COLLEGIATE RECOVERY
INDIANA UNIVERSITY-BLOOMINGTON

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GOALS FOR TODAY

- To provide *information* about the importance of developing a “Collegiate Recovery Program”
- To *answer questions* and *learn* more about opportunities for reaching prospective students in recovery
- To reduce stigma and reinforce hope around addiction
Nationally, **31% of 18-24 year-olds** meet diagnostic criteria for addictive disorders (SAMHSA, 2015). Only 4% receive help.
WHAT IS ADDICTION?

- Related to a specific substance, multiple substances, or a behavior (i.e. compulsive eating, gambling)
- It's about the **brain**, not the **drug** or the **behavior**. **NOT A MORAL FAILING or PERSONAL WEAKNESS**
- Recognized by the American Society of Addiction Medicine (ASAM) as:
  
  “**Chronic disease of brain** reward, motivation, memory and related circuitry.”
- Similar to Diabetes or Heart Disease, addiction is a **chronic, progressive and incurable condition**.
- We estimate that 792 **students** on our campus annually may need support for a serious substance use disorder (CSAR, 2005).

THERE IS HOPE...
RECOVERY

- 23.5 million Americans are in recovery. (SAMHSA, 2015)

- IU students in recovery have unique needs that need to be addressed in order to be successful.

- A **Collegiate Recovery Community (CRC)** is institutionally sanctioned and supported, and seeks to provide the infrastructure necessary to support students in addiction recovery.
  - There are currently no campuses with an institutionally sanctioned collegiate recovery community in Indiana.
Recovery can be defined as a “voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship” Betty Ford Institute, 2007
WHAT YOU NEED TO KNOW

WHERE WE ARE TODAY

- $10,000 grant in Fall, 2014 from Transforming Youth Recovery
- Students in Recovery-Bloomington (SIRB) meet weekly, and have a “coffee crawl” coming up on April 7th with Culture of Care.
- Self-identification of recovery status is important
- Large recovery community in Bloomington, multiple treatment providers, social and artistic venues.
- 12-step meeting on campus (AA), multiple 12-step programs in our community at-large (over 100 various meetings per week, 1 on campus)
- “Students in recovery are eligible for accommodations under the Americans with Disabilities Act (ADA)
- Refer prospective or new students and families to OASIS to start the process

OASIS
PANEL

Introduction of Students

Q and A