



# IMPACT REPORT

# 2023

[collegiaterecovery.org](http://collegiaterecovery.org)



## Mission & Vision

Our mission is to champion, develop, and sustain excellence in collegiate recovery. Our vision is a collegiate culture that embraces recovery.

Purpose Statement: With recovering students at the heart of what we do, ARHE fosters the growth of collegiate recovery through the provision of institutional standards, support, and professional development.

## ARHE Responsibilities

Support and advocate for the continued growth, expansion and accessibility of collegiate recovery.

Act as the accrediting body for collegiate recovery.

Provide professional community and development opportunities for collegiate recovery leadership and staff.



## Letter from the Executive Director



Dear ARHE Members and Supporters,

It is with great excitement that we share an update on the progress of our ever-evolving work in 2023. This past year has proven to be filled with excitement, largely attributed to the invaluable support and active participation of all our esteemed Members, Stakeholders, and Supporters.

This Impact Report serves as our annual report to keep you informed about the progress of ARHE's various programs, projects, and strategic goals and objectives.

### Achievements and Updates from 2023:

- In September 2023, we welcomed Mack Park as the new Membership & Outreach Manager, filling out our full-time positions at ARHE at that time. Prior to this role, Mack had served as a dedicated and talented Fellow for ARHE for several years. It is an honor to witness the growth and development of one of our own and to get to promote them to a well-earned full-time position.
- Under Mack's guidance, ARHE moved forward with our Membership Growth Strategy begun in 2022, aimed at enhancing the value of ARHE Membership and improving the overall experiences of our Members. You can expect to continue to see improvements throughout 2024.
- We continued work on advancing our goal toward Accreditation, which is part of our Strategic Plan and has been a focus of ARHE for several years. A pilot program was launched in August 2023 and 10 institutions completed the accreditation pilot in December 2023. Part of this pilot included an outcomes study to evaluate every aspect of accreditation so we could ensure the process worked as intended upon official launch. After the release of the evaluation and outcomes study, ARHE Staff worked hard to revise aspects of the pilot and related materials to meet our expected standards. Overall, the pilot was very successful and was met with positive feedback from participants. We are thrilled to officially launch the Standardized Review for Collegiate Recovery Advancement (SRCRA) in April 2024! We hope that many of our Member Institutions will engage in this process and find value in the materials and tools that have been developed for all of you.
- We continued our work with the Independence Blue Cross Foundation in Southeastern Pennsylvania, providing Technical Assistance to new and developing collegiate recovery programs that are grantees of the Foundation's investment in the expansion of collegiate recovery in that region. The outcomes study overseen by Dr. Jason Whitney at Penn State was completed by the end of 2023 and culminated in a report to demonstrate the successes and growth areas of this project with plans to replicate the model of technical assistance.
- Advocacy continues to be a key focus area as ARHE continues to invest numerous hours advocating for the support and growth of collegiate recovery. This work included our participation in the Collegiate Recovery Dialogue on Mental Health and Substance Use hosted by the SAMHSA Office of Recovery at their headquarters in July 2023. We will share the final report from this event once it is available. I am committed to continuing this advocacy work so we can work to increase access to collegiate recovery programs.

- The ARHE Board and Staff continued work to develop policies and procedures in order to increase internal structure and accountability within the organization itself. In 2023 we completed work on the official Employee Handbook, began work on reviewing and revising the Fiscal Policies, and made plans for authoring a Board Handbook in 2024.
- In September 2023, in partnership with HECAOD, we officially launched the Introduction to Collegiate Recovery Training Course, an online course aimed to introduce learners to the collegiate recovery profession. [This course is available at a discount to all ARHE Members on our website!](#)

And all of this truly just scratches the surface! You can read more throughout this report and [on our Blog](#). Now we shift our focus to 2024 which is sure to be another exciting year!

If you have any questions or feedback, please never hesitate to reach out to me at [kristina.canfield@collegiaterecovery.org](mailto:kristina.canfield@collegiaterecovery.org).

Sincerely,



Kristina M. Canfield, M.Ed.  
Executive Director

## Collegiate Recovery Dialogue on Mental Health and Substance Use July 2023



# CORE VALUES



**In support of our mission and responsibilities, the ARHE will model the following values:**

**Integrity:** As individuals and as an Association, we are honest, trustworthy, transparent and responsible. We adhere to the highest professional standards, and we advance the values and ethical obligations associated with our work with students.

**Inclusion:** As individuals and as an Association, we value diversity and the worth of all people, respecting individual differences that bring richness to the students and constituents we serve.

**Student-Centered:** As individuals and as an Association, we recognize our role in supporting student success and strive to act in the best interests of the students we serve in all decisions.

**Service Excellence:** As individuals and as an Association, we utilize our knowledge and skills to improve our programs, services, facilities and activities in ways that demonstrate our commitment to student success.



# 2022-2024 Strategic Plan Highlights

## Goal 1: Growth and Expansion of Collegiate Recovery Objectives:

- Advocate for the creation of new collegiate recovery programs.
- Cultivate material and intellectual assets to facilitate start-ups.
- Create a resource toolkit to provide to start up programs.
- Provide educational and development opportunities for all stakeholders.

## Goal 2: Develop Accreditation Standards and Process Objectives:

- Establish universal accreditation standards for CRPs.
- Develop and outline the model of accreditation.
- Establish the process by which ARHE evaluates and determines accreditation requirements are met.

## Goal 3: Development of Professional Collegiate Recovery Workforce Objectives:

- Establish roles and competencies pertinent to collegiate recovery work.
- Provide continuing education opportunities based on established competencies.
- Provide opportunities for collaboration and the sharing of best practices.

## Goal 4: Assemble and Disseminate Best Practices and Relevant Recovery Research Objectives:

- Publish ARHE best practice recommendations.
- Collaborate with key stakeholders regarding advancing, housing and disseminating recovery research.

## Goal 5: Develop Funding Sources and Policies that Create Organizational Sustainability Objectives:

- Develop sustainable and diverse revenue streams from ethical sources that support the guiding principles of our membership.
- Improve financial systems and develop policies that support sustainability.
- Improve operational systems and develop procedures and policy manual.
- Mitigate organizational challenges through the recruitment of board members, amendment of by-laws, and addressing liabilities.

## Goal 6: Coordinate Membership and Stakeholder Engagement and Outreach Objectives:

- Create a consistent brand and communications platform.
- Regularly collect membership feedback, solicit input and needs.
- Expand membership participation through unique and engaging programs and services.
- Ensure the conference contains relevant, timely and dynamic learning opportunities.

# Board of Directors

**Senior Co-Chair:** Ahmed Hosni

**Junior Co-Chair:** Lindsay Garcia

**Secretary:** Dominique "CJ" Clemmons-James

**Treasurer:** Paula Harrington

**Member at Large:** Kathleen Gibson

**Member at Large:** Nathan Payne

**Regional Rep, Northeast:** Keith Murphy

**Regional Rep, Mid-Atlantic:** Marbeth Holmes

**Regional Rep, Southeast:** Annette Newton-Baldwin

**Regional Rep, Midwest:** Jessica Miller

**Regional Rep, Southwest:** Vacant

**Regional Rep, Mountain:** Vacant

**Regional Rep, Pacific:** Brad Rondeau

**International Rep:** Victoria Burns

**Student Rep:** Chelsea Shore

**Student Rep:** Alex Renkis

## Board Member Spotlight

Paula  
Harrington  
*Treasurer*



Paula Harrington, Certified Peer Support Specialist/Trainer, Recovery Coach and Trainer currently is Special Projects Coordinator for Oxford House, Inc., Board Chair of the FreedomHouse Recovery Center in Chapel Hill, North Carolina, and Vice Chair of the Orange County Local Re-Entry Council. Ms. Harrington is a woman in long-term recovery since 1998. As a result of her drug usage starting in college, her prior incarceration, and because she didn't have her children with her when she embraced recovery, these were important areas she wanted to facilitate and support for those seeking recovery that had these issues. She opened the first women's and children's Oxford House in North Carolina and the first Collegiate Oxford Houses (male and female) in the Country. She works with those coming out of incarceration who have substance use disorders. She shares a unique partnership with the Carolina Recovery Program at UNC-Chapel Hill which coordinates community re-enforcements surrounding the students with resources that build recovery capital. She has worked tirelessly over two decades as an addiction educator.



# Advisory Council

**Co-Chair:** Kristine De Jesus

**Co-Chair:** Jessica Estok

**Secretary:** Bret Frazier

Lilly Ettinger

Dot Smith

Stephanie Lake

Robert Shearon

Fidencio Mercado

Angie Bryan

Santee Ezell

Waltrina Defrantz-Dufor

Jernee Montoya

Jennifer Hall

Mackenzie Hogan

Anna L. Treviño

Willie Thompson

## Advisory Council Spotlight

### Jessica Estok *Co-Chair*



Jessica Estok (she/her) is the Assistant Director of Addiction Recovery Prevention at the University of Delaware where she has worked since 2011. She has been working in the field of recovery since 2001. Jessica has her master's degree in Psychological Counseling from Monmouth University in West Long Branch, NJ. She is a Licensed Chemical Dependency Professional and a Certified Alcohol and Drug Counselor in Delaware. Recognizing the overlap of trauma and addiction, she is also a Certified Clinical Trauma Professional. Originally from New Jersey, she has worked in a variety of treatment settings in New Jersey prior to entering Higher Ed. Moving to Delaware in 2011, she took a position as a drug and alcohol counselor at the University of Delaware and was promoted to Assistant Director of Substance Use Recovery Services in 2018. She founded the Collegiate Recovery Community at UD in 2014 with the help of a few dedicated students and the CRC at UD now provides a community of support for students in recovery on UD's campus.

I have served on the Advisory Council since its inception. By serving as co-chair for the council and leading a number of subcommittees and working groups, I have had the opportunity to meet people from all over the country invested in doing the same work that I am doing. This created a network of opportunities and connections that I would not have had otherwise. I was able to utilize those conversations and connections to impact the collegiate recovery program that I have created at the University of Delaware. We can go further together in this by looking at each other as valuable resources of information to impact the growth of our profession.

The field of collegiate recovery is continuing to grow and develop; it is the responsibility of the professionals doing the work to guide that development. Advisory Council members influence that growth and development. For example, the development of the Ethical Considerations document was born in the Advisory Council and approved by the Board in 2023. This is an example of influential work that was sparked by a team of Advisory Council members. The Advisory Council takes the thoughts and ideas of its members and brings them to life.

# ARHE Staff

Kristina Canfield, Executive Director

Mack Park, Membership & Outreach Manager

Louise Irizarry, Business Manager and Membership Administrator

Mandi Vanhoy, Social Media Intern

Ayesha Al-Akdhar, Access, Belonging, & Connection (ABC) Fellow

Isabella Irizarry, Administrative Intern

## ARHE Staff Spotlight

### Louise Irizarry



*Louise is familiar to nearly all ARHE Members and you have likely seen her in your inbox on numerous occasions. As the longest employed person on staff at ARHE, the staff felt it was important to celebrate the nearly 14 years of dedication Louise has had to ARHE. She has seen ARHE through every season of its growth and development, for better or for worse, and she is absolutely vital to the team.*

*The next time you see Louise's name in your inbox, be sure to give her a big THANK YOU for all she does to keep the organization up and running.*

Louise Irizarry serves as Business Manager and Membership Administrator for the Association of Recovery in Higher Education. She joined the association in 2012 and has worked with various aspects of the organization including website development, database management, fiscal management, and administration.

Louise's background includes working in the corporate world in roles supporting executive leaders with companies such as Amazon.com and Yamaha Motor Corporation, as well as serving as Assistant Controller in the service industry. In addition to working part-time with ARHE, she also has worked in Academia supporting divisional Directors and Associate Vice-Presidents.

Louise has served in volunteer capacities in leadership roles with Habitat for Humanity fund raising and coordinating the building of seven habitat homes and has served on the board of her HOA in various positions, most recently as President. She served as Troop Leader for 10+ years for Girl Scouts of Greater Atlanta and has taught religious instructions at St. Catherine of Siena in Kennesaw, GA where she lives with her husband and daughter.

# 2023 Events & Highlights

## Accreditation Pilot

The **Standardized Review for Collegiate Recovery Advancement (SRCRA)** Accreditation Pilot launched in August 2023 with an initial 14 schools.

History of the development of SRCRA (from the report written by the ARHE Research and Evaluation Team (Yahya Abdullah Alnashri & Alexa Nieder)):

Emergence of SRCRA: The SRCRA emerged from a growing recognition of the diverse and dynamic nature of CRPs. As these programs expanded, there was a clear need for a standardized framework that could adapt to the unique characteristics of different institutional environments while maintaining a consistent quality standard. The ARHE responded by crafting a tool that not only measures program effectiveness but also respects the individuality of each CRP.

Development Process:

The development of the SRCRA involved extensive collaboration with a wide range of stakeholders, including educators, program administrators, students, and recovery community members. This collaborative effort was crucial in ensuring that the framework was comprehensive, inclusive, and reflective of the varied landscapes of collegiate recovery programs.

Pilot Process:

During the pilot, each institution completed an internal evaluation, collecting the evidence to support each line item of the developed accreditation tool, structured around four primary domains: Program Infrastructure, Recovery Promotion (Culture and Climate), Recovery Promotion (Programmatic), and Collegiate Recovery Community Development. A team of 12 external reviewers were trained on the review methods, then assigned programs to review. Each external review team completed the review tool and wrote a full report to be delivered back to the program, outlining the details of the review and highlighting both strengths and areas for growth. An ARHE Review Board then created a final review tool and added comments to the final report before sending the designations back to the participating institutions.

Evaluation:

The entire process was thoroughly evaluated by an external evaluator and informed changes to the process prior to the full launch of accreditation in 2024.

## Annual Conference

ARHE hosted the Annual Collegiate Recovery Conference in conjunction with the Association of Recovery Schools and the Association of Alternative Peer Groups at The Ohio State University in Columbus, Ohio in June 2023. The conference attracted nearly 661 attendees from the US, the UK, and Canada and 92 sessions were delivered by 146 speakers over the course of three days. For the first time ever, we combined our Annual Conference with the Higher Ed Center's National Meeting bringing together both major meetings in a truly historical conference that spanned the continuum of care..

# 2023 Events & Highlights

## January:

- Exhibited at NASPA Strategies in Kansas City and also presented a 3-hour pre-conference workshop on starting a CRP attended by over 25 people.
- Presented as part of a collegiate recovery panel at the Peach Belt Conference for Student Athlete Leadership. (Learn more in our [blog](#) about the event!).
- Hosted a live webinar on TPN.Health on The Importance of Cultural Elements in Building Recovery Communities with Angelo Lagares.

## February & March:

- Took a trip across Texas with Susan Packard to promote her book: The Little Book of College Sobriety. We travelled to Texas Tech, Texas A&M, and UT Austin to visit their collegiate recovery programs. Learn more about her book on our [website](#)!
- Hosted a 1.25 CE webinar on Translating Theory into Practice: Addressing Practitioner Assumptions About Collegiate Recovery Programming with Dr. Chelsea Shore through TPN.Health (free on demand [here](#)).

## April:

- Collegiate Recovery Week: Highlighted collegiate staff, students, and programs throughout the week, and launched an anti-stigma social media campaign with a focus on growth and celebration in recovery.
  - Featured a live Q&A with the ARHE Board of Directors.
  - Featured a live event with Joseph Green titled "Our Stories Matter."
  - Featured a recorded panel discussion titled "Enhancing Equity in Collegiate Recovery" (watch [here](#)).
  - Read a post by Declan Murphy on Collegiate Recovery Week [here](#).
  - Read about why we celebrate collegiate recovery week [here](#).
  - Featured a recorded presentation titled "Collegiate Recovery in the UK" with Adam Petson from Recovery Connections (watch [here](#)).
- Released the revised Standards and Recommendations.
- Released the Ethical Guidelines document.

(Read more about the launch of the Standards and Recommendations and the Ethical Guidelines document [here](#)!).

## May:

- Presented as part of a collegiate recovery panel at the Athletic Directors annual meeting for the Peach Belt Conference.
- Supported the Southeast Summit at Southeastern Louisiana.
- Released Webinars:
  - Transgender Inclusivity and Accessibility with Jo Walduck (watch [here](#)).
  - Harm Reduction Discussion Featuring Emanuel Sferios from DanceSafe (watch [here](#)).
  - Recovery, Mental Health and Important Considerations in Collegiate Recovery with Ed Latimore (watch [here](#)).

# 2023 Events & Highlights

## June:

- E-Published the new Collegiate Recovery Directory. (See the announcement [here!](#)).
- Hosted the ARHE/ARS/AAPG Annual Conference & HECAOD National Meeting.
  - 661 registered attendees
  - 146 speakers
  - 92 sessions
  - 26 sponsors / exhibitors
  - 10 entertainment and wellness activities
  - 8 on-site recovery meetings
  - 5 meals provided
  - 4 conferences in one
  - 3 countries represented
- Welcomed new board members to ARHE. (See announcement [here!](#)).
- Hosted a 1.0 CE webinar on the Neuroscience of High-Risk Behavior: Developmental Effects on Executive Functioning with Dr. Crystal Collier through TPN.Health (free on demand [here](#)).

## July & August:

- Attended the SAMHSA Dialogue on Collegiate Recovery at the SAMHSA Offices in Rockville, MD which brought together professionals and students to discuss collegiate recovery and brainstorm the possible futures of the profession.
- Launched the Standardized Review for Collegiate Recovery Advancement (SRCRA) Accreditation Pilot with an initial 14 schools.



# 2023 Events & Highlights

## September:

- National Recovery Month: Highlighted events being hosted by member schools and launched an anti-stigma awareness campaign on social media in alignment with SAMHSA's Recovery Month Theme "Hope is Real. Recovery is Real." (See blog post [here!](#)).
- Mack started in new role as Membership and Outreach Manager. (See announcement [here!](#)).
- Launched Introduction to Collegiate Recovery Training Course in partnership with HECAOD. You can find the link to access the course on our [website](#), and members receive a discount to access this training.
- Launched Access, Belonging, & Connection Monthly Book Club and Speaker Series. Participate in regular discussions pertaining to diverse range of important topics in order to build more inclusive communities. If you missed the book club discussions, consider participating in the ongoing discussion survey to add your voice and perspectives to the conversation and assist the development of new resources. Learn more on our [website!](#)
- Attended Mobilize Recovery in Washington, DC where collegiate recovery programs were featured and showcased.
- Attended Healing Appalachia in Lewisburg, WV, a music festival produced by Hope in the Hills that raises money to support recovery services throughout Appalachia, including collegiate recovery. Our Executive Director not only had a table as part of the Provider Tent throughout the festival, she also was granted the opportunity to tell her story and talk about collegiate recovery in front of an



audience of approximately 7,000 people, just before the main act on the opening night.

- Participated in a DEA Podcast called "Prevention Profiles: Take Five" to discuss how the recovery movement has taken hold on college campuses over the past several years. (Watch the podcast [here!](#))
- Presented to the National Association of State Drug and Alcohol Drug Abuse Directors (NASADAD) with over 120 attendees. This was a unique opportunity to educate Directors on collegiate recovery and to advocate for the use of State funds to support collegiate recovery programs in every US State.
- Presented at the International Rotary Convention about the importance of collegiate recovery and how Rotarians can support access to collegiate recovery programs in their area.
- Webinars:
  - Harm Reduction Discussion: Kloxxado 8mg Naloxone HCl Nasal Spray (watch [here!](#)).
  - Harm Reduction Discussion Panel: Facilitating Support Meetings (watch [here!](#)).

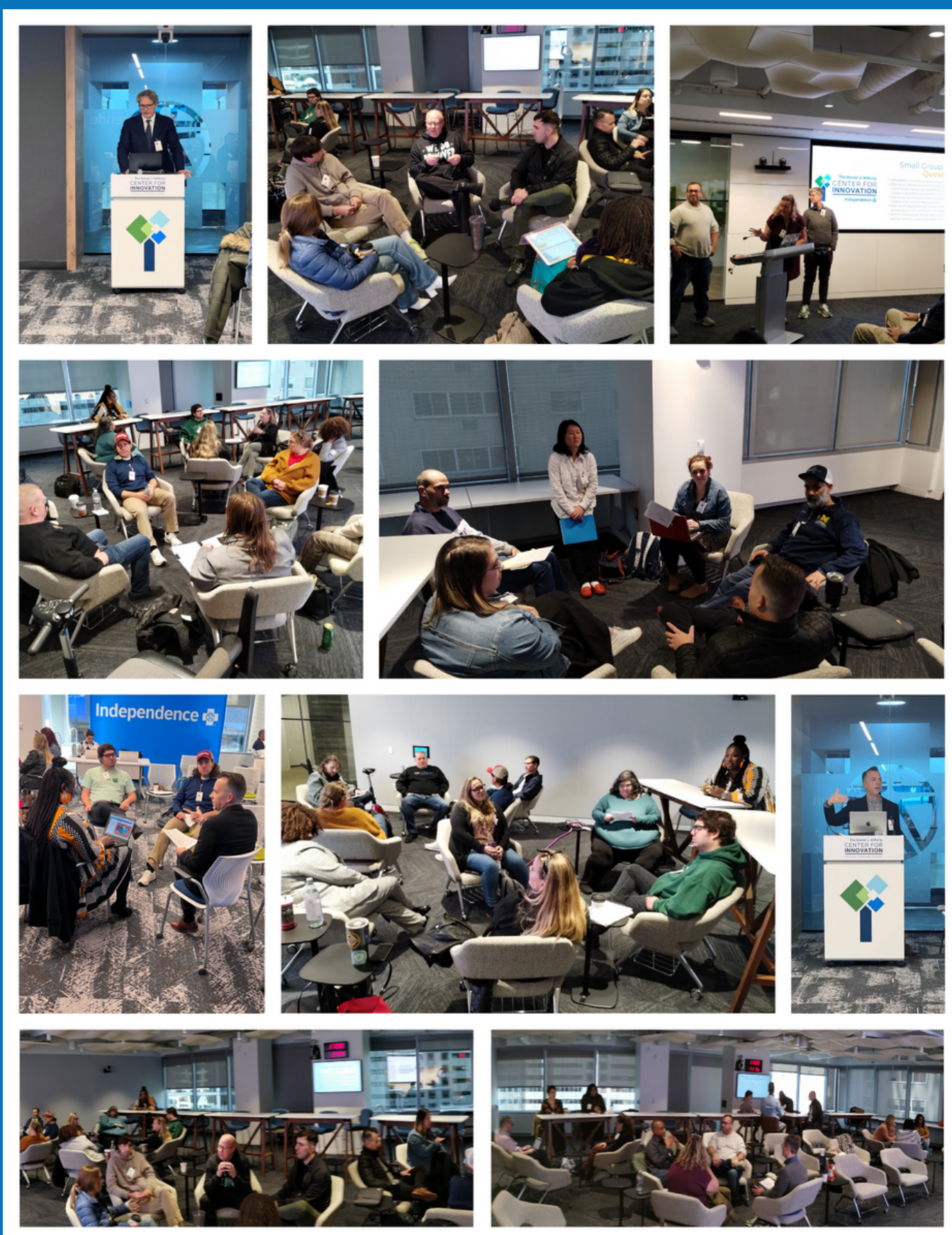
# 2023 Events & Highlights

## October:

- Presented at the IBX Foundation's Recovery Ready Summit in Philadelphia, PA to discuss advancements in the collegiate recovery profession over the last year.
- Co-presented with Ericka and Nell from Augsburg for the Hazelden Betty Ford Partnering with Purpose series. (Watch the recording [here!](#)).
- Presented in a panel discussion with Shatterproof on how to have conversations with youth aged 18-26 regarding substance use and recovery.
- Guest blog writer, Michael Vela, wrote about recovery during National Hispanic Heritage Month. (See the blog post [here!](#))

## November:

- Presented for the second year in a row at the People's Summit to educate attendees on the basics of collegiate recovery.
- Hosted the two-day Staff Summit in Philadelphia, PA., sponsored by the Independence Blue Cross (IBX) Foundation
  - 56 in-person attendees
  - 2 days of presentations and networking
  - 6 presentation sessions
  - 4 discussion and feedback sessions
- Hosted Recovery for the Revolution Part 1 Series with Carolyn Collado: Decolonizing Our Recovery in a Predominantly White Institution. (Watch the recording [here!](#))
- Wrapped up the SRCRA Pilot with 10 schools completing the pilot process and becoming the first 10 reviewed/accredited CRPs by ARHE.
- Guest blog writer, Kit Emslie, wrote about recovery for Trans Day of Remembrance. (See the blog post [here!](#)).



## December:

- Hosted Recovery for the Revolution Part 2 Series with Carolyn Collado: The Cost of Upholding Whiteness & Struggles with Substance Use. (Watch the recording [here!](#)).
- Made the decision to rebrand Equity & Belonging programming to become Access, Belonging, and Connection (ABC) to ensure that all schools and professionals could access the content regardless of political contexts in the state.

# 2023 Access, Belonging, & Connection

Formerly known as the Equity & Justice Series, we chose to rebrand this programming to Access, Belonging, & Connection (ABC) in late 2023 in light of emerging legislation in the US. After hiring Ayesha Al-Akdhar as the ABC Fellow, we launched a whole new series of programming in August 2023 with a curriculum developed by Ayesha that extends into 2024.

## August: Incarceration and Collegiate Recovery

This month ABC focused on the overlap in motivations, potentials, and hope that exist between incarceration and collegiate recovery. The speaker series hosted Tammy B, who shared her story and fielded questions. Tammy's story is one of recovery and collegiate recovery involvement prior to incarceration. She shared with us how her CRC was able to help her through her time in incarceration, how she was able to bring the spirit and work of collegiate recovery into the facilities which housed her, and her hopes for future work in the overlap the theme for this month addresses.

Book club read *Corrections in Ink* by Keri Blakinger, a memoir detailing college and substance, incarceration and recovery.

## September: Pride after Pride Month

In September ARHE highlighted LGBTQIA+ professionals and community members. The speaker series hosted a knowledgeable panel of speakers – Kit Emslie, Kat James, Armani Balderas, and Logan Trevino-Fico – to discuss how CRPs can support and celebrate the work and recovery of LGBTQIA+ individuals.

Book club read *On Earth We are Briefly Gorgeous* by Ocean Vuong. Story telling is such a powerful tool in recovery work and advocacy. This month highlighted the importance of both creative storytelling, the freedoms of authenticity, and the importance of honoring the whole self through recovery supports.

## October: Ancestral Trauma and Decolonizing Recovery at Predominantly White Institutions

October began a two part series of collaborative work between the ARHE and Recovery for the Revolution's Carolyn Collado. Carolyn (they/them) is an Afro-Taino, queer, non-binary, neurodiverse writer, decolonial dreamer, and founding steward of Recovery for the Revolution, where they educate and provide support and healing around the impact of colonization and systemic oppression.

October's presentation, titled *Decolonizing Our Recovery in a Predominantly White Institution*, was designed specifically to address questions such as:

How do students' intergenerational, ancestral histories and struggles show up in their lives at predominantly white institutions?

How does one support students navigating their struggles in scholastic settings?

How do challenges on campuses impact BIPOC students' ability to access support?

Book club read *My Grandmother's Hands* by Resmaa Menakem. This book and the speaker this month challenged CRP professionals to consider how healing from racialized trauma is important for both the professionals and the students they serve in collegiate recovery.



# 2023 Access, Belonging, & Connection

## November: On Love and Disrupting Whiteness

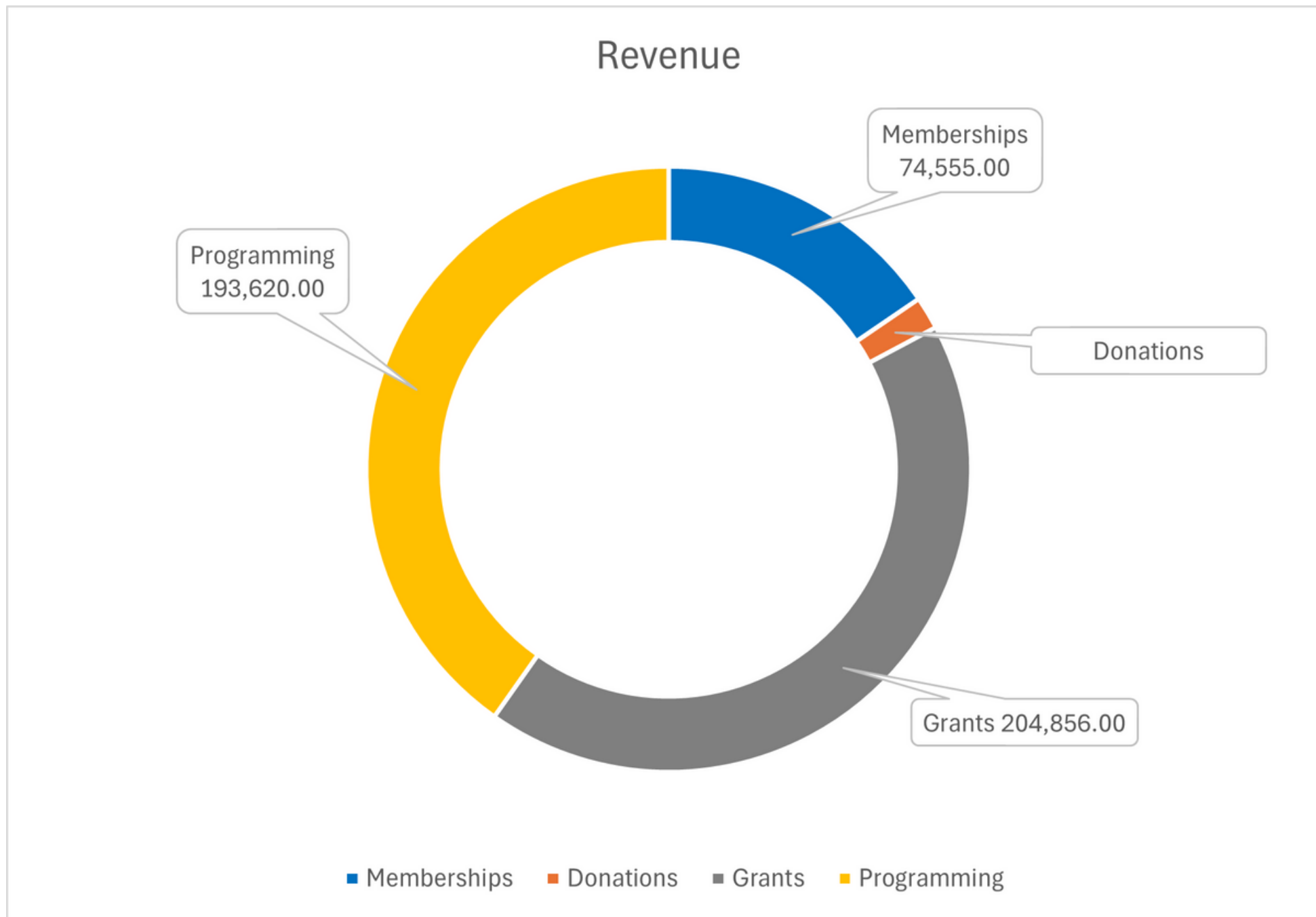
November hosted the second part of our series with Recovery for the Revolution. This month's session, titled The Cost of Upholding Whiteness & Struggles with Substance Use, was designed specifically to address questions such as:

What are the systemic, historical forces that pressure us to collude with whiteness and white supremacy?  
 What are the tolls of upholding whiteness on our bodies, our communities, and our planet?  
 How do these pressures and effects connect to struggles with substance use?

Book club read *All About Love* by bell hooks. In the same way that our interdisciplinary and intersectional field requires many ways of knowing, this book challenged CRP professionals to reflect on the many different ways of loving, how love is integral to growth, and what this looks like in their work.

<p><b>SEPTEMBER 22</b></p> 	<p><b>OCTOBER 27</b></p> 	<p><b>NOVEMBER 17</b></p> 
<p>How can creative writing and queer story telling provide new perspectives on addiction recovery?</p>	<p>What is racialized trauma and how can we heal? What part do we play in the healing of others?</p>	<p>How is love feminist? How is love anti-racist? What role does love play in recovery?</p>
<p><b>DECEMBER 15</b></p> 	<p><b>JANUARY 26</b></p> 	<p><b>FEBRUARY 23</b></p> 
<p>What is survival in a world where not all stories are created equal and not all bodies are treated with equal respect?</p>	<p>How has the racial caste system in American been redesigned? How can recovery advocacy affect racial justice?</p>	<p>What is the importance of centering Black voices and creativity?</p>
<p><b>MARCH 22</b></p> 	<p><b>APRIL 26</b></p> 	<p><b>MAY 24</b></p> 
<p>What is mindful masculinity? How can we, regardless of our gender, work to address harmful gendered expectations?</p>	<p>How can we use anger for good? How can allyship benefit intersecting identities?</p>	<p>What truths must we confront to work toward societal change?</p>
<p><b>ACCESS, BELONGING &amp; CONNECTION BOOK CLUB</b></p>		

# Our Financials



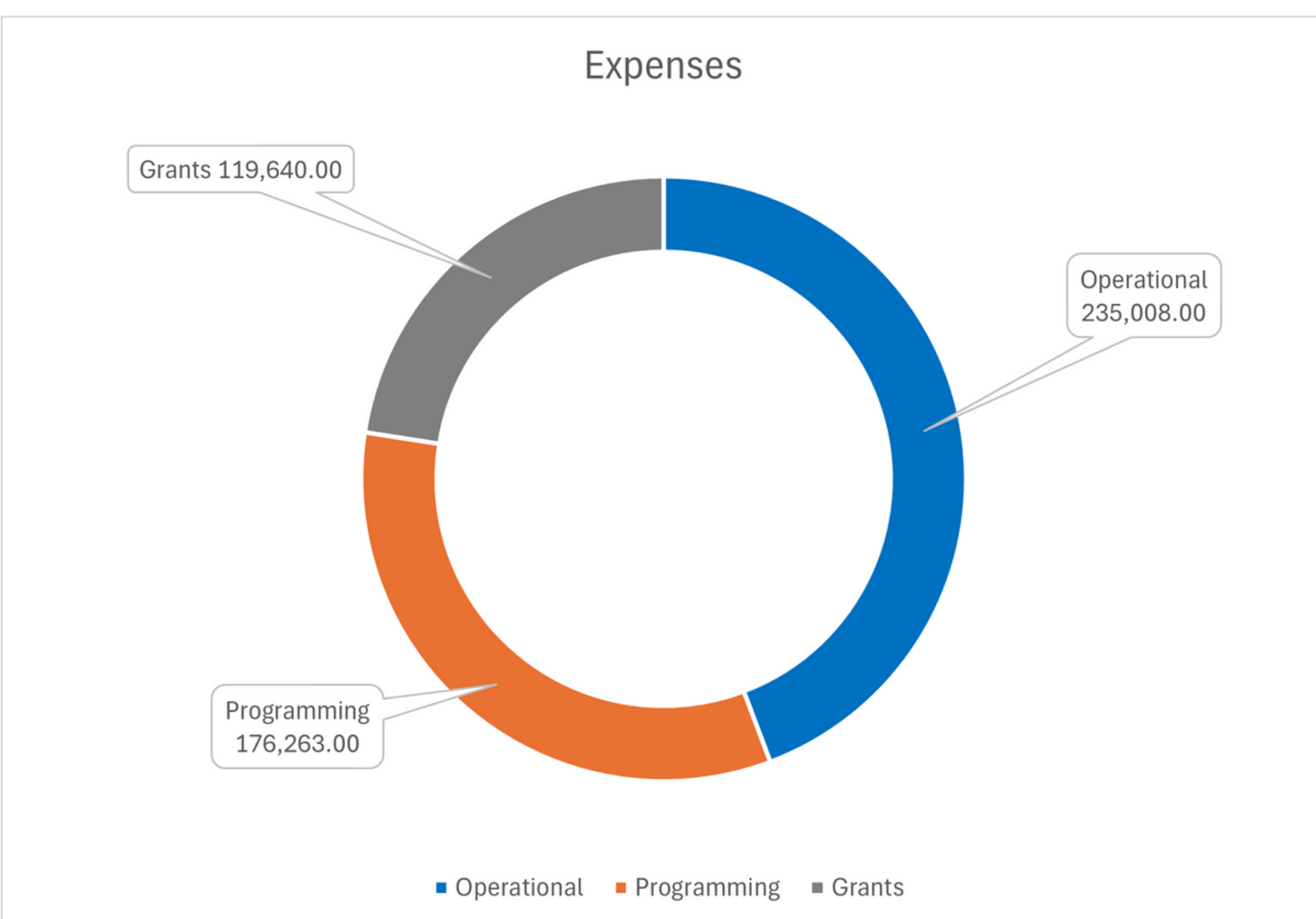
## Revenue

**Membership:**  
\$74,555.00

**Donations:**  
\$8,418.14

**Grants:**  
\$204,856.00

**Programming:**  
\$193,620.00



## Expenses

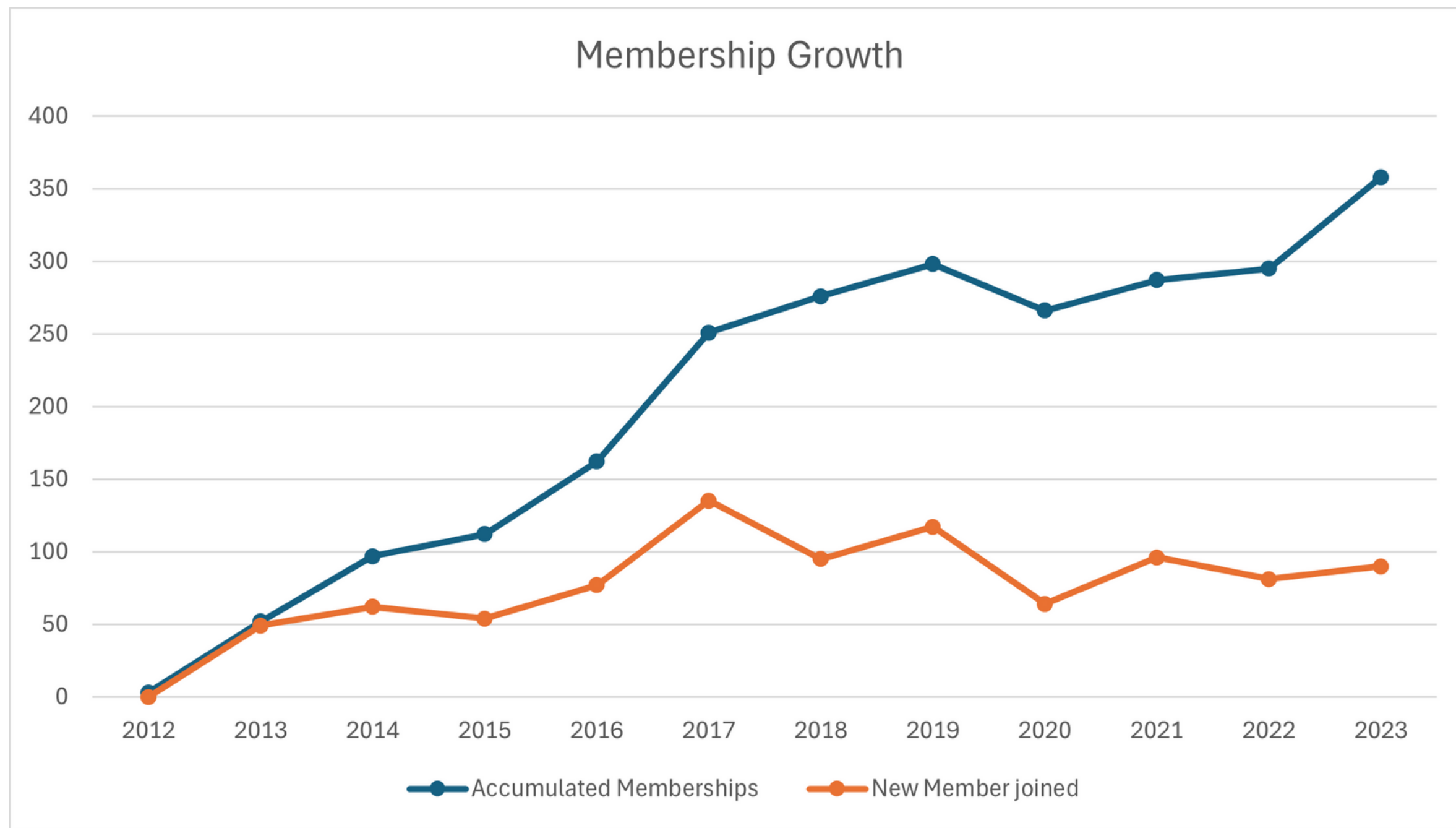
**Operational:**  
\$235,008.00

**Programming:**  
\$176,263.00

**Grants:**  
\$119,640.00

# Building Collegiate Recovery

## Membership Numbers



Year	Accumulated Memberships	New Member joined
2012	3	
2013	52	49
2014	97	62
2015	112	54
2016	162	77
2017	251	135
2018	276	95
2019	298	117
2020	266	64
2021	287	96
2022	295	81
2023	358	90

# Institutional Members

Allen University  
 Appalachian State University  
 Arizona State University  
 Augsburg College  
 Baylor University  
 Berkshire Community College  
 Binghamton University  
 Boise State University  
 Boston College  
 Boston University  
 BridgeValley Community & Technical College  
 Brown University  
 Bucks County Community College  
 Cabrini University  
 California Polytechnic State University - San Luis Obispo  
 California State University at Fresno  
 Cape Cod Community College  
 Central Michigan University  
 Cheyney University of Pennsylvania  
 Coastal Carolina University  
 College of Charleston  
 College of the Holy Cross  
 Community College of Philadelphia  
 Delta College  
 Drexel University  
 East Carolina University  
 Eastern Washington University  
 Elizabeth City State University  
 Elon University  
 Emory University  
 Fairfield University  
 Fayetteville State University  
 Fayetteville Technical Community College  
 Ferris State University  
 Florida Atlantic University  
 Florida International University  
 Florida State University  
 Georgetown University  
 Georgia Institute of Technology  
 Georgia Southern University  
 Gonzaga University  
 Green River College  
 Greenville Technical College  
 Hazelden Betty Ford Graduate School of Addiction Studies

High Point University  
 Holy Family University  
 Illinois State University  
 Immaculata University  
 Indiana University - Bloomington  
 Indiana University-Purdue University Indianapolis  
 Iowa State University  
 Kennesaw State University  
 Kent State University  
 Longwood University  
 Louisiana State University  
 Methodist University  
 Michigan State University  
 Minneapolis Community and Technical College  
 Mississippi State University  
 Monmouth University  
 Montgomery County Community College - Power Program  
 New River Community College  
 North Carolina Central University  
 North Carolina State University  
 Northampton Community College  
 Ocean County College  
 Ohio University  
 Olympic College  
 Oregon State University  
 Penn State University  
 Pennsylvania Western University  
 Pratt Institute  
 Radford University  
 Ramapo College of New Jersey  
 Renton Technical College  
 River Parishes Community College

## Corporate & Non-Profit Members

4D Recovery  
 Clean Recovery Centers  
 Jamie Daniels Foundation  
 Louisiana Board of Regents  
 Oxford House, Inc.

Prevention Network  
 Recovery Connections on Campus  
 Safe Project  
 Students Recover

# Institutional Members

Rowan University  
 Rutgers University - New Brunswick  
 Rutgers University - Newark  
 Saint Joseph's University  
 Santa Clara University  
 Skagit Valley College  
 Southeastern Louisiana University  
 Southern Oregon University  
 Southwest Minnesota State University  
 Stanford University  
 SUNY - Corning Community College  
 Syracuse University  
 Temple University  
 Texas A&M University  
 Texas Christian University  
 Texas Tech University  
 The College of New Jersey  
 The Ohio State University  
 The University of Alabama  
 The University of Iowa  
 The University of Texas at Austin  
 The University of Texas at Dallas  
 The University of Texas at San Antonio  
 The University of Texas Permian Basin  
 Thomas Jefferson University  
 Tompkins Cortland Community College  
 Towson University  
 Tufts University  
 University at Albany SUNY  
 University of Akron  
 University of Alabama at Birmingham  
 University of Arkansas  
 University of Birmingham  
 University of British Columbia  
 University of Calgary  
 University of California at Santa Barbara  
 University of Central Florida  
 University of Colorado at Boulder  
 University of Colorado at Denver  
 University of Connecticut  
 University of Delaware  
 University of Denver - Health & Counseling Center  
 University of Georgia  
 University of Houston  
 University of Lynchburg  
 University of Mary Washington  
 University of Michigan - Univ Hlth Srvc Wolverine  
 Wellness  
 University of Minnesota - ROC  
 University of Mississippi  
 University of Nebraska at Omaha  
 University of Nebraska Lincoln  
 University of Nevada at Reno  
 University of New Hampshire - Inst of Disability  
 University of North Carolina at Chapel Hill  
 University of North Carolina at Charlotte  
 University of North Carolina at Greensboro  
 University of North Carolina at Wilmington  
 University of North Texas  
 University of Oregon  
 University of Richmond  
 University of South Carolina  
 University of Southern Maine  
 University of Tampa  
 University of Tennessee - Knoxville  
 University of Tennessee at Chattanooga  
 University of Texas Rio Grande Valley  
 University of the Science  
 University of Utah - College of Social Work  
 University of Vermont  
 University of Virginia  
 University of Windsor  
 University of Wisconsin at Madison  
 Ursinus College  
 Utah Valley University  
 Vanderbilt University  
 Villanova University  
 Virginia Commonwealth University Wellness Resource  
 Center  
 Virginia Tech  
 Washington and Lee University  
 Washington County Community College  
 Washington State University  
 Wayne State University  
 West Virginia State University  
 West Virginia University  
 Wytheville Community College

# Collegiate Recovery Champions

**Donors who contribute \$1000 or more are considered foundational members and champions for collegiate recovery. As a thank you for their support, ARHE waives their membership fees for the year following their contribution as a thank you for their support.**

A HUGE thank you and shoutout goes out to our Collegiate Recovery Champions for 2023-2024, who donated \$1000 or more to support our ongoing initiatives and programming:

**Susan and Bill Packard**

**Aetna OhioRise**

**Mike Ortoll**

**Maureen Roden**

**The JHW Foundation**

**Kathleen Gibson**

**The Jamie Daniels Foundation**

And a special mention to HungryFriend for accepting ARHE as the first non-profit organization outside of San Diego to receive donations from users who sign up on the app every time they eat out at participating restaurants!

# Supporting ARHE

The Association of Recovery in Higher Education is a membership-based non-profit organization that relies on your generous support to continue supporting collegiate recovery programs (CRPs). There are many ways to give back to ARHE to ensure that we can continue offering programming, resources, trainings, webinars, technical assistance, and more!

## Donate Year Round

Giving to the Association of Recovery in Higher Education (ARHE) is an investment in the future. It gives faculty, staff, professionals, and leaders in the field of Collegiate Recovery, the freedom to support initiatives that they believe in and change the trajectory of the lives of students in recovery from addiction.

Your donation will support the following strategic initiatives:

- Advancing student leadership in the collegiate recovery community.
- Providing a network and educational opportunities for Collegiate Recovery Professionals
- Providing Collegiate Recovery Program resources
- Advancing national policy as it relates to Collegiate Recovery Programs and Students in recovery from addiction in Higher Education.
- Encouraging and promoting recovery research

[Click here to support ARHE!](#)

## Download HungryFriend!

# SUPPORT OUR CAUSE WITH HUNGRYFRIEND, DOING WHAT YOU ALREADY DO!



Scan the QR code and create an account to earn donations at 16,000+ restaurants nationally. Each time you swipe your card at a participating restaurant, you'll earn a percentage back to support us! It's that easy! Do Good. Eat Well.

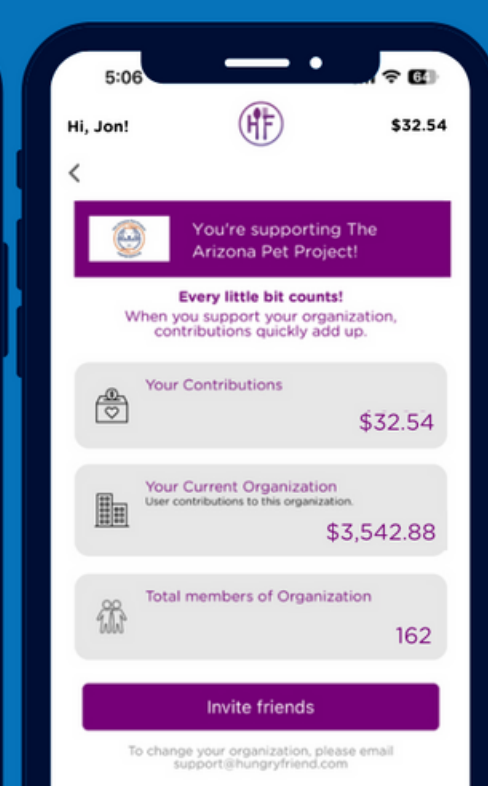
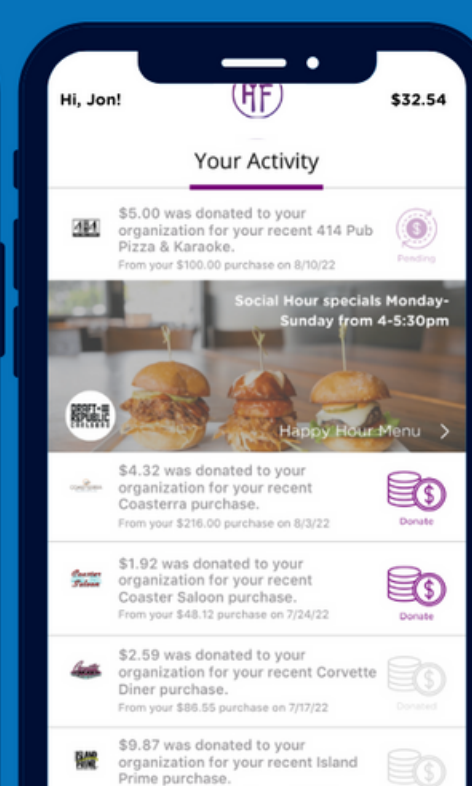
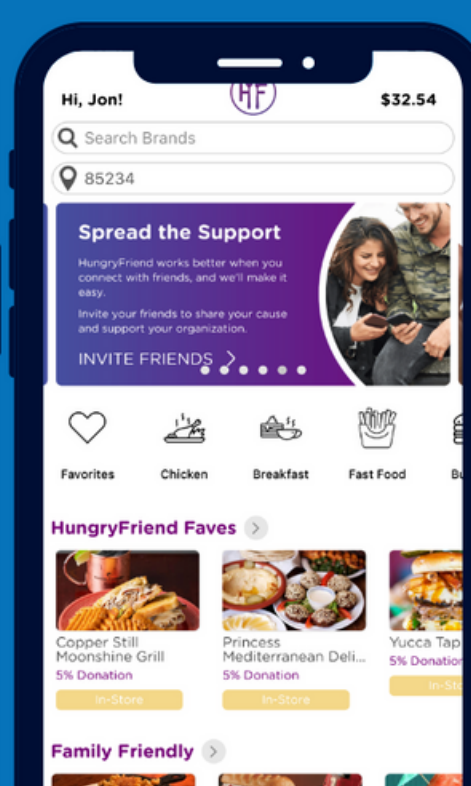
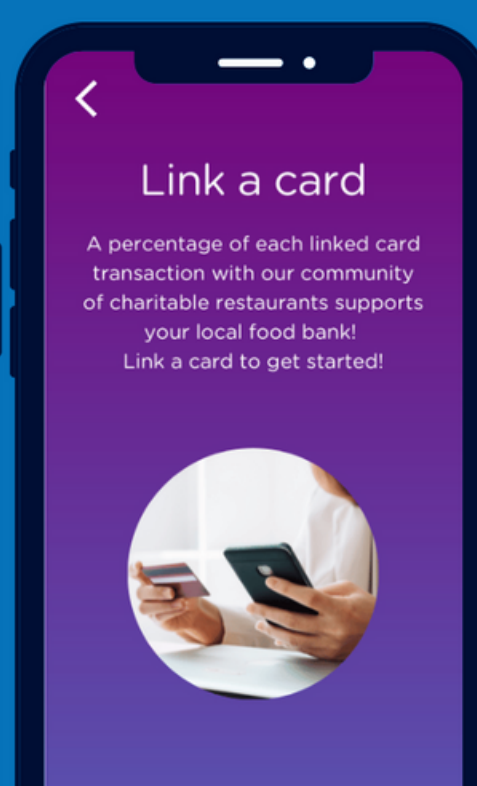
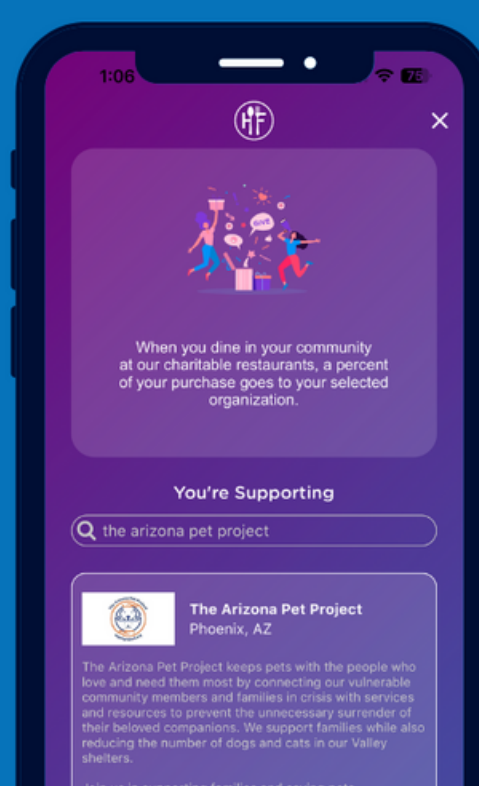
Download the HungryFriend app and select our organization to support.

Link your Visa, Mastercard or American Express credit or debit cards.

Each time you swipe your card at a participating restaurant you'll earn 5%-20% donation to your organization!

See your qualified transactions and claim your donations.

See your impact and total donations your community of supporters have raised!

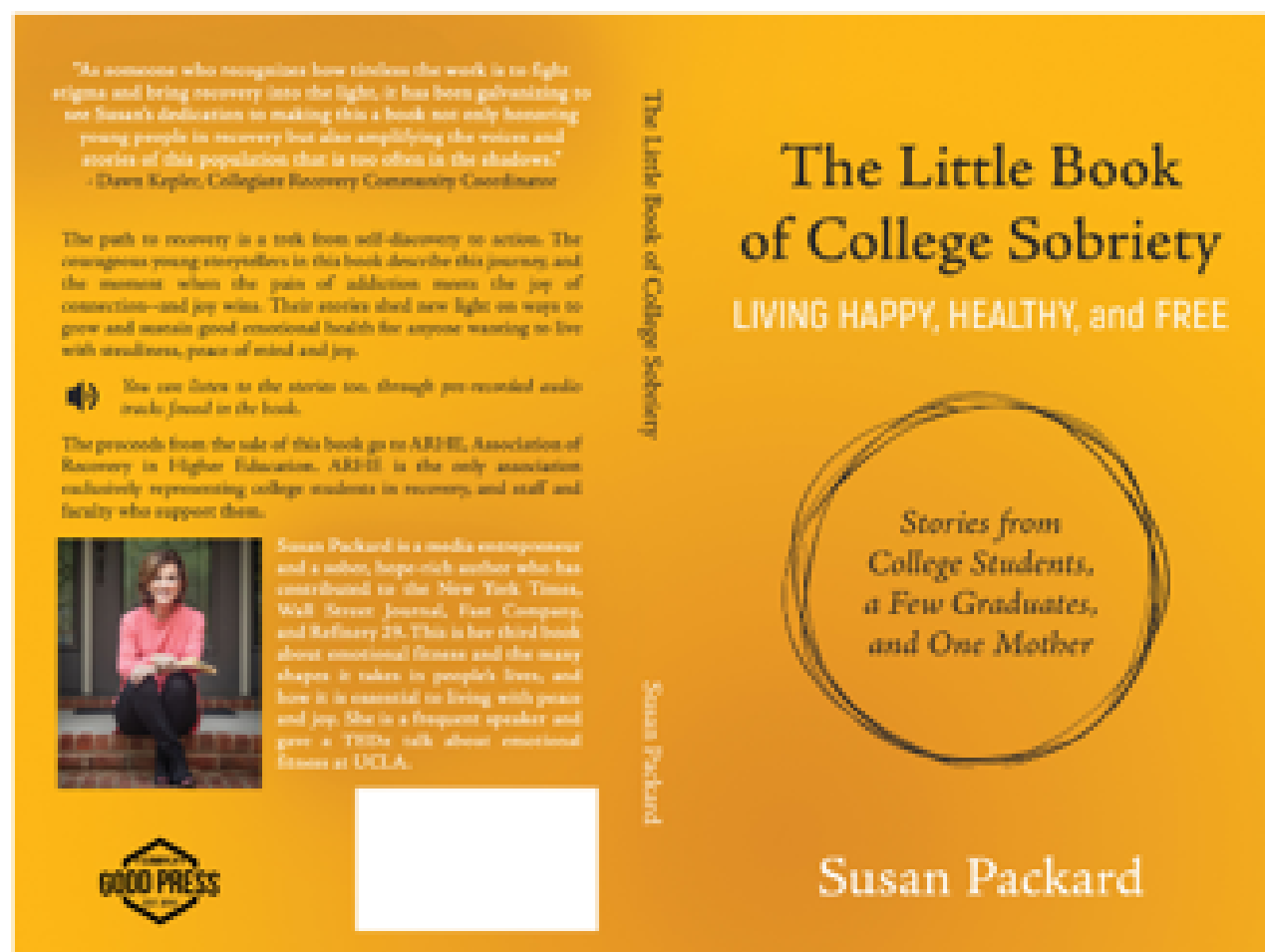


# Supporting ARHE

**[Purchase the Little Book of College Sobriety.](#)**

**[Click here to purchase the book!](#)**

## The Little Book of College Sobriety



The path to recovery is a trek from self-discovery to action. The courageous young storytellers in this book describe this journey, and the moment when the pain of addiction meets the joy of connection--and joy wins. Their stories shed new light on ways to grow and sustain good emotional health for anyone wanting to live with steadiness, peace of mind and joy.

*You can listen to the stories too, through pre-recorded audio tracks found in the book.*

***The proceeds from the sale of this book go to ARHE, Association of Recovery in Higher Education.***



### About the Author

Susan Packard is a media entrepreneur and a sober, hope-rich author who has contributed to the New York Times, Wall Street Journal, Fast Company, and Refinery 29. This is her third book about emotional fitness and the many shapes it takes in people's lives, and how it is essential to living with peace and joy. She is a frequent speaker and gave a TEDx talk about emotional fitness at UCLA.

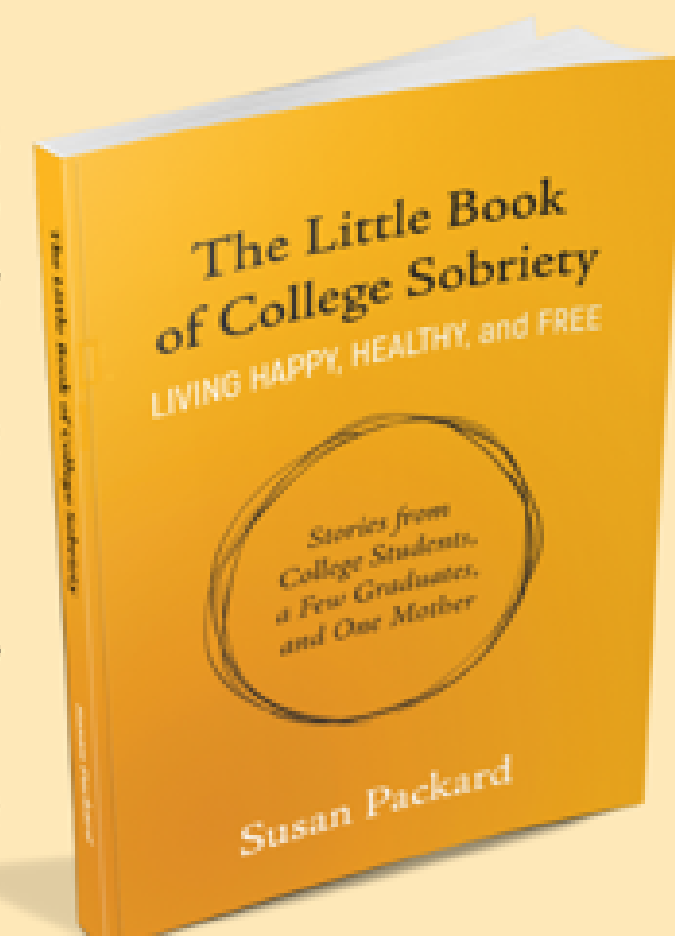
### Your Trek to Recovery:

*As I listened to each of the storytellers, a shape came together for this book. Their words show the trek that we all take as we journey from actively using into recovery. The stories here, including my own, lay out three parts to our recovery trek:*

**First**, recognizing how we're made, and how our growing-up years have formed us.

**Second**, offering tools to gain and grow your sobriety – like sober friends, honesty, openness to spirituality, and starting and ending each day believing in yourself.

**Third**, living your recovery as you stride out into the world, so that you're ready to embrace life, fully alert to its gifts—waiting just for you.







IMPACT REPORT

2023

[collegiaterecovery.org](http://collegiaterecovery.org)