Transforming Youth Recovery

One Community, One School, One Student At A Time

The Next Frontier of Recovery Support at Institutions of Higher Education

www.transformingyouthrecovery.org

INTRODUCTION TO TRANSFORMING YOUTH RECOVERY

At Transforming Youth Recovery (TYR), we approach every effort from a capacity-building perspective. Our intention is to help communities of people find and put into practice those things that everyone to live their best lives. Specific attention is given to those at-risk for substance use disorders or misuse. The 2016 National Survey on Drug Use and Health found that an estimated 28.6 million people aged 12 or older used an illicit drug in the past 30 days, which corresponds to about 1 in 10 Americans overall (10.6%) but ranges as high as 1 in 4 for young adults aged 18 to 25. Additionally, in 2016 about 1 in 5 underage individuals aged 12 to 20 were current alcohol users. About 7.3 million people aged 12 to 20 reported drinking alcohol in the past month, including 4.5 million who reported binge alcohol use and 1.1 million who reported heavy alcohol use.

This reflects a public health issue that we are looking to address without hesitation.

Our studies seek to find effective prevention, intervention, and recovery practices that we should be calling upon more often, in more places, with greater consistency. When we find places where such practices, we commit to rapidly spreading that knowledge so that connected networks can take collective action.

In all we do, we stay ever mindful that change happens one community, one school, one student at a time.

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EXECUTIVE SUMMARY

In 2015 and 2016 a Transforming Youth Recovery (TYR) study found only six community colleges in the U.S. offering recovery support services and resources for students in recovery from an addiction or substance use disorder ("recovery support services and resources"); with none of them thriving, TYR was inspired to play a role in expanding the field much the same way it had played a role in expanding the field of recovery support services and resources on four-year campuses. Applications were opened for a grant program and grant reviewers selected grantees based on variables such as engaged students, application quality, geography, and the program's intention aligning with one of the six prospective pilot models.

The institutions selected to participate in the Bridging the Gap grant program included:

1. Central Piedmont Community College – Charlotte, NC

2. Community College of Philadelphia – Philadelphia, PA

3. Eastfield College – Mesquite, TX

4. Greenfield Community College – Greenfield, MA

5. Minneapolis Community & Technical College – Minneapolis, MN

6. Nash Community College – Rocky Mount, NC

7. Northampton Community College – Bethlehem, PA

8. Santa Rosa Junior College – Santa Rosa, CA

9. Southwestern Community College – Sylva, NC

10. Truckee Meadows Community College – Reno, NV

As a part of the grant program, TYR undertook research to (1) describe the recovery support services and resources being offered at community colleges in the U.S., (2) describe student engagement in those services, and (3) describe institutional attitude toward recovery support services and resources on community college campuses. This research was undertaken in order to build awareness of these services so additional institutions can join the movement and those already offering services can broaden their thinking based on the approaches and perspectives of their peers.

Each of the grantees was provided funds ranging from $3,000-$10,000. Along with the funds came unlimited access to TYR's technical assistance. Additionally each grantee was asked to deploy TYR's Student Engagement and Institutional Attitude Survey. Responses were received from February 29, 2017 to October 11, 2018. Table 1 outlines the campuses that deployed the survey, the number of responses received from each of the campuses, and the dates correlated with responses. In total 2,612 responses are included in this analysis.

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School	# of Responses	Dates of Responses
Central Piedmont Community College	568	5/15/17-3/27/18
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Santa Rosa Junior College	1432	11/28/17-5/26/2018
Southwestern Community College	175	10/31/17-4/26/18
Truckee Meadows Community College	58	2/9/17-3/6/17

Table 1. Campuses that deployed the survey

Respondent types included:

Respondent Type	# of Respondents
Student in recovery	260
Student not in recovery	1555
Program advisor/coordinator	12
Faculty, staff, administrator	657
Community member	128

Table 2. Survey respondents by respondent type

Additionally, seven grantees were selected as locations for site visits. These locations were selected based on their diverse geographies as well as their receipt of larger grant amounts. Researchers wanted to conduct site visits at as many sites as possible; however, as some sites received minimal funding researchers did not want to place additional burden on those locations. The seven locations where site visits took place included:

1. Central Piedmont Community College
2. Eastfield College
3. Greenfield Community College
4. Minneapolis Community & Technical College
5. Northampton Community College
6. Santa Rosa Junior College
7. Truckee Meadows Community College

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The purpose of the site visits was threefold: (1) offer in-person technical assistance, (2) conduct in-person semi-structured interviews with program advisors/coordinators to better understand the specifics of the recovery support services and resources being offered at each campus, and (3) ensure reporting was based on first hand experience. Site visit participants were provided a report following the visit that identified opportunities to further their efforts.

Key observations from the site visits included the following:

• Recovery support services and resources exist primarily as clubs or drop-in centers.

• Recovery support services and resources with partnerships on-campus or off-campus seem to be able to offer more robust supports.

• Student leadership transition is a concern, perhaps even more so than on four-year campuses.

• Student leaders attract and engage peers to participate at a higher-level than non-student leaders.

• Every new semester is a new beginning requiring re-recruitment and re-engagement.

• Recovery support services and resources with fewer admissions requirements are serving larger populations.

• The majority of campuses are offering weekly supports as well as special events each semester.

• Dedicated space allows recovery support services and resources to serve those contemplating participation more easily.

• Students are joining because they are looking for peers in recovery on-campus.

Key findings from the Student Engagement & Institutional Attitude Survey included the following:

• 69.7% of survey respondents indicated they personally or someone close to them had been affected by addiction/substance use disorders.

• Across all respondent types, on average, people indicated they knew 10.28 people in recovery at their community college. Students not in recovery indicated they knew the fewest people in recovery at their community college on average indicating they knew 5.83 people.

• 65.6% of respondents indicated that they were unsure or disagreed with the statement, "Around here people know where to go to find recovery support services."

• Only 36.1% of respondents agreed with the statement, "There is a clearly established program at our community college that supports students in recovery." And, only 38.5% of students in recovery agreed with this statement.

• The majority of students in recovery are not accessing recovery support services and resources on-campus. 71.7% of students in recovery are spending no time engaged in support services on-campus.

• The time spent engaged in recovery support services and resources on-campus is minimal but engagement is high. Program advisors/coordinators estimate that students participate in services for 1-3 hours each week and that 88.9% of students are somewhat engaged or engaged during this time. 78.7% of students in

recovery who engage in recovery support services and resources on-campus report spending 1-3 hours per week participating and 78.3% report being somewhat engaged or engaged during this time.

- The time spent engaged in recovery support services and resources off-campus is more and engagement is higher. 76.4% of students in recovery who engage in recovery support services and resources off-campus report spending 1 to more than 5 hours per week participating with 44% indicating they spend more than 3 hours participating and 92.8% report being somewhat engaged or engaged during their time spend.

- Only 60% of faculty, staff, and administrators agree or strongly agree with the statement, "The recovery support services offered by my community college have a positive impact on the academic performance on students in recovery." However, 75% of students in recovery agree or strongly agree that the recovery support services and resources offered by their community college have a positive impact on their academic performance.

- Only 14.3% of program advisors/coordinators believe students are very satisfied with services. 77% of students in recovery indicated they were neutral, dissatisfied, or very dissatisfied with the recovery support services and resources being offered on their campus.

- 63.2% of survey respondents agree or strongly agree with the statement, "I believe there is a need for our community college to offer more recovery support services," including 78.4% of students in recovery and 75.8% of faculty, staff, and administrators.

- 64.4% of survey respondents agree or strongly agree with the statement, "I believe that our community college should provide funding for recovery support services," including 62% of students not in recovery and 65.1% of faculty, staff, and administrators.

- 85.3% of survey respondents agree or strongly agree with the statement, "I believe having an established recovery program at our community college will help students in recovery thrive and feel safe and supported in their recovery," including 91.3% of students in recovery who agree with this statement.

Program advisors/coordinators should use this data to advocate for expanded services and resources. Students are looking outside the community college for these supports but want a community of students in recovery to connect with, which the community college is uniquely positioned to offer. And communities of students in recovery are good for the community college as these students are likely to have higher graduation rates and higher GPAs than the rest of the student population (Botzet, Winters & Fahnhorst 2007; Grahovac, Holleran Steiker, & Millichamp 2011; Bell et. al. 2009).

There is an opportunity here for any institution to lead the way – to be a best in class example of supporting students in recovery. And, by connecting with people who are already on this journey program advisors/coordinators, students, and faculty, staff, and administrators will be able to get some quick wins and avoid some mistakes others made early on. The community colleges offering recovery support services and resources are just getting started; however, without their fearlessness the field would not have grown at all.

Let this research be an invitation – an invitation to join the movement and for you and your organization to start serving and supporting students in recovery on your community college campus. A guide of best practices does not yet exist, but you can be a part of its creation.

INTRODUCTION

Collegiate Recovery

Collegiate recovery is support for students in recovery from addiction seeking a degree in higher education. It can consist of campus-based infrastructure to support recovering students by sharing the goals of providing support, preventing relapse, and promoting academic performance. It can also consist of a community of peer support for the student population participating in recovery on-campus (Association for Recovery in Higher Education, 2018). The first collegiate recovery programs began as early as 1977; however, the expansion of this field has taken place recently with the majority of programs starting after 2010. Transforming Youth Recovery's (TYR) 2017 Census and Definitions for Recovery Support in Higher Education identified 239 institutions offering collegiate recovery in the U.S. (Transforming Youth Recovery, 2018). The areas of focus for these programs vary but often include peer support, social activities and sober fun, and counseling or clinical support. In 2015 and 2016, TYR set out to find community colleges that were offering collegiate recovery, and at the time could find only six (Transforming Youth Recovery, 2016). In that same study, TYR identified an additional six community colleges that were interested in starting to offer recovery support resources and services. However, no school had adequate funding and everyone was trying to figure out the best way to support their students. Thus, TYR opened applications for its Bridging the Gap grant program which was to include funding, technical assistance, and research activities to support community colleges offering recovery support resources and services as well as contribute to the national research agenda. The report that follows highlights the findings from TYR's community college research activities.

Recovery Support

The Substance Abuse and Mental Health Services Administration (SAMHSA) states, "Recovery support is provided through treatment, services, and community-based programs by behavioral health care providers, peer providers, family members, friends and social networks, the faith community, and people with experience in recovery. Recovery support services help people enter into and navigate systems of care, remove barriers to recovery, stay engaged in the recovery process, and live full lives in communities of their choice. Recovery support services include: access to evidence-based practices such as supported employment, education, and housing; assertive community treatment; illness management; and peer-operated services. Recovery support services may be provided before, during, or after clinical treatment or may be provided to individuals who are not in treatment but seek support services" (SAMHSA, 2017). In collegiate recovery, recovery support often includes peer support, clinical and counseling support, advocacy efforts undertaken for student needs, events to raise awareness and reduce stigma, life skills training, mutual aid support groups, academic support, and social events (Transforming Youth Recovery, 2018).

Community Colleges

With recovery support rapidly becoming a part of the student support landscape at 4-year institutions, it begged the question – Why not community colleges? America's almost 1,200 community colleges offer student's affordable tuition, open admission policies, and convenient locations. Historically, they have been particularly important for students who are older, working, need remedial classes, or can only take classes part-time. Many community colleges also offer GEDs, high school degrees, technical degrees and certificates, and a limited number of 4-year degrees. Individuals coming out of substance use treatment are often faced with the options of going to work or going to school. The affordable tuition, open admission policies, and technical degrees and certificates make community colleges the first stop for many people early in recovery. However, offering student support services at community colleges has its challenges; community college staff cite often that the part-time attendance by many students makes it challenging to capture the attention of and support students on-campus.

This research looks to (1) describe the recovery support services and resources being offered at community colleges in the U.S., (2) describe student engagement in those services, and (3) describe institutional attitude toward recovery support services and resources on community college campuses in order to build awareness of these services so additional institutions can join the movement and those already offering services can broaden their thinking based on the approaches and perspectives of their peers.

METHODOLOGY

The Bridging the Gap grant program was the result of TYR's 2015 and 2016 research. Having found only six community colleges offering recovery support services and resources and with none of them thriving, TYR was inspired to play a role in expanding the field much the same way it had played a role in expanding the field of recovery support services and resources on four-year campuses. Applications were opened for the grant program and grant reviewers selected grantees based on variables such as engaged students, application quality, geography and the program's intention aligning with one of the six prospective pilot models identified in TYR's 2016 research.[1]

The institutions selected to participate in the Bridging the Gap grant program included:

1. Central Piedmont Community College
   Charlotte, NC

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   Mesquite, TX

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7. Northampton Community College
   Bethlehem, PA

8. Santa Rosa Junior College
   Santa Rosa, CA

9. Southwestern Community College
   Sylva, NC

10. Truckee Meadows Community College
    Reno, NV

Each of the grantees was provided funds ranging from $3,000-$10,000. Along with the funds came unlimited access to TYR's technical assistance. Additionally each grantee was asked to deploy TYR's Student Engagement and Institutional Attitude Survey. The survey could be deployed to students in recovery, students not in recovery, collegiate recovery program advisors/coordinators, faculty, staff, and administrators, and community members. How the survey was deployed on each campus was left to the collegiate recovery program advisor/coordinator to ensure that the survey was deployed in a manner that was appropriate for their campus' culture. The survey was designed to measure student engagement in recovery support services and resources as well as collect information on attitudes of each community on substance use disorders and the role the community college should play in offering recovery support. The data collected were then returned to the individual campuses so that they could use the information to expand and/or refine the recovery support services and resources on-campus, as well as compiled into a single database to produce the findings of this study. Responses were received from February 29, 2017 to October 11, 2018. Table 3 outlines the campuses that deployed the survey, the number of responses received from each of the campuses and the dates correlated with responses. In total 2,612 responses are included in this analysis.

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1. TYR's 2016 research identified six prospective pilot models for recovery support on community college campuses. They included (1) An adequately funded student-club with focus on recovery support and an engaged staff or faculty sponsor, (2) A student support program that is modeled after Federal TRiO programs, (3) An on-campus student support program staffed by Young People in Recovery (YPR) or another comparative community-based organization, (4) An on-campus student support program staffed by a local treatment center or RCO, (5) A student support program funded as an extension of an established CRP/C at a nearby four-year institution, or (6) A collegiate recovery program that is supported through early stage grants and technical assistance from TYR as demonstrated at four-year institutions.

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Table 4. Survey respondents by respondent type

Additionally, seven grantees were selected as locations for site visits. These locations were selected based on their diverse geographies as well as their receipt of larger grant amounts. Researchers wanted to conduct site visits at as many sites as possible; however, as some sites received minimal funding researchers did not want to place additional burden on those locations. The seven locations where site visits took place included:

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FINDINGS

The findings that follow include descriptions of recovery support services and resources being offered on each grantee campus as well as the results of the Student Engagement and Institutional Attitude Survey.

Description of Recovery Support Services & Resources

1. Central Piedmont Community College (CPCC) – Charlotte, NC

Data collected during site visit, November 7-9, 2017. Updated fall 2018.

Enrollment: 20,198 (across 6 campuses)

Geography: Urban

Student population:

- Ethnicity: African-American 28%, White 43%, Hispanic/Latino 14%, Asian/Pacific Islander 6%, Native American 1%

- Median age: 40% of students, 21-30 years old

Name of program: CPCC Collegiate Recovery Community

Number of students served: 12 club members in spring of 2018

Infrastructure: Student club with volunteer staff, dedicated space

Activities and events:

- Meetings in space 4 days/week (club meeting and general recovery support)

- Multiple awareness events each semester (Mocktails, Fall into Safety, Fall Fest, Health Fair, Anonymous People screening)

- Monthly seminar/recovery related educational sessions designed to help students learn about the resources in the community (crisis management, campus counselors, etc.) – attended by 72 students in spring of 2018

Vision: Club transitions to a program and there is a full-time staff position. With a full-time staff position they will be able to grow the program, serve more students, and embed awareness of the program into campus culture (e.g. orientation).

2. Community College of Philadelphia – Philadelphia, PA
 *Data collected from website (*https://www.ccp.edu/student-support/office-collegiate-recovery*).*

> **Enrollment**: 30,194 taking credit and noncredit classes

> **Geography**: Urban

> **Student population**:

> - Ethnicity: African-American 51.8%, White 25.0%, Hispanic/Latino 13.6%, Asian/Pacific Islander 9.2%, Native American 0.4%

> - Median age: 24

> **Name of program**: Office of Collegiate Recovery

> **Infrastructure**: Unknown

> **Activities and events**:

> - Weekly peer-to-peer group support meetings

> - Weekly individual coaching sessions with graduates of the College's Behavioral Health/Human Services program (or a related program)

> - Weekly recovery meetings

> - Structured activities on and off-campus

> - Access to the college's student support services, including career counseling and tutoring

> - Additionally, the OCR meets student needs by working collaboratively with community-based recovery organizations including:

>   - City of Philadelphia adolescent and young adult outpatient and residential programs currently under contract with the Department of Behavioral Health and Intellectual disAbilities (DBHIDS)

>   - Family court juveniles aging out of the foster care system

>   - The Bridgeway School, a member of the Association of Recovery Schools (ARS), who advocates for the promotion, strengthening, and expansion of secondary and postsecondary programs designed for students and families committed to achieving success in both education and recovery

>   - Forensic Intensive Recovery programs (FIR), developed in 1991 to enhance community safety, this program reduces criminal recidivism due to substance abuse and mental illness through the provision of behavioral health treatment and related services under criminal justice supervision as an alternative to incarceration

>   - Faith-based initiatives targeting youth ministries

> **Vision**: N/A

3. Eastfield College – Mesquite, TX

Data collected during site visit, March 1, 2018. Updated fall 2018.

Enrollment: 16,165 credit taking students

Geography: Suburban

Student population:

- Ethnicity: White: 20.8%, Hispanic: 48.3%, African-American: 19.2%, Asian: 4.4%, Other/Not Reported: 7.3%

- Median age: 23.4

Name of program: Students in Recovery (SIR)

Number of students served: First SIR meeting held February 2018 and 10 students attended, 7-10 students attended regularly in spring of 2018

Infrastructure: Faculty sponsor and program coordinator for social work and substance abuse counseling using part of their time, student leader, access to the same space for meetings each week, no drop-in space

Activities and events:

- Weekly AA meeting on Tuesdays

- Recovery workshop first Thursday of the month

- Working to start NA meeting

- SIR kickoff event in spring of 2018

- 2 counselors on-campus offering recovery support

Vision: Functioning as a student club, but aspire to be a program. Desire to host more education events (e.g. peer mentor training, mindfulness training, etc.) and offer Texas overdose and naloxone training on-campus. As they grow they would like to have a drop-in center, create more inclusive programming, attract more diverse membership, and offer support to pre-contemplative and contemplative students.

4. Greenfield Community College (GCC) – Greenfield, MA

Data collected during site visit, March 7-9, 2017. Updated fall 2018.

Enrollment: 2,582 credit taking students

Geography: Suburban

Student population:

- Ethnicity: 21% students of color

- Median age: 23

Name of program: Community Resource Studio

Number of students served: The program director estimates ~400 total visits from students over the course of the year

Infrastructure: The community resource studio is a drop-in center for students at GCC. The recovery supports offered in the studio are provided by community partners and include:

• An All Recovery meeting two days per week

• RECOVER Project, a peer-to-peer support program for two hours each week

• Campus Wellness Center/Counseling Services for two hours each week providing information on stress reduction, time management, relaxation strategies, referrals, etc.

• CHD Recovery Coaching for one hour each week

• Western Mass Recovery Learning Community for three hours each week offering 1:1 peer support, alternative healing practices such as yoga, acupuncture, creative expressions groups, and unique groups such as Alternatives to Suicide and Healing Voices

Activities and events: The Community Resource Studio hosts five types of recovery support every week for a total of ten hours of programming and events. When they first opened, they had an open house to build awareness of the studio.

Vision: Recovery support at GCC started six years ago with a very active student and included a student club; at the time the student organization was located in the health center and included peer mentors. When the student graduated and the health center closed, the folks at GCC had to re-imagine how to support students in recovery. What resulted was the Community Resource Studio.

5. Minneapolis Community & Technical College (MCTC) – Minneapolis, MN

Data collected during site visit, February 21-22, 2018. Updated fall 2018.

Enrollment: 9,691

Geography: Urban

Student population:

• Ethnicity: 72% underrepresented students (first-generation, student of color, and/or low-income), African-American 30%, White 38%, Hispanic/Latino 12%, Asian/Pacific Islander 5%, Native American 1%

• Average age: 26.8

Name of program: Collegiate Recovery Program

Number of students served: ~20 students/week

Infrastructure: The CRP is a program within the Division of Student Affairs. It was founded in 2017. The CRP is a collaborative effort between the University of Minnesota's Boynton Health Clinic, MCTC's Addiction Counseling academic program, Student Affairs and Student Life, and the Addiction Counseling Club. The program is coordinated by the Dean of Students and employs a ½ time addiction counseling

professional, two ½ time student workers, and a number of individual personal recovery coaches. The program has a dedicated, drop-in space; students can access individual, group, and peer recovery support services in the drop-in center.

Activities and events: All recovery meetings are hosted in the drop-in center along with mindful meditation meetings (3 meetings total/week). The CRP planned to have 12-step yoga in the fall of 2018. An annual national recovery month event is held each September.

Vision: The CRP wants to continue to expand its offerings – to provide social outings and to incorporate service work. As the program is new, it is focused on further developing its relapse/use policy, developing program metrics, building awareness among faculty and staff, and working with public safety. The vision is to develop faculty, staff, and administrators as recovery allies. CRP leaders are acutely aware of the need to fundraise. And, they are going to beta test membership in the CRP in the fall of 2018, which will include an application. Long term they hope to expand their relationships with community partners, continue to support more students, and provide scholarships to students in recovery.

6. Nash Community College – Rocky Mount, NC
  *Data collected from website (*https://collegiaterecovery.org/program/nash-community-college*).*

Enrollment: 5,000 credit taking students

Geography: Suburban

Student population:

- Ethnicity: White 48%, African American 39%, Hispanic/Latino 5%, Asian 1%, American Indian/Alaskan 2%

- Median age: 28

Name of program: Nash Community College Collegiate Recovery Program

Number of students served: 15-20/semester in CRP; 5-6 regularly attending weekly meetings

Infrastructure: The Collegiate Recovery Program at Nash Community College was founded in 2015. NCC CRP is a service of the Student Wellness Center and promoted campus-wide in orientations, class presentations, and in the common course syllabus. The Dean of Student Wellness holds a MSW, LCSW, LCAS and provides weekly trauma-focused clinical sessions to all CRP members. Weekly meetings are overseen by a volunteer NCPSS (and Highest Honors Alumni); he/she also provides Peer Support regularly. There is an Open Coffee Social once a week 7:30-9:00 am and a Closed 12-step formatted meeting weekly. The Collegiate Recovery Program defines recovery as a lifelong healing process from substance use toward wellness, recognizes the value of both abstinence and harm reduction models, and focuses on inclusion and peer accountability. NCC CRP offers a Brighter Futures Scholarship for students in recovery or with criminal justice histories. CRP members are eligible for our Blue Love resources, which provide emergency assistance for transportation, food, and/or other needs.

Activities and events:

- OD Awareness Day Candle Vigil

- Celebrate Recovery Fair inviting community partners on-campus to promote Recovery Month (Sept) (15-20 partners participate)

- On-going opportunities for HIV, HEPC, and other STD and health screenings and immunizations

- Service Project Spring Clean for hygiene donations for our campus food pantry

- Spring Wellness Fair with a wide variety of wellness service vendors

- CRP members participate in the local Recovery Rallies and play an active role in providing support for local community Recovery Awareness coalitions

- Co-sponsorship of a variety of activities with community partners such as film and discussion panel evenings such as Generation Found and The Anonymous People, and Recovery language workshops.

Vision: N/A

7. Northampton Community College – Bethlehem, PA

Data collected during site visit, February 19-20, 2018

Enrollment: 9,921; 600 residential

Geography: Suburban

Student population:

- Ethnicity: Hispanic/Latino 21.8%, American Indian/Alaska Native <1%, Asian 2.5%, Black/African American 13%, Native Hawaiian/Pacific Islander <1%, White 57%

- Median age: 21

Name of program: Collegiate Recovery Program

Number of students served: In the spring of 2018 there were 5 students participating in the CRP.

Infrastructure: The mission of the NCC CRP is to provide an enriched sober environment in which students in recovery can achieve academic success. The CRP is a program within the counseling center; there is not a student club. A weekly meeting takes place in the same space every week but a dedicated, drop-in space is not available. Students must apply to join to the program. The goals of the CRP are to:

- Build a system of support, non-judgment, and fellowship among students in recovery

- Provide sober activities

- Encourage healthy coping skills

- Develop strong partnerships within and outside of the college

- Reduce the stigma around addiction and recovery

- Enhance the NCC experience for students in recovery and their cohort through engagement and collaboration

- Help students graduate

Activities and events:

- Weekly program meetings

- Table at Spartan Fest every semester to build awareness of the program

- Present in English 101 classes to build awareness of the program

- Offer a number of activities each semester both on and off-campus including fundraisers, yoga, and volunteering

Vision: Admission to the CRP is a formal process that requires individuals to have some period of non-use; however, they are interested in adding a general support component to meet students where they are and help those contemplating recovery. Additionally the CRP hopes to expand in the future to have/include the following:

- A dedicated space

- Scholarships

- A room in the residence hall for students in recovery

- Early/priority registration

- A certified peer specialist certification

- Expanded relationships with treatment centers to assist with recruitment

8. Santa Rosa Junior College – Santa Rosa, CA

Data collected during site visit, February 26-27, 2018. Updated fall 2018.

Enrollment: 27,703

Geography: Suburban

Student population:

- Ethnicity: African American/Black 2.5%, Asian 5%, Hispanic/Latino 33.2%, Native American <1%, Pacific Islander <1%, White 51.1%

- Median age: 24

Name of program: Students 4 Recovery (S4R)

Number of students served: In the spring of 2018, approximately 25 students were attending the club meeting each week and an additional 100 people attended the recovery night event.

Infrastructure: Students 4 Recovery was founded in February of 2015 and operates as a student club. Club meetings take place in the same space each week. Meeting content rotates, changing each week and includes traditional NA/AA, mindfulness/meditation, talking sticks, and speaker meetings.

Activities and events:

- Host Recovery Night each semester to build awareness of the student club. On average 100-150 people from the campus community attend.

- The club also tables at campus events on the quad and during the wellness fair to build awareness of the program. The club will table on Overdose Awareness Day each year as well.

- S4R partners with health services to send students in recovery to speak in classes on addiction and recovery as well as the Second Chance Club, which is a community of formerly incarcerated students.

Vision: Although students from the alcohol and other drug (AOD) academic program started the club, academic support for the club is limited and not that many students from the AOD program are active in the club. To have the most impact over the next few years, S4R feels as though it needs to focus on: (1) identifying program leadership on-campus beyond club advisors and finding an academic home for S4R, (2) the sustainability of peer leadership, and (3) to move from a club to a program. Additionally, the club is interested in adding a recovery component to the academic program. As the club strives to become a program it will need a dedicated staff person, paid interns/student workers, and expanded programming. The goal would be to have paid internships in which the intern is earning clinical hours.

9. Southwestern Community College (SCC) – Sylva, NC

Data collected from program staff via email in the fall of 2018.

Enrollment: 3,318 credit taking students

Geography: Rural

Student population:

- Ethnicity: White 78.3%, Black 1.7%, American Indian or Alaska Native 7.8%, Hispanic/Latino 7.5%, Asian 1.2%, Native Hawaiian/Pacific Islander <1%

- Median age: 30

Name of program: Connections

Number of students served: 4-8

Infrastructure: Connections strives to bring recovery awareness to the forefront of SCC and service area communities. The club seeks to bring students in recovery or recovery allies together in a welcoming safe environment; and works to raise campus awareness towards recovery by reducing stigma related to addiction by offering educational seminars and related events/activities to get students involved in recovery. A faculty member oversees the club as part of duties; a work study student contributes 10 hours per week.

Activities and events: Connections offers two groups per week and a fun activity every month including tubing, corn maze, pottery, and Christmas lights. During recovery month, activities are offered every week.

Vision: To remove barriers created by addiction and mental health concerns, and provide resources to enhance the community college experience.

10. Truckee Meadows Community College (TMCC) – Reno, NV

Data collected during site visit, March 2-3, 2017. Updated fall 2018.

Enrollment: 11,110

Geography: Urban

Student population:

- Ethnicity: 42% ethnic minorities, African American/Black 3%, Asian 6%, Hawaiian/Pacific Islander <1%, Hispanic/Latino 28%, Native American 1%, White 57%

- Median age: 22

Name of program: T-RAP at TMCC

Number of students served: Not serving students in the fall of 2018. Program leadership indicated that they did not have any students interested in participating.

Infrastructure: Student club with club supervisor. T-RAP is the Student Government Association-recognized TMCC Recovery and Prevention (T-RAP) club. TMCC's community began in spring semester 2014 as a branching out of UNR's NRAP, being modeled after the UNR program.

Activities and events: Unknown

Vision: Unknown

Student Engagement & Institutional Attitude

The Student Engagement and Institutional Attitude Survey was developed for two reasons. The first was to provide community colleges with pertinent data on program engagement and attitudes on their campus. This data was made available to each program as soon as responses from its campus were generated. The hope was that armed with engagement data, program owners could begin to demonstrate interest and need on their campuses while the attitude data could help program owners assess campus culture, readiness, and support for recovery support services. The attitude data is intended to help program owners determine how much support or resistance they may meet on their campus as well as inform how much education and advocacy work may be required in their community. The second reason was to support the emerging field of recovery science research, and specifically the research being done to advance school-based recovery support programs and services. The sections that follow describe the responses from community colleges in aggregate. Should individuals be interested in data on any one school, please reach out to that school directly as distribution of data at the school level is left to the discretion of the program owner.

In total, 2,612 responses were received from the following institutions:

1. Central Piedmont Community College
2. Community College of Philadelphia
3. Eastfield College
4. Greenfield Community College
5. Harford Community College[2]
6. Minneapolis Community & Technical College
7. Nash Community College
8. Northampton Community College
9. Santa Rosa Junior College
10. Southwestern Community College
11. Truckee Meadows Community College

Respondents included the following:

Respondent Type	# of Respondents	%
Student in recovery	260	9.95%
Student not in recovery	1555	59.53%
Program advisor/coordinator	12	<1%
Faculty, staff, administrator	657	25.15%
Community member	128	4.90%

Table 5. Respondent type and percent of total respondents

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2. Preliminary research findings were presented at the 2018 ARHE Conference. During this conference Harford Community College expressed interest in responding to the survey. Even though they are not a grantee, their responses are included in this analysis.

Awareness

The following questions were asked to assess awareness of programs and awareness of need for support services at each community college.

Have you, or anyone close to you, been affected by an addiction/substance use disorder?

278 respondents did not provide a response to the question. Table 6 outlines the responses of those who indicated Yes, No, or Unsure (N=2,336).

Respondent Type	Yes	No	Unsure
All respondents	1627	506	203
Student in recovery	Question not asked to this type		
Student not in recovery	1025	359	167
Program advisor/coordinator	Question not asked to this type		
Faculty, staff, administrator	506	121	30
Community member	96	26	6

Table 6. Affected by an addiction/substance use disorder

How many students do you know who are in recovery at your community college (e.g. 1, 2, 3)?

1,575 respondents indicated they knew 0 people in recovery at their community college or did not provide a response to the question. Table 7 outlines the responses from those who indicated they knew 1 or more people in recovery (N=1,037).

Respondent Type	Mean	SD
All respondents	10.28	47.67
Student in recovery	11.09	17.56
Student not in recovery	5.83	28.40
Program advisor/coordinator	48.58	84.75
Faculty, staff, administrator	13.13	68.16
Community member	16.93	68.06

Table 7. Number of students in recovery

Around here, people know where to go to find recovery support services.

2,376 respondents did not provide a response to the question. Table 8 outlines the responses of those who indicated Agree, Unsure, or Disagree (N=238).

Respondent Type	Agree	Unsure	Disagree
All respondents	82	107	49
Student in recovery	81	104	46
Student not in recovery	Question not asked to this type		
Program advisor/coordinator	1	3	3
Faculty, staff, administrator	Question not asked to this type		
Community member	Question not asked to this type		

Table 8. Know where to find recovery support services

What recovery support services are you aware of on-campus at your community college? and What recovery support services are you aware of off-campus in your community?

Students in recovery and program advisors/coordinators were asked to identify the recovery support services available on-campus and off-campus. The survey questions read, "What recovery support services are you aware of on-campus at your community college?" and "What recovery support services are you aware of off-campus in your community?" Both questions included a definition for recovery support service as, "any service or resource provided to individuals in recovery from a substance use disorder to help them maintain their recovery (e.g. sober social events/activities, one-on-one recovery coaching, a recovery student organization, AA/NA or other recovery meetings on-campus, recovery-related seminars or life skills workshops). If none are available, leave the answer blank. For number of students participating, please offer your best guess."

197 respondents identified at least one recovery support service on-campus or off-campus. Respondents included six program advisors/coordinators and 191 students in recovery. Respondents provided 205 on-campus resources. They included the following:

Recovery Support Services On-Campus	# of Responses
12-Step Meetings	23
Academic Program	2
Collegiate Recovery	82
Counseling	22
Fun Activities/Programs	6
Health/Wellness Services	13
Mindfulness & Meditation	6
Non-Recovery Clubs	6
Non-12 Step Recovery Meetings	14
Other Campus Offices	7
Peer Support & Mentoring	4
Staff	3
Other	17

Table 9. On-campus resources

For a complete list of on-campus resources identified by survey respondents see Appendix I.

Respondents provided 459 off-campus resources. They included the following:

Recovery Support Services Off-Campus	# of Responses
12-Step Meetings	239
Associations & Conferences	9
Co-Occurring Support Services	8
Collegiate Recovery	6
Counseling	8
Family Support Services	16
Fun Activities & Programs	3
Government & Judicial Organizations	3
Housing	11
Local Recovery Support Organizations & RCO's	11
Mindfulness & Meditation	2
Non-12 Step Recovery Meetings	33
Outreach & Community Support	6
Peer Support & Mentoring	5
Religious Organizations	8
Treatment Services	66
Other	25

Table 10. Off-campus resources

For a complete list of off-campus resources identified by survey respondents see Appendix II.

Transforming Youth Recovery
One Community, One School, One Student At A Time

There is a clearly established program at our community college that supports students in recovery. This question was asked to all respondent types (N=2,239).

Respondent Type	Agree	Unsure	Disagree
All respondents	809	1260	170
Student in recovery	89	105	37
Student not in recovery	387	850	100
Program advisor/coordinator	7	0	0
Faculty, staff, administrator	294	235	27
Community member	32	70	6

Table 11. Clearly established program

Student Engagement

The following questions were asked to assess student engagement in recovery support services and resources at each community college.

Around here, students in recovery look forward to the time they spend using our community college's recovery support services.

304 respondents did not provide a response to the question. Table 12 outlines the responses of those who indicated Agree, Unsure, Disagree (N=2,310).

Respondent Type	Agree	Unsure	Disagree
All respondents	536	1718	56
Student in recovery	68	141	22
Student not in recovery	284	1056	21
Program advisor/coordinator	6	2	0
Faculty, staff, administrator	147	435	10
Community member	31	84	3

Table 12. Students look forward to the time they spend

Transforming Youth Recovery
One Community, One School, One Student At A Time

Among the students who participate in the recovery support services that are available at your community college, how much time each week would you estimate they spend participating in the services?

This question was only asked to program advisors/coordinators (N=9).

Respondent Type	No time	1-3 hours	3-5 hours	>5 hours
Program advisor/coordinator	0	8	1	0

Table 13. Program advisor/coordinator perspective on time spent in on-campus services

How engaged do you believe that students in recovery are while participating in the recovery support services that are available, at your community college?

This question was only asked to program advisors/coordinators (N=9).

Respondent Type	Disengaged	Somewhat Disengaged	Neutral	Somewhat Engaged	Engaged
Program advisor/ coordinator	0	0	1	4	4

Table 14. Program advisor/coordinator perspective of engagement in on-campus services

Among the students who participate in the recovery support services that are available in your community (off-campus), how much time each week would you estimate they spend participating in the services?

This question was only asked to Program advisors/coordinators (N=9).

Respondent Type	No time	1-3 hours	3-5 hours	>5 hours
Program advisor/coordinator	0	8	1	0

Table 15. Program advisor/coordinator perspective of time spent in off-campus services

Transforming Youth Recovery
One Community, One School, One Student At A Time

How engaged do you believe students in recovery are during these hours dedicated to recovery support services in your community (off-campus)?

This question was only asked to program advisors/coordinators (N=9).

Respondent Type	Disengaged	Somewhat Disengaged	Neutral	Somewhat Engaged	Engaged
Program advisor/coordinator	0	0	2	4	3

Table 16. Program advisor/coordinator perspective of engagement in off-campus services

The recovery support services offered by my community college have a positive impact on the academic performance of students in recovery.

This question was only asked to program advisors/coordinators and faculty, staff, administrators (N=317).

Respondent Type	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Program advisor/coordinator	0	0	0	3	4
Faculty, staff, administrator	4	2	118	124	62

Table 17. Non-student perspective of academic impact

The recovery support services offered by my community college help students in recovery feel more connected with other students outside of the classroom.

This question was only asked to program advisors/coordinators (N=7).

Respondent Type	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Program advisor/coordinator	0	0	1	3	3

Table 18. Program advisor/coordinator perspective of connection outside the classroom

How satisfied do you believe that students in recovery are with the recovery support services at your community college?

This question was only asked to program advisors/coordinators (N=7).

Respondent Type	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
Program advisor/coordinator	0	0	3	3	1

Table 19. Program advisor/coordinator perspective of service satisfaction

How much time each week do you spend participating in the recovery support services that are available at your community college?

This question was only asked to students in recovery (N=184).

Respondent Type	No time	1-3 hours	3-5 hours	>5 hours	N/A
Student in recovery	132	37	6	4	5

Table 20. Student in recovery perspective of time spent in services on-campus

How engaged are you during these hours dedicated to recovery support services at your community college?

This question was only asked to students in recovery (N=46).

Respondent Type	Disengaged	Somewhat Disengaged	Neutral	Somewhat Engaged	Engaged
Student in recovery	2	2	6	7	29

Table 21. Student in recovery perspective of engagement in on-campus services

How much time do you spend participating in the recovery support services that are available in your community (off-campus)?

This question was only asked to students in recovery (N=183).

Respondent Type	No time	1-3 hours	3-5 hours	>5 hours	N/A
Student in recovery	43	59	40	40	1

Table 22. Student in recovery perspective of time spent in services off-campus

How engaged are you during these hours dedicated to recovery support services in your community (off-campus)?

This question was only asked to students in recovery (N=139).

Respondent type	Disengaged	Somewhat Disengaged	Neutral	Somewhat Engaged	Engaged
Student in recovery	1	2	7	27	102

Table 23. Student in recovery perspective of engagement in off-campus services

Transforming Youth Recovery
One Community, One School, One Student At A Time

The recovery support services offered by my community college have a positive impact on my academic performance.

This question was only asked to students in recovery (N=44).

Respondent Type	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Student in recovery	1	1	9	10	23

Table 24. Student in recovery perspective of academic impact

The recovery support services offered by my community college help me feel more connected with other students outside of the classroom.

This question was only asked to students in recovery (N=134).

Respondent Type	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Student in recovery	6	9	69	26	24

Table 25. Student in recovery perspective of connection outside the classroom

How satisfied are you with the recovery support services at your community college?

This question was only asked to students in recovery (N=152).

Respondent Type	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
Student in recovery	8	12	97	34	1

Table 26. Student in recovery perspective of service satisfaction

Institutional Attitude

The following questions were asked to assess institutional attitude toward recovery support services and resources at each community college.

I believe there is a need for our community college to offer more recovery support services.

This question was asked to all respondent types (N=2,310).

Respondent Type	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
All respondents	69	48	733	826	633
Student in recovery	4	5	41	88	93
Student not in recovery	48	33	531	445	305
Program advisor/coordinator	0	0	0	3	5
Faculty, staff, administrator	12	8	123	252	196
Community member	5	2	39	38	34

Table 27. Need for more services

I believe that our community college should provide funding for recovery support services.

This question was asked to all respondent types (N=2,309).

Respondent Type	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
All respondents	81	116	624	885	603
Student in recovery	7	5	44	64	111
Student not in recovery	55	71	393	540	303
Program advisor/coordinator	0	0	0	3	5
Faculty, staff, administrator	15	39	152	235	149
Community member	4	1	35	43	35

Table 28. Provision of funding

I believe having an established recovery program at our community college will help students in recovery thrive and feel safe and supported in their recovery.

This question was asked to all respondent types (N=2,238).

Respondent Type	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
All respondents	44	43	242	943	966
Student in recovery	2	1	17	72	139
Student not in recovery	30	33	163	621	515
Program advisor/coordinator	0	0	0	1	7
Faculty, staff, administrator	11	8	42	271	259
Community member	1	1	20	50	46

Table 29. Help student in recovery thrive and feel safe

I believe that recovery support services offered by our community college will empower more students to enter recovery.

This question was asked to all respondent types (N=2,309).

Respondent Type	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
All respondents	44	59	330	1066	810
Student in recovery	1	3	19	83	125
Student not in recovery	32	41	220	643	425
Program advisor/coordinator	0	0	0	1	7
Faculty, staff, administrator	10	14	64	293	210
Community member	1	1	27	46	43

Table 30. Empower students to enter recovery

Transforming Youth Recovery
One Community, One School, One Student At A Time

If you had to guess, what percentage of the student population at your community college is in recovery from an addiction/substance use disorder?

This question was asked to all respondent types (N=2,171).

Respondent Type	0-10%	11-20%	21-30%	31-40%
All respondents	710	829	430	202
Student in recovery	83	69	39	34
Student not in recovery	415	502	245	96
Program advisor/coordinator	4	2	0	1
Faculty, staff, administrator	182	215	123	53
Community member	26	41	23	18

Table 31. Percentage of student population in recovery

If you had to guess, what percentage of faculty/staff is in recovery from an addiction/ substance use disorder?

This question was asked to all respondent types (N=2,171).

Respondent Type	0-10%	11-20%	21-30%	31-40%
All respondents	1168	657	260	86
Student in recovery	130	58	28	9
Student not in recovery	684	373	154	47
Program advisor/coordinator	6	1	0	0
Faculty, staff, administrator	306	186	61	20
Community member	42	39	17	10

Table 32. Percentage of faculty/staff in recovery

ANALYSIS OF FINDINGS

Site Visit Observations

- Recovery support services and resources exist primarily as clubs or drop-in centers.

- Recovery support services and resources with partnerships on-campus or off-campus seem to be able to offer more robust supports.

- Student leadership transition is a concern, perhaps even more so than on four-year campuses.

- Student leaders attract and engage peers to participate at a higher-level than non-student leaders.

- Every new semester is a new beginning requiring re-recruitment and re-engagement.

- Recovery support services and resources with fewer admissions requirements are serving larger populations.

- The majority of campuses are offering weekly supports as well as special events each semester.

- Dedicated space allows resources and services to serve those contemplating participation more easily.

- Students are joining because they are looking for peers in recovery on-campus.

Awareness of Recovery Support Services & Resources

Addiction and substance use impacts the majority of the population in some way.

69.7% of survey respondents indicated they personally or someone close to them had been affected by addiction/substance use disorders. These responses confirm that this community, just like every other community, is impacted by addiction and substance use disorders.

A lot of us know people in recovery.

Across all respondent types, on average, people indicated they knew 10.28 people in recovery at their community college. Students not in recovery indicated they knew the fewest people in recovery at their community college on average indicating they knew 5.83 people.

Finding recovery support services and resources isn't always easy or clear.

65.6% of respondents indicated that they were unsure or disagreed with the statement, "Around here people know where to go to find recovery support services." This indicates that there is still much work to be done to build awareness of these services. While the percentage indicates the majority of people are not aware, it is not surprising as the services on most campuses are relatively new.

Even when there are programs on-campus, people aren't always aware of them.

Only 36.1% of respondents agreed with the statement, "There is a clearly established program at our community college that supports students in recovery." And, only 38.5% of students in recovery agreed with this statement. Considerable efforts need to be made to market and build awareness of the recovery support services and resources. While targeted marketing may not be possible, awareness building across the entire campus population should improve awareness and engagement in services and resources considerably.

While on-campus resources are growing, people are more familiar with off-campus resources.

Students in recovery and program advisors/coordinators listed the following as recovery support services off-campus: 12-step meetings, associations and conferences, co-occurring support services, collegiate recovery, counseling, family support services, fun activities/programs, government and judicial organizations, housing, local recovery support organizations and RCO's, mindfulness and meditation, non-12 step recovery meetings, outreach and community support, peer support and mentoring, religious organizations, and treatment services. In total, 459 off-campus resources were identified. It is likely and maybe even right that there will always be more resources off-campus than on-campus. And awareness of off-campus resources is important to connect people to the resources they need.

Student Engagement in Recovery Support Services & Resources

People don't know that recovery support services and resources can offer a community that people want to be a part of.

76.8% of survey respondents indicated unsure or disagree to the prompt, "Around here, students in recovery look forward to the time they spend using our community college's recovery support services." To attract and include more students in these services, campuses need to build awareness that these services are not punitive but instead an opportunity to build community with peers in recovery.

The majority of students in recovery are not accessing recovery support services and resources on-campus.

71.7% of students in recovery are spending no time engaged in support services on-campus. This is likely because the support services being offered are new or because they access services off of campus. However, it indicates the number of students who could benefit from the services is greater than the number currently accessing them.

The time spent engaged in recovery support services on-campus is minimal but engagement is high.

Program advisors/coordinators estimate that students participate in services for 1-3 hours each week and that 88.9% of students are somewhat engaged or engaged during this time. 78.7% of students in

recovery who engage in recovery support services and resources on-campus report spending 1-3 hours per week participating and 78.3% report being somewhat engaged or engaged during this time.

The time spent engaged in recovery support services off-campus is greater and engagement is higher.

Program advisors/coordinators estimate that most students in recovery participate in services off-campus for 1-3 hours each week and that 77.8% of students are somewhat engaged or engaged during this time. 76.4% of students in recovery who engage in recovery support services off-campus report spending 1 to more than 5 hours per week participating with 44% indicating they spend more than 3 hours participating and 92.8% report being somewhat engaged or engaged during their time spend. These numbers indicate that students in recovery have more time to spend in services if those services were to be brought to campus and their quality is improved.

Not all faculty, staff, and administrators have realized the positive impact recovery support services and resources can have on academic performance of students in recovery.

Only 60% of faculty, staff, and administrators agree or strongly agree with the statement, "The recovery support services offered by my community college have a positive impact on the academic performance on students in recovery." However, 75% of students in recovery agree or strongly agree that the recovery support services offered by their community college have a positive impact on their academic performance. Opportunities to educate faculty, staff, and administrators on the GPA's and graduation rates of students engaged in recovery support services should be taken advantage of. Program advisors/ coordinators should begin collecting this data on their particular program from the onset and in the meantime, use the data available from four-year institutions as evidence.

Program advisors/coordinators and students believe support services could be expanded to improve student satisfaction.

Only 14.3% of program advisors/coordinators believe students are very satisfied with services. Only one student in recovery indicated they were very satisfied with the recovery support services and resources being offered on their campus while only 22.4% indicated they were satisfied. 77% of students in recovery indicated they were neutral, dissatisfied, or very dissatisfied with the recovery support services and resources being offered on their campus.

And, within existing colleagiate recovery support services and resources, more community building is possible.

During site visits, students indicated they were engaging in recovery support services and resources at their community college in order to build and be a part of a community of people with similar experiences and interests. However, only 37.3% of students in recovery agreed or strongly agreed that, "The recovery support services offered by my community college help me feel more connected with other students outside of the classroom."

Institutional Attitude Toward Recovery Support Services & Resources

Most respondents agree community colleges should offer more recovery support services and resources.

63.2% of survey respondents agree or strongly agree with the statement, "I believe there is a need for our community college to offer more recovery support services," Including 78.4% of students in recovery and 75.8% of faculty, staff, and administrators.

And the funding should follow.

64.4% of survey respondents agree or strongly agree with the statement, "I believe that our community college should provide funding for recovery support services," including 62% of students not in recovery and 65.1% of faculty, staff, and administrators. Only 8.5% of all survey respondents disagree or strongly disagree with this statement.

People want more and think these services and resources should be funded because they believe they help students in recovery thrive.

85.3% of survey respondents agree or strongly agree with the statement, "I believe having an established recovery program at our community college will help students in recovery thrive and feel safe and supported in their recovery," including 91.3% of students in recovery who agree with this statement.

People believe these services will help more students to enter recovery.

81.25% of survey respondents agree or strongly agree with the statement, "I believe that recovery support services offered by our community college will empower more students to enter recovery," including 90% of students of recovery.

RECOMMENDATIONS

Many of these schools were not aware that they had peers, working to support students in recovery on other community college campuses. Therefore, the members of this community should continue to connect with one another. One easy way to make this possible is to keep an updated list of community colleges offering recovery support services and resources in Capacitype. As of the fall of 2018, there were 21 community colleges offering these recovery support services and resources.

1. Anne Arundel Community College, Collegiate Recovery Center
2. Cape Cod Community College, START
3. Central Piedmont Community College, CRC
4. Community College of Philadelphia, Office of Collegiate Recovery
5. Community College of Vermont
6. Eastfield College, SIR
7. Greenfield Community College, Community Resource Studio
8. Lorain County Community College, CARE Center for Addiction Recovery and Students in Recovery Club
9. Massasoit Community College, Collegiate Recovery Program
10. Mendocino College, Students 4 Recovery
11. Merrimack College, Hamel Health and Counseling Center
12. Midland College, MC ADAC Center
13. Minneapolis Community & Technical College, Collegiate Recovery Program
14. Montgomery County Community College, POWER Program
15. Nash Community College, Collegiate Recovery Program
16. North Shore Community College, Collegiate Recovery Community
17. Northampton Community College, Collegiate Recovery Program
18. Red Rocks Community College, BHS & Peer Counseling Program
19. Santa Rosa Junior College (Petaluma), S4R
20. Santa Rosa Junior College, S4R
21. Southwestern Community College, Collegiate Recovery Community

Program advisors/coordinators should use this data to advocate for expanded services and resources. Students are looking outside the community college for these supports but want a community of students in recovery to connect with, which the community college is uniquely positioned to offer. And communities of students in recovery are good for the community college as these students are likely to have higher graduation rates and higher GPAs than the rest of the student population.

People looking to start offering recovery support services and resources at community colleges should use this data to advocate for these services and assess where to get started. There is an opportunity here for any institution to lead the way – to be a best in class example of supporting students in recovery. And, by connecting with people who are already on this journey program advisors/coordinators, students, and faculty, staff, and administrators will be able to get some quick wins and avoid some mistakes others made early on. The community colleges offering recovery support services and resources are just getting started; however, without their fearlessness the field would not have grown at all.

Let this research be an invitation – an invitation to join the movement and for you and your organization to start serving and supporting students in recovery on your community college campus. A guide of best practices does not yet exist, but you can be a part of its creation.

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APPENDIX I
On-Campus Recovery Support Services

12-Step Meetings

1. 12 Step Suppoprt
2. 12th step meeting opportunities
3. A/A
4. AA
5. AA
6. AA
7. AA
8. AA
9. AA
10. AA
11. Aa
12. AA
13. AA / NA
14. AA Meeting
15. AA meeting at Santa Rosa Campus
16. aa meetings
17. AA/NA Recovery Group
18. Gamblers Anonymous
19. NA
20. NA
21. NA
22. NA
23. Student AA group

Academic Program

24. AOD class
25. Addiction Counseling Academic Program

Collegiate Recovery

26. Collegiate recovery
27. Collegiate recovery
28. Collegiate recovery
29. Collegiate Recovery
30. Collegiate Recovery
31. Collegiate recovery center
32. Collegiate Recovery closed group meeting
33. Collegiate Recovery Community
34. Collegiate Recovery Community
35. Collegiate Recovery Community
36. Collegiate Recovery Community
37. Collegiate Recovery open social meeting
38. Collegiate Recovery Program
39. Collegiate Recovery Program
40. Collegiate Recovery Program
41. collegiate recovery program
42. collegiate recovery program
43. Collegiate Recovery Program
44. Collegiate Recovery Program
45. Collegiate recovery program
46. Collegiate recovery program
47. Collegiate recovery program
48. Collegiate recovery program
49. Collegiate Recovery Program

50.	collegiate recovery service		79.	Students for Recovery
51.	Colliegate Recovery		80.	Students for Recovery
52.	CRC		81.	Students for Recovery
53.	CRC		82.	Students for Recovery
54.	Crc		83.	Students for Recovery
55.	Crc		84.	Students for Recovery
56.	CRC		85.	students for recovery
57.	Crc		86.	Students for Recovery
58.	CRC		87.	Students for Recovery
59.	CRP		88.	Students for recovery
60.	CRP		89.	Students for recovery
61.	Crp		90.	Students for recovery
62.	CRP		91.	Students For Recovery
63.	CRP		92.	Students for Recovery
64.	CRP meetings		93.	Students for recovery
65.	MCTC Collegiate Recovery Program		94.	Students for recovery (S4R)
66.	MCTC Collegiate Recovery Program		95.	Students for Recovery Club
67.	MCTC Colligiate Recovery Program		96.	Students for Recovery Club
68.	NCC Collegiate Recovery Program		97.	Students in recovery
69.	Recovery Club		98.	Students in Recovery
70.	Recovery club		99.	Students in Recovery Club
71.	Recovery Group		100.	Students in Recovery Club
72.	Recovery group		101.	students in recovery meeting
73.	Recovery group/club		102.	Students of recovery
74.	recovery student program		103.	T-RAP
75.	S4R		104.	The Students 4 Recovery Club
76.	Student Recovery Wednesday Night Bertolini		105.	Trap
77.	Students 4 Recovery		106.	Weekly support meetings
78.	Students 4 Recovery Club		107.	Addiction Recovery Drop-in Center

Counseling

108. counciling
109. counseling
110. Counseling
111. counseling department
112. Counseling Services
113. Counseling Services
114. Counsling
115. Couseling center
116. Eastfield College Counciling Department
117. MCTC Counseling
118. tudent Psychological Services
119. Student Psychological Services
120. Student Psychological Services
121. Therapy
122. Therapy at Student Psych Services
123. herapy sessions with a MA, MSW, LCSW, LCAS
124. Walk in counseling services
125. Walk in Therapy
126. drop in therapy
127. LADC
128. Group counseling/mental health services
129. individual mental health counseling

Fun Activities/Programs

130. Escape room
131. Hiking
132. Kick ball
133. Monthly Fun Activities
134. Social events
135. Recovery Night

Health/Wellness Services

136. Health center
137. health services
138. MCTC Health Clinic
139. Student Health
140. Student Health Services
141. student health services
142. Student Health Services
143. Student Health Services
144. Student Wellness Center
145. Student Wellness Center
146. Wellness Center
147. wellness center/support group
148. Health and wellness group

Mindfulness & Meditation

149. Mindfullness Momday
150. Mindfulness
151. Mindfulness meetups
152. Mindfulness Mondays
153. Meditation Group
154. Minfulness Mondays.

Non-Recovery Clubs

155. ACC
156. Active Minds Club
157. addiction counseling club
158. Addiction Counseling Club Club
159. Second Chance Club
160. Second Chance Club

Non-12 Step Recovery Meetings

161. Addiction Recovery Meetings 2times per week
162. all recovery
163. All recovery meetings
164. All Recovery Meetings
165. On-campus recovery meeting
166. recovery meetings
167. Refuge Recovery
168. Refuge recovery
169. Refuge Recovery
170. Refuge Recovery
171. Refuge Recovery.
172. smart recovery
173. 1 "recovery" group that isn't just for addictions
174. Recovery yoga

Other Campus Offices

175. Disability resources
176. Disability resources
177. Dream center
178. FASFA
179. Drug abuse alternatives center
180. Trio
181. human services

Peer Support & Mentoring

182. peer counseling
183. peer support
184. Mentoring
185. Recovery coaching

Staff

186. Staff
187. Staff
188. Support from Addiction Recovery Staff

Other

189. Attend MAARCH Conference
190. Eops
191. Grade Remission
192. Mental Illness Recovery
193. meridian
194. Minnesota Recovery Connection
195. MNYPAA
196. PEERS
197. referals
198. Some kind of meeting on Mondays
199. There is a meeting somewhere on campus.
200. Thursday meeting
201. I know there is one, but can't remember the name
202. Meetings
203. Monthly Club meetings
204. problem gambling program
205. Meeting room

APPENDIX II

Off-Campus Recovery Support Services

12-Step Meetings

1.	12 step groups	33.	AA
2.	12 step groups	34.	AA
3.	4th step workshops	35.	aa
4.	A.A	36.	AA
5.	A.A.	37.	AA
6.	A/A	38.	AA
7.	a/a	39.	AA
8.	A/A	40.	aa
9.	A/A	41.	AA
10.	AA	42.	AA
11.	AA	43.	AA
12.	AA	44.	AA
13.	AA	45.	AA
14.	AA	46.	AA
15.	AA	47.	Aa
16.	AA	48.	AA
17.	AA	49.	Aa
18.	AA	50.	AA
19.	AA	51.	AA
20.	AA	52.	AA
21.	AA	53.	AA
22.	AA	54.	AA
23.	AA	55.	AA
24.	AA	56.	AA
25.	aa	57.	AA
26.	AA	58.	AA
27.	AA	59.	AA
28.	AA	60.	AA
29.	AA	61.	AA
30.	AA	62.	AA
31.	AA	63.	AA
32.	AA	64.	AA

65. AA

66. AA
67. AA
68. AA
69. AA
70. AA
71. AA
72. AA
73. AA
74. AA
75. AA
76. AA
77. Aa
78. AA
79. aa
80. AA
81. AA
82. AA
83. aa home group
84. aa meetings
85. AA MEETINGS
86. AA Meetings
87. AA meetings
88. Aa meetings
89. aa meetings
90. AA meetings
91. AA meetings
92. AA Meetings and Events
93. AA, NA
94. AA, NA, CMA, CA, HA
95. AA/NA
96. AA/NA
97. AA/NA
98. AA/NA
99. AA/NA
100. AA/NA
101. AA/NA

102. AA/NA

103. AA/NA
104. AA/NA
105. AA/NA
106. AA/NA
107. AA/NA
108. AA/NA
109. AA/na
110. AA/NA Meetings
111. AA/NA meetings
112. AA/NA meetings
113. Aa/na meetings
114. AA/NA meetings
115. Alcoholic Anonymous
116. Alcoholics Annonymous
117. Alcoholics Annonymous
118. Alcoholics Anonymous
119. alcoholics anonymous
120. Alcoholics Anonymous
121. Alcoholics Anonymous
122. Alcoholics anonymous
123. Alcoholis Anonymous
124. Alkathons
125. C.M.A.
126. ca
127. CA
128. CMA
129. CMA
130. CODA
131. CODA
132. CoDA
133. Debtors Anonymous
134. Friday Night Clarity NA
135. GA (Gambler's Anonymous)
136. Lots of AA/NA parties
137. MA
138. many AA meeting

139.	Many AA, NA, Harm Reduction		176.	NA
140.	Many NA meeting		177.	NA
141.	Methadone Annonymous		178.	Na
142.	Minneapolis Intergroup		179.	Na
143.	Monday Night NA at MCC Church		180.	NA
144.	Monday Night Temple AA		181.	NA
145.	N.A.		182.	NA
146.	N.A.		183.	NA
147.	N/A		184.	NA
148.	n/a		185.	NA
149.	N/A		186.	NA
150.	N/A		187.	NA
151.	NA		188.	NA
152.	NA		189.	NA
153.	NA		190.	NA
154.	NA		191.	NA
155.	NA		192.	NA
156.	NA		193.	Na
157.	NA		194.	na
158.	NA		195.	NA
159.	Na		196.	NA
160.	NA		197.	NA AA
161.	NA		198.	NA AA
162.	NA		199.	NA and AA
163.	NA		200.	Na camdon
164.	NA		201.	NA MEETINGS
165.	NA		202.	NA meetings
166.	NA		203.	na meetings
167.	Na		204.	NA meetings
168.	NA		205.	NA meetings
169.	NA		206.	NA meetings
170.	NA		207.	NA/AA
171.	NA		208.	NA/AA
172.	Na		209.	Nar-Anon
173.	NA		210.	Narcotics Annonymous
174.	Na		211.	Narcotics Annonymous
175.	NA		212.	Narcotics Anonymos

213. Narcotics Anonymous
214. Narcotics anonymous
215. Narcotics Anonymous
216. narcotics anonymous
217. Narcotics Anonymous
218. Narcotics Anonymous
219. Narcotics Anonymous
220. Narcotics Anonymous
221. narcotics anonymous
222. OA
223. OA
224. OEA
225. SAA
226. SAA (Sex Addicts Anonymous)

227. SAA/HIR
228. Saturday Morning Breakfast Club AA
229. SLA
230. SLA
231. SLAA
232. SLAA (Sex and Love Addicts Anonymous)
233. St.Paul Intergroup
234. The 521 Group AA
235. The Stonecrest Group of AA
236. The Way Home Group AA
237. Tuesday Trans*/Queer AA
238. Twelve step programs
239. Wednesday Candlelight NA

Association & Conferences

240. Addiction Professionals of North Carolina
241. Center for Prevention Services
242. Coalition for Addiction Recovery and Education
243. Drug Free Coalition
244. MNNAC

245. MNYPAA
246. MNYPAA
247. Recovery Communities of North Carolina
248. She Recovers Conference

Co-Occurring Supports

249. Aliveness Project
250. Hennipin County Rule 25 Programs/Northpoint
251. HOPE HAVEN
252. Hope Way

253. Interlink Self-help Center
254. Melrose Center
255. REBOUND
256. Sonoma County Mental Health

Collegiate Recovery

257. Augsburg Step-Up Program
258. Catamounts for Recovery
259. Meetings on campus

260. Recovery student organization
261. S4R
262. Student in Recovery

Counseling

263. Mental health therapists
264. Personal Counseling
265. Psychologists' Offices
266. Recovery Happens
267. therapists
268. Therapy
269. Therapy
270. Therapy

Family Support Services

271. ACA
272. ACOA
273. Adult Children of Alcoholic and Dysfunctional Families (ACA)
274. Al Anon
275. Al-Anon
276. Al-Anon
277. Al-Anon, etc
278. Ala-non
279. Ala-Teen
280. Alano
281. Alanon
282. Alanon
283. Alanon
284. Alaon
285. FAMILY FIRST
286. Hope Initiative Events

Fun Activities & Programs

287. Friends in Recovery
288. Out & Sober
289. Sober social events

Government & Judicial Organizations

290. California Human Development (CHD)
291. Drug Court
292. Probation Officers

Housing

293. "R" house
294. Catholic Charities
295. Drake Hotel for Women/Men
296. Men's Shelter
297. Oxford House
298. People Serving People
299. Sober living enviorments
300. Sober living homes
301. Step 2
302. Women's Shelter
303. WRS

Local Recovery Support Organizations & RCO's

304.   2218
305.   2218 Alano Society
306.   ACYPAA
307.   Minnesota Recovery Connection
308.   Minnesota Recovery Connection
309.   Minnesota Recovery Connection

310.   Recover Project
311.   recovery project
312.   Will Work for Recovery
313.   Young People in Recovery
314.   Young People in Recovery

Mindfulness & Meditation

315.   meditation groups
316.   Meditation meetings

Non-12 Step Recovery Meetings

317.   All recovery meetings
318.   Celebrate Recovery
319.   Celebrate Recovery
320.   Celebrate recovery
321.   Celebrate Recovery
322.   Celebrating Recovery
323.   Health Realization
324.   health realization
325.   Jitters
326.   Jitters
327.   Life Ring
328.   Life Ring
329.   Life Ring
330.   Life Ring
331.   Lifering
332.   problem gambling program
333.   Recovery Yoga

334.   recovery yoga workshops
335.   Red Road
336.   refuge
337.   Refuge
338.   Refuge Recovery
339.   Refuge Recovery
340.   Refuge recovery
341.   SMART
342.   S.M.A.R.T
343.   SMART Recovery
344.   Smart Recovery
345.   SMART Recovery
346.   Smart Recovery
347.   smart recovery
348.   Veterans Affairs substance abuse group
349.   Wellbriety

Outreach & Community Support

350.   COMMUNITY SUPPORT
351.   Coordinated Opiate Recovery Effort
352.   PROMISE RESOURCE NETWORK

353.   The Anchor Holds Inc
354.   The Hope Initiative
355.   The recovery connection

Peer Support & Mentoring

356. ACT
357. Health department Peer recovery serves
358. In-person meet-ups for coffee/tea
359. Online support groups on FB
360. peer support group

Religious Organizations

361. church
362. church
363. church groups
364. Faith-Based Recovery
365. Grace Trinity Church
366. MCC All Gods Children
367. Recovery church
368. Victory Outreach Church

Treatment Services

369. 2 harbors
370. Addiction treatment
371. Annuvia
372. Anuvia
373. ANUVIA
374. Anuvia Detox/treatment
375. Azure Acres
376. Campobello Chemical Depensency
377. Counselors
378. DAAC
379. DAAC
380. DAAC
381. DAAC
382. DAAC
383. detox
384. Dilworth center
385. Dove's Nest
386. DOVES NEST
387. Drug Abuse Alternative Center (DAAC)
388. Drug Abuse Alternatives Center (DAAC)
389. Duffy's
390. Eden House
391. Fairview Recovery Services
392. First Step
393. Fish and Loaves
394. Flyleaf Therapy
395. Hazelden
396. Inpatient
397. institutional (inpatient/outpatient) recoverP through CSO
398. Kaiser Petmanente
399. Macloed Center
400. MAT Treatment
401. McCleod Treatment Center
402. McLeod Center
403. Mercy Horizons Ballantyne/Dilworth
404. Mercy Hospital Detox
405. MN Teen Challenge
406. Mountain Vista Farms
407. Mountain Vista Farms
408. Nexus
409. Numerous Private Hospitals/Programs
410. NuWay
411. NuWay
412. Olympia House Rehabilitation center
413. ne on one recovery
414. Orenda Center
415. Orenda Center
416. Outpatient
417. outpatient programs
418. ride Institute
419. Project Intercept

420. Rehabs
421. Saber Program
422. Soul's Harbor
423. St. Joseph IOP
424. Teen and Adult Challenge
425. Treatment centers
426. Turning point

427. Turning Point Inc.
428. Turning Point Inc.
429. vista mountain
430. Wayside
431. Wayside for Women
432. Wayside recovery
433. Wilmington Treatment Center

Other

434. AMARA
435. appa
436. ASAP
437. chicago group
438. Cp
439. Gopher State
440. Groups
441. I host a weekly recovery podcast since April 2017
442. Life skills
443. Living in the solutions
444. Men's Center
445. NCRAW
446. Nonprofit funding agencies

447. Peases
448. Petaluma Health Center
449. Prior Lake Lakers
450. Recovery facilities?
451. Recovery related seminars
452. Salvation Army
453. Student Health
454. Substance use treatment group
455. The Bridge
456. the suicide hotline
457. UpWorks
458. Zen Center

End Note

This report analyzes and discusses data that was collected as part of the Bridging the Gap pilot program's Student Engagement and Institutional Attitude Survey. Some data that were collected through the survey were not analyzed or discussed in this report. However, we invite other researchers and students to access and analyze this data. The full data set can be found at: https://www.surveygizmo.com/s3/4701921/Community-College-Survey-Data-Download

Transforming Youth Recovery
One Community, One School, One Student At A Time