

Creative Management of Substance Use Disorders on Campus

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Overview

- Introduction to MSU's Collegiate Recovery Community
- How we got involved
- Roles played within the community
- Benefits and lessons learned

Collegiate Recovery Programs

- A collegiate recovery program (CRP) is a supportive environment within the campus culture that reinforces the decision to disengage from addictive behavior. It is designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other.
- A year of sobriety is typically required
- Some programs provide scholarships to members

MSU's Collegiate Recovery Community

- 13 students, 5 introductory, 8 on scholarship
 - Introductory program helps students get to a year of sobriety
- House on campus for students to hang out/work
- Weekly recovery night with ties to recovery services in town
- Host sober tailgates open to students and the community

Recovery night (photo optional)



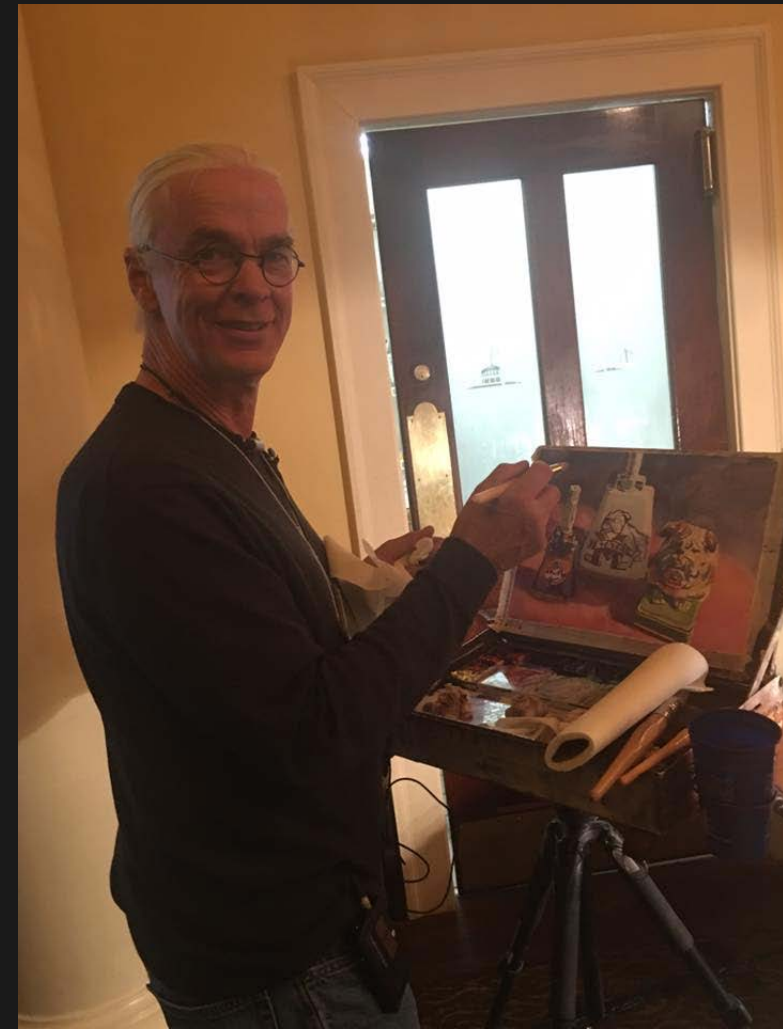
Sober Tailgate



Our introduction and role

- Asked to present on sleep disorders at a recovery night
- Served on search committee for new director of community
- Asked to join the board of directors in 2015
- Became chair of the board in 2017

Raising Scholarship Money – Wyatt Waters and Robert St. John



Learning through the experience

- MSSAS – Mississippi State Students About Service
- Allows students to volunteer without being identified as being in recovery
- Builds community, increases belongingness, reduces feelings of burden

MSSAS Prison Book Drive



Introductory Program

- New this year – recognizes that students need support to get to a year in recovery
- Introductory students setup with a mentor from within the community and are encouraged to come to events
- Direct referrals to the psychology clinic, where I supervise, for those who would benefit from outpatient treatment

Where we go from here

- Seeking additional funding
 - Expand MSSAS to other at-risk campus groups
 - More fully integrate the CRC/substance treatment with our suicide prevention efforts
 - Expand student scholarships and supports for those students in recovery

Questions?

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