peer advisor for students in recovery
- ii. Coordinate activities and programs for students in recovery
- iii. Serve as a resource to students for available on campus resources or making appropriate referrals)
- iv. Perform administrative tasks for CRP
- v. Maintain recovery space
- vi. Maintain research data for CRP
- vii. Assist students in application process

## Operating Expenses

- 1. Programming
  - a. Seminar held weekly with curriculum on recovery, recurrence of use prevention, wellness, mindfulness, family, and spirituality.
- 2. Special Events
  - a. Sober Tailgates
  - b. Celebration of Recovery Night
  - c. Fellowship Dinners/Lunches
  - d. Overdose Awareness Day
  - e. CRP Graduation Dinner
- 3. Office Supplies
  - a. Paper, ink, staplers, pens, etc.

## Facilities/Equipment

- 1. Furniture
  - a. Couches, folding chairs, refrigerator, desks, tables, dry erase boards, filing cabinets (specifics to be determined based on space provided)
- 2. Computers
  - a. PC computers, printers, copy machine, fax, phone, and internet

## Network/Consultation

- 1. Promotional Items
  - a. Flyers, shirts, pens, etc. - promotional items will be used for outreach to university and local community
- 2. Memberships
  - a. Association of Recovery in Higher Education (ARHE) - The Association of Recovery in Higher Education (ARHE) is the only association exclusively representing collegiate recovery programs (CRPs) and communities (CRCs), the faculty and staff who support them, and the students who represent them.

3. Travel
  - a. National ARHE Conference- Yearly conference in which students, staff, researchers, and recovery allies meet.
  - b. Student Leadership Summit - Yearly leadership conference for students held in Keystone, CO.
  - c. Southeastern Collegiate Recovery Program Conference - Yearly conference for CRPs in the southeastern region of the U.S.

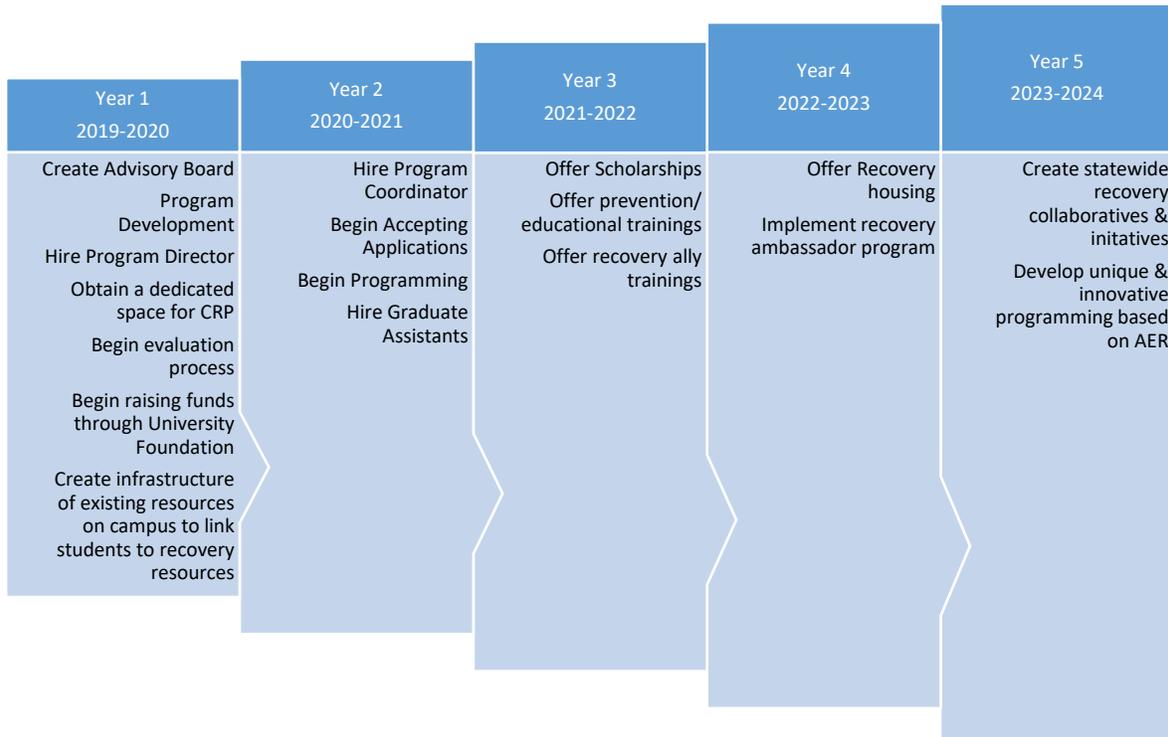
## Other Materials & Supplies

1. Meeting Supplies
  - a. Coffee machine, coffee, coffee supplies, cups, etc.
  - b. Podium, microphone, and speakers
  - c. Medallions and meeting chips
2. Recovery Literature
  - a. Alcoholics Anonymous books, pamphlets, and posters
  - b. Narcotics Anonymous books, pamphlets, and posters
  - c. Refuge recovery books, pamphlets and curriculum
  - d. Smart Recovery books, pamphlets and curriculum
  - e. Marijuana Anonymous books, pamphlet
3. Scholarships
  - a. Scholarships will be awarded to the top performing CRP students in recovery.
  - b. Scholarships will be awarded to the most active students involved in the CRP.
  - c. Basic scholarships will be awarded to all CRP students that are accepted into the program.

## Collegiate Recovery Program Timeline

School Year	2019-2020			2020-2021			2021-2022		
Semester	Fall	Spring	Sum	Fall	Spring	Sum	Fall	Spring	Sum
<b>Development</b>									
Develop criteria for involvement	X								
Develop application	X								
Website creation	X	X							
Advisory Board Development	X	X	X						
Programming development	X	X	X	X	X	X			
<b>Implementation</b>									
Education/prevention forums						X	X	X	X
Seminar Curriculum		X	X	X	X	X	X	X	X
Academic advising				X	X	X	X	X	X
Social Media Outreach	X	X	X	X	X	X	X	X	X
Counseling				X	X	X	X	X	X
Overdose Awareness	X			X			X		
AA Meetings	X	X	X	X	X	X	X	X	X
NA Meetings	X	X	X	X	X	X	X	X	X
All-Recovery Meeting	X	X	X	X	X	X	X	X	X
Sober Tailgates	X	X	X		X	X	X	X	X
Sober Social Activities		X	X	X	X	X	X	X	X
Wellness events		X	X	X	X	X	X	X	X
Peer to peer support			X	X	X	X	X	X	X
Accept Applications		X	X	X	X	X	X	X	X
<b>Sustainability</b>									
Counseling referrals	X	X	X	X	X	X	X	X	X
AOD Taskforce participation	X	X	X	X	X	X	X	X	X

Dedicated Space		X	X	X	X	X	X	X	X
Scholarships							X	X	X
Recovery housing							X	X	X
Foundation Fundraising	X	X	X	X	X	X	X	X	X
Program Director		X	X	X	X	X	X	X	X
Program Coordinator				X	X	X	X	X	X
Graduate Assistants		X	X	X	X	X	X	X	X
<b>Evaluation</b>									
Determine evaluation indicators	X	X	X	X	X	X	X	X	X
Develop evaluation tools	X	X	X	X	X	X	X	X	X
Process evaluation	X	X	X	X	X	X	X	X	X
Outcome evaluation	X	X	X	X	X	X	X	X	X



## Alcohol and Other Drugs Policies & Procedures

MSU Coordinated Community Response Work Group

Santee Ezell-Johnson, Montello Hobley, Emmitt Johnson, Janae Robinson, & Blake Schneider

### Evidence Based Exigence for Structured AOD Support Policies

- A quarter of college aged students meet the medical criteria for a substance use disorder (Harris, Kimball, Casiraghi, & Maison, 2014).
- In 2008 over 20,000 students enrolled in higher education entered treatment for a substance use disorder, and that number continues to grow (SAMHSA, 2012).
- With a supportive environment, such as a CRC, a minimum of 50% of students who seek help for their substance abuse issues could be retained and supported in their recovery (Harris et al., 2005).
- As the number of college students experiencing substance abuse problems continues to grow a variety of strategies are necessary in response to support students (Laitman & Lederman, 2008).
- A continuum of care model has emerged on campuses that include recovery support (Laudet, Harris, Kimball, Winters & Moberg, 2014).

### Possible Programs to Strengthen AOD Continuum of Care

- AOD Treatment Team comprised of various key campus constituents (CCR Working Group if applicable) communicating regarding AOD offenses on campus.
- Website portal for students experiencing AOD consequences to refer to that clearly outline policies, procedures and resources on campus (checklist of actionable items available for student).
- Prevention Education Alcohol/Drug workshops available to student organizations and departments on campus (fee based). I.E. Alcohol 101, Marijuana 101, Other Drugs 101.
- Educational Alcohol/Drug class tailored to students presenting AOD concerns, co-facilitated by AOD Treatment Team.
- Formalized sanctions policy clearly outlined for students experiencing AOD consequences on or off campus.
- Push card with information regarding campus resources and contacts designed for students that come into contact with key campus partners (Police, SCS, DOS, GAIN, CRC).
- Regularly scheduled meeting open to campus partners discussing campus trends regarding arrest/AOD issues.
- Either Alcohol EDU/EChug or ScreenU be required for all incoming freshman and transfer students.
- Mentoring program (facilitated by GAIN/CRC) in order to connect at risk students with individuals that can assist in the development of their well-being, cultivation of identity and healthy decision making.
- Staffed Back on Track/Student Care Team that facilitates all above procedures and offers comprehensive programming and life skills necessary to service students that are at risk with AOD concerns.

## Proposed Supports to Strengthen AOD Continuum of Care

- Push card with information regarding campus resources and contacts designed for students that come into contact with key campus partners (Police, SCS, DOS, GAIN, CRC).
  - Needed: Design card with information and print for key campus partners.
- Regularly scheduled meeting open to campus partners discussing campus trends regarding arrest/AOD issues.
  - Needed: Chief of police already conducts meeting with DOS - other staff join and/or have a more focused meeting pertaining to AOD once a month
- Formalized sanctions policy clearly outlined for students experiencing AOD consequences on or off campus. (see table above).
  - Needed: Group meetings with upper administration (DOS) to clearly define and outline policies in conjunction and recommendation of other key constituents.
- Either Alcohol EDU/EChug or ScreenU be required for all incoming freshman and transfer students.
  - Needed: Approval from implementation from higher ups - profits could be split between departments that facilitate AOD work on campus (Prevention/SCS/DOS/CRC/Police)
- AOD Treatment Team comprised of various key campus constituents (CCR Working Group if applicable) communicating regarding AOD offenses on campus.
  - Needed: CCR AOD working group stays together and stays in touch through email communication and meetings as needed to stay in discussions about students presenting AOD concerns.
- Website portal for students experiencing AOD consequences to refer to that clearly outline policies, procedures and resources on campus (checklist of actionable items available for student).
  - Needed: Clearly outlined policies and procedures implemented first. Design to go through Marketing and SAffairs team.
- Mentoring program (facilitated by GAIN/CRC) in order to connect at risk students with individuals that can assist in the development of their well-being, cultivation of identity and healthy decision making.
  - Needed: Restructuring of GAIN already taking place - need to assess and identify mentors that would be suitable for program. CRC students could help and/or a recovery/AOD ambassador group can be started.

# MSU Strategic Plan 2020

Blake Schneider

## Budgeting

- FY 2020
- Travel

## Programming

- Seminar Fall 2019 (Goals 1, 3, 4-6)
- Seminar Spring 2020 (Goals 1, 3, 4-6)
- Sober Tailgates (Goals 1, 2, 4, 5)
- Recovery Night Fall 2019 (Goals 1-6)
- Recovery Night Spring 2020 (Goals 1-6)
- Family Weekend (Goals 1-6)

## Special Programming

- SE Fall Camping Trip (Goals 1, 3, 5, 6)
- Greek Spring Speaking Event (Goals 1-6)
- YPAA Travel (Goals 1, 3-6)
- Scholarship Breakfast (Goals 1-6)
- Back to School Social (Goals 1, 3-6)
- Graduation Celebration (Goals 1, 4-6)

## Initiatives, Collaborations & Campaigns

- PR Planning and Management (Goal 2)
- Distance Education CRC Program (Goal 2)
- Academic Affairs Collaboration (Goal 2-3)
- Greek Life Collaboration (Goal 2-3)
- Housing Collaboration (Goals 1-6)
- Orientation Collaboration (Goal 2)
- Athletic Collaboration (Goal 1, 3-6)
- EMCC Collaboration (Goal 1-5)
- Parent Support (Goal 2, 5)
- Alumni Support (Goal, 2, 5)
- MSSAS Support (Goal 2, 3)
- Recovery Month Campaign (Goal 2)
- Community Lunch (Goal 5)

## Student Affairs Goals

- 1) Students participating in Student Affairs programs, services, facilities and activities will experience growth in the following student learning objectives: leadership development, well-being, social responsibility, developing autonomy, and appreciating diversity.

- 2) The Division of Student Affairs will effectively communicate with students and respective stakeholders through the following communication and technology strategic objectives: visibility of programs, methods of reaching students, use of technology to support student success.
- 3) The Division of Student Affairs will engage students through the development and implementation of purposeful programs, services, facilities, and activities using the following student engagement strategic objectives: promote opportunities for student involvement, expand leadership development programs, develop diverse and inclusive communities, develop and improve facilities, increase opportunities for student engagement
- 4) The Division of Student Affairs will continue to improve the overall effectiveness of programs, services, facilities, and activities through the following divisional effectiveness strategic objectives: develop appropriate assessment processes, align resources to support existing and future programs, leverage technology to improve processes.

## Theory Based Recovery Goals

- 5) The number one predictor of recovery success is based on relationships formed in recovery (Ashford & Brown, 2017). The CRC will provide opportunities, services and programs in order to assist students in developing meaningful and accountability-based relationships.
- 6) There are four stages a student progresses through on their journey to Self-Authorship which is crucial to success in life after college (Baxter Magolda, 2012). The CRC will provide opportunities, services and programs in order to assist students in becoming the author of their personal story, establishing their inner voice, and cultivating (recovery) resiliency.

## Collegiate Recovery Community FY 2020 Budget

- Commodities (Programming, Expenditures, Promotional) -- \$6,500
  - Programming (Seminar Programming, Special Events) -- \$2,000
    - Seminar Programming -- \$500
    - Special Events -- \$1,500
  - Expenditures (Food: Breakfast & Community Lunch) - \$2,500
    - Food --
  - Promotional (Items/Advertisements/Print) -- \$2,000
    - Food -- \$2,000
- Travel -- \$8,000
  - Hotels, Registration, Miles, etc. -- \$8,000
    - Mississippi Opioid Summit
    - Tupelo Recovery Walk
    - YPAA Fall
    - Camp Cosby
    - SEC Tailgate
    - Rehab Visits
    - ARHE Board Meeting
    - MSSAS Prison Book Drive
    - DMH Travel
    - YPAA Spring
    - MAC Conference
    - SE CRC Summit
    - MAAP Conference
- Contractual (Advertising, Programming, Weekend Retreats) -- \$5,500
  - Recovery Campus -- \$1,500
  - Scholarship Breakfast (space/food) -- \$2,000
  - Student Weekend Retreats -- \$2,000

Total Budget -- \$20,000

**Seminar Plan for Fall 2019***Introductory Student Track*

August 26<sup>th</sup> - Semester Goal Setting  
 September 2<sup>nd</sup> - Labor Day Holiday  
 September 9<sup>th</sup> - Meeting Makers Make It  
 September 16<sup>th</sup> - Walk by Faith not by Sight  
 September 23<sup>rd</sup> - Family - (Michele Arney)  
 September 30<sup>th</sup> - Family - (Michele Arney)  
 October 7<sup>th</sup> - Does Your Life have Purpose?  
 October 14<sup>th</sup> - What Makes you Happy?  
 October 21<sup>st</sup> - Have you Helped Anyone Today?  
 October 28<sup>th</sup> - The 11<sup>th</sup> Step  
 November 4<sup>th</sup> - Gratitude for the Program  
 November 11<sup>th</sup> - Pausing while Agitated?  
 November 18<sup>th</sup> - Check-In  
 November 25<sup>th</sup> - If I knew then what I know now  
 December 2<sup>nd</sup> - Winter Break Planning  
 December 8<sup>th</sup> - CRC Graduation Celebration

*Scholarship Student Track*

August 26<sup>th</sup> - Seminar Planning  
 September 2<sup>nd</sup> - Labor Day Holiday  
 September 9<sup>th</sup> - God Box  
 September 16<sup>th</sup> - Mafia  
 September 23<sup>rd</sup> - Potluck/Check-In  
 September 30<sup>th</sup> - Refuge Meeting  
 October 7<sup>th</sup> - Art Night  
 October 14<sup>th</sup> - Batting Cages  
 October 21<sup>st</sup> - Potluck/Check-In  
 October 28<sup>th</sup> - Pumpkin Carving  
 November 4<sup>th</sup> - Movie Night  
 November 11<sup>th</sup> - Bowling  
 November 18<sup>th</sup> - Potluck/Check-In  
 November 25<sup>th</sup> - Escape Room  
 December 2<sup>nd</sup> - End of Semester Review  
 December 8<sup>th</sup> - CRC Graduation Celebration

Allotted Budget -- \$250

Potential Activities: Batting cages, Basketball, Cooking demo, Mental Health talk, Anonymous meeting, God box, etc.

**Seminar Spring 2020***Introductory Student Track*

January 6<sup>th</sup> - CFP Watch Party  
 January 13<sup>th</sup> - Semester Goal Setting  
 January 20<sup>th</sup> - MLK Day  
 January 27<sup>th</sup> - Check-In  
 February 3<sup>rd</sup> - Meeting Makers Make It  
 February 10<sup>th</sup> - Walk by Faith not by Sight  
 February 17<sup>th</sup> - Sponsorship and Steps  
 February 24<sup>th</sup> - Check-In  
 March 2<sup>nd</sup> - People, Places, and Things (SBP's)  
 March 9<sup>th</sup> - Spring Break  
 March 16<sup>th</sup> - Have you Helped Anyone Today?  
 March 23<sup>rd</sup> - The 11<sup>th</sup> Step  
 March 30<sup>th</sup> - FEAR  
 April 6<sup>th</sup> - What Makes you Happy?  
 April 13<sup>th</sup> - If I Knew Then What I Know Now  
 April 20<sup>th</sup> - Vacation/Summer Plans  
 April 26<sup>th</sup> - CRC Graduation Celebration

*Scholarship Student Track*

January 6<sup>th</sup> - CFP Watch Party  
 January 13<sup>th</sup> - Planning, Bucket List & Goal Setting  
 January 20<sup>th</sup> - MLK Day  
 January 27<sup>th</sup> -  
 February 3<sup>rd</sup> - Potluck/Check In  
 February 10<sup>th</sup> -  
 February 17<sup>th</sup> -  
 February 24<sup>th</sup> -  
 March 2<sup>nd</sup> - Potluck/Check In  
 March 9<sup>th</sup> - Spring Break  
 March 16<sup>th</sup> -  
 March 23<sup>rd</sup> -  
 March 30<sup>th</sup> - Potluck/Check In  
 April 6<sup>th</sup> -  
 April 13<sup>th</sup> -  
 April 20<sup>th</sup> - End of Semester Review  
 April 26<sup>th</sup> - CRC Graduation Celebration

Allotted Budget -- \$250

## Initiatives, Collaborations, & Campaigns

- PR Planning and Management
  - Interface with practicum student and interns in order to develop social media, digital, and print marketing that follows the three C's of Marketing (Clarity, Consistency, Constancy).
- Distance Education CRC Program
  - Launch pilot online CRC support program. Host discussion boards, weekly online seminars, provide online resources and support, along with weekly email. Aim to create a community amongst online students and connect them with on campus students as well. Execute research and assessment to drive and shape program moving forward.
- Academic Affairs Collaboration
  - Reach out and work in conjunction with Academic Affairs (FYE Courses, large lectures, prerequisite courses) to secure positions to raise awareness about the CRC in the beginning of the Fall/Spring Semester. Mobilize CRC Ambassadors to help present to classes to reach a larger scope of students.
- Greek Life Collaboration
  - Continue working with Greek Life Office/IFC/NPHC in order to create Greek Spring Speaking Event. Utilize students to make organic connections to develop a regularly recurring Greek Life Recovery Awareness program.
- Housing Collaboration
  - Continue sustained work with housing in order to develop trainings, hard and soft programming, and awareness events in order to ensure residents are aware of CRC and have assistance to respective SUD issues. Pilot off-campus CRC housing program in Fall 2019 - examine living contract, programming within community, and effectiveness of program. Look to launch on campus substance free living community in Fall 2020. Proposal completed - complete evaluation, raise awareness, integrate with CRC students and develop allyship.
- Orientation Collaboration
  - Work in conjunction with Orientation Team in order to increase awareness to all incoming Freshman and Transfer students by way of incorporating students (@ CRC Table).
- Athletic Collaboration
  - Work with incoming Assistant Director of Sports Psychology to evaluate need of recovery support for Student Athletes and develop programming tailored to them. Design and implement a non-traditional hour and a co-facilitated Athletic CRC seminar track.
- Community College (EMCC) Collaboration
  - Work with EMCC to examine and assess what sort of recovery supports could be provided on Mayhew campus in order to support students in recovery, raise

awareness of CRC at Mississippi State and streamline transfer process for graduating students of EMCC.

- Parent Support
  - Work with student ambassador to create monthly bulletin to share with parents and facilitate monthly conference call. Assess need and develop programming after initial contact with parents. Connect parents of incoming students with parents of a sustained recovering student.
- Alumni Support
  - Reach out and collaborate with graduates to assess need and want for Alumni Support. Create Facebook group or GroupMe so that Alumni can stay in touch. Invite Alumni back for larger scale programming.
- MSSAS Support
  - Work in collaboration with student organization to help them spread awareness of recovery and execute service campaigns. Potential partners/programs to contribute to: ACCESS, Brickfire, The Clairborne, Humane Society, Prison Book Drive, Student Association.
- Recovery Month Campaign
  - Develop cohesive marketing campaign to raise awareness of recovery and collegiate recovery in month of September. Work with CRC Student Ambassadors and Student Association to develop engaging and wide-reaching program(s) raising awareness regarding Collegiate Recovery.
- Community Lunch
  - Host a weekly come and go lunch for CRC students at the House. Connect with ally in recovery and increase time spent at house by students. Potential for collaborations and partnerships with other organizations helping provide meals and network.

## Development Materials

# Mississippi State University Board of Advisors' Bylaws

*The following pages are intended to be used as a template.*

## Article I

### Name

The name of the organization shall be (University) Collegiate Recovery Community Board of Advisors ("Board").

## Article II

### Purpose

The purpose of the Board is to advise, recommend and assist the administration, staff and faculty of the (University) Collegiate Recovery Community ("CRC") in achieving its stated objectives. All changes and outcomes of the board are subject to the approval of the chain of command at (University). All changes and outcomes of the board will be ratified by the chain of command at (University) by the Coordinator of the CRC and the Director of Health Promotion and Wellness. The Board can be dissolved at any time by the CRC.

## Article III

### Board Members

**MEMBERS**     Section 1. The Board shall consist of not less than five (5) but no more than twenty (20) voting members.

**EX-OFFICIO**   Section 2. The Coordinator of the CRC and the Director of Health Promotion and Wellness shall be ex-officio non-voting members of the Board. Other non-voting ex-officio members may be appointed by the Board by majority vote.

**TERM**   Section 3. Elected voting members shall serve for a term of two (2) years commencing upon the Annual Board Retreat held in July. The term of a Board member elected at any time other than the Annual Board Retreat shall be deemed to commence upon the date of their election.

**ELIGIBILITY**   Section 4. Board members shall serve a term of two (2) years to the Board. At the end of a term board members may be reappointed to the Board for another two (2) years upon their acceptance of the reappointment and a one half (1/2) quorum vote by the board members in attendance at the Annual Board Retreat held in July.

**ELECTION**     Section 5. Board members shall be elected by a majority vote of the Board at the Annual Board Retreat held in July. Similarly, a majority vote of the Board is required for board members elected at any time other than the Annual Board Retreat. This may be executed at any regular meeting of the board or through the use of e-mail communication.

**STANDING COMMITTEE APPOINTMENTS**     Section 6. Any member of the Board may appoint members outside of the Board to help support operations of specific standing committees as deemed fit and necessary by the Chair, Vice-Chair, Ex-Officio members, and Chair of the specific standing committee the non-Board member would be serve under. The term duration of an outside member to a standing committee shall be determined at their time of appointment.

**VACANCIES** Section 7. Vacancies for any vacant Board position may be filled by the Board at any Regular or Special Meeting. Members of the Board shall offer nominations to fill the vacant position. To fill a vacant position, a nominee must receive a majority of the votes of the Board.

**REMOVAL** Section 8. A Board member may be removed from the Board at a meeting called for such purpose and upon a two-thirds (2/3) majority vote of the Board. The Board member proposed to be removed from office shall be given at least thirty (30) days' notice of the removal vote. The removal notice shall state the reasons for which a removal vote is to be taken and the Board member may make a presentation, orally or in writing, before the removal vote is taken.

**RESIGNATION** Section 9. A Board member may resign from the Board by providing written notification of his or her resignation to the Chairman or Vice-Chairman.

**DUES** Section 10. CRC Advisory Board members agree to pay dues of \$10 per month or \$120 annually to the MSU Foundation CRC Scholarship Account in order to support the CRC Student Scholarship Fund. Dues will be paid at the Annual Retreat of the Board or within thirty (30) days thereafter. Students and staff are exempt from paying dues but are still strongly encouraged to give if it is within their means to do so.

**COMPENSATION** Section 11. Board members are volunteers and shall not be compensated for their work; however, they may be reimbursed for out of pocket expenses incurred in connection with their participation on the Board.

## Article IV

### Meetings

**REGULAR** Section 1. The Board shall hold its Regular Meetings on the second Tuesday of February, May, September and November, or at such other time as designated by the Chairman. The Annual Board Retreat will meet in the month of July at a time decided best by one half (1/2) majority of the Board. The Board may meet at such other time as provided in Section 2 below.

**SPECIAL** Section 2. Special Meetings of the Board may be called by the Chairman, or the Vice Chairman when acting in place of the Chairman, or by four (4) voting members of the Board, at such time and place as the person or persons calling the meeting shall fix. Special meetings may be held telephonically or electronically provided a quorum is present.

**NOTICE OF** Section 3. Members of the Board shall be notified of all Regular Meetings by the Secretary at least five (5) business days prior to the holding of such meeting. The notice shall specify the time and place of, and agenda for, the meeting. Notice of a Special Meeting shall be given at least three (3) business days prior to the holding of such meeting. The notice shall state the time, place, and purpose of the meeting. Notice may be given in person or by telephone, or may be sent by United States mail, facsimile, overnight mail, email or such other method designed to provide prompt notice, advising of the time and place of the meeting, using the address of each member as shown in the records of the Board. Notices of meetings and the requirement for advance notice as presented by this section may be waived by a majority vote of the Board. The Chairman or such other person as he or she may designate may give notices of meetings that are required to be given by the Secretary.

**QUORUM** Section 4. At all meetings of the Board, one half (1/2) of the voting membership shall constitute a quorum for the transaction of business. A Board member may be present

telephonically. A majority vote of those present and voting shall decide all questions. When a quorum is not present, the meeting may adjourn or be postponed until a quorum is present.

**ATTENDANCE** Section 5. In order to be in good standing with the Board, elected members must attend at least 80% (four out of five) of the regularly scheduled meetings per year. If a Board member misses more than one (1) meeting of the Board per year they are strongly encouraged to donate \$25 to the CRC Student Scholarship Fund for each subsequent board meeting missed.

## Article V

### Board Officers

**BOARD** Section 1. The officers of the Board shall be the Chairman, Vice Chairman, Past-Chair, and Secretary-treasurer, and such other officers the Board may from time to time designate and elect.

**TERMS OF OFFICE** Section 2. The term of office for all officers of the Board shall be for two (2) years commencing at the Annual Retreat of the Board. The Chairman and Vice Chairman shall not be elected to fill the same office for more than two (2) consecutive years.

**ELECTION** Section 3. The officers of the Board shall be elected by the Board by majority vote at the Annual Board Retreat.

**VACANCIES** Section 5. Vacancies in any unexpired officer term shall be filled by the Board after nominations for the vacant position are made and upon a majority vote of the Board.

## Article VI

### Duties of Board Officers

**CHAIRMAN** Section 1. The Chairman shall appoint the members of committees; shall be an ex-officio member of all committees, preside at regular meetings of the Board in the event the Coordinator of the CRC is not present and work in tandem with the Vice Chairman and CRC Coordinator to execute the operations of the Board.

**VICE CHAIRMAN** Section 2. The Vice Chairman shall perform all duties of the Chairman in the absence or disability of the Chairman and shall have such other duties as may be prescribed by the Board. The Vice-Chairman will serve as a Chairman-Elect, assuming the Chairman position at the end of their Vice-Chairmanship position as approved by a majority vote of the Board.

**CHAIR EMERITUS** Section 3. The Chair Emeritus will serve in an advisory manner to the board offering insights to the Chairman, Vice-Chairman, and Chairs of the subcommittees as deemed necessary and fit.

**SECRETARY** Section 3. The Secretary shall be custodian of all records of the Board and shall be responsible for the safekeeping of all such records; shall prepare the minutes of all proceedings of the Board in a book to be kept for that purpose; and shall give or cause to be given notice of all meetings of the Board and committees. The Secretary will be responsible for working in conjunction with the CRC staff in order to prepare quarterly financial reviews which will be shared at special meetings of the board as coordinated by the Chair. The Secretary shall perform such other duties as the Board may prescribe from time to time. In the interest of the Board a Student Worker or Graduate Assistant of (University) may be appointed to this position.

## Article VII

### Standing Committees

GOVERNANCE & BOARD DEVELOPMENT the Governance and Board Development Committee shall consider and propose to the Board changes to the Bylaws, shall be responsible for the structure, governance and organization of the Board, shall be responsible for evaluating the skills and experience needed on the Board and shall recommend persons to be elected to the Board.

FUNDRAISING & SPECIAL EVENTS the Fundraising and Special Events Committee shall assist the CRC in raising funds through innovative events, campaigns and otherwise for (1) scholarships for students of the Collegiate Recovery Community at (University), and (2) support of the operation and activities of the CRC. The Committee shall assist the CRC in the review of progress towards accomplishing upcoming special events, the assessment of successfulness and effectiveness thereafter and aid in the development and planning process of future programming.

## Article VIII

### Amendments

These Bylaws may be repealed or amended, or new Bylaws may be adopted, by a two-thirds (2/3) majority vote of the Board at any Regular Meeting, or at any Special Meeting called for that purpose. Proposed changes shall be submitted to the membership in the call of the meeting.

## Article IX

### Rules

Robert's Rules of Order, Newly Revised, shall govern the Board in all cases to which they are applicable and in which they are not inconsistent with these Bylaws and any special rules the Board may adopt.

# Collegiate Recovery Community Introductory Student Program

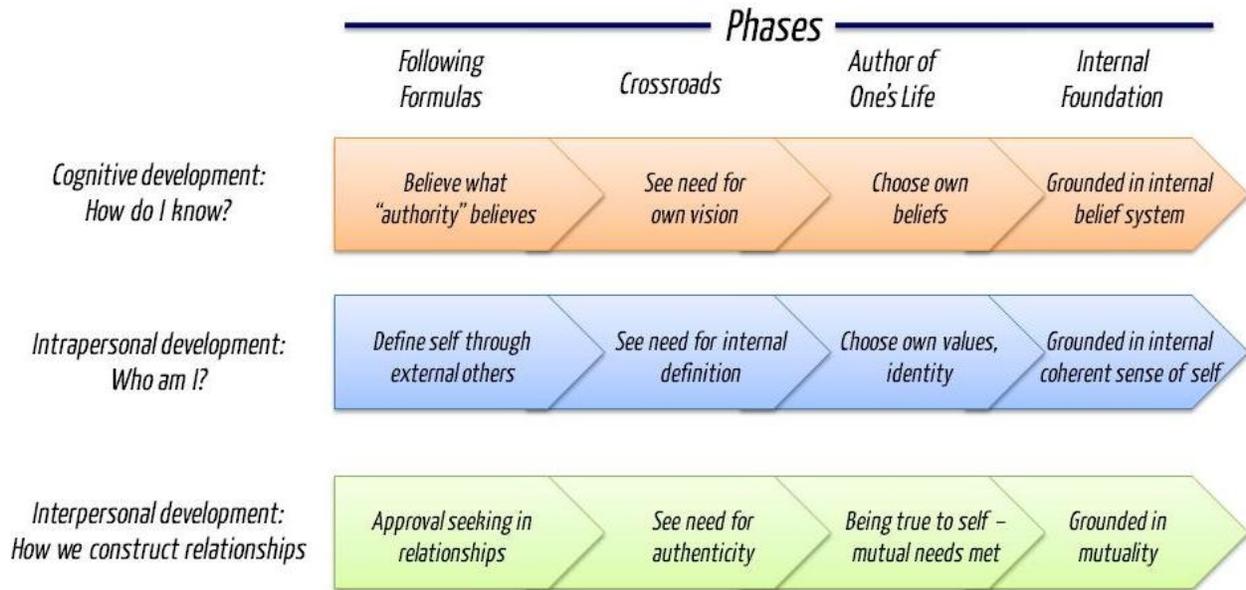
Jason Callis & Blake Schneider

## Theoretical Base

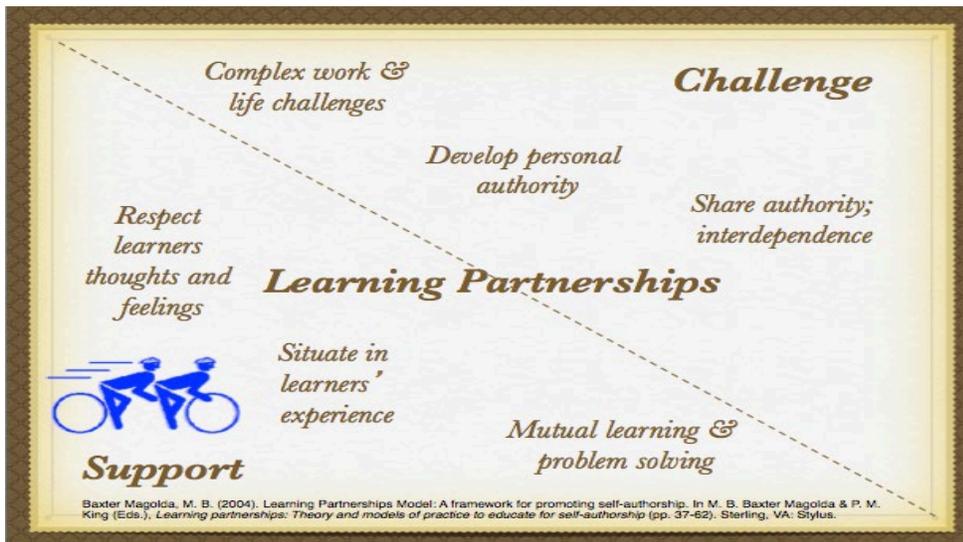
CRC Introductory Student Program will be theoretically grounded in Baxter Magolda’s Theory of Self Authorship and Learning Partnerships Model.

## Theory of Self Authorship

There are four stages a student progresses through on their journey to Self-Authorship which is crucial to success in life after college (Baxter Magolda, 2012).



## Learning Partnership Model



The Learning Partnership Model provides a useful way to guide students in their journey through the stages. The model consists of three strategies that support students so that educators can challenge the students within each strategy to help them move toward Self-Authorship (Baxter Magolda, 2004).

### Program Structuration & Integration with Scholarship CRC Students

The CRC Introductory Student Program will include three specific stages with varying levels of staff support throughout the stages.

<i>Stage</i>	<i>Staff Support</i>	<i>Mentor Support</i>	<i>Theory Baseline/ Model of Support</i>
<i>Introductory Student 'Mentee' (6 months &lt; recovery time)</i>	High level of staff support, monthly check-ins	High level of mentor contact, weekly meetings	Following External formulas Move towards crossroads/establishing inner voice
<i>Scholarship Student 'Mentor' (Mentors an Introductory Student)</i>	Lower level of staff support, quarterly check-ins  Begin to process Learning Partnership Model Implementation	Lower level of mentor support, monthly meetings	Establishing inner voice  Begin Training from staff on Learning Partnership Model  Begin using the support structures and challenges within the Learning Partnership Model in work with mentee
<i>Sustained Scholarship Student 'Mentor Trainer' (Trains new Mentors with Staff)</i>	Monthly work with staff to co-construct learning experience for mentors and mentees  Training on Leadership Partnership Model  Scenarios on how to implement	Lower level of mentor contact, bi-monthly meetings  Meets with new mentor on a monthly basis for check in	Self-Authorship Establishing and Trusting inner voice Internal Commitments  Ability to implement the support structures and challenges described in the Learning Partnership Model

## Logistics

### Training

Training on Learning Partnerships Model (LPM):

- CRC Staff introduces students to each level of support within the LPM as it would relate to a Peer Mentor Program: respecting the mentee's thoughts and feelings, acknowledge the mentee's experience, and mutual learning and problem solving with mentee.
- CRC Staff trains new mentors on how to challenge their mentee within each level of support. Based on the model this would include: affirming the level of complexity of their life decisions and discouraging simplistic solutions, encouraging the mentees to develop personal authority by listening to their own voices in making decisions, and teaching them to share authority and expertise with others to solve mutual problems.
- Though each mentee will present their own unique situation and story, CRC staff will work with each mentor to affirm and support each mentee. Once mentors are familiar with the model, and have used it for at least one semester, they have the ability to move into the mentor trainer role.

### Timeline

Fall 2017

- Initial training of first set of 'mentors'
- Training on Learning Partnerships Model

Spring 2018

- First set of 'mentees' assigned to 'mentors' at the beginning of the semester
- Peer mentorship program begins
- Baseline assessment measures given to 'mentees' and 'mentors' by HPW assessment staff
- Assessment measures given again at the end of the semester to 'mentees' and 'mentors' to assess for student outcomes

Summer 2018

- First set of 'mentor trainers' begin to train new mentors on the Learning Partnerships Model

Fall 2018

- 'Mentor trainers' begin training new 'mentors'
- New 'mentees' assigned to 'mentors'

## Staffing, Budget, & Assessment

- No additional staff or budget is needed for this program.
- Current CRC Staff will train students on the Learning Partnerships Model and Theory of Self Authorship as outlined.
- Current CRC Staff will meet with all new and current students on a regular basis as outlined in the program table.
- Graduate assistants are already in place as our numbers grow to accommodate for the amount of student meetings there may need to be.
- CRC Staff will work with Health Promotion and Wellness staff to establish what assessment of this program will look like. Demographic information will be gathered along with typical assessment data such as GPA, Retention, and Graduation Rate.
- Assessment of Self-Authorship can be difficult (Welkener & Baxter Magolda, 2014). This program will call for unique assessment tools to be implemented such as Self Portraits as outlined in Welkener and Baxter Magolda (2014). The main assessment scale that will be used is the Resilience Scale for Adults (Friborg, Hjemdal, Rosenvinge, & Martinussen, 2003) which has been used most recently in work with young adults in recovery (Dempsey & Harris, 2016).

## Mississippi State Collegiate Recovery Program Application

*The following pages are intended to be used as a template. This template can be used as a guideline when developing a Collegiate Recovery Program Application.*

There is a rolling application deadline for acceptance into the Collegiate Recovery Community at (University) and applications will be accepted year-round.

### Eligibility

- Acceptance into (University)
- Complete and Continuous Abstinence of Six (6) months from Alcohol and other Drugs and/or all Process Addictions
- Interview with CRC Faculty and Staff
- Active Participation in a Twelve-Step Recovery Program or Equivalent Recovery Program
- Commitment to Service
- Commitment to CRC Program Requirements:
  - Attend weekly Seminar Classes
  - Attend weekly Recovery Meetings
  - Attend bi-weekly “(University) Recovery Night” Meetings
  - Sign up to meet with your Academic Advisor each semester

If you are willing and able to meet the requirements for the Collegiate Recovery Community at (University) please complete the application below. If you have any questions, contact us at (phone number) or e-mail at (email).

***All inquiries are confidential.***

### Checklist for Application

- Currently applying to (University) or currently enrolled student at (University)
- Completed Collegiate Recovery Community Application
- Three (3) Letters of Recommendation from varying individuals for verification of recovery (See Recommendation Forms below- form AND a letter)
- Biographical Statement: Personal recovery story in your own words (2-3 pages)
- Clinical Interview with CRC Faculty and Staff
- Please attach a photo of yourself for filing purposes

Collegiate Recovery Community Application

Personal Information

Date: \_\_\_\_\_

Entering Semester:  Spring  Fall  Summer Year: 20\_\_

Name: \_\_\_\_\_  
Last First MI

Date of Birth: \_\_\_\_\_ Recovery Date: \_\_\_\_\_

Gender: \_\_\_\_\_ Race or Cultural Identity: \_\_\_\_\_

Phone: \_\_\_\_\_  
Cell Permanent

Email: \_\_\_\_\_ MSU Student ID: \_\_\_\_\_

How would you *prefer us to contact you*?  Phone  Email

Local Mailing Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Permanent Mailing Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Marital Status

Single  Married  Divorced  Other

If married, spouse's name \_\_\_\_\_

Children?  Yes  No If yes, number of children and ages: \_\_\_\_\_

Are you employed?  Yes  No If yes,  Fulltime  Part-time

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Office Number: \_\_\_\_\_

Education Information

Did you graduate from high school?  Yes  No If yes, graduation year: \_\_\_\_\_

High School and City, State: \_\_\_\_\_

High school GPA: \_\_\_\_\_

If you did not graduate from high school did you obtain a GED?  Yes  No

If yes, date completed: \_\_\_\_\_

Are you currently enrolled at Mississippi State University?  Yes  No

If yes, please indicate:  Full time  Part Time

Major: \_\_\_\_\_

Minor: \_\_\_\_\_

Current GPA: \_\_\_\_\_

Total Hours Completed: \_\_\_\_\_

If no, have you applied?  Yes  No

Semester/year \_\_\_\_\_

Have you attended Mississippi State University before?  Yes  No

If Yes, last attended:  Fall  Spring  Summer

Year: \_\_\_\_\_

Did you come to Mississippi State University because of the Collegiate Recovery Community?  Yes  No

Did you transfer to Mississippi State University?  Yes  No

If yes, reason for transferring to MSU? \_\_\_\_\_

Have you attended any other colleges or universities?  Yes  No

1. University: \_\_\_\_\_ City, State: \_\_

Last Attended: \_\_\_\_\_

GPA: \_\_\_\_\_

2. University: \_\_\_\_\_ City, State: \_\_

Last Attended: \_\_\_\_\_

GPA: \_\_\_\_\_

3. University: \_\_\_\_\_ City, State: \_\_

Last Attended: \_\_\_\_\_

GPA: \_\_\_\_\_

List your addictions and the recovery date for each:

- 1. \_\_\_\_\_ Date: \_\_\_\_\_
- 2. \_\_\_\_\_ Date: \_\_\_\_\_
- 3. \_\_\_\_\_ Date: \_\_\_\_\_
- 4. \_\_\_\_\_ Date: \_\_\_\_\_

**Treatment History**

Have you received addiction treatment?  Yes  No

Type of treatment:  Inpatient  Outpatient  Residential

Please list treatment services or centers: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please answer the following questions. You may attach another piece of paper if you need more space to fully answer the questions.

4. What does recovery mean to you? Also, please explain how recovery plays a part in all areas of your life.

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5. How do you see academics enhancing your recovery?

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**6. Briefly describe what you want to accomplish with your degree from MSU?**

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**7. What challenges and/or obstacles do you predict you may encounter as you continue your education?**

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**8. How are you connected to your current recovery community? Home Group, Treatment Center Alumni, etc.**

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9. Briefly describe how you will integrate respect, gratitude, and service in the Collegiate Recovery Community?

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10. In addition to the questions above, please write a Personal Statement: a 2-3-page essay that describes your path to recovery. Please attach the essay to your completed application.

By signing, you are acknowledging the information provided within this application is accurate and true to the best of your knowledge. Any misrepresentation may lead to non- admittance or dismissal from the MSU Collegiate Recovery Community Program.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*Information gathered will not be shared with any entities outside of the Collegiate Recovery Community within the Health Promotion and Wellness office of Mississippi State University.

Collegiate Recovery Community Application  
Reference Form and Letter

Name: \_\_\_\_\_  
Last First MI

Name of Person Completing Recommendation: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

How long have you known applicant? \_\_\_\_\_

In what capacity? \_\_\_\_\_

Do you know this applicant well enough to verify six months of continuous abstinence from substances and/or addiction behaviors?  Yes  No

What length of abstinence can you verify for this applicant? \_\_\_\_\_

	Superior	Above Average	Average	Below Average	Can't Evaluate
Perseverance					
Motivation					
Organization					
Responsibility					

Please check the appropriate evaluation:

In a separate TYPED letter, please discuss your evaluation of the applicant's likely success in continued recovery and higher education.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Position Insitution: \_\_\_\_\_

## PARTICIPANT AND PROGRAM GOALS

*The following pages are intended to be used as a template. This template can be used as a guideline when developing a "Participant and Program Goals" section for a student's application. The purpose of this document is to obtain student consent for participation.*

The University Health Services Collegiate Recovery Community (CRC) is a voluntary program offered by (University) to support students in recovery achieve their higher education. Acceptance into the CRC is independent from admission to (University), i.e. admission to or continued acceptance into (University) is not contingent upon, nor does it guarantee, admission to or continued acceptance into the CRC. Conversely, individuals must be current students at (University) to remain in the CRC.

By choosing to participate in the CRC, students recognize the support provided by this program is essential to the student's efforts to sustain recovery while undertaking academic challenges. Expectations are geared to help enhance a student's ability to maintain recovery, achieve academic success, complete degree requirements, and continue to develop as an individual and leader.

The Faculty and Staff of the CRC work hand-in-hand with students to ensure the overall safety and culture of our program. Failure to comply with the program's requirements and expectations, and any other behavior or attitude deemed inappropriate or disruptive to the community may result in sanctions, including expulsion from the program. The CRC reserves the discretion to revise, amend, or change the following requirements and expectations at any time without notice in accordance with the best interests of (University), University Health Services, and the Collegiate Recovery Community.

### **CRC students are required to:**

1. Attend all mandatory meetings, events, and activities such as Seminar on Monday nights from 6:00 PM to 7:00 PM, and Recovery Night on the second and fourth Thursday's of the month from 7:00 PM to 8:00 PM.
2. Attend at least two anonymous meetings per week outside of Seminar and Recovery Night. Supporting the meetings held at the House is highly encouraged but not required.
3. Attend sober home tailgates as much as possible not only to ensure a good turn-out but also to ensure that we can serve as a resource on campus for those who may not be in recovery but wish to remain sober at a tailgate.
4. Attend classes, turn in all assignments when due, and attend meetings with an Academic Advisor. Attendance means to be on time, to be attentive and respectful, and to stay the entire meeting or class unless medical conditions make it impossible.
5. Not use or possess mood-altering substances (either on or off-campus) not directly prescribed to the student by a physician. Mood-altering substances include any compound, mixture, or substance containing any of the following, regardless of purity:
  - Any drug paraphernalia, which may reflect old behavior and lack of willingness to maintain sustained recovery.
  - Alcohol, including distilled spirits, wine, malt beverages and intoxicating liquors;

- Marijuana; cocaine, in whatever form;
- Narcotic drugs, including opium, opiates, codeine and morphine;
- Controlled stimulants, including amphetamine and methamphetamine;
- Controlled depressants, including amobarbital and pentobarbital;
- Over the counter diet pills and herbal supplements;
- Synthetic “legal” drugs (i.e. K2, spice, spark, bath salts, xannies etc.);
- Anabolic steroids, stimulants (i.e. oxy cut, nitro tech) which have been major precursors for recurrence of use;
- Any hallucinogenic substances; and/or
- Any preparation, which is chemically equivalent or identical with any of the previously listed substances; any preparation that is equivalent with or identical to any of the previously listed substances in its effect and potential for abuse.

**In addition to the requirements set forth above, CRC students are expected to:**

1. Develop a strong, honest relationship with a sponsor.
2. Adhere to the principles of good recovery including a legacy of honesty, of open-mindedness, of willingness, and of service. Students must practice these principles in all of their affairs.
3. Treat others respectfully and use proper boundaries in honoring the privacy and confidentiality of others.
4. Treat the center’s space with respect such as not abusing furniture or recreation room equipment and picking up after one’s self.
5. Be careful and prudent regarding language that is either too colorful or inappropriate when at the center or sponsored events, meetings, or activities. The CRC is a safe and welcoming place for students and staff alike and it is expected that students and staff will act accordingly. There will be absolutely no marginalization, discrimination, slander, pejoratives or any other hurtful language or actions used towards any diversity that we may encounter. This is not to suppress your voice or your opinion. We encourage the freedom of expression but ask that it be done in a respectful manner towards all.
6. Support other students and hold them accountable to the policies, requirements, and expectations of the program.
7. Contribute to maintaining a positive sense of community within and outside the center because a student’s behavior on and off-campus is a reflection of the program.
8. Conduct day-to-day activities with honesty, integrity, leadership, and character.
9. Refrain from engaging in illegal activities.
10. Take responsibility for his or her mental, physical, and sexual health. Students are to be mindful of others’ sexual health including refraining from abusing the sexuality of others such as sexual harassment, sexual assault, and violence.
11. Not be involved in the access of alcohol to minors, be it sales, possession, or distribution.
12. Not assist in the recurrence of use of an individual known to be chemically dependent, an alcoholic, or addicted to other behaviors/process addictions.
13. Not be involved in any transaction in which illegal drugs change possession.

14. Take responsibility for his or her own recovery. The student is responsible for securing and keeping appointments, and for maintaining ongoing mental health care relationships with psychologists, therapists, or psychiatrists when therapy and medication have been recommended as part of his or her recovery plan.

15. Not enable others in the program to use or engage in addictive behaviors. Students are expected to not assist, enable, or encourage another student to use. Students are also expected to not assist by action or inaction when another student tries to conceal his or her use or addictive behavior. When another student is suspected of recurrence of use students are expected to:

- First, speak directly to the other student encouraging them to disclose his or her recurrence of use to the center's faculty and staff.
- Second, contact the Coordinator of the program to notify him that another student has had recurrence of use.
- Third, understand that failure to report a student who is suspected of using a mood-altering substance or who is using a mood-altering substance or who is engaging in a behavioral addiction will result in the informed student being subject to sanctions as determined by the center's faculty and staff.

16. In the event that a CRC student has had recurrence of use he/she will immediately notify the Coordinator of the CRC. For a first-time recurrence of use a student will complete a Relapse Action Plan (share accordingly with mentor), and schedule weekly and/or bi-weekly meetings with Coordinator. For a second-time recurrence of use a student will schedule weekly meetings with Coordinator and a Counselor from SCS and will be unable to attend seminar for thirty (30) days. For a third-time recurrence of use a student will be excused from the Program for the semester and referred to a higher level of care.

17. Disclose his or her status as a person in recovery at his or her first meeting with any physician.

18. Remain medication compliant, following doctor's orders as prescribed.

As a (University) student I will conduct myself with honor and integrity at all times. I will not lie, cheat, or steal, nor will I accept the actions of those who do.

I have read and understand the University Health System's Collegiate Recovery Community's Requirements and Expectations and I agree to be bound by them.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

## HONOR STATEMENT

As a member of the Collegiate Recovery Community, I understand that I am representing the *entire* (University) Collegiate Recovery Community. I understand that I may be the only example of recovery that some people ever see. I understand that the way that I conduct myself **personally, academically, and professionally** will always reflect on the soundness and the integrity of the Collegiate Recovery Community. I understand that in order to retain my membership throughout my college career I must maintain continuous recovery, without recurrence of use and comply with the requirements of the CRC. By signing this honor statement I accept the privilege of being a member of (University)'s Collegiate Recovery Community, which means that I will **conduct myself with integrity** so as not to interfere with, but instead be helpful, in advancing quality service and recovery among (University) students, students in the greater community, and in any place I might travel during my tenure with the Collegiate Recovery Community.

By signing below, I agree with the above statements and to comply with the spirit of the Collegiate Recovery Community honor statement while as a member of the Community and to comply with the requirements of the CRC. *I understand that the Coordinator has the ultimate authority to execute the procedures and policies that the Collegiate Recovery Community (University) have agreed upon.* I also understand that if I cannot comply with the requirements listed above, then I may no longer receive services from the Collegiate Recovery Community (CRC).

**Student's Signature:** \_\_\_\_\_

**Student's Printed Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Witness Signature:** \_\_\_\_\_

**Witness's Printed Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## INCENTIVE BASED SCHOLARSHIP AGREEMENT FORM

The University Health Services Collegiate Recovery Community (CRC) is a voluntary program offered by (University) to support students in recovery achieving their higher education. Being such, one of the privileges of being accepted as a member into the Collegiate Recovery Community is an incentive-based scholarship system. Scholarships are awarded on a semester by semester basis and vary from year to year depending on the kinds of donations that are collected and the budgetary actions that are taken in order to ensure the success of students in their academics.

That being said receiving a scholarship that aids in personal academic success is a privilege and not a right. In order to maintain your scholarship, you must adhere to the following: continued and sustained recovery without recurrence of use, a minimum 2.5 GPA per semester, attendance to Seminar on Monday nights at 6:00 PM, and Recovery Night on the second and fourth Thursday's of the month at 7:00 PM. These are the bare minimum requirements. You will not automatically lose your scholarship if you miss more than two of these required events however it is expected that if you are absent from them that the reason be legitimate i.e. medical emergency, family emergency, or anything else the Coordinator may deem necessary and appropriate. It is also expected that if you are going to be absent that you notify the Coordinator immediately to ensure that the lines of communication within our Community remain open. It is the Faculty and Staff's utmost goal to provide the most that we can for our students. Students who display dedication, leadership, and support within the Community will be awarded higher scholarship amounts for their perseverance. These actions include but are not limited to: exemplary academic success, dedication to service within our student organization MSSAS and the greater community, overall time spent at the House, support provided to other CRC students, and attendance at extra programming i.e. Sober Tailgates, Special Events, etc. If you do the bare minimum you will receive the bare minimum amount when it comes to scholarship designations. If you go above and beyond for the Community, the Faculty and Staff will go above and beyond for you.

By signing below, I understand and am in agreeance with the incentive-based scholarship system. I understand that the Coordinator along with other Health Promotion Faculty and Staff have ultimate authority when it comes to deciding scholarship amounts for all students, and will act in such a manner according and justly in the case of each student in order to ensure fairness and equality for all scholarship students. I understand that by agreeing to the parameters set forth above that all decisions regarding the incentive-based scholarship system will be on a case by case basis and with the student's best interests in mind. I understand that the CRC reserves the right to retract my scholarship at any point throughout the semester if I withdrawal from the Collegiate Recovery Community or discontinue communication with the CRC. The CRC reserves the discretion to revise, amend, or change the following requirements and expectations at any time without notice in accordance with the best interests of (University), University Health Services, and the Collegiate Recovery Community. I also understand that if I cannot comply with the bare minimum requirements listed above, then my scholarship amount the next semester may be reduced, or I may no longer receive a scholarship from the Collegiate Recovery Community (CRC).

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

## PHOTO RELEASE FORM

All photographers taking photographs on (University) property or of (University) events must obtain a signed release form from any student, faculty member, staff person, or member of the public who is visibly recognizable in the photograph.

These rules govern photographs intended for use in any University publication of a marketing or a public relations nature, such as newsletters, brochures, viewbooks, promotional items, or other such material. Releases also must be obtained for photographs used on the Web. These rules are not in effect when photographs are taken of news events, but photographs taken for news purposes require a release for reuse in marketing materials.

I hereby grant the Collegiate Recovery Community (CRC) which is under the Department of Health Education and Wellness permission to use my likeness in photograph(s)/video in any and all of its publications and in any and all other media, whether now known or hereafter existing, controlled by the CRC and Health Promotion and Wellness, in perpetuity, and for other use by the University. I will make no monetary or other claim against the CRC or Department of Health Promotion and Wellness for the use of the photograph(s)/video(s).

I agree to release and hold harmless the CRC and Department of Health Promotion and Wellness via electronic or media, from and against any claims, damages or liability arising from or related to the use of the photographs, including but not limited to any re-use, distortion, blurring, alteration, optical illusion or use in composite form, either intentionally or otherwise, that may occur or be produced in production of the finished product. I understand that any photo(s)/video(s) of myself released on behalf of the Collegiate Recovery Community is in no way intended to be malicious or harmful, but will be used solely towards the progression and successful growth of the CRC program. I also hereby agree and understand that my own personal anonymity within my respective anonymous fellowship will always be protected by the Collegiate Recovery Community. Photo(s)/video(s) released by the CRC in no way affiliates or associates myself with my own personal anonymous fellowship thereby protecting my identity at the level of press, radio, and films. Photo(s)/video(s) released by the Collegiate Recovery Community simply make the statement that, "in some form or fashion I am in recovery/ a recovering person and I have been able to achieve academic success due to that and the efforts of the CRC."

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

**REFERRAL TO DISABILITY SUPPORT SERVICES (DSS)**

Members of the Collegiate Recovery Community commonly qualify for extra support and resources through Disability Support Services (DSS). The Office of Disability Support Services offers a wide array of services to students with disabilities including but not limited to: accommodated testing, extended test-time, priority registration, tutoring services, time and stress management coaching, access to lecture notes, front row seating, use of a recording device etc. As a person in recovery you may very well be eligible for these accommodations, as well as other accommodations that are tailored to you in order to give you the best chance possible for academic success at (University).

Your success, both academic as well as in your recovery, is very important to us. As such, Disability Support Services is an invaluable ally in helping to ensure that you have the support you need to meet your maximum potential.

By signing below, I understand that as a person in recovery it is strongly recommended that I be tested and meet with Disability Support Services in order to determine whether there may be accommodations or services available to help ensure my success. Furthermore, I understand that I may forego this process, yet it may affect my academic success, connectedness on campus, and scholarship allotment. By signing I also agree to stay in frequent communication with the CRC Program Coordinator about above stated processes so the Program Coordinator can best aid me in my scholastic experience at (University).

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_



## Sample Protection Plans

*The purpose of a protection plan is to engage students in their own recovery journey in order to increase personal recovery capital.*

### Relapse Action Plan

Please answer the following questions as they relate to your plan moving forward. Please be as specific as possible! After you have answered these questions please share with the community.

1. Why are you wanting to maintain recovery? Why is sobriety important to you?
2. How will you incorporate structure into your daily routine in order to maintain your recovery?
3. How will you incorporate community into your daily routine in order to maintain your recovery?
4. How will you incorporate accountability into your daily routine in order to maintain your recovery?
5. Is there anything else you want to add into your daily routine as it relates to continuing your recovery?

The answers to these questions are personal to you. Please give some thought and consideration to them. Your place matters here, and we want to support you in any way possible in order to accomplish what you put in place with your answers to these questions.

## Recovery Plan

The purpose behind this activity is to give yourself a simple way to look at how you are protecting your recovery. Every person's Recovery Plan is specific to their own issues and concerns. Below you will find some basic considerations, but please make it your own! This is for you to keep and follow up with, some areas may be more important to you personally than others, that is okay.

### Identify:

- Your triggers for wanting to use substances (i.e. certain social settings, stress, commercials)
- Activities that nurture/support you
- Signs indicating when you're in trouble or struggling

### Getting Support - Identify your plans for:

- Commitment to ongoing support - name your commitment (i.e. 90 12 Step meetings in 90 and then 3 times a week thereafter).
- Sponsorship (if involved with 12 steps)
- Support groups for other issues (medical, financial, etc.) including a statement about using them as needed in the future
- Professional Help - Identify how you are working on (or plan to work on): Effects of other traumas, additional stressors, co-occurring issues, and could there be something that happened in the past that has not been worked through?
- Managing current/past family of origin issues: Do you have supportive family members? Are certain family members triggering? Are there any places to mend relationships or gain support from particular family members?
- Social and emotional intimacy skills
- Emotion-management skills (anger, anxiety, etc.)

### Ongoing Self Care - Identify the following:

- Needs for stable living environment
- Needs/goals for social activities/friends
- Needs related to your academic life
- Goals for meditation & spirituality
- Nutrition, exercise, sleep
- Recreation, hobbies, free time
- High risk situations for yourself

### Ongoing Relapse Prevention - Identify the following:

- How will you check in with yourself to monitor/review/amend this plan (e.g., keep a copy posted, review weekly, etc.)?
- Who will you share this plan with (e.g., sponsor, friends, other community members, therapists, etc.)? What specific steps do you want support people to take if they notice you are straying from your Recovery Protection Plan?

With these considerations in mind, please answer the following questions:

- What is something I can commit to doing on a daily/weekly basis to add to my recovery? (e.g., meditate, call sponsor, see therapist, etc.)
- How can the community hold you accountable to this commitment?
- How would the community or staff know that you are struggling with that commitment?
- What will I do when/if I realize that I am struggling with something?
- What is at least one goal you have for the semester in the three areas of Recovery, Education, and Personal enrichment?

# Initiatives

# Constitution of Mississippi State Students About Service 2018-19

*The following pages are intended to be used as a template. This template can be used as a guideline when developing a Constitution for a service group housed within the Collegiate Recovery Community.*

## Article I

### Name

The name of this organization shall be Mississippi State Students About Service, or MSSAS for short.

## Article II

### Mission

Mississippi State Students About Service (MSSAS) is designed to create an environment in which all students, undergraduate and graduate, can interact socially and can be of maximum service to Mississippi State University, University Health Services, and the local, state, and national communities. The students must be willing to support those in recovery or be in recovery themselves.

## Article III

### Membership

A member shall be anyone who has a desire to dedicate themselves to serving Mississippi State University and other communities, who is either in recovery or supports those in recovery.

Voting members are those who pay dues and have met all requirements set forth by the organization.

Membership in MSSAS shall be open to all students of Mississippi State University, without regard to race, religion, sex, sexuality, gender presentation, class, disability, or national origin, except in cases of designated fraternal organizations exempted by federal law from Title IX regulations concerning discrimination on the basis of sex.

## Article IV

### Officers

The Executive officers of MSSAS shall be: President, Vice-President, Treasurer, and Secretary. They must be active members in good standing with the University Health Services Collegiate Recovery Community. Duties shall include but are not be limited to: 1) creating organizational documents; 2) creating a budget; 3) handling the organization's money; 4) directly communicating with the Collegiate Recovery Community faculty and staff.

A slate of qualified officers will be presented at a general meeting during the month of November, but before the last meeting of the semester. A vote by voting members will then be conducted, and the candidate with the majority of votes will be awarded the position. Officers will be elected for one year (not to exceed two continuous terms in the same position). Officers will begin term one week after election.

The President shall be chief executive officer of the organization.

Any officer can have his/her position revoked with due cause during the serving term based on a majority vote by voting members in a business meeting.

The Vice-President shall be vested with full responsibilities upon the absence of the President. He/she will also handle any administrative duties as assigned by the President.

All officers should abide by duties outlined for officers of MSSAS. Individuals running for office should be familiar with all administrative duties upon running for office.

Extra chairpersons may be appointed for special reasons and committees with a majority vote from the executive officers.

All officers are subject to removal by majority vote of the Executive Officers if they miss more than two duty-related meetings without notifying the secretary or finding a proxy. If an officer misses more than 3 excused absences the committee will hold a meeting to discuss whether outside responsibilities are impeding on the member's potential for service. Removal of the officer requires a unanimous vote of the executive committee in good standing. If an officer is removed, there will be another election held to fill the position.

## **Article V Meetings**

Officer meetings shall be held weekly as decided upon by the officers to discuss current events/issues, fundraising ideas, progress of the organization, and service projects.

The Executive Officers' meeting shall be open to any member of the organization.

Regular meetings for members shall be held every Thursday at 6 p.m. at the Collegiate Recovery Community building unless otherwise specified.

MSSAS may hold planning meetings, yet no vote can be cast without a quorum of executive officers.

## **Article VI Affiliation**

MSSAS is not affiliated with any local, state, or national organization.

## **Article VII Finances**

In the event that the organization, MSSAS becomes defunct or is terminated, all funds held in the MSSAS account at Mississippi State University shall be donated in full to Mississippi State University, University Health Services Collegiate Recovery Community and the account officially closed.

## **Article VIII Structure**

The executive committee shall consist of the President, Vice-President, Treasurer, Secretary, and Parliamentarian. The above listing of officers is indicative of the hierarchy of responsibilities within the organization. They shall supervise affairs of the association between its business meetings, make recommendations to the association and perform other duties as specified in these bylaws. The Executive Committee shall be subject to the orders of the association, and none of its acts shall conflict with actions taken by the association.

#### **President**

- Delegate responsibilities to appropriate executive members.
- Oversee all activities of the organization.
- Plan all meetings of MSSAS officers.
- Be available to the faculty advisor, all members, and officers.
- Represent MSSAS in a professional manner.
- Assist the University Health Services, Mississippi State University, and the Starkville community however deemed necessary.
- Serve as the liaison to the Collegiate Recovery Community.

#### **Vice President**

- Work with the Treasurer to keep current membership lists.
- Oversee all activities of the organization in the absence of the President.
- Create new ideas on increasing membership.
- Make reports of membership status in regular weekly meeting.
- Create and coordinate all specially appointed committees.
- Ensure MSSAS maintains compliance with Mississippi State University Student Organization rules.

#### **Treasurer**

- Assist the Vice-President in collecting membership dues.
- Work with the President on withdrawals, deposits, and other financial matters.
- Work with the Food Coordinator to arrange refreshments for MSSAS activities.
- Make weekly budget reports to officers at weekly meetings.

#### **Secretary**

- Take the minutes at each officer meeting.
- Present the minutes from the previous meeting.
- Create a weekly agenda.
- Notify members of meeting time and location.

#### **Parliamentarian**

- Conduct all meetings of MSSAS.
- Read and review Robert's Rules of Order.
- Maintain general order in all meetings associated with MSSAS.
- Request reports from all officers and/or committee heads at weekly meetings.

Standing committees shall be formed to help with operations in MSSAS and community service projects as appointed by the President as the association or the Executive Committee deem necessary to carry on the work of the association. These committees are Fundraiser, Coordinator of Special Events, Reporter, Celebration Coordinator, Public Relations Officer, Convention Chair & Co-Chair Coordinator, Merchandise Coordinator, and Food Coordinator.

#### **Fund Raising Coordinator**

- Oversee all fundraising activities.
- Create fundraising ideas.
- Make weekly reports of fundraising activities in regular weekly meeting.

**Coordinator of Special Events**

- Create ideas for social and recreational activities for MSSAS.
- Send out thank-you notes to all speakers and organizations that assist MSSAS.
- Arrange for needed speakers and activities for the MSSAS meeting when deemed necessary.

**Reporter**

- Organize the yearly scrapbook.
- Assist secretary with minutes.
- Take pictures at all events.

**Recovery Night Coordinator**

- Organize Recovery Night Meeting.
- Arrange weekly speaker for Recovery Night. The speaker may be a student from the CRC or anyone else in the community deemed appropriate. It is the Recovery Night Coordinator's responsibility to stay in touch with the CRC Coordinator in order to ensure that selected speakers are in alignment with special occasions, outside visitors/supporters, etc.
- Make coffee, or arrange to have coffee made, for Thursday 7:00 P.M. meetings.
- Collect Recovery Night donations and make sure the contributions are given to the Treasurer.
- Assure there are plenty of chips for all Recovery Night Meetings.
- Note: The Recovery Night Coordinator must be an active member in good standing with the Collegiate Recovery Community.

**Public Relations Officer**

- In charge of getting space in The Reflector (Moment's Notice/paid advertisement section) or The Starkville Daily News.
- In charge of all University Activities i.e. student organization involvement days.
- Anything to do with spreading the name of MSSAS, its activities and meeting times.

**Convention Chair & Co-Chair Coordinator**

- Coordinates schedule of Events for any convention or festival held.
- Secures a site for the convention or festival.
- Works closely with the President and the Advisor & provides a weekly report.
- Assign committees for necessary tasks needed to aid MSSAS convention.

**Merchandise Coordinator**

- Create ideas and develop plans to purchase merchandise for resale at functions and activities for MSSAS development.
- Coordinate sales and distribution of merchandise, including at Recovery Night.
- Create designs to be used on MSSAS merchandise.
- May assign a co-chair or assistant for necessary tasks.
- Coordinate money transfers to Treasurer.
- Keep active list of dues paying members who have bought t-shirts.
- The Merchandise Coordinator must be an active member in good standing with the Collegiate Recovery Community.

**Food Coordinator**

- Arrange food delivery for MSSAS meetings when deemed necessary.
- Responsible for purchase of drinks.

Any additional committees may be formed at the discretion of the Executive Committee.

## **Article IX Advisor**

The advisor of the organization shall be selected and/or dismissed by a majority of the Executive Officers at its own discretion.

Responsibilities of the advisor shall be assessed and disclosed by a majority of the executive officers at its own discretion.

The advisor of the organization must confirm all official decisions of the organization.

The advisor must be a faculty or staff member of the University Health Services Collegiate Recovery Community.

## **Article X Parliamentarian Authority**

Robert's Rules shall be used as a guideline by the Parliamentarian to run MSSAS meetings. The Parliamentarian shall have the final say in all matters regarding the format and order in the meeting.

## **Article XI Amendments**

This constitution may be amended at any regular meeting of the association by two-thirds vote, provided the amendment has been submitted in writing at the previous regular meeting.

## **Article XII Bylaws**

Bylaws to this constitution may be added at any regular meeting of the association by two-thirds vote, provided the bylaws has been submitted in writing at the previous regular meeting.

## Recovery Night Basics

### Sample Recovery Night Outline

Hi, my name is \_\_\_\_\_, and I am an \_\_\_\_\_. I want to welcome you to Recovery Night.

At this time, please turn off or silence cell phones and refrain from texting during the meeting.

Let's begin this meeting with a moment of silence, followed by the Serenity Prayer.

I have asked \_\_\_\_\_ to read "**How it Works**"

I have asked \_\_\_\_\_ to read "**The Traditions of Recovery night**"

Here at Recovery Night, we use chips to celebrate time in recovery. If you have not received a Recovery chip from this meeting and would like to, please come forward when your most recent recovery time is called. I have asked \_\_\_\_\_ to pass out the chips.

The money collected in the basket goes to Mississippi State Students About Service, which sponsors this meeting. We do community service in the University and local community.

Are there any announcements?

If anyone needs their paper signed, please see me after the meeting

We have \_\_\_\_\_ & \_\_\_\_\_. Please feel free to grab refreshments at any point during the meeting.

(Introduce speaker)

After the Speaker:

Thank the speaker and give them their special gift for speaking. Offer the **Desire Chip** again.

Explain closing in the usual manner and close with prayer of your choice followed by a "Hail State."

## “How It Works”

Hi, my name is \_\_\_\_\_ and I am a(n) \_\_\_\_\_.

Recovery Night is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem, and help others in their struggle with addiction.

This Recovery Night is not A.A or any other traditional 12-step program. It is however, our desire to recognize and affirm milestones of recovery in **all** 12-step programs, as well as addictions for which an appropriate 12-step group may not even exist.

Besides milestones of recovery, it is our strong desire to recognize and affirm those who have not yet made recovery steps but who have the **desire to be free**.

For all those who come before this group, we will not only celebrate with you tonight, but we pledge to stand with you in all stages of your recovery. We encourage all of you here to participate fully in this celebration.

### THE TWELVE STEPS OF RECOVERY NIGHT

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove all these defects of character.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for the knowledge of His will for us and the power to carry that out.
12. Have had a spiritual experience as a result of these steps, we tried to carry this message to other addicted persons, and to practice these principles in all of our affairs.

## The Twelve Traditions of Recovery Night

Hi, my name is \_\_\_\_\_, and I am a(n)\_\_\_\_\_.

### THE TWELVE TRADITIONS OF RECOVERY NIGHT

1. Our common welfare should come first! Maximum recovery from any addictive behavior depends on support from a 12-step group. At Recovery Night, we are here to support you in all stages of recovery.
2. For our group purpose, there is but one ultimate authority- a loving God, as He may express Himself in our group conscience. During Recovery Night, we ask that you do not compare addictions, preach or give advice, but that you share your experience, strength, and hope.
3. The only requirement for participation is a desire to stop hurting and start healing.
4. Our primary purpose is to celebrate your recovery and to carry the message to others who still suffer.
5. It is an honor to give and receive a chip. When presenting a chip, we ask you to share a direct testimonial of that person's recovery. When receiving a chip, we ask that your sharing be specific to your own personal recovery. Outside issues divert us from our primary purpose.
6. Please be considerate of others by recognizing their need to share. We ask that you share within a reasonable length of time.
7. Our recovery conventions are supported by donations collected during Recovery Night. You are encouraged to contribute.
8. Recovery is a very personal experience. Desire chips are offered to those making a personal decision to step over the line into recovery.
9. When receiving a desire chip, we ask that you clearly state the nature of the recovery you desire.
10. Our foundation is based on spiritual principles. It is inappropriate to give a religious testimonial, but your spiritual experience with a 12-step program is encouraged. Recovery Night ought never be drawn into public controversy.
11. Recovery Night is an open meeting. When speaking at Recovery Night, we ask that you use discretion. It is more appropriate to discuss some things at a closed meeting or with a sponsor. Respecting boundaries is of utmost importance.
12. This is a safe place. Remember who you see here, what you hear here, when you leave here, let it stay here.

## Collegiate Recovery Program Assessment of Experiences

Things to Continue (Strengths)

What don't we like (Weaknesses)

Things to Change (Opportunities)

Threats to Productivity

Seminar Ideas

Recovery-Specific Help (How can we be more valuable?)

What does the CRC mean to you?

In what ways are you grateful for the CRC?

How do you see yourself contributing to the community?

How does the CRC enrich your life and college experience?

Marketing Materials  
Sample Newsletter



MISSISSIPPI STATE UNIVERSITY™  
COLLEGIATE RECOVERY  
COMMUNITY **SPRING 2019 NEWSLETTER**

**SCHOLARSHIP BREAKFAST**

The Collegiate Recovery Community hosted a breakfast on Friday, April 5th at the Mill Conference Center in Starkville to give attendees the opportunity to eat and socialize for a cause. The breakfast was catered by The Veranda and was a fundraiser for the CRC's scholarship fund. Mississippi State University President Mark Keenum introduced the keynote speaker of the event, football's head coach Joe Moorhead.

Both men expressed gratitude and admiration toward the program, which provides a foundation and community to students struggling with addiction, and acts as a support group to those who are already sober. The program also offers scholarship opportunities to aid students whose addictions have affected their financial wellbeing.

President Keenum stressed the student-led program was an asset for recovering students. Primarily, he emphasized the program's service components. "It's just wonderful that we have a program like that,

that changes lives, helps get them on the right path for their life and their future," Keenum said. He went on to acknowledge while a diploma from MSU is a valuable and worthy goal, there is more to leading a fulfilling, successful life.



"It's also how you live your life that will dictate the kind of life you are going to have," Keenum stressed. Keenum continued to say no one can make it through the struggles of the world, especially in cases of substance use and addiction, without help.

Moorhead took the podium after Keenum. He said he has never struggled with substance use, but he understands nothing is possible without a network of support. The future is uncertain

but he believes if people are surrounded by the right people and resources, change and growth are achievable. He spoke of his coaching days before MSU and how he had been only one season away from quitting before everything turned around. "The hardest falls result in the highest bounces," Moorhead said. To conclude the event, alumna Mackenzie Ellis and current student Hannah Ellis, a sophomore studying management, paid tribute to the program. Hannah's honest storytelling quickly captured the attention of the attendees and was met with a standing ovation as she finished. "When I wasn't sober, I felt this complete emptiness," Hannah said. "I didn't see any future for myself, I didn't believe in myself." Hannah heard of the CRC through Program Coordinator, Blake Schneider, and eventually became involved in the program, starting her own recovery process. Without them, she said she would not have recovered. "The Collegiate Recovery Community isn't just a group," Hannah said, "it's a family."



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**STUDENT LEADERSHIP SKIATHON**

At the end of January, the CRC sent eight student leaders to Keystone, Colorado to connect with over 250 Collegiate Recovery students from across the nation,

develop leadership skills, and ski the famous slopes in Keystone. Thank you to the Ammon Foundation for making this dream a reality!



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**MISSISSIPPI STATE UNIVERSITY™**  
**COLLEGIATE RECOVERY**  
**COMMUNITY**      **SPRING 2019 NEWSLETTER**

**TONY HOFFMAN SPEAKING EVENT**

In March the Collegiate Recovery Community hosted Tony Hoffman, a former BMX Elite Pro and Olympic head coach. Having paroled from prison on December 13th, 2008 for drug related charges, Hoffman’s story is full of redemption as he has seen some of the highest highs, and the lowest lows. Hoffman captivated the audience from the start with a thought-provoking scenario.

Hoffman stated, “Imagine driving home from this talk, and on your way home you notice a young man that is leaned over in the gutter. As you drive by this individual you notice that he has a needle. You realize ‘oh my God, this young man is about to use heroin with gutter water.’ What do the next ten years look like for an individual in that state? Are they successful? Do they get sober? Do they go to prison? Do they have a family? Do they die?” Tony went on to talk about the stigma of addiction and how we need to take steps as a society, in recovery or not, to help those in recovery overcome the stigma of addiction in order to help them lead successful lives. To wrap up his speech he concluded with a period of Q&A, giving the audience a chance to interact with him one-on-one. During his time in Starkville he was also able to fellowship with CRC students, see the sights and sounds of campus, and enjoy Mississippi blue-plate cuisine for the first time.



**RECOVERY NIGHT**

The Collegiate Recovery Community hosted Recovery Night seven times over the course of the Spring semester. Recovery Night is a speaker meeting that has become a staple of the campus community and local recovery community at large.

With a lineup of speakers from across the Southeast and heavy hitters, such as the Archbishop of Mississippi and sportswriter for Mississippi State, the CRC was able to share the message of recovery to over 450 individuals this Spring semester. Thank you Starbucks and Shipley’s for the coffee and donuts!

**SUPER BULLDOG SUPER SOBER**

Students of the Collegiate Recovery Community celebrated Super Bulldog Weekend in style, sharing a box with Mississippi State Athletic Director and his wife, John and Nelle Cohen. Hail State!

**GRADUATION CELEBRATION**

To wrap up the semester the CRC celebrated the graduation of 5 students, the largest ever graduating class of the Collegiate Recovery Community. As much as the presence of our long-standing CRC students will be missed, we know they will go on to achieve great things – positively impacting the communities and world around them! Big thanks to Addiction Campuses for your support!



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## Sober Tailgates



**MISSISSIPPI STATE UNIVERSITY™**  
COLLEGIATE RECOVERY  
COMMUNITY

# SOBER TAILGATES

**WHEN:** SEPTEMBER 7, SEPTEMBER 14, SEPTEMBER 21,  
OCTOBER 19, NOVEMBER 16, NOVEMBER 23, NOVEMBER 28  
- 2 HOURS PRIOR TO KICKOFF -

Please follow our social media for the most up to date times of Sober Tailgates

**WHERE:** THE CRC HOUSE  
140 MACGRUDER ST, STARKVILLE

The Collegiate Recovery Community strives to provide an all-inclusive college experience to students in recovery, reduce stigma regarding addiction through increased social awareness, and help students achieve success academically, professionally and spiritually.

# HAIL RECOVERY

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Mississippi State University CRC Fast Facts

**MISSISSIPPI STATE CRC FAST FACTS**

**3.16**

Average GPA

**Top 5**

university in the Southeast in size and scope of services provided

**Top 15**

university in the Nation in recovery services and programming provided

**80.7%**

Program Retention Rate

**82.7%**

Program Graduation Rate

**86.5%**

CRC Alumni Actively in Recovery

**1 of 6**

universities in the Southeast that offer scholarships

**1 of 3**

universities in the Southeast that offer scholarships to all full-time students in sustained recovery

**52**

Number of students admitted to program within 5 years

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HEALTH PROMOTION & WELLNESS



**MISSISSIPPI COALITION OF  
PARTNERS IN PREVENTION**

Funding for this project was provided through a grant from the  
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