



# 2021 ARHE ARS AAPG CONFERENCE



Virtual Conference  
**June 21st –  
June 24th, 2021**

# Introducing a better way to help your students to go from addiction to All Sober




**ALL  
SOBER**

As all educators know, the disease of addiction impacts millions of Americans daily — including students in our schools and universities. In fact, of the 192 million Americans who are impacted by addiction, 7.2 million of those are college age students according to a recent survey by the Substance Abuse and Mental Health Agency.

We know that all colleges and universities are committed to fighting the disease of drug and alcohol addiction and are providing the best possible recovery support to their students.

At All Sober, we are similarly committed — which is why we've partnered with Microsoft to build a platform that will help your students and their families by providing everything they need for recovery and sober life — all in one place.





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# ARHE WELCOME

Dear conference attendees,

On behalf of the Association of Recovery in Higher Education (ARHE), welcome to the 12th Annual National Conference! A special welcome goes out to all our first-time attendees – in a lot of ways you are among the most important people here. I don't say that in jest, many within this field can reflect on how they felt at their first Collegiate Recovery National Conference and the effect it had on them as a student, staff member, parent, or ally, and their continued involvement in this field. Each year, we are faced with new challenges and new opportunities and the National Conference seems to always be the place to push us to our next horizon. We hope that you can say the same at the end of the week.

The Board of Directors, Advisory Board, and Conference Planning Committee, along with our many volunteers, have worked diligently to organize our second virtual gathering amidst this global pandemic. With the leadership of our Executive Director, Tim Rabolt, I assure you this will be yet another unforgettable conference experience! I extend a huge 'Thank You' to all our presenters and express my gratitude for your willingness to serve. Over the next few days, I encourage our attendees to lean into the presentations and not leave the same way you entered the conference portal; that you ask yourself how you can better serve your campus and your community.

This will certainly be a great conference and it couldn't happen without all of you being present! I look forward to seeing you in the presentation rooms, in the networking socials, and across the platform for the next few days!

With gratitude,

Jarmichael R. Harris, MS, LCAS

ARHE Board President



# ARS WELCOME



Dear ARS Community:

On behalf of the Board of Directors of the Association of Recovery Schools (ARS), welcome to the 20th Annual Recovery Schools Conference. This year's conference is once again co-hosted by our friends at the Association of Recovery in Higher Education (ARHE) and the Association of Alternative Peer Groups (AAPG). A special thank you to Tim Rabolt and the conference planning committee, who have built upon the success of 2020's first virtual conference to create another dynamic, valuable experience for all attendees. A special thank you on behalf of the ARS community to Michael Durchslag and Bea Blackmon for representing ARS on the conference planning committee and working tirelessly to make the conference experience as valuable as possible for all participants.

During these unprecedented times, it feels even more important that we sustain the connections and fellowship that forms the foundation of the community that binds us together in our recovery work. Although we are unable to come together in person once again, we are excited to provide a virtual conference opportunity that is focused on creating spaces for information sharing and support for the recovery high school community.

We encourage those who might not have been able to attend in person due to cost or logistics to take advantage of this virtual opportunity to connect with their peers across the country. The exciting growth in the recovery high school movement is due in large part to the strength of the ARS community and we want as many people as possible to participate in this experience so that we can continue this momentum.



Sincerely,

Roger Oser  
ARS Board President



# AAPG WELCOME



Welcome to the 2021 Association of Alternative Peer Groups (AAPG) virtual conference! We are honored to be partnered as co-hosts with the Association of Recovery in Higher Education (ARHE) and the Association of Recovery Schools (ARS) organizations again this year. The three organizations together provide an incredible continuum of recovery support and fellowship for teens, young adults, and their families. By attending this conference, you join us in our conscious pursuit of excellence and openness to new ideas.

This conference serves as a collaborative effort among organizations and individuals, each with experiences and technologies that promise ongoing improvement in our efforts to serve those adolescents, young adults, and families experiencing the nightmare of addictions.

We are here to share with you our collective experiences over 50 years of developing and honing Alternative Peer Group (APG) treatment and support for many thousands of teens and their families. The APG captures the exuberance of adolescence and transforms destructive teens into positive role models for each other. APGs reunite families who had lost hope. Still, the need is growing.

The COVID pandemic has presented obstacles to each of us. Isolation, uncertainty, grief, and catastrophe have driven our world to new possibilities of increased understanding, acceptance, and celebration of individual differences. While we yearn for the time that we can meet in person, we are grateful that the technology is available that allows us to continue our collaborations and programming virtually!

Come and check out our presentations! Together we can take one step closer to a healthier world.

We look forward to meeting you!

Sincerely,

The AAPG Board of Directors



**Association  
of  
Alternative  
Peer Groups**





# SPONSORS

## Diamond Level



## Silver Level



Hazelden Betty Ford  
Graduate School  
of Addiction Studies

## Bronze Level



RESPONSIBILITY.ORG





### About ARHE

The Association of Recovery in Higher Education (ARHE) is a nonprofit membership association representing individuals and organizations in the field of collegiate recovery. We are a network of professionals, administrators, faculty, staff, students, parents and policy makers. The focus of ARHE is to serve as a national support for propagating and supporting the vision of collegiate recovery programs (CRPs). ARHE offers time-tested, research and experience based modeling for fostering and supporting those in recovery who seek to excel in higher education. ARHE is the central authority on the modeling and tailoring of CRP's to best integrate them into the institution, and ultimately to best serve students in recovery.

### Mission and Vision

Our mission is to empower collegiate recovery programs (CRPs) and professionals to support students in recovery through our strategic approaches:

- Develop and Sustain
- Connect and Collaborate
- Educate and Advocate

**Our vision is to see collegiate recovery on every campus in the world with a collegiate culture that embraces recovery.**

### What is Collegiate Recovery?

Collegiate recovery refers to college or university-provided recovery support services for students in or seeking recovery from a substance use disorder. Collegiate recovery programs (CRPs) provide on-campus recovery support that enables students battling substance use issues to pursue recovery as well as their college degrees.

### Membership

With over 100 institutional members and approximately 150 other ARHE members, our organization is continuing to grow and support the field of collegiate recovery. Supporting our members is at the forefront of our work. Through membership, a collective group of individuals lets our communities know that collegiate recovery should be present on every college campus in the country, and one day on every college campus across the globe. **To learn more about ARHE membership and to join, please visit [www.collegiaterecovery.org](http://www.collegiaterecovery.org)**

### Learn more

**Facebook** - Association of Recovery in Higher Education (ARHE) // **Twitter** - @ARHE\_tweets

**Instagram** - @collegiaterecovery // **Website** - [www.collegiaterecovery.org](http://www.collegiaterecovery.org) // **Email** - [recovery@collegiaterecovery.org](mailto:recovery@collegiaterecovery.org)





[www.recoveryschools.org](http://www.recoveryschools.org)

## ARS Board of Directors

The Association of Recovery Schools supports and inspires recovery high schools for optimum performance, empowering hope and access to every student in recovery

### In Memory of Stephen Issa

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## ***JOIN THE MOVEMENT***

### **Association of Alternative Peer Groups**



**OUR MISSION**  
is to develop and  
sustain effective  
**Alternative Peer**  
**Groups that support**  
recovery.

PALMER  
DRUG ABUSE PROGRAM



LIFEWAY  
INTERNATIONAL



TAFS  
TRUTH & FAITH FOR STUDENTS

Beyond  
Your Best  
COMMUNITY

The AAPG was created to assist in the creation, development, maintenance and regulation of APGs.

**MEM  
BER  
SHIP**

To become  
a member

AAPG Member	\$250	Individual	\$50
Institutional Member	\$150	Student	\$25

please contact  
(713) 254-9719.



# STAFF, BOARDS, & COMMITTEES

## 2021 CONFERENCE PLANNING COMMITTEE

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Kristina Canfield, University of Alabama at Birmingham  
Jenn Cervi, University of Virginia  
Meagan Park, ARHE Conference Fellow  
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Bea Blackmon, Rise Inspire Academy  
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Tim Rabolt, Association of Recovery in Higher Education  
Kristina Canfield, University of Alabama at Birmingham  
Jenn Cervi, University of Virginia  
Meagan Park, ARHE Conference Fellow  
Dharma Mirza, Oregon State University  
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Kristina Canfield, Conference Manager  
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Dharma Mirza, ARHE Equity & Justice Fellow  
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sylvia ildsjel, ARHE Media & Communications Fellow  
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Lance Crawford, Washington & Lee University  
Lilly Ettinger, Baylor University  
MacKenzie Hogan, The Ohio State University  
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Robert Shearon, University of Colorado - Boulder

## ARHE ADVISORY COUNCIL

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Shantel Lagard, Baylor University  
Stephanie Lake, UC Davis  
Susie Mullens, West Virginia Collegiate Recovery Network

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# CE LANGUAGE

## Association of Recovery in Higher Education (ARHE)

### 2021 12th National Collegiate Recovery Conference / 20th National ARS Conference

Live: June 21 – 25, 2021

Enduring (On-Demand) June 26, 2021 – June 24, 2022

### Accreditation Statement



JOINTLY ACCREDITED PROVIDER

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Association of Recovery in Higher Education (ARHE). Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Psychologists (APA) Credit Designation

Amedco LLC designates this **live activity** for a maximum of **22.5** Psychologist contact hours. **LIVE ONLY**

**The following state boards accept courses from APA providers for Counselors:** AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

**MI:** No CE requirements

**The following state boards accept courses from APA providers for MFTs:** AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

**MI:** No CE requirement

**The following state boards accept courses from APA providers for Addictions**

**Professionals:** AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held)\*, OK, OR, SC, UT, WA, WI, WY

**MA / MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**The following state boards accept courses from APA providers for Social Workers:** AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

\* If the activity is held *live* in the state of NY, then direct addictions board is required, ie: NAADAC. If the activity is held outside NY, is virtual, enduring or remote, it is considered "outstate" and this reciprocity applies.



## **Social Workers (ASWB) Credit Designation**



As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may

be accepted for continuing education credit. Amedco maintains responsibility for this course. Social Workers completing this course receive **22.5 CE Live Activity / 68.0 CE Enduring Material** GENERAL continuing education credits. **LIVE AND ENDURING**

**The following state boards accept courses offering ASWB ACE credit for Social Workers:** AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NC, ND, NE, NH, NM, NV, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WV, WY

**\* WV accepts ASWB ACE unless activity is live in West Virginia, then an application is required.**

**The following state boards accept courses offering ASWB ACE credit for Counselors:** AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, ME, MO, ND, NE, NM, NH, NV, OK, OR, PA, TN, TX, UT, VA, WI, WY

**AL/Counselors:** Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

**MI:** No CE requirement

**The following state boards accept courses offering ASWB ACE credit for MFTs:** AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK, OR, PA, RI, TN, TX, UT, VA, WI, WY

**MA / MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**MI:** No CE requirement

**The following state boards accept courses offering ASWB ACE credit for Addictions**

**Professionals:** AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

## **Licensed Alcohol and Drug Counselors (NAADAC)**

This activity has been submitted for review by NAADAC. **22.5 CE Live Activity / 68.0 CE Enduring Material**

## **Certified Health Education Specialist (CHES/MCHES)**

Sponsored by the Center for Public Health Practice (MEP100177), a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc., this program is designated for 23.5 (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to total category I contact hours in health education. Maximum advance-level contact hours available are 19.\_





# MONDAY, JUNE 21, 2021

**8:30am - 9:30am EST: Recovery Meeting**

For details, please visit the Conference Portal.

**8:30am - 9:30am EST: Wellness Activity Hosted by The Phoenix****Yoga with Liz**

Low to moderate intensity. Focus on full range of motion and restoration of balance while connecting movement and breath.

**9:30am - 5:30pm EST: Registration Room Open**

Drop in to the Registration Room for all of your conference support needs. Conference staff will be on hand to help you register onsite, answer any conference related questions, and troubleshoot technical issues.

**9:30am - 5:30pm EST: Conference Lounge Open**

Visit the Conference Lounge to network with colleagues, continue conversations from sessions, or just to relax and hang out. Breakout rooms are available for use.

**9:30am - 5:30pm EST: Volunteer Check-In Room Open**

All volunteers should check in with conference staff at their allotted times.

**10:00am - 10:20am EST (Room locks at 10:05am EST): Meditation****Mountain Meditation**

Reducing stress, managing anxiety, lengthening your attention span: these are just a few of the benefits of meditation. Start your day with us and join in a 10 minute guided meditation. The purpose of the Mountain Meditation is to become grounded and access our inner strength and stability when faced with stressful or challenging circumstances. Since this will be an active meditation, we will close the virtual doors at 10:05am EST, so as not to disrupt those who are meditating.

**10:30am - 12:00pm EST: Welcome & Opening Keynote****ARHE/ARS/AAPG/HECAOD Continuum of Care Keynote**

Live CEs: 1.5, Enduring CEs: 1.5

Prevention efforts, alternative peer groups (APGs), recovery high schools (RHS), and collegiate recovery programs (CRPs) play a critical role in the continuum of care for young people in or seeking recovery from substance use disorders. The purpose of this session is to engage and educate the audience about the role of each of these resources. Audience members will hear directly from leaders in each field, and develop a greater understanding for youth recovery support services.

## **12:20pm - 1:20pm EST: ARHE Breakout Sessions**

### **What Does Fully Formed Leadership Look Like?**

*Susan Packard*

Live CEs: 1, Enduring CEs: 1

Fully formed leaders are those who lead with both left and right-brained aptitudes. They have the technical skills and the heart skills needed to work with others and to help them grow. I call these transactional and transformative skills. Both sets of skills are critical, and the discipline is to keep them in balance.

One of the key practices of fully formed leadership is staying “emotionally fit”(EF), which is a place of steadiness, peace of mind, and joy in your life and work. Emotional fitness has, at its core, emotional intelligence, referred to as EQ. EQ is knowing and managing your emotions, and also reading other’s emotions and responding well to them. Emotional fitness takes EQ and builds on it. In fact, it’s the highest form of EQ. You’ll be surprised to learn who emotionally fit leaders are today. We’ll look at fully formed leaders, their practice of EF, why they’re so good with managing change, and why, sometimes, it takes a slower pace to find the right roads to lead and live.

### **Building a CRC on a Small College Campus**

*Kirk Luder, MD, Washington and Lee University*

*Graham Pergande, Washington and Lee University*

Live CEs: 1, Enduring CEs: 1

Addressing the special challenges of building and sustaining a CRC on a small college campus.

### **Use of Cultural Auditing, Case Studies, and Competency Ratings to improve Multicultural Counselor Competence in AOD Program Interviewer Trainees**

*Christopher Cubero, PhD, LPC, CAADC, NCC, Slippery Rock University*

Live CEs: 1, Enduring CEs: 0

Masters-level students recruited as interviewers to a university Alcohol and Other Drug (AOD) education program require training in working with students who violate AOD-related code of conduct. In addition to interviewing skills and training in the use of standardized screening/assessment tools, students benefit from training in multicultural counseling. This presentation proposes the use of cultural auditing, case studies and standardized competency ratings to masters-level counselors-in-training. Examples of cultural auditing are provided with case examples that assist educating recruits in multicultural competency and as a complement to diversity coursework. Utilizing standardized multicultural competency measures for program evaluation and implications are discussed.

## **12:20pm - 1:20pm EST: AAPG Breakout Session**

### **Navigating Multiple Pathways of Recovery for Youth in Alternative Peer Groups**

*Kristin Sharp, LMSW, Austin Recovery Network - Keystone*

*Hannah Milne, BSW, Austin Recovery Network - Keystone*

Live CEs: 1, Enduring CEs: 1

This presentation will discuss how a state-funded Alternative Peer Group and Youth Recovery Community opens the door for adolescents in all pathways of recovery, from abstinence-based 12-step models to a harm reduction model. We will explore the challenges associated with implementing a recovery support model that encompasses all stages of change, as well as the many benefits to supporting numerous recovery modalities. We will include current research on substance use recovery in adolescence and how the evidence directly guides our work with the teens we get the honor of supporting.

## **12:20pm - 1:20pm EST: Affinity Group Meet-up: BIPOC**

ARHE/ARS/AAPG Affinity Groups are designed to support members of specific identities and networks solely for and by those who identify as a part of these identity groups or networks. *These are networking opportunities, not recovery meetings.*

The BIPOC Affinity Group is an inclusive and intersectional group dedicated to supporting the recovery, success, and wellbeing of Black, Indigenous, and other communities of color students, faculty, and staff in our community.

## **12:30pm - 1:30pm EST: Recovery Meeting**

For details, please visit the Conference Portal.

## **12:30pm - 1:30pm EST: Wellness Activity Hosted by The Phoenix**

### **Yoga with Sophie**

Low to moderate intensity. Focus on full range of motion and restoration of balance while connecting movement and breath.

## **1:40pm - 2:40pm EST: ARHE Annual Members Meeting**

The ARHE Annual Meeting is open to current ARHE members only. Not sure if you are an active member? Email [recovery@collegiaterecovery.org](mailto:recovery@collegiaterecovery.org)! Agenda items include annual elections, financial updates, remarks from the Executive Director and members of the Board of Directors, and what is coming up next for the Association.

## **1:40pm - 2:40pm EST: ARHE Breakout Sessions**

### **Building Communities of Hope for Reimagining Recovery**

*Lauren Deperine, The Phoenix*

*Gavin Young, The Phoenix*

NOT FOR CE CREDIT

Social connection and supportive communities are essential to helping people find long term recovery. By leveraging the transformational power of movement, connection and community, The Phoenix is revolutionizing personal growth for its participants, creating a movement that shatters stigma and changes hearts and minds about what is possible for those in recovery. In this workshop, you will learn why recovery-oriented communities are critical, how the Phoenix model drives personal transformation, and what impact this has on the recovery movement.

## **Enough is Enough! Why we're building a game-changing platform in collaboration with Microsoft to help students suffering from addiction, their families, and friends**

*Flora Nicholas, Founder and CEO, All Sober*

*Paul Gayter, Founder and Chief Visionary, All Sober*

*Donald McDonald, Chief Recovery Officer, All Sober*

*Rory Pullens, Chief Education & Inspiration Officer, All Sober*

Live CEs: 1, Enduring CEs: 1

There are 192 million Americans who are impacted by addiction daily — and there are millions of college students and their families and friends among them. However, as people try to get sober, and loved ones attempt to help, they face problems at every stage of the recovery process and beyond. Solutions are currently siloed, fragmented, highly specialized, not available on the scale that the problem demands, or simply non-existent.

Flora and Paul will share their experience of trying to help a loved one, talk about the barriers that they faced along the way and tell you why they came to say "Enough is enough!", and created All Sober as a result.

They will also tell you how they involved one of the biggest companies in the world, Microsoft, to help them bring All Sober to life and make a difference in the lives of all those who need help.

During the session, Flora and Paul will give a live platform demo and show how All Sober will provide everything people need for recovery and sober life all in one place. Donald, who is a person in recovery himself, will talk about how the platform will help all those who are walking in his footsteps. And because collegiate recovery programs are more important than ever, Rory will discuss how All Sober can become an integral and hugely beneficial part of your college recovery programs.

And of course, the team will also answer all your questions.

### **1:40pm - 2:40pm EST: AAPG Breakout Session**

#### **Growing Recovery Capital for APGs to Ensure Health & Sustainability for the Organization**

*Bob Faghan MA, MLADC, Live Free Recovery Consultants*

*Heidi Cloutier, University of New Hampshire Institute on Disability Creating Connections NH*

Live CEs: 1, Enduring CEs: 1

Research has demonstrated that higher levels of recovery capital predict sustained recovery, higher quality of life, and lower stress with participants in recovery (Laudet, 2008). This holds true for overall organizational health and sustainability as well. This session will explore how organizations can strategically build their own human, financial, social, and community capital to ensure the overall health and sustainability of the APG. Live Free Recovery Consults will share strategies to partner with schools, state organizations and the larger community to develop sustainable relationships, support, and career pathways for Peer Leaders.

### **3:00pm - 4:00pm EST: ARHE Breakout Sessions**

#### **The Addicted Lawyer: Addressing Mental Health and Substance Use Among Law Students**

*Brian Cuban, Author of "The Addicted Lawyer"*

Live CEs: 1, Enduring CEs: 1

In this session, Brian Cuban, author of the renowned book *The Addicted Lawyer*, will share with attendees personal anecdotes on how addiction and depression impacted his life as a law student practicing attorney and why law students and legal professionals are so vulnerable. Brian will also address the ABA Betty Ford Hazelden Study on Problem Drinking the Legal Profession and how mental health impacts law firm/lawyer productivity. Finally, Brian will address what we can do to solve the problem along with mental health resources for law students and lawyers.

#### **A Family Problem Requires a Family Solution: How Families are Affected by Addiction, and What to Do About It**

*Sherry Gaugler-Stewart, Director of Family and Spiritual Recovery, The Retreat*

Live CEs: 1, Enduring CEs: 1

When a loved one struggles with addiction, families tend to focus their energy and attention on getting that person well. Most believe that if their loved one finds help, then everyone else will be okay. Many family members can see the negative impact and consequences of addiction on their loved ones but find it difficult to see the depth of how they've been affected. If families aren't getting support for themselves, the fear that they've had about their loved one finding recovery often becomes fear about whether or not their loved one will maintain it. Without an understanding of the disease, families often end up reacting as they did when their loved one was still in active addiction.

#### **Navigating Virtual Spaces: A Comprehensive Approach for Delivering AOD Prevention and Recovery Support Initiatives**

*Laura M Longo, PhD, University at Albany - SUNY*

*Natalie Sumski, University at Albany - SUNY*

*Evan Ozmat, University at Albany - SUNY*

Live CEs: 1, Enduring CEs: 1

This presentation will focus on strategies that alcohol and other drug prevention and collegiate recovery professionals can utilize to transition their work into the virtual space. We will discuss strategies to support the design, implementation, accessibility, and evaluation of online AOD prevention and collegiate recovery programming. Additionally, we will share findings from two focus groups that informed virtual prevention programming efforts at one large Northeastern university. We will also discuss specific ways the shift to a virtual environment impacts students in recovery, strategies for hosting and engaging students in virtual recovery spaces, and ways to continue building capacity in Collegiate Recovery Programs in the virtual environment. Attendees will have opportunities to participate, ask questions, and consider applications to their own campuses.

### **3:00pm - 4:00pm EST: AAPG Breakout Session**

#### **Working with Diverse Populations**

*George Youngblood, LCDR, ADCIII, CCS, Teen & Family Services*

Live CEs: 1, Enduring CEs: 1

This session will look at how recovery support disparity was created in diverse populations, how to assess the needs of a community, and how to design a curriculum that works for the community.



## **4:20pm - 5:20pm EST: ARHE Breakout Sessions**

### **Integrating Multiple Pathways to Recovery in a Collegiate Recovery Community; Lived Experiences of Students**

*Ryan J. Minieri, Graduate Student at Montclair State University*

*Caleb Knight, Undergraduate Student at Montclair State University*

*Conor Hogan, Graduate Student at Montclair State University*

*Jean-Marie Beeks, Undergraduate Student at Montclair State University*

*Alison "Al" Fryer, Undergraduate Student at Montclair State University*

*Melaney Moffitt, Graduate Student at Montclair State University*

Live CEs: 1, Enduring CEs: 1

This program will allow panelists and the moderator to discuss each of their pathways to recovery and how they pursue recovery today. They will share about their introduction to recovery and what types of programs have worked best for them and why. As the panelists approach recovery differently, the audience will be able to examine recovery from multiple lenses. The panelists are all members of the Red Hawk Recovery program at Montclair State University in New Jersey. They will discuss how they respect, appreciate, and interface while engaging in multiple pathways to recovery, what they have learned from different perspectives of recovery, and how they support one another's individualized approaches to recovery. Attendees will learn the benefits of welcoming multiple pathways to recovery in their respective recovery communities and will learn how to integrate inclusivity into their recovery programming.

### **Collegiate Recovery Programs: Helping College Students in Recovery Succeed**

*Bruce J. Reed, PhD, CRC, LCDC, University of Texas Rio Grande Valley*

*Saara Grizzell, PhD, CRC, LCDC, University of Texas Rio Grande Valley*

*Kristine Gonzalez, MA, LPC-Associate, LCDC-Intern, University of Texas Rio Grande Valley*

Live CEs: 1, Enduring CEs: 1

College recovery services are designed to provide necessary supports for college students with issues related to substance use disorders to be successful in post-secondary education. However, as a still emerging form of student supports, major issues remain such as funding, the utilization of evidence-based interventions, effective program evaluations, and the need for more empirical research. This presentation provides a historical overview of Collegiate Recovery Programs (CRP's) and an examination of current issues facing the field; it concludes with recommendations for program administrators, researchers, and rehabilitation counselors.

### **Opioid Use Disorder: Overview and Pharmacological Treatment**

*Kelsey Schmuhl, PharmD, The Ohio State University College of Pharmacy*

Live CEs: 1, Enduring CEs: 1

This session will provide an overview of opioid use disorder (OUD), including relevant terminology, epidemiology, and pathophysiology. Participants will also learn about the medications used to treat opioid use disorder as well as medications used to treat opioid withdrawal and overdose. Participants can expect to learn about how the medications work in the body as well as expected side effects, risks, and contraindications. Participants will apply their knowledge through case studies that will be incorporated throughout the presentation.

## **4:20pm - 5:20pm EST: AAPG Breakout Session**

### **Measuring the Success of Alternative Peer Groups**

*J. Michael Wilkerson, PhD, MPH, UHealth School of Public Health , Department of Health Promotion and Behavioral Sciences*

Live CEs: 1, Enduring CEs: 1

The recent proliferation of Alternative Peer Groups is exciting, but raises questions about measurement and fidelity. During this session, participants will engage in a facilitated discussion to agree upon common metrics for measuring successful outcomes of youth and members of their family. In addition, participants will seek agreement about which components of the alternative peer group model must be implemented with fidelity to ensure successful outcomes are achieved.

### **4:30pm - 5:30pm EST: Recovery Meeting**

For details, please visit the Conference Portal.

### **4:30pm - 5:30pm EST: Wellness Activity Hosted by The Phoenix**

#### **Fitness with Dakota**

High intensity total body workout. Focus on improving overall strength and conditioning utilizing a variety of fitness techniques. All levels welcome - go at your own pace!

### **5:30pm - 6:00pm EST: Pop-Up Session**

Harm Reduction

Join this session to learn about the results from the recent Harm Reduction Survey!

### **6:00pm - 7:00pm EST: End of the Day Conference Feedback Space**

This space is designed so that conference attendees, staff/volunteers, presenters, and anyone else involved at our conference can discuss issues/opportunities that come up, and to ensure that our conference is safe, equitable, and inclusive for everyone involved!

This space is co-facilitated by the ARHE Equity & Justice Fellow and select volunteers from ARHE/ARS/AAPG. Information will be collected and shared with relevant conference organizers from ARHE/ARS/AAPG.

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Association of Recovery in Higher Education (ARHE):

Kristina Canfield: [kristina.canfield@collegiaterecovery.org](mailto:kristina.canfield@collegiaterecovery.org) or (740) 274-9100

Association of Alternative Peer Groups (AAPG):

Anette Edens: [anette@anetteedens.net](mailto:anette@anetteedens.net)





# TUESDAY, JUNE 22, 2021

## **8:30am - 9:30am EST: Recovery Meeting**

For details, please visit the Conference Portal.

## **8:30am - 9:30am EST: Wellness Activity Hosted by The Phoenix**

### **Fitness with Caleb**

High intensity total body workout. Focus on improving overall strength and conditioning utilizing a variety of fitness techniques. All levels welcome - go at your own pace!

## **8:30am - 10:00am EST: Networking Session**

### **ARS Coffee Room**

## **9:30am - 5:30pm EST: Registration Room Open**

Drop in to the Registration Room for all of your conference support needs. Conference staff will be on hand to help you register onsite, answer any conference related questions, and troubleshoot technical issues.

## **9:30am - 5:30pm EST: Conference Lounge Open**

Visit the Conference Lounge to network with colleagues, continue conversations from sessions, or just to relax and hang out. Breakout rooms are available for use.

## **9:30am - 5:30pm EST Volunteer Check-In Room Open**

All volunteers should check in with conference staff at their allotted times.

## **10:00am - 10:20am EST (Room locks at 10:05am EST): Meditation**

### **Eating Meditation**

Improving sleep, decreasing your blood pressure, promoting well balanced mental health: all benefits of meditation. Please join us for a 10 minute guided meditation centered around food. Mindful eating is the opposite of mindless eating — it's a way to practice complete mindfulness, focus, awareness of thoughts and emotions, and gratitude for the food that we consume. Since this will be an active meditation, we will close the virtual doors at 10:05am EST, so as not to disrupt those who are meditating.

## **10:30am - 11:30am EST: ARHE Breakout Sessions**

### **Psychiatric Co-Morbidity and Mental Health Resource Utilization in Southern Collegiate Recovery Communities**

*Marisa Giggie, MD, Masters in Public Affairs, The University of Alabama School of Medicine, Tuscaloosa Campus*

*Nathan Culmer, The University of Alabama School of Medicine, Tuscaloosa Campus*

Live CEs: 1, Enduring CEs: 1

Objectives: This pilot study explores self-reported psychiatric problems and mental health resource utilization by college students with substance use problems participating in peer-driven self-help collegiate recovery communities (CRC's) across the Southern United States.

## **The Self-Expression Experience**

*Dylan Lundgren, Addiction Recovery Advocate + Speaker, Transforming Despair into Hope*

Live CEs: 1, Enduring CEs: 1

Addiction is a chronic state of isolation, disconnection, and suppression. We can liken it to living in the dark. When we are living in the dark, we are living in an absence of light, of information. Expression is the road on which we reconnect to ourselves and the world. It's the way in which we turn the lights back on. By creating a safe culture for authentic expression, we make it possible for therapeutic experiences to occur. These experiences, grounded in self-expression, and contained in a safe way, drastically improve metrics associated with recovery: connection, vitality, and wellbeing. In this presentation, we will explore self-expression, some different methods, and the principles that make it possible to integrate this into the treatment culture in a powerful way.

## **Engaging Community Colleges in Prevention**

*Tammy Horton, BA, MLA, Texans for Safe and Drug-Free Youth*

Live CEs: 1, Enduring CEs: 1

Although Community Colleges do not receive the media attention that the traditional four-year IHE's have in regard to alcohol misuse on campus, that does not mean that the same troubles don't exist for non-resident campuses. Our goal has been to identify those community college campuses that need help in making their policies more effective and to assist them in building strong substance prevention strategies customized to their campuses. TST has been able to partner with Tarrant County Community College District to implement just that, an SBI event on campus to focus on those first-year students and practice prevention strategies on campus and in the community.

## **10:30am - 11:30am EST: Networking Session**

### **Collegiate Recovery Q&A Session**

There are over 150 Collegiate Recovery Programs across the country and that number seems to be growing by the day. It's often said, "If you've seen 1 CRP, you've in fact seen 1 CRP". Join us for a brief Q&A hosted by some of our ARHE Regional Representatives and Student Volunteers for a short Q&A to answer some of your most pressing questions about Collegiate Recovery Tuesday at 10:30a (Eastern) – NO CEUs

## **10:30am - 11:30am EST: ARS Breakout Sessions**

### **A Remote Model for Recovery High Schools**

*Libbey Sanford, LCDCi, Austin Recovery Network - University High School*

*Kristin Sharp, LMSW, Austin Recovery Network - University High School*

Live CEs: 1, Enduring CEs: 1

This presentation will discuss the challenges and successes of running a Recovery High School in a virtual setting. We will explain our processes for implementing drug test collection, daily process groups, recovery activities, and 1:1 support in a 100% virtual setting. We will discuss research for best practices in a virtual world and tips and tricks to increase engagement among students. In addition, we will discuss how our academic partners transitioned to a fully remote learning environment.

## **10:30am - 11:30am EST: AAPG Breakout Session**

### **The Neuroscience of High-Risk Behavior**

*Crystal Collier, PhD, Choices Prevention Program & Prevention Research for The Council on Recovery*

Live CEs: 1, Enduring CEs: 1

The Neuroscience of High-Risk Behavior: Developmental Effects on Executive Functioning elucidates how substances and other risky behavior affect healthy neurodevelopment, the role of genetics in addiction, the effect of environment, and implications for prevention and treatment for children, teens, and adults. Dr. Crystal Collier, author of *The NeuroWhereAbouts Guide*, teaches clinicians how to teach the neuroscience of addiction to kids and adults in a way that encourages them to protect their executive functioning skills, empowers parents to explore genetic testing for addiction, and enables teachers and school administrators to develop consistent, brain-based prevention programming and sound policy.

## **11:50pm - 1:20pm EST: Keynote Session**

### **Federal Recovery Policy: A Keynote Discussion**

Moderator:

*William Moyers, Hazelden Betty Ford*

Opening Remarks:

*Regina LaBelle, Acting Director of the White House Office of National Drug Control Policy*

*Karen Scott, President of the Foundation for Opioid Response Efforts (FORE)*

Panel:

*Tom Coderre, Acting Assistant Secretary for Mental Health and Substance Use at SAMHSA*

*Tom Hill, Senior Advisor at the White House Office of National Drug Control Policy*

*Jan Brown, Executive Director of the SpiritWorks Foundation*

*Lorina Marshall-Blake, President of the Independence Blue Cross Foundation*

Live CEs: 1.5, Enduring CEs: 1.5

## **11:50pm - 1:20pm EST: ARS Welcome and Cohort Update**

For details, please visit the Conference Portal

## **12:30pm - 1:30pm EST: Recovery Meeting**

For details, please visit the Conference Portal.

## **12:30pm - 1:30pm EST: Wellness Activity Hosted by The Phoenix**

### **Yoga with Sophie**

Low to moderate intensity. Focus on full range of motion and restoration of balance while connecting movement and breath.

## **1:40pm - 3:10pm EST: Collegiate Recovery Town Hall**

Join ARHE for our annual collegiate recovery town hall! This session is open to all and serves as a forum to discuss relevant topics in the collegiate recovery field. Have an idea? A question? A best practice? This space provides all collegiate recovery stakeholders with the opportunity to share what's working and what's next for the collegiate recovery field.

## **1:40pm - 3:10pm EST: ARHE Extended Breakout Sessions**

### **Using Expressive Arts in Your CRP**

*Alexandra (Ali) Clements CPRS-R, PeaceLove/JusticePoint*

Live CEs: 1.5, Enduring CEs: 1.5

PeaceLove workshops are expressive arts workshops that help participants express their emotions through art and creating. It is not art therapy, nor arts and crafts, but more a space that is cultivated to help others create and tell the story behind their creation. This particular session will explore the history of PeaceLove and how the program itself can be used in CRP's (with information on how to become a Creator!), and then the session will take on a workshop of its own. During Dual Emotions, participants will explore how it feels to feel two differing (or similar) emotions at once and what that looks like. \*Note: participants are encouraged to use supplies they may have handy. There will be a link for the template that may help.

### **Recovery, Make It a Family Affair: An Orientation & Map for Healing & Change For Families Impacted by Substance Use**

*Shelly Young, CAI, FPSS, 200RYT, The Chris Atwood Foundation*

Live CEs: 1.5, Enduring CEs: 1.5

Families are the natural support system, but when substance use disorder has impacted the ecosystem, families become fractured, dysregulated, and the natural bonds and secure attachments break down or become severely damaged. By orienting families in recovery and teaching the ideal conditions for recovery to flourish, the family ecosystem can be restored to wellness. Families are led to identify systemic influence, causes of harm, emotional dysregulation, and recognize trauma, and then are provided with a map for unhooking from systems and patterns that perpetuate illness, tools for nervous system support, healing, and repair. Helping families understand their role in recovery, providing them with proper care and support and helping them integrate recovery rituals, rhythms and routines into the ecosystem is integral to collective wellbeing. In this session, family members and family support providers will create a family genogram, identify and discuss systemic issues impacting families, orient to recovery, learn how to sustain the ideal environment for recovery and the 3R's for a healthy and regulated family ecosystem.

### **Are They Just Experimenting? Understanding the Phases of Use**

*David Rosengren, PhD, MINT Member, IPPA Member, Prevention Research Institute*

Live CEs: 1.5, Enduring CEs: 1.5

Often with emerging adults we hear, "They're just experimenting." But we're given precious little information to evaluate where risk lies, how trouble can occur, and when transitions happen. Based on the evidence-based program Prime For Life, this presentation will introduce participants to the Phases of Use, provide markers for understanding where people are in the Phases, and describe factors that can influence progression, as well as important transition points. Participants will learn about experiences that mark progress through these Phases.

## **1:40pm - 3:10pm EST: ARS Extended Breakout Sessions**

### **Universal Data Collection for Recovery High Schools**

*Andy Finch, PhD, NCE, Vanderbilt University*

*Anna Reed, Freedom Springs High School*

*Sharon Dursi Martin, MAT, Harmony Academy Recovery High School*

*Dan Renaud, CAP, ICADC, Florida Recovery Schools Jacksonville Florida*

*Jordan Jurinsky, MEd, Peabody College of Education and Human Development, Vanderbilt University*

Live CEs: 1.5, Enduring CEs: 1.5

Presenters will elaborate on the vision for universal data collection for recovery high schools and explain how the call for an assessment system grew from the ARS Directors' Meetings. The presentation will explore the adoption of instruments, including types of assessments, domains measured, norms, validation, cost of implementation, and time constraints. Data collected from pilot sites will be presented, and panelists will discuss the difference between universal data collection used at this stage for program evaluation, the creation of a web-based data portal, and potential future research studies. Attendees will receive information on how individual recovery high schools can participate, and the presenters will seek feedback on how the system can best accommodate the needs of recovery high school administrators as well as researchers.

## **1:40pm - 3:10pm EST: AAPG Extended Breakout Sessions**

### **Developing & Sustaining High Quality APG's Using Implementation Science**

*Heidi Cloutier, MSW, University of New Hampshire Institute on Disability Creating Connections NH*

*Ginger Ross, Choice Peer Recovery Coach Trainings & NH Recovery Coach Academy*

*Bob Faghan, MA, Live Free Recovery Consultants*

Live CEs: 1.5, Enduring CEs: 1.5

APG's encourage healthy lifestyle changes in a safe, socially reinforcing environment that is recovery and wellness-focused. One challenge in implementing and sustaining APG's is providing ongoing support to ensure high quality peer support. Fidelity Assessments are designed to help APG's review the progress and quality of programming and provide an opportunity to reflect on strengths, struggles, and create plans for continuous quality improvement and professional development opportunities. NH has convened a stakeholder group to create an infrastructure for implementing high quality APG's in a way that can be replicable across the state and scaled up across the country by outlining critical elements of alternative peer groups, and then creating training, coaching, and fidelity tools driven by these critical elements to ensure high quality programming and supports. This session will introduce fidelity tools that can be used at the organizational, facilitator, and coach levels to ensure and promote high quality implementation

### **3:30pm - 4:30pm EST: Cooking Demo**

Join this virtual cooking demo to cook alongside or watch and learn to make several simple dishes you can easily prepare at home. We'll feature a versatile "build your own bowl" packed with nutrition tailored for recovery – protein for rebuilding, antioxidant-rich veggies for repair, and whole grains for balanced blood sugar and mood stability. Plus, it's tasty, time-efficient, and budget-friendly. Bring your appetite!



### **3:30pm - 4:30pm EST: ARHE Breakout Sessions**

#### **Personal Recovery Journeys and the College Experience: Results from a Large Qualitative Study**

*Tiffany Brown, PhD, LMFT, University of Oregon*

*Lindsey Nichols, MS, University of Oregon*

Live CEs: 1, Enduring CEs: 1

This session will focus primarily on reporting qualitative research findings, via phenomenology methodology, about a prominent collegiate recovery program. Over ninety participants were asked to share about their recovery journey, including challenges, personal journeys, and how to be successful in college. Session attendees will learn about the methodology employed, the data analysis process utilized, and the key results that can be helpful for other recovery programs.

#### **Connecting Families and Students through Recovery Programming**

*Leah Pylate, PhD, CHES, Mississippi State University*

*Blake Schneider, MA, Mississippi State University*

*Alisha M. Hardman, PhD, CFLE, Mississippi State University*

Live CEs: 1, Enduring CEs: 1

This session offers evidence from a recent qualitative study regarding how a collegiate recovery program can support college students and their families in recovery. Presenters will discuss activities utilized to bring families and students together, support mechanisms discovered in providing a program for the campus community, and information regarding the importance of a supportive environment on the college campus.

#### **Recovery Isn't Just Sobriety: Perspectives from a Health Educator**

*Christine Glissmann, MS, University of California, San Diego*

Live CEs: 1, Enduring CEs: 1

Practitioners working in recovery often exclude lifestyle behavior changes (i.e., smoking cessation, nutrition, and exercise implementation, etc.) from the early stages of recovery because of the belief that incorporating too many changes could impact sobriety outcomes. Emerging research indicates the opposite. Including lifestyle behavior changes not only improves sobriety outcomes, but it also reduces increased risk of diseases due to morbidities that co-occur or are due to the substance use (e.g., sedentary behavior, malnourishment, sleep issues). Join Christine Glissmann as she reviews the research and proposes how collegiate recovery programs can implement lifestyle changes into every stage of recovery.

### **3:30pm - 4:30pm EST: ARS Breakout Sessions**

#### **From Precontemplation to Action: Developing a Pre-Enrollment Program for a Recovery High School**

*Candice Greenwade MEd, Heartland High School*

*Laine Kolesar, MSW, LSW, Heartland High School*

Live CEs: 1, Enduring CEs: 1

A lack of appropriate referrals threaten the sustainability of recovery high schools. Despite an increase in behavioral health providers, finding potential students that have 30 days of sobriety was harder than anticipated. Learn how Heartland High School created a pre-enrollment program to meet the needs of the referrals that weren't quite ready for a recovery high school, but would greatly benefit from one. Join us as we discuss our staffing model for the program and our six-week curriculum to get our students from precontemplation to action!

### **3:30pm - 4:30pm EST: AAPG Breakout Session**

#### **APG Family Program Development: Panel of APG Staff**

*Jeremy Pulido, LCDC, CCTP, ICADC, Teen and Family Services*

Live CEs: 1, Enduring CEs: 1

The goal of this discussion is to learn from various APG Family Programs about the different components that make up a healthy family support program.

### **4:30pm - 5:30pm EST: Recovery Meeting**

For details, please visit the Conference Portal.

### **4:30pm - 5:30pm EST: Wellness Activity Hosted by The Phoenix**

#### **Meditation with Jess**

Low intensity. Using a variety of meditation styles, focus inward with a trauma-informed approach. Actual meditation time is about 15 minutes, with community time offered after the practice.

### **4:50pm - 5:50pm EST: ARHE Breakout Sessions**

#### **Strategy in Action: Student Outcomes in Implementing Collegiate Recovery**

*Catherine Pope, Student Voice Liaison, Safe Project*

*Jennifer Ting Wang, University of Wisconsin-La Crosse*

*Rebecca Gardner, Aggies for Recovery*

*Isabel Fisher, SAFE Project US*

Live CEs: 1, Enduring CEs: 0

A presentation for students by students, to see what program changes and initiatives look like in the real world. Collegiate recovery exists on a wide spectrum; what may help on one campus may fail abysmally on another. Students who have completed SAFE Project's Collegiate Recovery Leadership Academy program will discuss what recovery looks like on their campus, and share strategies they have implemented on campus. Triumphs and challenges will be shared to inspire students. This informative session will be led by two students who completed the academy last year, and who have been working closely with SAFE campuses on their other initiatives. Two students from this year's Leadership Academy will share their student projects and outcomes. Attendees will walk away inspired through seeing multiple ways to enrich the CRC, as well as how this implementation actually worked out. While we can talk about our programs all day, seeing these changes in action will help attendees to know what is realistic. Attendees will walk away feeling less alone in the struggle of starting or maintaining a CRC and gain hope from the triumphs of recovery in action.

### **Braiding the Individual and the Group: The Concept of Connection in the Recovery Community**

*Alejandro Betancur, UT Houston School of Public Health*

*Sheryl McCurdy, University of Texas Houston School of Public Health*

*Sierra Castedo de Martell, University of Texas, School of Public Health*

*Johnny Wilkerson, UT Houston School of Public Health*

Live CEs: 1, Enduring CEs: 1

A ritual in the recovery community is the use of knots and cords, a complex symbol to celebrate intervals of sobriety, but in a broader sense denoting the moments when the individual's recovery/addiction journey connects with the recovery community's programming. Similarly, the individual and the recovery community are braided together, with the understanding that these interconnections are created by tension. A thematic narrative analysis of 4 virtual focus groups and the corresponding



chat demonstrates the tug-of-war that exists between the individual and the community at recovery programs. The relevant themes that emerged are "Community", "Peer Mentors", and "Safe/Clean/Sober." The resulting dynamic configures programs and actions that impact the residents and the policies that orient the programs, from the philosophy that guides the institution, to the established relapse protocol and even the weekly. This shares back the results of last year's Mapping the Field exercises, wherein conference attendees shared experiences for this qualitative research project.

### **Increasing Recovery Capital for Faith-Based Students in Recovery: Identifying Assets Among Congregations and their Relationship with the Recovery Population**

*Lacey Fitch-Ondracek, Baylor University, Center for Church and Community Impact*

*Skylar White, Baylor University*

*Stanton Corley, Baylor University*

*Gaynor Yancey, The Center for Church and Community Impact (C3I); Baylor University*

*Lilly Ettinger, Baylor University*

Live CEs: 1, Enduring CEs: 1

To increase recovery capital, collegiate recovery programs - as much as their respective institutions permit - should be able to refer faith-based students to local, recovery-friendly congregations. However, depending on the size of the surrounding community, discerning which local congregations are recovery-friendly can be a difficult task. The BARC, in partnership with Baylor University's School of Social Work and Center for Church and Community Impact (C3I), surveyed 221 local congregations via qualtrics in the Waco community who could potentially benefit faith-based students who are seeking recovery. The BARC and C3I have analyzed the responses which are the basis of shared opportunities to train local congregations to become recovery ready.

### **4:50pm - 5:50pm EST: ARS Breakout Session**

#### **Family Composition of Youth Attending Recovery High Schools**

*Jordan Jurinsky, MEd, Vanderbilt University*

*Andy Finch, PhD, Vanderbilt University*

*Emily A. Hennessy, PhD, Harvard Medical School & Recovery Research Institute*

Live CEs: 1, Enduring CEs: 1

Family relationships and the home environment are an established context of study in substance use etiology. The family has been well-documented as an important contributor to the onset, rate, course, and consequences of substance use. Less known, however, is the role that family plays in the recovery process of adolescents. This presentation will begin to characterize families of youth who enroll in recovery high schools (RHS's). This secondary data analysis will explore family sociodemographic information collected as part of a multisite observational study of adolescents in recovery (n = 171). Family characteristics will include age, race/ethnicity, employment, relationship to adolescent, income, substance use history, mental health history, and treatment and/or 12-step participation. As RHS's often target family members in some of their programming, contextualizing family characteristics may help inform RHS practices and improve adolescent recovery outcomes.

## **4:50pm - 5:50pm EST: AAPG Breakout Session**

### **GUILT - Understanding and Overcoming**

*Edith Lynn Hornik-Beer*

Live CEs: 1, Enduring CEs: 1

We all sometimes experience guilt. Healthy feelings of guilt inspire us to do good, work on our relationships, and have compassion for others. Research has shown that excessive guilt may trigger unhappy emotions, impact our work, and tire us. On the other hand, feeling good contributes to significant antidepressant responses. Our group will delve into the various aspects of guilt, how to deal with guilty emotions, and to see our personal guilt feelings for what they really are. The group will be given questionnaires whose answers will lead them down new paths. Members will go home with exercises that will expand their emotions to resourceful levels.

## **4:50pm - 5:50pm EST: Networking Session**

### **Affinity Group Meet-up: 2SLGBTQIA+**

ARHE/ARS/AAPG Affinity Groups are designed to support members of specific identities and networks solely for and by those who identify as a part of these identity groups or networks. These are networking opportunities, not recovery meetings.

The 2SLGBTQIA+ Affinity Group is an inclusive and intersectional group dedicated to supporting the recovery, success, and wellbeing of 2SLGBTQIA+ students, faculty, and staff in our community.

## **4:50pm - 5:50pm EST: Art Break with Ali**

For details, please visit the Conference Portal.

## **6:00pm - 7:00pm EST: End of the Day Conference Feedback Space**

This space is designed so that conference attendees, staff/volunteers, presenters, and anyone else involved at our conference can discuss issues/opportunities that come up, and to ensure that our conference is safe, equitable, and inclusive for everyone involved!

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Association of Alternative Peer Groups (AAPG):

Anette Edens: [anette@anetteedens.net](mailto:anette@anetteedens.net)

Association of Recovery Schools (ARS):

Mike Durchslag: [mdurchslag@emailmtcs.org](mailto:mdurchslag@emailmtcs.org)

### **6:00pm - 7:30pm EST: Collegiate Recovery Awards: Individual Celebrations**

The 2021 Collegiate Recovery Awards recognizes staff, students, and other supporters who have gone above and beyond as members of the collegiate recovery field and movement. We celebrate all awardees throughout #ARHE2021 in a variety of ways. Join this session for an individual celebration for the awardee above!

### **6:30pm - 7:30pm EST: Networking Session**

#### **Regional Meet-ups**

The best part of the Annual Conference is networking! The great part about having ARHE, ARS, and AAPG all come together are the endless possibilities for collaborations in the year ahead. Want to get your CRC more involved in supporting a local Recovery High School in your area? Connect with a representative from your region or state at our Regional Meet Up event during the 12th Annual National Conference, all regions will be meeting in their perspective Breakout Rooms on Tuesday, June 22nd at 6:30pm (Eastern). – NO CEUs

Did you know that members of ARHE gather for a monthly or quarterly Regional Call? Are you working at a Recovery High School or within an Alternative Peer Group and want to strengthen your relationships with the two and four-year institutions in your state or region? Find your ARHE Regional Representative below and inquire about their next Regional Call.

- **Mid-Atlantic Region:** North Carolina, Virginia, West Virginia, Washington D.C., Maryland, and Delaware
  - Dr. Dominique Clemmons-James [dmclemmo@ncat.edu](mailto:dmclemmo@ncat.edu)
- **Midwest Region:** Ohio, Indiana, Michigan, Illinois, Missouri, Iowa, Wisconsin, Minnesota, and Nebraska
  - Dr. Jonathon Lofgren [jonathan.lofgren@minneapolis.edu](mailto:jonathan.lofgren@minneapolis.edu)
- **Southwest:** Texas, Oklahoma, Kansas, and New Mexico
  - John Shiftlet [jashifle@central.UH.edu](mailto:jashifle@central.UH.edu)
- **Southeast:** Arkansas, Florida, Georgia, Louisiana, Mississippi, Alabama, Tennessee, South Carolina, and Kentucky
  - Hillary Groover [hphardie@ua.edu](mailto:hphardie@ua.edu)
- **Northeast:** New Jersey, New York, Connecticut, Pennsylvania, Maine, and Massachusetts
  - Keith Murphy [kom1@echo.rutgers.edu](mailto:kom1@echo.rutgers.edu)
- **Pacific:** California, Oregon, and Washington
  - Angie Bryan [Bryan-a@sa.ucsb.edu](mailto:Bryan-a@sa.ucsb.edu)
- **Mountain:** Nevada, Utah, Colorado, Wyoming, South Dakota, North Dakota, Montana, and Idaho
  - Jordan Baez [jbaze@casat.org](mailto:jbaze@casat.org)

### **8:30pm - 9:30pm EST: Recovery Meeting**

For details, please visit the Conference Portal.

### **8:30pm - 9:30pm EST: Trivia Night**

#### **Trivia Night with Kristina!**

Unwind from your day, hang out with other conference attendees, and challenge yourself to a game.



# WEDNESDAY, JUNE 23, 2021

## **8:30am - 9:30am EST: Recovery Meeting**

For details, please visit the Conference Portal.

## **8:30am - 9:30am EST: Wellness Activity Hosted by The Phoenix**

### **Yoga with Liz**

Low to Moderate Intensity. Focus on full range of motion and restoration of balance, while connecting movement and breath.

## **9:30am - 5:30pm EST: Registration Room Open**

Drop in to the Registration Room for all of your conference support needs. Conference Staff will be on hand to help you register onsite, answer any conference related questions, and troubleshoot technical issues.

## **9:30am - 5:30pm EST: Conference Lounge Open**

Visit the Conference Lounge to network with colleagues, continue conversations from sessions, or just to relax and hang out. Breakout rooms are available for use!

## **9:30am - 5:30pm EST: Volunteer Check-In Room Open**

All volunteers should check in with conference staff at their allotted times.

## **10:00am - 10:20am EST (Room locks at 10:05am EST): Meditation**

### **Loving Kindness Meditation**

Enhance your self-awareness, improve your concentration, manage depression...join us for a 10 minute loving kindness meditation. In loving-kindness meditation, you walk your mind through a series of positive thoughts and positive visualizations. You send well wishes to yourself and your loved ones, your friends and acquaintances, people you dislike, and finally the whole world. The thoughts you repeat to yourself express the hope that people will be happy, healthy, successful, and at peace. Since this will be an active meditation, we will close the virtual doors at 10:05am EST so as not to disrupt those who are meditating.

## **10:30am - 11:30am EST: ARHE Breakout Sessions**

### **Building Partnerships, Fueling Research**

*Jessica McDaniel, BS, Center for Young Adult Addiction and Recovery at Kennesaw State University*

Live CEs: 1, Enduring CEs: 1

As the field of collegiate recovery continues to grow, research becomes exceedingly vital; however, this can be an intimidating and seemingly insurmountable task for some. Furthermore, studies indicate that it can take up to 17 years to translate research into practice. Yet, studies also indicate that collaborative partnerships can reduce this gap by engaging practitioners in the research process. Additionally, collaborative partnerships expand individual capacities, making research more accessible and manageable for collegiate recovery professionals. This presentation will explore the opportunities, methods, and benefits of collaborative research partnerships for collegiate recovery programs, while also addressing key considerations for the process.

## **Engaging Peer Educators in Delivering Evidence-Based Brief Motivational Interventions: Innovative Training Models, Benefits, and Challenges**

*M. Dolores Cimini, PhD, University at Albany, SUNY*

Live CEs: 1, Enduring CEs: 1

Research indicates that peer educators, when well-trained and supervised, can deliver evidence-based brief motivational interventions just as well, if not better, than trained professionals. This workshop will explore several innovative peer education training models derived from evidence-based brief motivational interventions, including peer coaching and peer educator-delivered Screening and Brief Intervention (SBI) addressing a variety of concerns. The strengths of training models that involve classroom instruction and computer simulations will be discussed. Challenges and potential risks associated with engaging peers in delivering evidence-based brief interventions will be identified and explored. Benefits of engaging in evidence-based peer education best practices, both to students receiving collegiate recovery services and to peer educators themselves, will be identified.

## **Service Learning in the Sober-Active Community: Mechanisms for Change in Attitudes of College Students Toward Sobriety**

*Chelsea Shore, Florida State University*

Live CEs: 1, Enduring CEs: 1

The use of sport in the recovery process has gained popular traction in recent years (Page & Townsend, 2018) yet research on how sport acts as a preventative measure remains scarce, especially from a social constructivist perspective. This is an unfortunate gap in the literature, for there is extensive research on drug and alcohol abuse by athletes or in athletics (Ahrens & Butch, 2019; Jones, 2016; Lombardi & Dupain, 2018). There is ample research suggesting exercise-based interventions reduce anxiety and depression (Ströhle, 2009) and specifically how group exercise facilitates improved communication skills (Read & Brown, 2003) and social support (Hillios, 2013). The current study brings together these disparate research areas toward conceptualizing how community-based sport programs can impact college students' understanding of substance use, recovery, sobriety and their futures. It was hypothesized that engaging with a sober-active community in the form of a high impact practice, such as service-learning, would "promote capacity building through collective action, develop value systems that support democracy and inclusion, and encourage critical reflection" (Edwards, 2015) in choices made during their college experience.

## **10:30am - 11:30am EST: ARS Breakout Sessions**

### **Fostering an Inclusive and Anti-Racist School Culture**

*Rebecca Bonner, MEd, MUPP, The Bridge Way School*

*Angela Smith, MSOLM, The Bridge Way School*

Live CEs: 1, Enduring CEs: 1

One of the most important functions of a school administrator is to craft a school's identity and develop a healthy school culture. In all schools, but particularly in recovery high schools, this includes collaboration, relationship building, support, and trust among and between various school constituents. When serving a student population that includes Black, Indigenous and people of color (BIPOC), it is imperative that educators and school leadership change the lens through which school culture is viewed. They must be intentional and consistent in creating safe spaces to acknowledge and address explicit and implicit biases, generational trauma, and systematic racism. Equally, school faculty and staff must be dedicated to removing barriers to social justice and achieving equity.



## **10:30am - 11:30am EST: AAPG Breakout Session**

### **Why Can't I Change?**

*Anette Edens, PhD, Psychologist, AAPG Board Chair*

Live CEs: 1, Enduring CEs: 1

Change is elusive on behavioral, neurological, and emotional levels. We adopt new goals with earnest intent and yet fail to make progress toward their achievement. This presentation outlines the challenges to change and what it takes to overcome them.

## **11:50pm - 1:20pm EST: Keynote Sessions**

### **Student Ignite Talks**

*Facilitated by: Alexandra (Ali) Clements, CPRS-R*

Live CEs: 1.5, Enduring CEs: 1.5

Listen as 10 students in recovery share their experience, joys, lows, and what makes them, well, them! A collection of 6 minute stories designed to keep you on your toes and keep you energized. These students will have the chance to have their voices and stories heard in a platform they may have never experienced before.

### **Stay Woke Give Back Virtual Tour: A Unique Opportunity for Recovery High Schools**

*Justin Michael Williams*

NOT FOR CE CREDIT

On the STAY WOKE, GIVE BACK TOUR, Justin empowers students to take charge of their lives, and their physical and mental wellbeing with mass meditation at high schools and colleges, especially for students dealing with societal, personal, or family challenges. From growing up with gunshot holes outside his bedroom windows to sharing a stage with Deepak Chopra, Justin Michael Williams knows the power of healing to overcome. He grew up in a family riddled with Substance Use Disorder and has created a life of passion and purpose. He wants to share his gifts with as many recovery high schools as he can. Come and learn about his programming for the students at your school. His mission is to ensure all students, especially those dealing with systemic injustice, get the opportunity to thrive without cost or access posing a barrier.

### **12:30pm - 1:30pm EST: Recovery Meeting**

For details, please visit the Conference Portal.

### **12:30pm - 1:30pm EST: Wellness Activity Hosted by The Phoenix**

#### **Meditation with Chris**

Low Intensity. Using a variety of meditation styles, focus inward with a trauma-informed approach. Actual meditation time is about 15 minutes, with community time offered after the practice.

## **1:40pm - 3:10pm EST: ARHE Extended Breakout Sessions**

### **Centering Equity and Justice in the Development of Collegiate Recovery Communities: Centering the Most Marginalized People and Communities in Program Development**

*Kristine De Jesus, PsyD, Montclair State University*

*Sara Fudjack, RCSW, University of British Columbia*

Live CEs: 1.5, Enduring CEs: 1.5

This session will focus on building capacity related to equity, justice, and inclusion when developing collegiate recovery communities. The session will be centered in recognizing the role of systemic oppression and how it has limited access to particular groups in higher education, and how to create a program that creates access for students who have been systematically disenfranchised from the collegiate recovery and in society.

### **From Prevention to Recovery: Working the Full Continuum**

*Tessa Miracle, PhD, The Ohio State University*

*Ahmed Hosni, MSW, The Ohio State University*

Live CEs: 1.5, Enduring CEs: 1.5

This session will provide examples and techniques for prevention and recovery to work together to support campus wellness. Participants will learn about tools and strategies to strengthen our efforts across the continuum. Participants will learn about recovery oriented systems, and the Strategic Prevention Framework, and how these two forces can unite to facilitate a culture of wellness in a culturally competent manner. Participants will learn effective engagement strategies for professionals based in different portions of the continuum of care. We will discuss collaboration, and engagement strategies to support professionals, as they unite against stigma. In addition to day to day engagement, we will discuss unified and comprehensive data collection efforts and will identify opportunities to harness the passion of recovery in evidence-based prevention efforts. Evidence-based prevention efforts will be discussed while showcasing unintentional consequences of well-intended efforts. Additionally, this session will discuss the credentialing process for each profession and how to obtain necessary credentials to practice.

### **Expanding Collegiate Recovery in Pennsylvania: Updates on the Independence Blue Cross Project**

*Kristina Canfield, Project Lead*

NO CE CREDIT

Join this session to learn about the partnership between ARHE and Independence Blue Cross to help expand collegiate recovery in Southeastern Pennsylvania. The presenters will give updates on how the project has been going and the plans for the next two years.

## **1:40pm - 3:10pm EST: ARS Extended Breakout Sessions**

### **Project Based Learning: A Pedagogy Aligned to Recovery**

*Melissa Mouton, MD, MPH, 5280 High School*

*Keith Hayes, 5280 High School*

Live CEs: 1.5, Enduring CEs: 1.5

An overview of project based learning (PBL), and how we implement it at 5280. The pedagogy of PBL aligns well to the principles of recovery, and has the power to prepare graduates for all post-secondary options. It also infuses equity into the curriculum and has been demonstrated to be highly effective across all demographics. Participants would engage in a mini- project during the workshop, and reflect on their experience.



## **1:40pm - 3:10pm EST: AAPG Extended Breakout Sessions**

### **Whole Family Approach to Alternative Peer Groups for Teens and Young Adults**

*Eric G. Daxon, PhD, CPRSS, Rise Recovery*

*Bea Blackmon, Rise Recovery*

*Roy Reina, Rise Recovery*

*Dawnya Janousek, Rise Recovery*

*Travis Donaldson, Rise Recovery*

Live CEs: 1.5, Enduring CEs: 1.5

Rise Recovery (formerly the San Antonio Palmer Drug Abuse Program) uses a whole-family approach to providing recovery services to teens with substance use disorder (SUD), young adults with SUD and their families. The panel will discuss the successes and pitfalls of our pilot recovery high school program, our in-school program, Youth Empowered by Sobriety (YES) and our four alternative peer groups - teens with SUD (12 years old to 17); young adults with SUD (18 years old to 35); adult family members (18 years old and over) and family members 9 years old to 17 years old. Our approach can be described as providing coordinated, individualized services for each of our members. Our discussion will also include the overall organization of the program; the structure and processes used in each of the groups; Rise's outreach efforts to schools and the community; and, Rise's current efforts to develop a recovery high school in San Antonio. The impact of COVID-19 and the use of remote technologies will also be discussed.

## **3:30pm - 4:30pm EST: ARHE Breakout Sessions**

### **Recovery as an Identity: Implications for Collegiate Recovery Professionals and SUD Clinicians**

*Dr. Gerard A Love, EdD, University of Alabama*

*Brent Alcaraz, MFT, University of Alabama*

Live CEs: 1, Enduring CEs: 1

Recovery as a construct is presented as an identity status that is developmental in nature. This session focuses on recovery as a complex and rich process of identity formation. The development of an identity as a person in recovery is one that is grounded in a unique and clear understanding of self as different from one's past or using self. This presentation will focus on a description of the model, results of a CRC identity exploration exercise and case studies designed to highlight understanding of the process of transformation. Implications for practice as a collegiate recovery professional will be explored.

### **Collegiate Recovery and Outdoor Programming**

*Andrew Caryl, MS, WVU Collegiate Recovery*

Live CEs: Enduring CEs: 1

The WVU Collegiate Recovery Program has begun to utilize a collaborative partnership with the Adventure WV program at the university to develop a variety of recovery-oriented Outdoor Adventure Programming for their CRP students. The WVU CRP believes that this Outdoor Programming can serve to: establish connections among CRP members, build a sense of community within the WVU CRP and the university at large, encourage a healthy and active lifestyle among students, contribute to recruitment and retention, and serve to build partnerships and stakeholders at the University and greater community.

### **3:30pm - 4:30pm EST: ARS Breakout Sessions**

#### **Create the Company You Crave**

*Dan Renaud, BS, CAP, ICADC, Florida Recovery School*

NOT FOR CE CREDIT

The challenge with recovery schools and programs like this in general, are the varying degree of recovery capital available to the program and the program participants. When setting out to create the recovery school here in northeast Florida, the first and most obvious challenge was the fact that not only were there no mutual support groups for adolescents, there was only one treatment center and it served a very small group of adolescents. So in order to have the program we wanted we would have to create it. That's what this talk will focus on.

### **3:30pm - 4:30pm EST: AAPG Breakout Session**

#### **Resources for Starting and Growing Your APG**

*Heidi Cloutier, University of New Hampshire Institute on Disability Creating Connections NH*

NOT FOR CE CREDIT

Creating Connections NH has developed a robust model for organizations interested in providing APGs in their community. We provide training for APG facilitators, coaches, and supervisors; technical assistance; and progress monitoring tools for organizations providing APGs. In this session we will share supporting documents, procedures and resources in getting started and growing your APG including resources for the overall organization, APG facilitators and coaches or supervisors. We will share documents Our team has created including Open House checklists, Referral logs & tracking systems, program planning tools, ethical case studies, and more!

### **4:30pm - 5:30pm EST: Recovery Meeting**

For details, please visit the Conference Portal.

### **4:30pm - 5:30pm EST: Wellness Activity Hosted by The Phoenix**

#### **Fitness with Dakota**

High Intensity Total Body Workout. Focus on improving overall strength and conditioning, utilizing a variety of fitness techniques. All levels welcome, go at your own pace!

### **4:50pm - 5:50pm EST: ARHE Breakout Sessions**

#### **Harnessing Strengths and Success as a Roadmap for Realizing Your Vision: Using Appreciative Inquiry for Strategic Planning**

*Angela Stowe, PhD, The University of Alabama at Birmingham*

*Benton Crane, The University of Alabama at Birmingham*

Live CEs: 1, Enduring CEs: 1

Participants will learn how one institution applied the process of Appreciative Inquiry, strengths-based strategic planning approach that moves organizations toward developing a compelling vision and direction for their future. It involves a 5-step process that is systematic and comprehensive and includes key stakeholders in all steps of the process. Presenters will share the processes and resources used for each phase of the process and how their vision, mission, and strategic plan was developed through this process that encouraged innovation, imagination, and inquiry, ultimately leading the team to develop an exciting plan and vision for the next steps of their Collegiate Recovery Community. Success, challenges, and lessons learned will also be presented and a template for how other organizations can apply the process will be shared.

## **Spirituality and Addiction: Understanding and Applying Forgiveness in the Process of Recovery**

*Jon R. Webb, PhD, Texas Tech University*

Live CEs: 1, Enduring CEs: 1

The role of forgiveness in recovery from addictive behavior - including in the context of substances, compulsive behavioral sets, and suicidal behavior - has been recognized, albeit in an anecdotal fashion, for many years; beginning in the 1930s with the Twelve-Step Model of addiction and recovery. Empirical support is beginning to support the relevance of forgiveness to recovery as over 80 research articles explicitly focused on forgiveness and addiction suggest a robust and largely beneficial association. In this presentation the evidence-base supporting the role of forgiveness in recovery will be reviewed and guidance will be provided regarding the application and implementation of forgiveness in supporting the process of recovery from addictive behavior.

## **Making Space for Foster Youth and their Challenges Towards Recovery**

*Rachel Brand, MA, UCLA*

Live CEs: 1, Enduring CEs: 0

Mental health and substance use disorders are the leading causes of global disability in children and youth (Marquez and Saxena 2016). Mental health services in public schools in the U.S. have systematically shown deficits and barriers, specifically in addiction, for students to access. Peer and community programs collectively show positive quantitative data about the success rates of teens and young adults in education. Evidence shows there is a lack of treatment options after short-term biomedical care for young adults in recovery. Psychological services offered by schools have statistically demonstrated little to no involvement, in building and supporting peer-run groups. The barriers to treatment are present because of stigma and how it affects young adolescents and adults in addiction from receiving treatment. This thesis engages in a targeted review that shows positive impacts of recovery access for individual's education outcomes. These barriers are even more insurmountable for foster youth.

## **4:50pm - 5:50pm EST: ARS Breakout Session**

### **Responsive Recovery Interventions: We Recover in Community**

*Sharon Dursi Martin, MAT, Harmony Academy Recovery High School*

*Ian Nisley, Recovery Coach, Harmony Academy Recovery High School*

Live CEs: 1, Enduring CEs: 1

Launching a recovery school is no small feat. Once we've taken flight, how do we course correct and travel with intention? How do we hold our ideals as a guide through the daily turbulence and hold our kids, especially the most "difficult" ones, through their own storms? How are we making sure that we don't replicate larger systems that have ejected our kids in the past? Questions like these challenge us. They are deeply philosophical and life-or-death by nature. And they come at us quickly. This session will invite participants to explore their own beliefs and practices while hearing the story of one recovery school's intentional changes as it moved out of the start-up phase and into its second year with intention, brave conversations, and hope. We'll share our tiered intervention system and other resources and set aside time for guided breakouts!

## **4:50pm - 5:50pm EST: AAPG Breakout Session**

### **Families in Recovery: Panel of Alumni Parents**

*Jeremy Pulido, LCDC, CCTP, ICADC, Teen and Family Services*

Live CEs: 1, Enduring CEs: 1

The goal of this discussion is to hear from various APG Family Alumni about their experiences and to give participants a chance to learn more about family recovery.

## **4:50pm - 5:50pm EST: Networking Session**

### **Affinity Group Meet-up: ARS/AAPG**

ARHE/ARS/AAPG Affinity Groups are designed to support members of specific identities and networks solely for and by those who identify as a part of these identity groups or networks. These are networking opportunities, not recovery meetings.

The ARS & AAPG Affinity Group is an inclusive and intersectional group dedicated to supporting the recovery, success, and wellbeing of Recovery High School and Alternative Peer Group students, faculty, and staff in our community.

## **4:50pm - 5:50pm EST: Art Break with Ali**

## **6:00pm - 7:00pm EST: End of the Day Conference Feedback Space**

This space is designed so that conference attendees, staff/volunteers, presenters, and anyone else involved at our conference can discuss issues/opportunities that come up, and to ensure that our conference is safe, equitable, and inclusive for everyone involved!

This space is co-facilitated by the ARHE Equity & Justice Fellow and select volunteers from ARHE/ARS/AAPG. Information will be collected and shared with relevant conference organizers from ARHE/ARS/AAPG.

Issues may include, but are not limited to:

- Technical Issues
- Accessibility Issues/Concerns
- Interpersonal Issues/Concerns
- Discrimination/Harassment

Privacy Notice: The session will not be recorded for the privacy of participants. Individuals who want to give feedback outside of this space and/or submit anonymous feedback can use our Conference Issues Reporting Form

If the issue is urgent, please contact one of the following:

Association of Recovery in Higher Education (ARHE):

Kristina Canfield: [kristina.canfield@collegiaterecovery.org](mailto:kristina.canfield@collegiaterecovery.org) or (740) 274-9100

Association of Alternative Peer Groups (AAPG):

Anette Edens: [anette@anetteedens.net](mailto:anette@anetteedens.net)

Association of Recovery Schools (ARS):

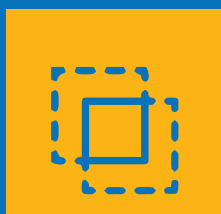
Mike Durchslag: [mdurchslag@emailmtcs.org](mailto:mdurchslag@emailmtcs.org)

### **6:00pm - 7:30pm EST: Collegiate Recovery Awards: Individual Celebrations**

The 2021 Collegiate Recovery Awards recognizes staff, students, and other supporters who have gone above and beyond as members of the collegiate recovery field and movement. We celebrate all awardees throughout #ARHE2021 in a variety of ways. Join this session for an individual celebration for the awardee above!

### **8:30pm - 9:30pm EST: Recovery Meeting**

For details, please visit the Conference Portal.



# THURSDAY, JUNE 24, 2021

### **8:30am - 9:30am EST: Recovery Meeting**

For details, please visit the Conference Portal.

### **8:30am - 9:30am EST: Wellness Activity Hosted by The Phoenix Fitness with Caleb**

High Intensity Total Body Workout. Focus on improving overall strength and conditioning, utilizing a variety of fitness techniques. All levels welcome, go at your own pace!

### **9:30am - 5:30pm EST: Registration Room Open**

Drop in to the Registration Room for all of your conference support needs. Conference Staff will be on hand to help you register onsite, answer any conference related questions, and troubleshoot technical issues.

### **9:30am - 4:30pm EST: Conference Lounge Open**

Visit the Conference Lounge to network with colleagues, continue conversations from sessions, or just to relax and hang out. Breakout rooms are available for use!

### **9:30am - 4:30pm EST: Volunteer Check-In Room Open**

All volunteers should check in with conference staff at their allotted times.

### **10:00am - 10:20am EST (Room locks at 10:05am EST): Meditation Body Scan Meditation**

*\*This meditation may be triggering for people whose bodies have been violated or those who may struggle with being more present in and more aware of one's body.\**

Meditation is helpful when you are feeling overwhelmed, stressed, frustrated, anxious, etc... Body scan meditation is a great way to release tension you might not even realize you're experiencing. Body scanning involves paying attention to parts of the body and bodily sensations in a gradual sequence from feet to head. Join us in a 10 minute guided body scan. Since this will be an active meditation, we will close the virtual doors at 10:05am EST so as not to disrupt those who are meditating.



## **10:30am - 12:00pm EST: ARHE Extended Breakout Sessions**

### **The 'Accepted' Marginalization: Bringing Attention to Weight Stigma and Fatphobia**

*Emmy Lu Henley, PhD, RDN, LD, CEDRD, Metanoia Nutrition*

Live CEs: 1, Enduring CEs: 1

Weight stigma is one of the few preventable contributing factors to the development of disordered eating and eating disorders; yet, this is experienced daily, by many, through such spaces as the doctor's office, an airplane, or the chair in our therapist's office. Weight stigma is "acceptable" in our culture due to its disguise of "health/wellness", even within realms of activism towards other levels of marginalization, including the recovery space. The overall purpose of this presentation is to provide space for marginalized bodies by bringing light to weight stigma and fatphobia, primarily the detrimental physical and mental health consequences that arise from this social injustice. Attendees will be introduced to historical and racial origins of weight stigma and fatphobia, its evolution through the decades, and its significance, not only in the journey to recovery, but prevention of disordered eating in recovery. Each attendee will also have the opportunity to reflect on their own internalized fatphobia to explore their role in this social injustice. Open dialogue will conclude the presentation to facilitate, offer solutions, and encourage change within one's own actions, as well as those of their collegiate recovery communities.

### **Addiction Is a Family Disease**

*Lori Ziolkowski, MBA, Delta College and Families Against Narcotics (FAN)*

Live CEs: 1, Enduring CEs: 1

Addiction has a negative impact on the entire family. Learn how to recognize signs when someone is struggling and the resources that can be provided to help.

### **Romantic Relationships in Alcohol Use Disorder Recovery: A Qualitative Content Analysis**

*Thomas Kimball, PhD, LMFT, Texas Tech University, Center for Collegiate Recovery Communities*

*Nikki Hune, LMSW, Texas Tech University, Center for Collegiate Recovery Communities*

*William Gerber, MPA, Texas Tech University, Center for Collegiate Recovery Communities*

Live CEs: 1, Enduring CEs: 1

Alcohol use disorder (AUD) thrives in isolation, but recovery requires healthy and supportive relationships in order to heal and grow. Many individuals in alcohol recovery find it challenging to establish and maintain meaningful romantic relationships, yet little research has examined this notion. With a particular focus on relationship insecurity and relationship safety, we explored persons' experiences of romantic relationships in AUD recovery (N=23; Mean Age=27.87). In this presentation, we will discuss the foundations of identifying relationship safety and addressing relationship security in order to better navigate towards healthy, supportive romantic relationships in recovery.

## **10:30am - 11:30am: Networking Sessions**

### **Affinity Group Meet-up - Community Colleges**

ARHE/ARS/AAPG Affinity Groups are designed to support members of specific identities and networks solely for and by those who identify as a part of these identity groups or networks. These are networking opportunities, not recovery meetings.

The Community Colleges Affinity Group is an inclusive and intersectional group dedicated to supporting the recovery, success, and wellbeing of Community College students, faculty, and staff in our community.

## **ARS & AAPG Q&A Session**

The ideal continuum of care for an adolescent once completing treatment would be for that person to enroll in a Recovery High School as well as be a part of an Alternative Peer Group (APG). By surrounding our young people in communities of recovery we can help each person stay engaged with their recovery. Come and ask a small panel of experts from both Alternative Peer Groups and Recovery High Schools all the questions you may have and make lifelong connections.

## **10:30am - 12:00pm EST: ARS Extended Breakout Session**

### **Recovery High School Accreditation**

*Roger Oser, MAT, William J. Ostiguy Recovery High School*

NOT FOR CE CREDIT

Recovery High Schools are built on a foundation of a unified education model of academics and recovery. During this session participants will learn about the framework used to successfully develop, implement, and improve upon this model through the lens of the accreditation process which consists of four major components: 1. School Organization 2. School Community 3. Recovery Practices 4. Education Practices. Participants in this interactive session will be provided with best practices, strategies, and specific guidance on how to use the Accreditation process to frame your school's continuous improvement process. This session will be equally useful for groups looking to start schools, newly established schools, or longstanding recovery high schools.

## **10:30am - 11:30am EST: Affinity Group Meet-up**

### **Community Colleges**

The Community Colleges Affinity Group is an inclusive and intersectional group dedicated to supporting the recovery, success, and wellbeing Community College students, faculty, and staff in our community.

## **11:50am - 1:20pm EST: Keynote**

### **Why Don't We Know More? A Comprehensive Review of the Current Evidence Regarding Collegiate Recovery Programming**

*Noel Vest, PhD, Stanford University*

Live CEs: 1.5, Enduring CEs: 1.5

Purpose: Substance use disorder is a critical public health problem among postsecondary education students in the United States where roughly 600,000 US college students report being in recovery from a substance use disorder (SUD). We conducted a scoping review to identify research gaps and inform policy.

## **12:20pm - 1:20pm EST: ARS Breakout Session**

### **How to Start a Recovery High School from Scratch**

*Mary Fererri, Certified K-12 Physical Education/Health Educator, Emerald School of Excellence*

NOT FOR CE CREDIT

Many people are intrigued, and a spark is started once they hear about what a Recovery High School is and can be. Often, it seems like an impossible task but I am here to tell you that where there is a will, there is a way. I was a coach and teacher in a traditional public school and left after 11 years to start a Recovery HS. I am here to share that you can make anything happen with perseverance, a willingness to learn, humility, and a focus on relationships. I will share some hard lessons along my journey, my 3 year journey to open, the first 2 years of operation, and what I wish I knew back then that I know now.

**12:30pm - 1:30pm EST: Recovery Meeting**

For details, please visit the Conference Portal.

**12:30pm - 1:30pm EST: Wellness Activity Hosted by The Phoenix  
Meditation with Jess**

Low Intensity. Using a variety of meditation styles, focus inward with a trauma-informed approach. Actual meditation time is about 15 minutes, with community time offered after the practice.

**1:40pm - 2:40pm EST: ARHE Breakout Sessions****Meeting at the Intersection: Mentoring and Motivation**

*Jarmichael R. Harris, MS, LCAS, East Carolina University*

*Kristine De Jesus, PsyD, Montclair St. University*

Live CEs: 1, Enduring CEs: 1

Mentorship is an important aspect of professional development, particularly for those who are new to the field and/or are members of underrepresented groups in collegiate recovery. This program will explore the value of developing a network of professional supporters who come from different perspectives, backgrounds, types of institutions, and worldviews to challenge one another in promoting equity, justice, and personal growth.

**Collegiate Recovery Programs and the Promotion of Psychosocial Development and Adjustment: A Student Development Perspective**

*Anne Thompson Heller, LMFT, MA, University of Connecticut*

Live CEs: 1, Enduring CEs: 1

Collegiate recovery programs (CRPs) aim to support the unique needs of students in recovery, promote academic success, and facilitate psychosocial development (i.e. coping, self-efficacy, differentiation of self, self-acceptance, and quality of life). Strategies used to achieve these goals vary considerably. This presentation will share findings from a national study (N = 134 students from 32 different CRPs) that explored how CRP structure, students' perceived support, and student engagement impacts psychosocial development and adjustment differently based on the moderating effects of developmental markers (i.e. recovery capital, length of recovery engagement, and family functioning). Results revealed relationships between CRP structure, support, and engagement and indices of psychosocial development, provided insights into different types of perceived support students may experience, and indicated that a program is only as good at promoting developmental outcomes as the student perceives their support from the program to be. Findings have implications for best practices and future research.

**So You Think You Want to Go to Graduate School?**

*Kevin Doyle, EdD, LPC, LSATP, Hazelden Betty Ford Graduate School of Addiction Studies*

*LeAnn Brown, MS, Hazelden Betty Ford Graduate School of Addiction Studies*

Live CEs: 1, Enduring CEs: 1

People in recovery make up a significant portion of the addiction treatment workforce, and members of collegiate recovery programs are uniquely positioned to pursue careers as members of this workforce. This presentation is designed for students in collegiate recovery programs who are considering additional academic training designed to lead to an advanced degree (master's/doctorate) in professions such as counseling, social work, and psychology. Topics such as how to identify possible programs, differences between disciplines, online vs. in-person programs, field placements, admission requirements, and the applicant process will be covered, with a question/answer period provided at the end of the presentation.

## **Building a Statewide Recovery Community**

*Ashley Dickson, BS-HS, Tompkins Cortland Community College*

*Ashton Daley, Friends of Recovery-NY*

NOT FOR CE CREDIT

Exploring the foundational aspects of a statewide coalition supporting youth and young adult recovery, this presentation will cover everything from connecting with other programs to creating individual supports. Youth Voices Matter - NY, (YVM, a 501(c)3), has created a statewide initiative to better support and create infrastructure for youth recovery. In partnership with collegiate recovery communities, starting with Tompkins Cortland Community College, this new program has already seen successful forward movement. YVM is the youth and young adult arm of Friends of Recovery New York. Tompkins Cortland Community College is a 2-year institute member of the SUNY school system.

### **1:40pm - 2:40pm EST: ARS Breakout Session**

#### **Incorporation of Occupational Therapy in a Recovery High School: A Novel Program, Lessons Learned and Future Aspirations**

*Victoria Garcia Wilburn, DHSc, OTR, Indiana University Indianapolis*

*Justin Phillips, Overdose Lifeline*

*Rachelle Gardner, Hope Academy Recovery High School*

Live CEs: 1, Enduring CEs: 1

The purpose of this session is to provide a program description and supporting data to demonstrate that occupation-based interventions can be implemented in a recovery high school with a convenience sample of student participants. An occupational therapist, community health educator, and teacher co-facilitated a 30-minute twice weekly group over 11-weeks with a convenience sample of 12th grade students in an urban recovery high school. This session will detail the evidence-based interventions utilized by the collaborative team during each phase of the group program including narrative interviewing, reflective listening, goal setting, identity exploration, and occupational engagement. Participant attendance and satisfaction are reported, and methods of program assessment are described. This program description can be used to inform future research evaluating program efficacy.

### **1:40pm - 2:40pm EST: AAPG Breakout Session**

#### **Meet Them Where They Are: Improving Access and Outcomes for Students Post-COVID**

*Robin McIntosh, Co-Founder & Co-CEO, Workit Health*

Live CEs: 1, Enduring CEs: 1

The social isolation and stress of the pandemic caused record-breaking overdose numbers in many states, while limiting in-person treatment options. Workit Health saw tremendous growth of its telemedicine program to provide FDA-approved medication for opioid and alcohol use disorder during COVID-19. But post-pandemic, the convenience, affordability, and proven outcomes of virtual care ensure it's here to stay as a treatment offering.

### **1:40pm - 2:40pm EST: Art Break with Ali**

### **3:00pm - 4:30pm: Closing Keynote**

Collegiate Recovery Panel

Please visit the Conference Portal for details.

### **3:00pm - 4:30pm EST: ARS Closing Session**

### **6:00pm - 7:00pm EST: End of the Day Conference Feedback Space**

This space is designed so that conference attendees, staff/volunteers, presenters, and anyone else involved at our conference can discuss issues/opportunities that come up, and to ensure that our conference is safe, equitable, and inclusive for everyone involved!

This space is co-facilitated by the ARHE Equity & Justice Fellow and select volunteers from ARHE/ARS/AAPG. Information will be collected and shared with relevant conference organizers from ARHE/ARS/AAPG.

Issues may include, but are not limited to:

- Technical Issues
- Accessibility Issues/Concerns
- Interpersonal Issues/Concerns
- Discrimination/Harassment

Privacy Notice: The session will not be recorded for the privacy of participants. Individuals who want to give feedback outside of this space and/or submit anonymous feedback can use our Conference Issues Reporting Form

If the issue is urgent, please contact one of the following:

Association of Recovery In Higher Education (ARHE):

Kristina Canfield: [kristina.canfield@collegiaterecovery.org](mailto:kristina.canfield@collegiaterecovery.org) or (740) 274-9100

Association of Alternative Peer Groups (AAPG):

Anette Edens: [anette@anetteedens.net](mailto:anette@anetteedens.net)

Association of Recovery Schools (ARS):

Mike Durchslag: [mdurchslag@emailmtcs.org](mailto:mdurchslag@emailmtcs.org)





# AWARD WINNERS



Anna L. Treviño, MEd, LPC, LCDC

## **ARHE Cornerstone Award for Student Support**

Anna L. Treviño is the Assistant Director of Texas Tech's Center for Collegiate Recovery Communities (CCRC) since April 2015. She is also an alumni of the program. She received her Master's degree in Clinical Mental Health Counseling from Texas Tech University in Dec. 2014. She is a woman in long-term recovery and has been a strong pillar in the Lubbock recovery community for over sixteen years. Anna also has a private practice as a Licensed Professional Counselor Licensed Chemical Dependency Counselor

specializing in addiction/recovery, Cognitive Behavioral Therapy and Solution Focused Therapy. Anna also has a child named Zachary who is the love of her life.



Dr. M. Dolores Cimini

## **ARHE Lifetime Achievement Award**

Dr. M. Dolores Cimini is a New York State licensed psychologist and Director of the Center for Behavioral Health Promotion and Applied Research at the University at Albany, SUNY. She is also the Director of the nationally recognized Middle Earth Peer Assistance Program, one of the first campus-based hotline services established to address the needs of students in recovery in the United States. Dr. Cimini has led comprehensive efforts in research-to-practice translation at the University at Albany for the past 28

years with over \$9 million in support from the National Institute on Alcohol Abuse and Alcoholism (NIAAA), National Institute on Drug Abuse (NIDA), Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Education, U.S. Department of Justice, and New York State Office of Addiction Services and Supports. Dr. Cimini has demonstrated a career-long commitment to collegiate recovery through the development and enhancement of comprehensive support services for students that promote access to opportunities and success in college and career.



# AWARD WINNERS



Dr. Kristine De Jesus

## **Collegiate Recovery Equity, Diversity, & Inclusion Award**

Dr Kristine De Jesus is Coordinator of Alcohol and Other Drug Program, and Advisor to the Red Hawk Recovery program at Montclair State University. Dr. De Jesus is an author, entrepreneur, and activist. She is co-host of the Engage Recovery: Meeting at the Intersection Podcast and founder of The Wellness Cooperative, a wellness center dedicated to supporting BIPOC folx in recovery from Substance Use Disorder. Dr De Jesus attended Rutgers University where she earned a BA in Psychology and Puerto Rican Studies. She holds a Masters in Organizational Behavior from Alliant International University, and a doctorate in Clinical Psychology from the California School of Professional Psychology where she specialized in Cross Cultural and Health Psychology. Dr De Jesus's area of expertise is recovery, equity, intersectionality and strategies for reducing health disparities.



Independence Blue Cross Foundation

## **Collegiate Recovery Champion Award**

Celebrating its 10th anniversary, the Independence Blue Cross Foundation (Foundation) is a private, corporate charitable foundation that was established in 2011 with a mission to lead sustainable solutions that improve the health and well-being of the community. The Foundation has awarded nearly \$48M in grants to nonprofits and academic institutions in the southeastern Pennsylvania region whose programs and services address access to care, the healthcare workforce, and nonprofit sustainability.



Jennifer Cervi

## **Collegiate Recovery Staff Member of the Year Award**

Jennifer hails from the University of Michigan where she launched a Collegiate Recovery Program while obtaining a Masters in Social Work degree. She has also launched programs at the University of Texas at San Antonio and the University of North Carolina Wilmington. Jennifer's motivation to help others is a direct result of her personally being an individual in recovery. Her passion is to engage with students who are actively in recovery or seeking recovery while thriving academically and vigorously sustaining the authentic college experience. Jen seeks to reduce stigma around addiction and recovery on campus and heighten the awareness of the Collegiate Recovery Program, while preserving the anonymity of the students who seek it. She is also a Basic Paramedic and a Firefighter, who enjoys playing soccer in her free time.



# AWARD WINNERS



Kathy and Ray Hayes

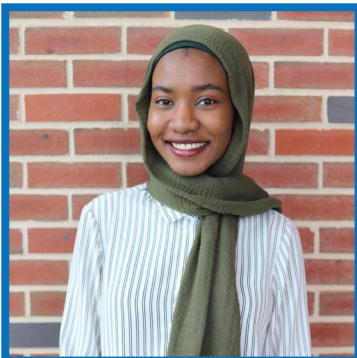
## **Collegiate Recovery Philanthropist of the Year Award**

Ray and Kathy are Mississippi natives, receiving college degrees from Mississippi State University. The Hayes' professional lives have included opportunities in Mississippi, Texas and Alabama.

Ray, Chancellor Emeritus of The University of Alabama System, actively worked to assist all UA campuses and communities to advance Behavioral Health services. His focus was on the collaborative efforts of academia, research and service. Currently, all three campuses of the University of

Alabama System have active and ongoing Collegiate Recovery programs. Additionally, specialized Research and Intervention Services are of major focus at UAB and UA. The UA system represents and serves over 70,000 undergraduate and graduate students.

As a passionate advocate for Collegiate Recovery, Kathy is active as a writer and speaker. She frequently speaks on the topic of The Family Dynamics of Addiction and Recovery. Her vulnerable and honest insights give a fresh look into the world parents face as they walk through the issues of behavioral health. She also currently serves as the Chairperson of the Advisory Council for Collegiate Recovery and Intervention Services at the University of Alabama. The Hayes' have two children, Nick and Sarah (Abe Yellen) and are the proud grandparents of Jackson Owen Hayes.



Maysa Mohmoud

## **Collegiate Recovery Student of the Year Award**

Maysa Mohmoud is a student in long term recovery at the University of Alabama at Birmingham. After graduating with a bachelor's in Psychology, Maysa has continued her education in a Masters of Clinical/Medical Social Work program. She works as a graduate associate in UAB's Wellness Promotion department and advocates for mental health access and recovery services!



Sazha Alexandra Layugan Ramos

## **ARHE Community Member of the Year Award**

Sazha Alexandra Ramos is a Navy Veteran and product of collegiate recovery. Through Sazha Alexandra's own personal recovery journey and professional experience, she leads Recovery Organization Resources to shift the paradigm of power by providing education and information to those that are seeking resources. Her professional experience includes working at the highest levels of government, recovery organizing with expertise in recovery housing.

She is a living testimony to multiple pathways to recovery after being on Medication-Assisted Treatment (MAT) and currently utilizing the technology of Kundalini Yoga as her primary pathway to recovery. She works with women one on one to take them to the next level of their spiritual and entrepreneurial life. This May she will complete her Masters in Social Work at Rutgers University. Sazha Alexandra sits on numerous boards both locally and nationally. Recently, she partnered with a global organization to launch RA MA Recovery, an intentional wellness platform with over 5 million views to provide free yoga, meditation and community sharing for those seeking liberation.



# AWARD WINNERS



Susie Mullens

## **Collegiate Recovery Advocate of the Year Award**

Susie Mullens is a licensed psychologist, licensed professional counselor, certified advanced alcohol & drug counselor, master addiction counselor & supervisor. She has been working in the mental health & substance use disorder field for over 29 years and has worked in all aspects of the continuum of care. She is currently the program coordinator for the WV Collegiate Recovery Network which is housed at Marshall University Research Corp. Alliance for the Economic Development of Southern WV, to help expand collegiate recovery efforts on 7 campuses in southern WV. She was formerly the Interim Director of the West Virginia Office of Drug Control Policy (ODCP). While at ODCP she was responsible for securing the seed money (100K) for 5 collegiate recovery programs in WV.

Prior to ODCP she was the Director of Operations for the Association of Recovery in Higher Education, served as a Recovery Specialist helping establish the WVU Collegiate Recovery Program & Therapist at West Virginia University and was the Mid-Atlantic Regional Representative on the ARHE Board of Directors. She is also a past president of WVAADC, the state alcohol and drug counseling association. She hosts a show on the WV Library Commission Network called Solutions, Service & Serenity which helps raise awareness about programs around West Virginia who are working across the continuum of care (prevention, early intervention, treatment & recovery).



# What people are saying about All Sober:

"Thank you so much for sharing your personal journey, and for the comprehensive solution that you have designed and are taking to market. We are grateful for the learning, and look forward to an impactful collaboration"

- *Kate Johnson, President, Microsoft US*

"I'm looking forward to the launch of All Sober, as I believe it has the potential to help millions of people in times of crisis, make their lives better thereafter and become a major technology company in the process. "

- *Gary Shapiro President and Chief Executive Officer Consumer Technology Association, Producers of CES*

"Collectively, we have not done enough to support the countless individuals and groups affected by addiction. There is a critical need for additional resources, and I'm confident that All Sober will fill this major gap. As someone in recovery, I'm greatly looking forward to seeing the transformational impact that they will have within our communities.

-*Tim Rabolt, Executive Director, Association of Recovery in Higher Education*

"So many "what ifs" that All Sober could address on one platform... All Sober provides hope. Hope that the other Joes in the world can see that it is not too late. That someone cares. That there is a promise for tomorrow. I wish you every success in what can only be described as a life saving venture. "

- *Mary Harlee, mother who lost her son to opioid addiction*

To learn more about this terrific resource, see the platform demo, ask questions, and officially sign up for this complimentary service, simply send an email to Rory Pullens, All Sober's Chief Education/Inspiration Officer at [rpullens@allsober.com](mailto:rpullens@allsober.com)

Together, we can give your students the increased support they need so they can more easily go from addiction to All Sober and sustain their recovery throughout their college years and beyond.



[www.allsober.com](http://www.allsober.com)





