Community Colleges: The Next Frontier of Recovery Support at Institutions of Higher Education
Presenter bio

Erin Jones
Research partner, Transforming Youth Recovery
Principal, sr4 Partners

The principal investigator on TYR’s research efforts since 2013 authoring or co-authoring the following:

- Recovery Support in and around Community Colleges in the U.S. (2016)
- 38 Assets for Building Collegiate Recovery Capacity (Revised 2016)
Session objectives

During this session, you will...

1. Learn about Transforming Youth Recovery's 2016 research on community college recovery support that led to the Bridging the Gap grant program

1. Learn about TYR’s observations from the Bridging the Gap grant program

2. Discuss the findings of the institutional attitude and student engagement survey that is being deployed on Bridging the Gap grantee campuses
Community Colleges: The Next Frontier of Recovery Support at Institutions of Higher Education
Recovery Support in and around Community Colleges in the U.S. (2016)

America’s almost 1,200 community colleges offer students 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.

In 2015 and 2016, TYR spent six months studying the landscape of recovery support in and around community colleges in the United States.
Research objectives

1. Examine the landscape for recovery support in and around community colleges in the U.S.
2. Among those community colleges where recovery support is being offered, identify the community-based assets that are being used.
3. Based on interviews with those offering or trying to offer recovery support, describe potential models for recovery support services and partnerships within the college community setting.
4. Discuss the role community colleges might play in supporting and serving students in recovery.
Research methodology

1. Web-based research
2. Semi-structured interviews with:
   • Melinda Mechur Karp, Assistant Director for Staff and Institutional Development at the Community College Research Center at Columbia University
   • Tom Hill, Senior Associate, Behavioral Health Technical Assistance Center at Altarum Institute
   • Amy Boyd Austin, President of the Association of Recovery in Higher Education and Founding Director of the University of Vermont’s Catamount Recovery Program
   • Robert Ashford, Program Director for YPR and Program Director for the Collegiate Recovery Program at the University of North Texas
   • Judy Raper, Director of Student Development at Greenfield Community College
   • Chesly Herd, Alcohol & Drug Abuse Counseling Program Chair, Midland College
   • Regina Yaroch, Adjunct Faculty, Arts & Communication at Cape Cod Community College
   • Andrew Burki, Founder and CEO, Life of Purpose Treatment
   • Loretta Lawson-Munsey, Coordinator, Substance Abuse Education, Anne Arundel Community College
Community colleges with recovery support (2015-2016)

During this study, researchers verified recovery support services or programs existing at the following community colleges:

1. Anne Arundel Community College  
   *Arnold, MD*
2. Cape Cod Community College  
   *West Barnstable, MA*
3. Central Piedmont Community College  
   *Charlotte, NC*
4. Greenfield Community College  
   *Greenfield, MA*
5. Midland Community College  
   *Midland, TX*
6. Truckee Meadows Community College  
   *Reno, NV*
Community colleges with recovery support (2015-2016)

Based on referrals, researchers believe there were potentially recovery support services being offered at these community colleges, although they were unable to get confirmation of this during the study:

1. Lane Community College
   Eugene, OR
2. Palm Beach State College
   Lake Worth, FL
3. Tulsa Community College
   Tulsa, OK
Lastly there were a few other community colleges that researchers believe were **considering** recovery support for students:

1. Hartford Community College  
   *Bel Air, MD*
2. Holyoke Community College  
   *Holyoke, MA*
3. Naugatuck Community College  
   *Waterbury, CT*
4. Northampton Community College  
   *Bethlehem, PA*
5. Riverside City College  
   *Riverside, CA*
6. Yavapi College  
   *Prescott, AZ*
Key observations

- Study reflects **six months** of work to uncover recovery supports but certainly not exhaustive
- The **limited existence of recovery support** on community college campuses may be a result of minimal student support infrastructure
- However, since 2015 there is movement within community colleges to **provide students better services** outside the classroom
- **Efforts that did exist were not thriving**; no combination of resources and services were funded and staffed in a way that they felt would result in long-term institutionalization
- **Many campuses considering** recovery supports but had not officially initiated efforts
- Efforts looked **different on different campuses**
- Practitioners believe more is possible
Recommendations

- Not enough known about the collegiate recovery assets needed to support students in recovery on a community college campus
- Recommended that a series of pilots be conducted to better understand which assets should be cultivated to build capacity

Prospective pilot models included the following:
- An adequately funded student-club with a focus on recovery support and an engaged staff or faculty sponsor
- A student support program that is modeled after Federal TRIO Programs
- An on-campus student support program staffed by Young People in Recovery (YPR) or another comparative community-based organization
- An on-campus student support program staffed by a local treatment center or other RCO
- A student support program that is funded as an extension of an established CRP/C at a nearby four-year institution
- A collegiate recovery program that is supported through early stage grants and technical assistance from Transforming Youth Recovery (TYR) as demonstrated at four-year institutions of higher education
As a result, TYR began the Bridging the Gap grant program to conduct pilots. Community colleges receiving the grant included:

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

1. Site Visits
   - Central Piedmont Community College
   - Eastfield College
   - Greenfield Community College
   - Minneapolis Community & Technical College
   - Northampton Community College
   - Santa Rosa Junior College
   - Truckee Meadows Community College

2. Institutional Attitude and Engagement Survey
   - Over 3,000 responses
   - 9 campuses
Site visit highlights

Community Colleges: The Next Frontier of Recovery Support at Institutions of Higher Education
Site visit highlights

Recovery support in the form of student clubs or community resource/drop-in centers

Club highlights
1. Santa Rosa Junior College, S4R
   • 12-15 students participating on regular basis
   • Rotating format for weekly support meetings with a couple of special events each semester
   • Scheduled weekly meetings to take place just before addiction counseling class
   • Special events build awareness, weekly meetings engage and support
   • Appreciative approach to student leadership roles
   • No dedicated space, but meet in same space each week
   • No participation requirements

2. Eastfield College, SIR
   • 7-10 students participating on a regular basis
   • Consistent meeting format although people asking for variation (AA on Tuesdays, workshops 1x/month)
   • Special events to build awareness
   • Dedicated space
Site visit highlights

Recovery support in the form of student clubs or community resource/drop-in centers

Club highlights
3. Central Piedmont Community College, CRC
   • Dedicated space
   • Meetings in space 4 days/week (club meeting and general recovery support)
   • Awareness events each semester
   • Received grant from Alcohol Beverage Control Board to have paid staff
Community Colleges: The Next Frontier of Recovery

Support at Institutions of Higher Education

Recovery support in the form of student clubs or community resource/drop-in centers

Community resource/drop-in center highlights

1. Minneapolis Community and Technical College, CRP
   - Partnership between health clinic, academic program, student affairs, student life, and addiction counseling club
   - Use student workers to staff the drop-in space (40-60 hours staffed by work study, workers in recovery or recovery allies)
   - Individual, group, and peer recovery support
   - All recovery meetings facilitated by students trained as recovery coaches
   - September event
   - Dedicated space (getting more next year)
   - Can use space without formal admission to CRP
   - Student life fees also provide funding for half-time therapist who does counseling, screening and a weekly group meeting (therapist is health clinic staff)
### Community Resource/Drop-in Center Highlights

2. Greenfield Community College, Community Resource Studio
   - Staffed by community partners (recovery coach services, recovery project, all recovery meetings, refuge recovery, etc)
   - When no formal programming, drop-in center
   - Dedicated space

### Schedule

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<th>Time/Day</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
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<tr>
<td>9:00 am</td>
<td>Dates and Times are subject to occasional change. Please see the website for the most updated information. To become an organization/individual in residence, please call Judy Raper at 413-775-1819</td>
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<td>CHD Recovery Coaching 11am-12pm</td>
<td>Western Mass Recovery Learning Community 9am-12pm</td>
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<td>GCC Wellness Center 11am-1pm Outside of the Studio</td>
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<td>12:00 pm</td>
<td>All Recovery Meeting 12pm-1pm</td>
<td>All Recovery Meeting 12pm-1pm</td>
<td>CHD Recovery Coaching 11am-12pm</td>
<td>GCC Wellness Center 11am-1pm Outside of the Studio</td>
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<td>Recover Project 1pm-3pm</td>
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Site visit observations

1. Resources and services exist primarily as clubs or drop-in centers
2. Efforts with partnerships on campus or off campus, seem to be able to offer more robust supports
3. Student leadership transition is even more of a struggle than on 4-year campuses
4. Strong student leaders attract and engage more peers to participate
5. New beginning every semester
6. Efforts with fewer admissions requirements are serving larger populations
7. Majority of campuses offering weekly supports as well as special events each semester
8. Dedicated space allows efforts to serve those contemplating participation more easily
9. Students joining because they are looking for peers in recovery on campus
Survey findings

Student Engagement and Institutional Attitude Survey

- All community college grantees required to deploy
- As of 7/1/18 over 3,000 responses from 9 community colleges
- Respondents include:

- 55.4% Student (not in recovery)
- 16.3% Student in recovery
- 22.7% Faculty, staff, or administrator
- 5.0% Community member
- 0.5% Collegiate recovery program advisor or coordinator
Survey findings

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

Student engagement questions

• Time spent participating in recovery support on campus
• Time spent participating in recovery support off campus
• Quality of engagement
• From both the staff and student perspectives
Among the students who participate in recovery support services that are available at your community college, how much time each week would you estimate they spend participating in services?

Survey findings

- 44.4% 1-3 hours
- 16.7% 3-5 hours
- 27.8% More than 5 hours
- 11.1% No time
How engaged are you during these hours dedicated to recovery support services at your community college?

- 60.0% Engaged
- 18.2% Somewhat engaged
- 14.5% Neutral
- 3.6% Somewhat disengaged
- 3.6% Disengaged
Survey findings

Institutional attitude questions

• Awareness of services
• Impact of services
• Connection and belonging
• Desire for more services
• Belief that community college should fund
• Satisfaction
• And, more…
Survey findings

Around here, people know where to go to find recovery support services.
There is a clearly established program at our community college that supports students in recovery.
Survey findings

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

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

- 21.6% Strongly Agree
- 18.0% Agree
- 48.9% Neutral
- 6.5% Disagree
- 5.0% Strongly Disagree
I believe there is a need for our community college to offer more recovery support services.
Survey findings

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

How satisfied are you with the recovery support services at your community college?
On a scale of 0-10, how responsible do you believe your community college should be for providing recovery support services?

Survey findings
Technical assistance calls

Kristen Harper facilitating technical assistance calls for community colleges.

Two so far this year.

If you are interested in participating and not looped in, let Kristen know.

Contact: college@tyrecovery.org
Community colleges with CR as of today
Community colleges with CR as of today

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
22. Truckee Meadows Community College, T-RAP at TMCC
Next steps

1. Complete report will be released this fall.

2. If you are a **community college** interested in participating in student engagement and institutional attitude survey, please let us know.

   Contact: [erin@sr4partners.com](mailto:erin@sr4partners.com) or [college@tyrecovery.org](mailto:college@tyrecovery.org)

3. If you are a **4-year institution** and want to measure student engagement and institutional attitudes, we have a survey tool you can use.