Recovery

Recovery from mental disorders and/or substance abuse disorders is a process of change through which individuals:

- Improve their health and wellness
- Live a self-directed life
- Strive to reach their full potential

(SAMHSA, 2012)
Feelings of...

- Struggle
- Zoom fatigue
- Isolation of connection
- Anxiety
- Chaos
- Re-evaluating routines
- temptation
- Thankful for sobriety

We support Collegiate Recovery because...

- It saved my life/saves live
- It helped me find success beyond my wildest dreams
- Solidarity
- People I love are alive today because of it
- It creates a safe space for people in or seeking recovery to thrive
R’ Collegiate Recovery

- Peer-led support groups for students seeking recovery or harm reduction strategies
- Recovery from alcohol, marijuana, other substances, addictive behaviors (e.g., porn, electronics)
- Cognitive-behavior therapy and 12-step model
- Groups meet twice a week
- Expanding to include Al-Anon meetings

@healinghighlanders
Additional Resources

ARHE (Association of Recovery in Higher Education) interns have set up a handful of student-specific resources:

● Online resource list of virtual recovery meetings (national or CRC level), social events, and staff support events
  ○ Virtual Collegiate Recovery Resources - ARHE 2020

● GroupMe for all students in recovery
  ○ To join contact Paola Rivas (paola.rivas@collegiaterecovery.org)

● Recovery Pen Pal program
  ○ Anyone interested in participating can fill out the survey

● In the Rooms: A global online recovery community