

Objective

- This study aims to explore collegiate recovery programs (CRPs) and their influences on the quality of life among Living Intentionally, Finding Togetherness (LIFT) members at Florida State University (FSU). The goal is to learn how CRPs throughout the country, like the LIFT program, can improve their services.

Background

- Young adults in recovery are faced with the challenges among college students but are also confronted by the need to abstain from settings promoting substance use.
- CRPs can fulfill the need to provide students in recovery the opportunity to pursue academic ambitions in judgment-free spaces.
- Limited information is known about students undergoing recovery and the challenges they frequently encounter.

Sample

Table 2

Interview Sample Demographics

Participant ID	Recovery Duration	Received Treatment?	Type of Treatment	Family History of Addiction?	Family Member (s)
PQ	Less than 6 months	Yes	Outpatient Counseling/Therapy	Yes	Extended Family
PR	1 to 3 years	No	N/A	Yes	Extended Family
PS	1 to 3 years	No	N/A	Unsure	N/A
PT	6 months to 1 year	Yes	Counseling/Therapy	Yes	Extended Family
PU	6 months to 1 year	No	N/A	Yes	Parent (s)

Methods

- ***Participant Observations:*** Active participant who engaged in activities, observed what was taking place, and documented a thorough description of each event or open hours attended in a separate memo afterward
- ***Interviews:*** Recruitment emails and flyers containing a link or QR code connected to the pre-screening Qualtrics survey were distributed

Preliminary Results

Overlapping Themes Between Participant Observations and Interviews

- **Diverse Experiences & Goals**
 - Community Support
- **University Culture & Resources**
 - Recovery Ally Involvement
 - Barriers & Red Tape
 - CRP & University Intertwining
- **Maintaining Motivation**
 - Sobriety Beyond College

Top Improvement Suggestions

- Discussions about maintaining sobriety post-graduation and transition resources
- More frequent all-recovery meetings and social events

Reflection

- CRPs serve as a valuable and life-changing resource to those seeking support in all forms of recovery and those curious about recovery or wanting to support others.
- CRPs can be crucial to someone’s college experience but also how to maintain a long-term goal of sobriety.
 - These programs allow students to be vulnerable and, although not purposefully intended, confront themselves with people they otherwise may not have felt comfortable sharing.
- CRP helps people stay educated and become self-aware of the language they engage in daily.
- CRPs are proactive and seek feedback on how to be the best version of the program for all students.

Acknowledgements

- Dr. Ladanya Ramirez Surmeier (Chair, Thesis Committee)
- Dr. Annette Schwabe (Committee Member)
- Dr. Umed Ibragimov (Committee Member)
- Sophia Solomon
- FSU Honors in the Major Program
- FSU College of Social Science and Public Policy
- Bess H. Ward Honors Conference Presenter Grant
- Student Council for Undergraduate Research and Creativity