

Impact & Efficacy of Collegiate Recovery Programs (CRPs)

on student outcomes: A systematic review of literature



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Introduction

- Collegiate Recovery Programs (CRPs) are health programs within higher education institutions which offer students in recovery a drug and alcohol-free space to study, socialize, garner support, and receive peer connections with other students in recovery (Laudet et al., 2016)
- Recovery is the process of making positive changes in one's lifestyle and behaviors to abstain from substance misuse and addictive behaviors to maintain a healthy physical and emotional well-being.
- Nascent research has shown that CRPs have a linkage to lower student relapse rates and an increase in academic achievement (Laudet, et al., 2015)
- This poses a mounting behavioral health disparity issue that is under-researched in the current literature.

Objective

- The goal of this study is to explore the findings from the current body of literature regarding CRP's impact on student outcomes (academic, socially, behavioral health, etc.)
- We accomplished this by conducting a systematic review and synthesis of the extant literature.

Methods

- An empirical literature search for articles published between 1980-2024 was conducted through EBSCO using the search terms "Collegiate Recovery Program OR CRP" And "Students OR College Students" AND "Outcomes OR Benefits".
- 10 primary articles/papers were used along with several ancillary/supporting articles.

Supporting Findings

- Federal agencies have called for an increase in recovery support services that are led by peers. Their research has shown that the areas of CRPs that have been studied can lead to better recovery outcomes and higher academic performance (Laudet et al., 2015).
- A wide-spread literature review suggests that students remain in recovery for longer in the presence of peer-based social events. CRPs can provide these resources and events (Smock et al., 2011).

Opposing Findings

- Suggests that there is not a substantial amount of evidence to suggest the efficacy of CRPs and suggests for an increase in empirical evidence before expanding these programs (Brown et al., 2018)
- Conclude that students felt there is not enough available options for these programs. They aim for a more inclusive environment (Kollath-cattano et al., 2017)

Discussion

- The slow output of collegiate recovery research for young adult and college populations has led there to be a lack of resources on college campuses and CRPs being developed and applied to these target populations.
- Many mental disorders, such as substance use disorders, have evidence of age disparity, yet receive little to no attention regarding collegiate community establishment and recommended research (Morse, et al., 2015).
- A precipitating issue to be highlighted is that many collegiate students who know they meet the DSM-5 requirements for a substance use disorder will either delay or deny treatment as a result of contemporary perceptions and norms towards substance use (Caldeira, et al., 2009)

Future Directions

- It is important for further general studies to be done exploring the impact and efficacy of CRPs.
- Considering the rising rates of substance use disorders nationwide, especially within the young adult and college student population, the need for research has become imperative.
- Authors should emphasize the importance of available CRP resources and community support to guide students through the process of recovery

Conclusion

It is important to recognize the importance for a widespread availability of recovery programs on college campuses as they can lead to a better physical and emotional well-being for students in recovery and promote academic achievement. Although majority of evidence suggests this, there should still be an increase in research studies to test the efficacy of these programs as a whole.

References

