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# Assessing the service needs and barriers of Collegiate Recovery Program (CRP) LIFT

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## Background

- 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.
- 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).

## Methods

- Thematic data coding from participant transcripts was used.
- Transcripts were used to identify codes about common interview features that comprise broader common themes across the data.
- Thematic coding involves a systematic process of reviewing, organizing, and categorizing data to reveal recurring topics and trends.
- Each transcript was used to identify key codes which are specific labels used that represent significant concepts and connections.

**Study presents prominent prevalence of substance use disorders in the first three years of college**

Substance use disorder	Year 1	Year 2	Year 3	Cumulative
Alcohol use disorders	19.3	26.5	30.9	44
Marijuana use disorders	9.3	12.8	14.2	19.2
Any substance use disorder (alcohol or marijuana)	23.6	30.7	35	46.8

## Results

Expected findings include,

- Studies show areas of CRPs that have been studied can lead to better recovery and higher academic performance
- 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
- Increased empirical evidence is needed before expanding these programs as there is not enough substantial evidence to suggest the efficacy of CRPs
- Students felt there is not enough availability, advertising, or options for these programs. They aim for a more inclusive environment.

## Conclusion

- It is crucial 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 the majority of evidence suggest that CRPs are widely accessible and highly known there should still be an increase in research studies to test the efficacy and effectiveness of these programs as a whole

**Typical components of a collegiate recovery program**

- Multiple on-campus 12 Step meetings
- Substance-free housing
- Substance-free social events
- Professional counseling by treatment specialists
- Physical facilities, like a drop-in safe space
- Full-time, dedicated staff

## Resources