



A GUIDE FOR STUDENTS IN RECOVERY

THRIVING IN COLLEGE

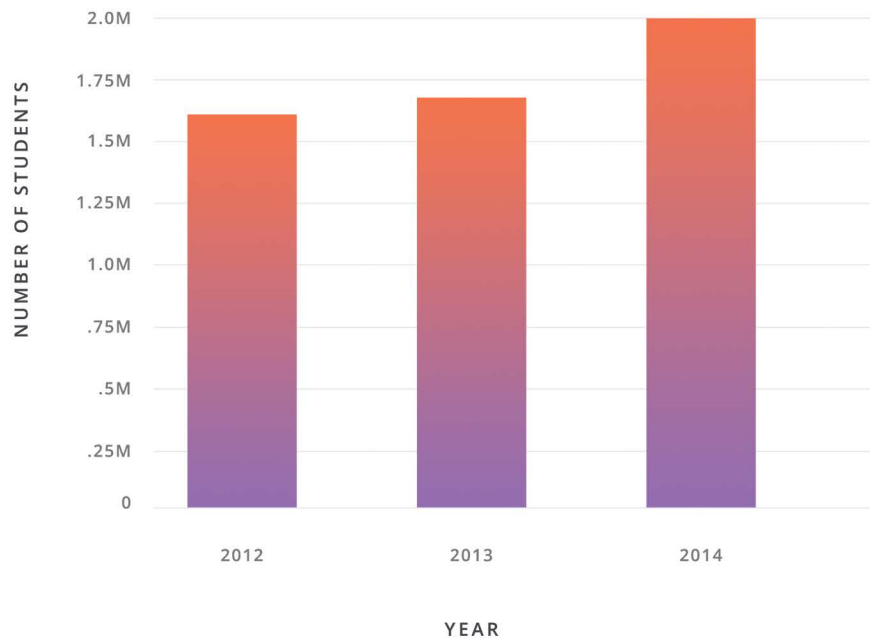
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Purpose

The purpose of this guide is to support students in recovery from addiction. College students in recovery face unique challenges that make it difficult for them to achieve academic, health and life goals. Most college campuses offer resources to help students overcome a variety of challenges, but few provide resources to address the challenges students in recovery face.

NUMBER OF FULL-TIME COLLEGE STUDENTS AGES 18-22 WITH A SUBSTANCE USE DISORDER:



Fortunately, there is a movement of increasing support for people in recovery in the United States. This guide will teach you how to bring that movement to your campus. It will help you find and access the resources that are already available at your school and in your community. It will teach you how to transform a campus culture conducive to alcohol and drug abuse into one that puts safety and health first.

Many campuses host drug abuse prevention efforts and offer resources to aid students battling [addiction](#). But there is a distinct void in official support for students in recovery on most campuses. To fill the void, several colleges and universities have developed collegiate recovery programs. CRPs are premier recovery resources that support a student's mental health and pursuit of academic goals while he or she recovers from addiction.

This guide provides a step-by-step outline for creating a CRP on your campus and for supporting fellow students in recovery. College life can complicate recovery efforts, but you can achieve your goals. You can be a part of positive change on your campus.



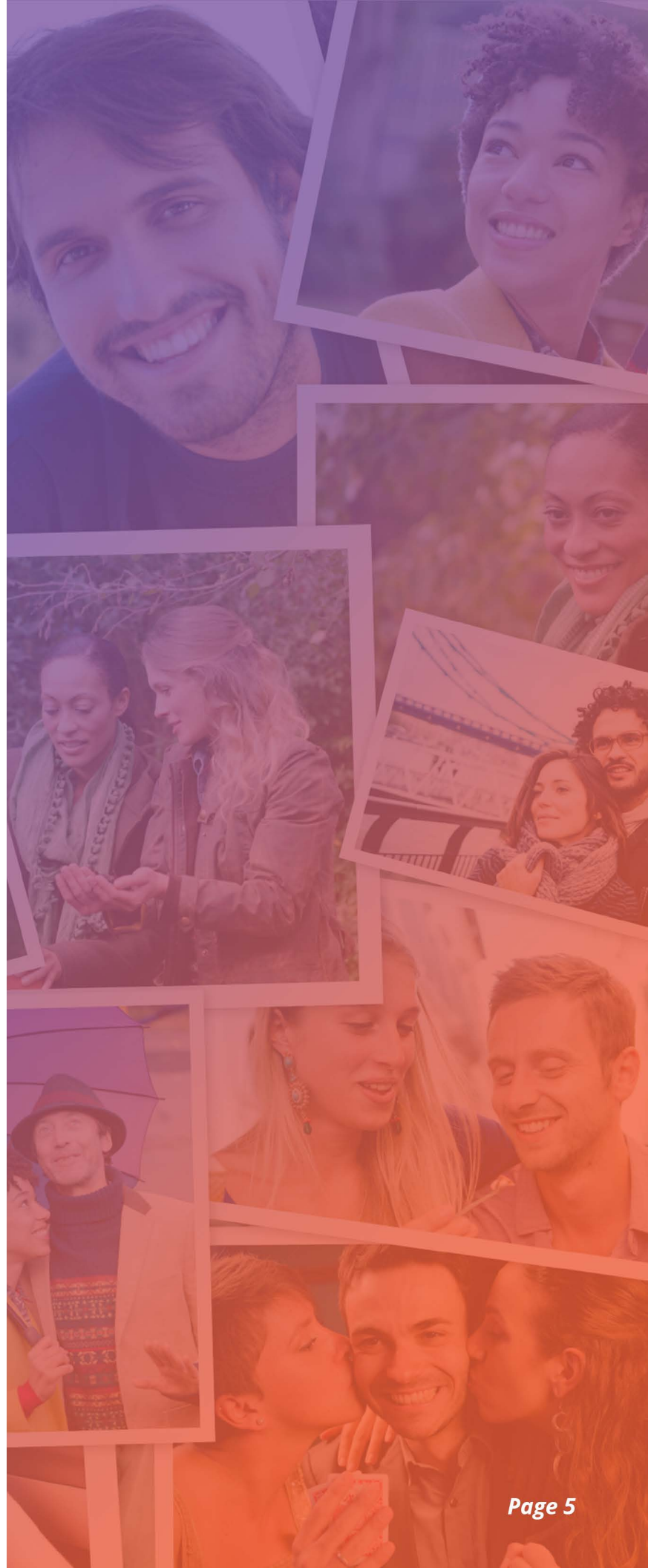
The Need for Recovery Programs on College Campuses

Attending college is one of the most stressful periods of transition in a person's life. Younger students often leave their homes and attempt to live independently for the first time in their lives.

Nontraditional or returning students are faced with the challenge of balancing work, family and scholarly responsibilities.

Others stressors related to college put students at an increased risk for mental health disorders such as depression, anxiety and [eating disorders](#). These risks jeopardize the ability of a student in recovery to remain sober.

To make matters worse, college life in the United States is often characterized by late nights, binge drinking and experimenting with drugs. The culture of accepting or expecting alcohol and drug use on college campuses threatens the well-being of students in recovery.



Dimensions of Recovery

- **Health:** Abstaining from substances of abuse and making healthy choices.
- **Home:** Having a safe place to live.
- **Purpose:** Participating in meaningful daily activity.
- **Community:** Having healthy relationships and social support.

— *Substance Abuse and Mental Health Services Administration*

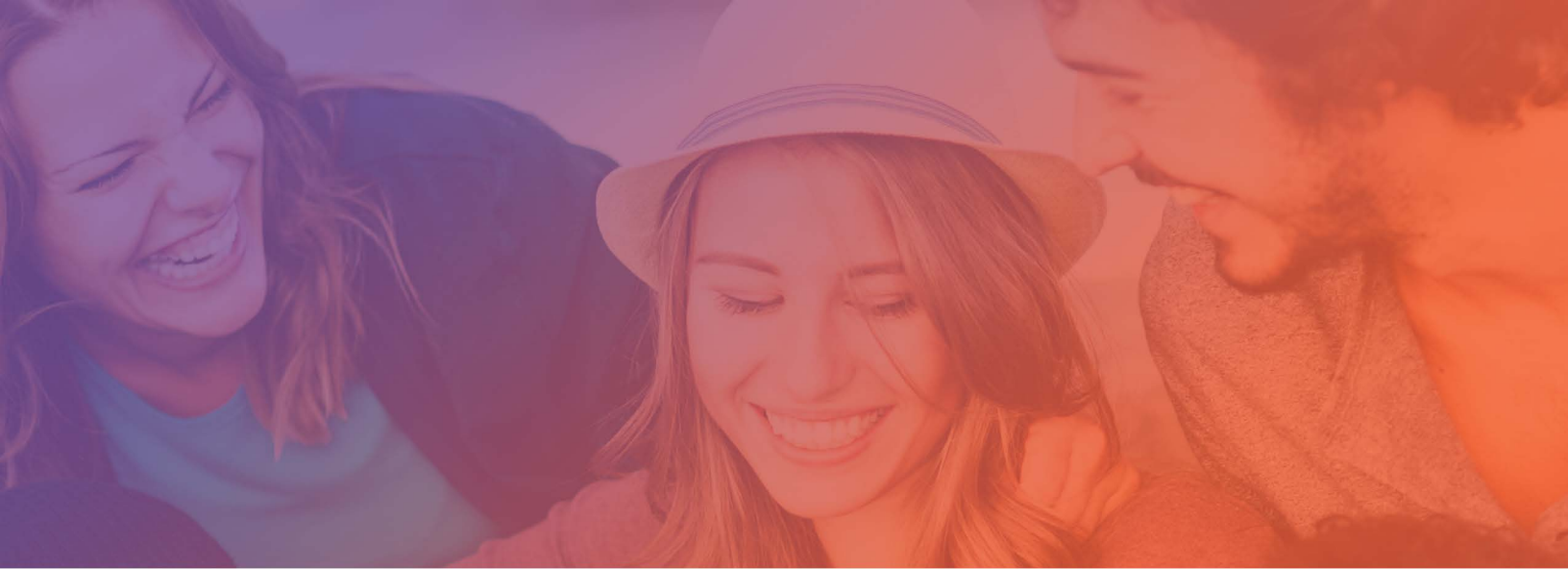
Many students believe they have to [drink alcohol](#) or use drugs to fit in, and alcohol and other drugs are often easily accessible. In some cases, parents, faculty and staff contribute to such expectations by referencing their own college experiences or encouraging risky behavior.

Despite a culture of tolerance toward alcohol and drug abuse, recovery from alcohol or [drug addiction](#) is often stigmatized. It isn't uncommon for a student, faculty or staff member to demean students in recovery with insensitive or judgmental language.

This stigma makes it difficult for students in recovery to openly express their status in recovery, a key component of building a support system and accessing recovery resources. When students in recovery have weak support systems and don't feel like they can be honest with peers, college can become a lonely place.

All of these factors make college campuses risky environments for students in recovery. That's why recovering students should find a safe environment and a supportive community.

Many college campuses have taken proactive steps to educate students about the dangers of substance abuse and to help students suffering from addiction. The efforts are commendable, but they usually focus on prevention and intervention. Once a student is referred to or discharged from [treatment](#), there is often a void in aftercare support on college campuses. CRPs fill that void.



About Collegiate Recovery Programs

Collegiate Recovery Programs are premier resources for college students in recovery from addiction. CRPs are also referred to as collegiate recovery communities. CRPs and CRCs are safe environments embedded within college campuses that support a student's decision to overcome addiction.

What CRPs Provide

CRPs are composed of students in recovery who form a community that is supportive of their choice to remain sober. This culture of peer support is what defines CRPs. Within these communities, students often find purpose by helping other students.

CRPs provide structure, support, education and a community that promotes [recovery from addiction](#). They employ professionals who are trained to support student health, and the programs support the educational experience without forcing students to sacrifice their health, happiness or well-being.

The goals of CRCs and CRPs are to fill the gap of support on college campuses. They foster a positive collegiate experience for recovering students while providing the resources and tools for them to continue their recovery journey.

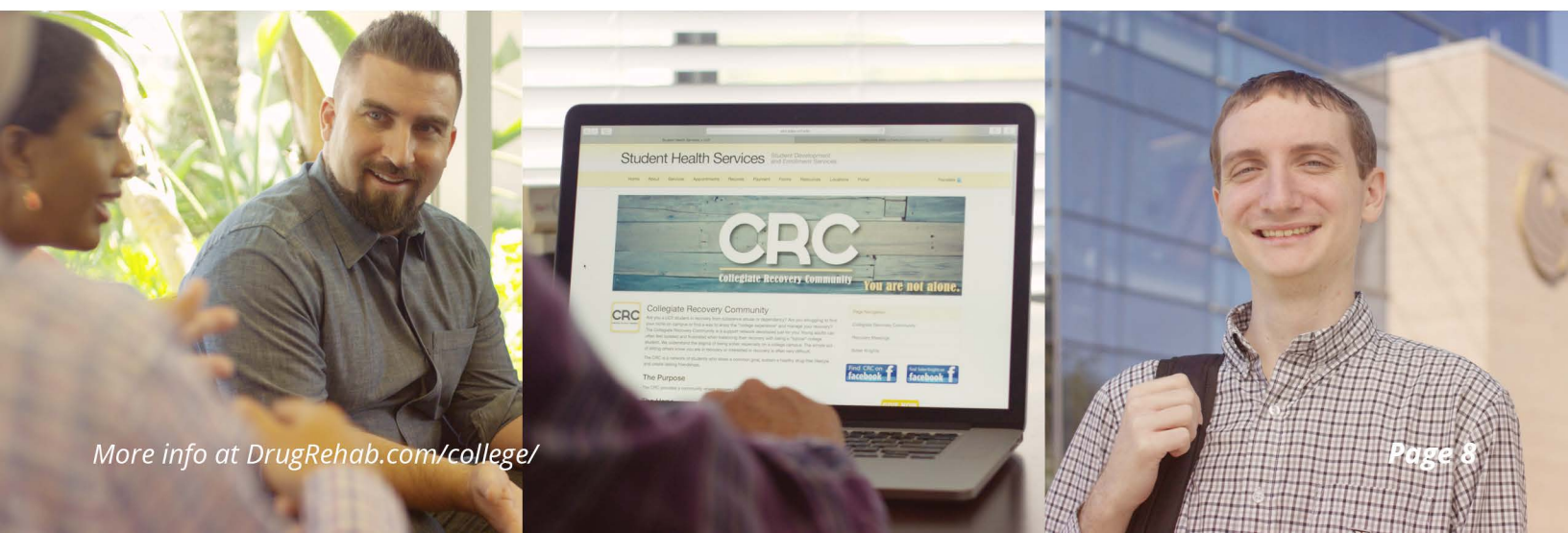
If you're in recovery from addiction, find out if your campus hosts a certified collegiate recovery program. The Association of Recovery in Higher Education is the only association dedicated to representing CRPs and CRCs. You can find a comprehensive list of ARHE approved programs at <http://collegiaterecovery.org/programs/>.

If your campus does not have a CRP, you should consider spearheading an effort to develop one. ARHE and Transforming Youth Recovery, a nonprofit charity developed by the Stacie Mathewson Foundation, provide several resources for individuals interested in creating a CRP. This guide will walk you through the process.

Be forewarned. Establishing a CRP is a long and difficult process. That doesn't mean you should shy away from the challenge, though. There are a variety of ways you can begin the recovery movement on your campus. Start by finding out what is currently available.

Each CRP is unique, but most CRPs offer:

- Safe spaces to study and socialize.
- Sober activities and events.
- Regular recovery support meetings.
- Peer mentorship or support programs.
- Roommate matching services.
- Community outreach or service projects.
- An on-campus sober living environment.
- Professional oversight and mentorship.



Finding Recovery Resources on Your Campus

Many on-campus and community resources are available to aid your recovery journey, but they often lack the comprehensive support that collegiate recovery programs offer.

If your school does not have a CRP, it may be in the process of initiating one. Join or access one of the existing resources on your campus to determine if a CRP is in development and to find support until a fully functioning CRP is developed.

Students in recovery who feel overwhelmed with stress or other pressures and believe they are at [risk for relapse](#) should contact on-campus mental health resources such as counseling services, student services, wellness clinics or other health services. A dean's office or office of student affairs can direct you to on-campus resources.

Community resources such as [Alcoholics Anonymous](#), [Narcotics Anonymous](#) and other support groups may help you find and develop social support. These on-campus and community resources can be useful until your campus develops a CRP. They can also be great starting points to begin the conversation about creating a CRP on your campus.

National Resources

National organizations such as ARHE or TYR may be aware of recovery movements on your campus. Reach out to them to determine if there's a movement near you or to find advice about getting started.



How to Start a CRP on Your Campus

Collegiate recovery programs increase the chances of a student in recovery maintaining sobriety throughout college and completing an academic degree. They are the ideal on-campus resource for recovering students, but they take time to develop.

Getting Started

If you're a junior or senior, you probably won't be able to fully develop a CRP before you graduate. But you and other students in recovery can begin the movement on your campus and benefit from the support and tools you create during the development process while you're in school.

Creating a CRP will take persistence, patience and a lot of work. You'll have to overcome challenges and obstacles in your path. But bringing a CRP to your campus is possible. More than 150 CRPs exist or are set to launch on college campuses today because a student, faculty or staff member started the conversation.

As you get started, reach out to ARHE. The organization has regional representatives who can help you make a plan for getting started.

ARHE also hosts an annual conference where you can meet others who have started recovery movements on their campuses and learn a variety of strategies for creating a CRC.

STEPS FOR CREATING A CRP:

1. Start the conversation
2. Build support
3. Raise awareness
4. Raise funds
5. Develop the program

Be sure to learn what you'll need to be successful. In 2015, Transforming Youth Recovery surveyed 91 collegiate recovery program coordinators to determine the most important assets for starting a CRP.

The survey revealed that the nine critical assets for starting a CRP were:

- Students in recovery who are interested in growing the recovery community on campus.
- Dedicated staff for a collegiate recovery program (faculty, staff and full- or part-time students).
- Support groups on campus or in the community for students in recovery (12-step groups such as AA or NA and additional groups such as Celebrate Recovery, SMART Recovery, eating disorder recovery, Teen Challenge, etc.).
- Influential individuals within the university or in the community who are interested in advocating for students in recovery.
- Physical space for students to get together socially, soberly and safely (organized meals, dances, bowling or other age-appropriate activities).
- Dedicated physical space for students in recovery to gather and meet.
- Organizations, departments and services that can refer students to a collegiate recovery program (judicial affairs, academic counselors, mental health counselors, treatment centers, etc.).
- Individuals available for one-on-one recovery support (coaching, guiding, supporting and mentoring).
- Organizations, departments and services that a collegiate recovery program can refer students to if they need additional assistance (treatment centers, mental health professionals, counselors, psychologists, etc.).

Building Blocks for Starting a CRP

Students in Recovery:

Students are the lifeblood of CRPs. Students and student groups have led the development of CRPs across the country.

Organization:

Develop a way to communicate with people involved in the project. Stimulate participation by hosting regular meetings, and maintain consistency in the way you communicate, operate and function.

Faculty and Staff:

Students lead collegiate recovery programs, but faculty and staff can lend valuable advice, help with outreach, leverage relationships, add credibility and raise administrative support.

Source — Transforming Youth Recovery

You probably don't have access to each of those assets right now, and there are numerous additional assets that make up an effective CRP. Don't worry. This guide will help you learn where to start and how to gain access to the most critical assets.

How to Start the Conversation

There are a variety of ways to get the conversation started on your campus. The best way is to reach out to support groups or sobriety-focused student organizations that already exist on your campus. You can also contact mental health or counseling services, residential life, student government or health and wellness services.

Gauge interest and try to find an influential individual in one of the offices who is interested in aiding the recovery community on your campus. Influential individuals are crucial to building credibility and stimulating change.

Hopefully, they'll be interested in hearing your story, the challenges you face and the benefits of having a CRP on your campus. You can also show them the success stories on page 15 or find more success stories in Recovery Campus magazine, a publication that strives to promote CRPs and CRCs.

How to Build Support

Having the support of students and an influential individual is a great start, but you'll need other key stakeholders to buy into the plan. As you spread the word about the challenges recovering students face and

the benefits of CRPs, incorporate the college's or university's values into your pitch.

Colleges and universities have mission and vision statements. Identify the goals of the institutions and tell stakeholders how adding a CRP to the campus aligns with those goals. Use examples of other institutions' successes in pursuing their mission through the addition of a CRP.

Meanwhile, continue to build support from students. Creating a CRP and building a recovery movement takes a lot of effort. It helps to have a large support system that can help the cause.

How to Raise Awareness

Colleges and universities are unlikely to fix something that isn't broken. Raise awareness about the need for a CRP on your campus by describing how the prevalence of [alcohol and drug abuse on college campuses](#) puts recovering students at risk. Explain the challenges students in recovery face and the relapse and dropout rates of students in recovery who don't receive support.

Provide relevant information about the research on CRPs: success and retention rates, GPAs of students who participate in CRPs, graduation rates and relapse rates. The more data you offer when spreading your message, the more likely people are to listen.

How to Raise Funds

Colleges and universities have tight budgets. They're more likely to consider the project if you convince them CRPs

For more info call (844) 313-8252

Building Blocks for Starting a CRP (continued)

Capacity:

Capacity refers to a combination of assets and practices that support college students in recovery.

Networking and relationship building are key components of building capacity.

Outreach:

Be the project's biggest advocate. Tell others about what you're doing and ask them to join or to spread the word. Become a well-known presence on your campus through simple awareness campaigns (creating flyers, sharing posts on social media, etc.) and word of mouth. Determine which efforts work and expand on them.

Source — Transforming Youth Recovery

Building Blocks for Starting a CRP (continued)

Resources:

Other students, faculty and staff have already laid the groundwork for the collegiate recovery movement. Learn from their mistakes and listen to their ideas. Attend ARHE's annual collegiate recovery conference, participate in ARHE forums online and access toolkits and information on collegiaterecovery.com, transformingrecovery.org and recoverycampus.com.

Purpose:

Your program should have a unique mission or vision. The purpose has the greatest impact if it's developed by students. Think about what students in recovery need to be successful and what they hope to accomplish in the future. Develop short- and long-term goals that help you accomplish your mission.

Source — Transforming Youth Recovery

are worth investing in and explain that outside resources can help fund the project.

Make an appointment with the university's development office and brainstorm partnership possibilities. The office may assign a development officer to the project to help raise funds, or it may provide you with a list of potential donors. You should also discuss the possibility of creating a donor account that can streamline the donation process for potential contributors.

To get the fundraising process started, you can host simple events such as car washes, bake sales, restaurant events or drawings. With support, you can host bigger events like silent auctions and 5k walks or runs.

How to Develop the Program

When you have enough support from students, faculty and staff, create a clear mission statement. Determine the needs of the students involved, discuss what each student hopes to accomplish and create a mission statement that defines the purpose of the CRP. The mission should guide all fundraising, awareness campaigns and development activities.

Once you have administrative support, it's time to start creating the program. Organizations such as ARHE and TYR can partner with the university and provide expertise for the development of the program.

You can also look to other campuses to learn from their successes. The Office of National Drug Control Policy

designated Texas Tech University's CRP as the model for collegiate recovery programming. TTU has developed curriculum and operational materials to guide the development of CRPs at two- and four-year institutions.

Success Stories

Collegiate recovery programs are making an impact on more than 100 campuses today. Students in recovery who are involved in CRPs report several benefits, such as feeling safe and more fulfilled with their college experience.

Texas Tech University

The Center for the Study of Addiction and Recovery at Texas Tech University opened in 1986. It provides students in recovery with on-campus [12-step meetings](#), relapse prevention classes, skill development workshops and individual counseling. The center also supports student groups that host sober social activities, service events and parent weekends.

A 2009 study published in the Journal of American College Health examined recovering students after their first year of participation in the CRP at Texas Tech. Before joining the CRP, the students identified three primary challenges to their recovery.





Three Challenges

1 Conflicts between academics and recovery

Recovering students might choose to write a paper instead of attending a support group meeting.

2 Limited social worlds

Recovering students identified several popular activities involving alcohol that they could not participate in, or they described a hesitance to reveal their status in recovery to other students.

3 Living in residence halls

Recovering students felt they had a lack of control over their environment, which often involved alcohol or immature behavior.

Five Benefits

After staying at the CRP, the students described five benefits of the program.

1 A recovery community

Recovering students emphasized how important it was to have access to other students in recovery. They felt relief from isolation and safe with peers.

2 Support from program staff

Recovering students enjoyed the environment of equality that staff members created and the on-call availability of staff members.

3 On-campus meetings

Most students had involvement in 12-step programs before college, so the easy availability of on-campus support group meetings was beneficial.

4 Academic support

Students expressed frustrations with academic advisors outside of the program who didn't understand their needs. They enjoyed access to advisors who were trained to work with students in recovery.

5 A place to hang out

Students expressed a sense of safety and stability from the CRP's physical location for recovering students to hang out on campus.



Rutgers University

The Alcohol and Other Drug Assistance Program at Rutgers University is the oldest program that sponsors and supervises on-campus housing for students in recovery. Like other sober living environments for the general public, Rutgers requires students living in its sober residence hall to attend 12-step meetings and regular counseling sessions.

The CRP provides services such as assessments, short- and long-term counseling, awareness groups, support groups and 12-step meetings. The on-campus residence hall houses a recovery counselor and hosts organized intramural and other campus events.

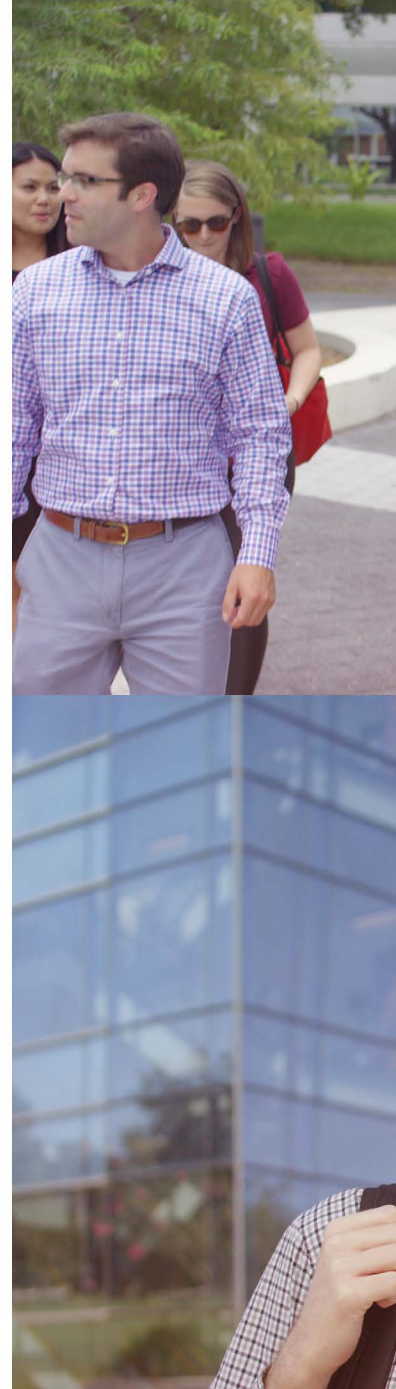
While recovering students who stay in normal campus housing maintain sobriety 20 percent of the time, students at Rutgers' Recovery House maintained sobriety 95 percent of the time during a six-year period. They also boasted a superior GPA compared to the general student population.

University of Central Florida

The CRC at the University of Central Florida is a recent example of how students and staff can come together to create a recovery community. The recovery movement at UCF grew out of one recovering student's desire for on-campus support in 2009. Working with a staff member, she established weekly Narcotics Anonymous meetings on campus.

The on-campus recovery community established a dedicated physical space for students in recovery in 2010, and during the next five years different sets of students led a variety of recovery initiatives.

In 2014, a pair of students and an administrator established a support program for recovering students through UCF Health Services. The group also received support for a roommate matching program that allowed recovering students to find each other and live together on campus.





By the fall of 2016, the CRC was fully established. It provides counseling, therapy, academic advising and a physical space for recovering students to interact. The CRC sponsors multiple on-campus 12-step meetings that draw more than 40 participants each week. It also supports Sober Knights, a student group for any student who wishes to participate in alcohol- and drug-free social events.

Helping Students in Recovery

Developing a CRP is the most effective way to help other students in recovery, but it isn't the only way. If you don't have the time or energy to devote to the project, or if you can't overcome administrative hurdles, there are other ways you can help your peers.

Helping others can aid your recovery because one of the best recovery techniques is to surround yourself with support from others working to maintain sobriety. Peer support helps you find inspiration and motivation from others.

Many people in recovery from addiction devote their lives to helping others. By helping other students, you expand your social network, decrease your chances of relapse and create opportunities for others that wouldn't have otherwise been available.



Spread the Word

You can help end the shame and stigma associated with recovery by spreading the word about the issue on your campus. Many people in recovery are hesitant to share their stories with others because of stigma. They feel ashamed or embarrassed, even though there is nothing shameful or embarrassing about being in recovery.

Additionally, most students believe everyone is trying drugs or binge drinking, but in reality most students are not. The college culture amplifies that misconception, making it intimidating for students who wish to combat the culture to speak up.

YOU CAN ADVOCATE FOR A DRUG-FREE CAMPUS BY

1. Sharing your story with others via the student or local newspaper or by talking with your peers.
2. Advertising sober social activities for students using flyers, social media and word of mouth.
3. Talking to student affairs about bringing a recovery expert to speak at your campus.

Be open about your recovery. Be confident and proud of who you are in your actions and words. Other recovering students will take notice and find inspiration in your example. They'll follow your lead, and together you can transform the culture on your campus.



Become a Resource

You can help others by being an expert on the tools, resources and assets necessary for a successful recovery. There is an abundance of free information online to help you learn about recovery from addiction, aftercare support and community resources.

The National Institute on Drug Abuse provides websites geared toward adults and teens. The Substance Abuse and Mental Health Services Administration offers several free e-books and other online resources, and DrugRehab.com is home to a wealth of recovery-related news, guides, tools and information.



If you're interested in making a career out of helping others, the National Board of Certified Counselors offers scholarship and fellowship opportunities. SAMHSA and several state authorities offer grants for students pursuing careers in counseling or addiction medicine.

You can also take a variety of less intensive classes, workshops and webinars to expand your knowledge. Contact your on-campus counseling center, local behavioral health care providers or a nonprofit drug group for information on classes and workshops specific to supporting others in recovery.

When you're ready, you can host workshops of your own, talk to local media about the problem and solutions, and become a leader among the student body.



Take Action

If your campus is devoid of support services or sober living options, you can and should take action to initiate support for a learning and living environment conducive to recovery.

Create Sober Environments on Campus

The ideal sober living environment would be part of a CRP. If that isn't possible, you can still establish a sober environment by simply reserving a room or venue at a regular time and location through your student affairs or reservations office. You can also petition for a residence hall dedicated solely to students in recovery.

Launch Substance Abuse Educational Campaigns

Raise interest and garner support by talking to students, faculty and staff about the challenges students in recovery face on campus. Once you've gained support, launch educational campaigns to teach the community about these challenges.

Develop On-Campus Support Group Meetings

A support group meeting requires only a room and two or three students in recovery from addiction. Faculty and staff can lend their expertise by advising student-led prevention or support groups, and students can lead and participate in group efforts. Check with student affairs to ensure the meeting complies with campus regulations. Once the group has established a regular meeting schedule, you can contact the local Alcoholics Anonymous or Narcotics Anonymous office for guidance, support and to list it on their schedules, if relevant.



Speak at Alcohol- and Other Drug-Awareness Seminars

As you become more knowledgeable about helping students in recovery, you can lend your expertise to other groups working to raise awareness about addiction-related issues. Advocate for issues related to recovery so the community knows recovery doesn't end after 30 days of treatment.

Advocate for the Development of Alcohol- and Other Drug-Education Classes

Garner support for educational classes for freshmen or transfer students by setting up appointments with deans or department chairs and writing to the board of trustees about issues specific to your campus. If first-year experience classes exist, advocate that the curriculum include addiction-related topics.

Develop Alcohol- and Drug-Free On-Campus Events

Lead efforts to develop sober activities before and after high-risk events, such as on-campus concerts or sporting events.



Standards for Membership

- Embracing abstinence-based recovery.
- Residing within an institution of higher education that awards academic degrees.
- Maintaining non-profit status.
- Employing trained, qualified and ethical professionals.
- Providing a variety of support services for students in recovery.
- Comprising a collegiate recovery community that supports recovery from addiction.
- Containing a dedicated physical area for meeting or residing.

Association of Recovery in Higher Education

The Association of Recovery in Higher Education represents collegiate recovery programs and collegiate recovery communities across the United States. CRPs are environments that support a student's decision to recover from addiction and to further their education.

ARHE comprises faculty, staff, administrators, students and policymakers. The association provides resources, education and support to CRPs and CRCs to improve the lives of students in recovery.

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Vision

Collegiate Culture that embraces recovery.

Mission

Empower Collegiate Recovery Programs and professionals to support students in recovery.

Strategic Approaches

Develop & Sustain, Connect & Collaborate, and Educate & Advocate



Recovery Campus magazine provides educational and pertinent information to college students affected by or in recovery from addiction. The magazine promotes opportunities for students to pursue higher education in safe and supportive environments.

Recovery Campus encourages students and members of their families to participate in CRCs by profiling success stories and telling stories of hope. The magazine also details various paths to recovery and features [treatment centers](#).

More than 100 college campuses, treatment centers, sober living environments, treatment professionals and student organizations receive Recovery Campus magazine. It's distributed at conferences and events across the country and is available in digital format. Additionally, Recovery Campus produces an e-newsletter, maintains a comprehensive website and boasts a strong social media presence.

Mission

To raise awareness of collegiate recovery communities on campuses across the country.



Transforming Youth Recovery

Transforming Youth Recovery is a nonprofit charity developed by the Stacie Mathewson Foundation. The foundation supports and promotes scholastic recovery communities to aid students affected by addiction. It's dedicated to removing the social stigma associated with addiction.

Transforming Youth Recovery was created in 2013 to help educators, parents and members of the community support students in recovery. The organization has funded more than 100 grants that have supported the rapid growth of collegiate recovery programs since 2012.

The Stacie Mathewson Foundation's success stories include restructuring and rebranding the Association of Recovery Schools' accreditation process, which is now recognized by the Office of National Drug Control Policy. The organization

also funds research on prevention and intervention strategies that can be applied to schools and communities across the country.

Vision

To transform youth recovery — one community, one school, one student at a time.



Young People in Recovery advocates for policies that make it easier for young people to maintain recovery from addiction. The organization operates through a national leadership team that directs community-based chapters. Those chapters advocate on a local and state level.

YPR chapters support recovering young people by helping them find stable employment, obtain appropriate housing and access educational resources. They host free workshops that help young people in recovery learn basic life skills.

Vision

Young People in Recovery changes the world so all young people in or seeking recovery are given the opportunity to become empowered.



This guide is presented by DrugRehab.com, a comprehensive web resource covering all aspects of addiction, evidence-based treatment options and proven recovery strategies. DrugRehab.com is provided by Advanced Recovery Systems, an integrated behavioral health care management organization dedicated to the treatment of addiction, substance abuse, eating disorders and mental health disorders.

ARS can help you create recovery resources on your campus. Led by Allison Walsh, ARS has played an integral role in the development of recovery resources on college campuses. Allison has experience working with university administrators, educators and students. Call her today to learn more about helping students in recovery.

ALLISON WALSH

Vice President, Business Development & Branding

CALL ME FOR ASSISTANCE (844) 313-8252



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