



IMPACT REPORT

2025

collegiaterecovery.org



Mission & Vision

Our mission is to champion the development and integration of recovery support services as the leading authority in higher education. Our vision is to ensure access to quality recovery services that enhance student success.

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.

In early 2026, ARHE adopted an updated mission and vision to better reflect the evolving landscape of collegiate recovery and our role as a national leader in this work. The impact reflected in this report represents both the foundation built under our previous framework and the direction we are actively growing toward.



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, Partners, and Supporters,

2025 was a year defined by momentum, resilience, and collective action.

Across the country, and increasingly around the world, students in recovery are stepping into higher education with greater visibility, stronger support systems, and a growing network of professionals dedicated to their success. ARHE is proud to stand at the center of that movement.

This year, we expanded our national reach through technical assistance, strengthened our role as the accrediting body for collegiate recovery, and deepened our investment in the professionals and programs that make this work possible. From launching new national resources to supporting emerging programs and advancing accreditation efforts, our work continues to shape the future of recovery in higher education.

At the same time, 2025 has required us to think differently about sustainability, partnership, and growth. The challenges facing higher education and behavioral health systems reinforce the importance of ARHE's role as both a convener and a leader.

As we look ahead, we are especially excited to launch the Champions for Recovery in Higher Education (CRHE) initiative, recognizing those who are investing deeply in the future of this field. Your support ensures that students do not have to choose between recovery and academic success.

Thank you for being part of this movement.

With gratitude,



Kristina M. Canfield, M.Ed.
Executive Director

“Students should never have to choose between recovery and academic success.”

If you have any questions or feedback, please never hesitate to reach out to me at kristina.canfield@collegiaterecovery.org.

Year At A Glance

78 **Technical Assistance Requests**
48 of which were from campuses or entities that had never interacted with ARHE prior. Engaged with campuses across 21 States & all ARHE Regions.

52 **Programming Sessions**
Across 52 programming sessions in 2025, ARHE delivered critical training, technical assistance, and connection points that strengthened collegiate recovery efforts and supported the field through a year of significant challenges.

118 **Sessions at the 2025 Conference**
ARHE, ARS, and AAPG convened their Annual Conference in New Orleans, LA—marking our second hotel-based event and a meaningful return to the Southeast. Over 4.5 days, the conference brought together 514 attendees from five countries for a dynamic experience featuring 118 sessions, 185 speakers, and more than 100 hours of content, alongside recovery meetings, wellness activities, and community-building events designed to support the whole person.

15 **Celebrating 15 Years of ARHE!**



Key Achievements & Updates

In 2025, ARHE continued to expand its leadership in collegiate recovery through the following key initiatives:

Technical Assistance Expansion

Continued growth under the CARS initiative, supporting institutions across the country with implementation, sustainability, and evaluation of collegiate recovery programs.

SRCRA Accreditation Advancement

Expanded implementation of the Standardized Review for Collegiate Recovery Advancement (SRCRA), strengthening quality, accountability, and recognition across programs.

Resource Development

Developed and disseminated new tools and guides addressing critical gaps in:

- Recovery housing
- Program sustainability
- Start-up development
- Evaluation and outcomes

Workforce & Professional Development

Delivered webinars, trainings, and conference sessions to strengthen the collegiate recovery workforce and support peer professionals.

Strategic Partnerships

Continued collaboration with national organizations, state systems, and foundations to expand access to collegiate recovery.

Field-Building & Research Contributions

Contributed to national conversations on collegiate recovery, including workforce development, program evaluation, and emerging adult recovery support.



Board of Directors

Senior Co-Chair: Lindsay Garcia
Junior Co-Chair: Keith Murphy
Secretary: Jessica Miller
Treasurer: Buddy Gerber
Member at Large: Kristen Harper
Member at Large: Lilana Spurgeon
Regional Rep, Northeast: Eric Klein
Regional Rep, Mid-Atlantic: Marbeth Holmes
Regional Rep, Southeast: Santee Ezell
Regional Rep, Midwest: Samantha Reitz
Regional Rep, Southwest: John Shiflet
Regional Rep, West: Fatima Algazzali
International Rep: Victoria Burns & Luke Trainor
Student Rep: Christina Reardon-Harrah

ARHE Staff

Kristina Canfield, Executive Director
 Mack Park, Assistant Director
 Bret Frazier, Technical Assistance & Outreach Manager
 Louise Irizarry, Assistant Controller
 Ayesha Al-Akdhar, Access, Belonging, & Connection (ABC) Fellow

Board Member Spotlight

Kristen Harper

Member At Large



Kristen Harper, M.Ed., is a nationally recognized leader in behavioral health, nonprofit management, and financial development, with almost 20 years of experience driving policy reform and funding initiatives that advance prevention, treatment, harm reduction, and recovery support services.

Kristen's leadership in the recovery field began in 2008 when she founded the Center for Addiction Recovery at Georgia Southern University. She later served as the Collegiate Recovery Replication Coordinator at Texas Tech University's Center for Students in Addiction Recovery (2011–2013), helping to expand collegiate recovery nationwide. From 2013 to 2016, she led the Association of Recovery Schools (ARS) as Executive Director, followed by her role as Director of Grants for a private, family foundation, Transforming Youth Recovery (TYR) from 2016 – 2019.

Most recently, Kristen helped shape national policy at the Substance Abuse and Mental Health Services Administration (SAMHSA), serving as subject matter expert and Special Assistant to the Director in the newly established Office of Recovery. In this role, she championed the inclusion of individuals with lived experience in leadership, while providing subject matter expertise on recovery-oriented policies. Additionally, she served on the National Advisory Council (NAC) for SAMHSA's Center for Substance Abuse Treatment from 2016 to 2021 and is a current member of Georgetown University's Addiction Recovery Policy Collaborative.

Beyond her professional impact, Kristen finds her greatest joy in being a devoted mother and wife, balancing her commitment to family with her passion for strengthening recovery support across the country through her company, Whole Health Recovery Solutions.

The ARHE Strategic Plan in Action

In 2025, ARHE made progress across four strategic priority areas:

Strategic Priority #1: Supporting the Collegiate Recovery Profession

Refined ARHE's Mission & Vision to Strengthen National Leadership

- Clarified ARHE's role as the unified voice for collegiate recovery and aligned organizational direction with the evolving needs of the field.

Advanced National Advocacy Priorities

- Identified key advocacy issues and positioned ARHE to represent the collegiate recovery profession at institutional, state, and national levels.

Expanded Implementation of SRCRA Accreditation

- Continued rollout of the Standardized Review for Collegiate Recovery Advancement (SRCRA), with increasing interest from institutions and ongoing development of evaluation metrics.

Strengthened National Collaboration & Field Connectivity

- Advanced planning for regional summits and expanded opportunities for cross-institutional collaboration and knowledge-sharing.

Sustained Growth in Technical Assistance & Field Support

- Continued to provide high-impact technical assistance and resources supporting programs at all stages of development.

Strategic Priority #2: Board & Staff Development

Published ARHE Board Handbook to Strengthen Governance

- Completed and launched a comprehensive Board Manual to improve clarity, onboarding, and governance practices.

Advanced Governance Structure & Bylaw Refinement

- Continued work through the Governance Committee to strengthen Board roles, responsibilities, and organizational alignment.

Launched Fundraising Strategy & Development Infrastructure

- Refined revenue strategies and aligned development efforts with long-term sustainability goals.

Improved Organizational Alignment Through Performance Review Systems

- Implemented updated performance review processes to better track staff capacity, priorities, and alignment with strategic goals.

Strategic Priority #3: Membership Support

Successfully Launched the ARHE Membership Portal

- Delivered a centralized platform for member engagement, resources, and programming access.

Enhanced Communication Infrastructure for Member Engagement

- Improved communication systems to support increased engagement, event participation, and information accessibility.

Streamlined Membership Processes to Improve Efficiency

- Continued progress toward reducing administrative burden and improving the member experience.

Expanded Member Programming & Engagement Opportunities

- Delivered consistent virtual programming, monthly member meetings, and resource access through the portal.

Strengthened Data Tracking for Membership Growth & Engagement

- Began building systems to better measure engagement outcomes and inform future strategy.

Strategic Priority #4: Strengthening Resources & Programs

Expanded and Updated ARHE Resource & Research Hubs

- Improved accessibility and organization of key tools, resources, and research for members and the broader field.

Developed Resources to Address Critical Field Gaps

- Advanced development of tools focused on sustainability, recovery housing, program development, and evaluation.

Launched and Delivered CARS-Aligned Programming & Training

- Built a robust national training calendar addressing key topics including funding, workforce development, and program sustainability.

Expanded Technical Assistance, Contracts, and Consulting Work

- Secured and implemented multiple contracts (statewide, institutional, and national), increasing ARHE's reach and impact.

Increased National Demand for Accreditation & Program Support

- Saw continued growth in requests for SRCRA accreditation and technical assistance, reflecting increased field demand.

2025 Events & Highlights

January:

- ARHE launched our new online membership portal to improve member experience and engagement.
 - Re-launched a new Resource Hub for members to access.
 - Launched a descriptive database of Collegiate Recovery research.
- The Center for Addiction Recovery Support (CARS) officially launched, offering Technical Assistance and Training (TTA) under SAMHSA. ARHE is a national partner organization of CARS, providing technical assistance support for collegiate recovery.
- ARHE exhibited at the NASPA Strategies conference in Boston, MA, with support from CARS.
- Completed edits on a guidebook for SAMHSA on how state entities can advocate for collegiate recovery and recovery high schools (awaiting publication).

February & March:

- ARHE released a toolkit for “Hosting a Collegiate Recovery Day at Your State Capitol,” with an addendum including some considerations for schools internationally in Canada and the UK.
- ARHE attended, tabled, and presented at the Southern College Health Association (SCHA) conference in Athens, GA, with support from CARS.
- ARHE exhibited at the Southeastern Louisiana Recovery Capital Conference while also helping co-facilitate a one-day workshop for institutions across the state of Louisiana who are in early stages of building their collegiate recovery programs as part of a state-wide expansion.
- ARHE exhibited at NASPA Annual in New Orleans, LA, with support from CARS.
- ARHE launched biweekly support meetings for Collegiate Recovery Professionals in an all-recovery style.

April:

- Collegiate Recovery Week Highlights
 - ARHE hosted the 15th annual Collegiate Recovery Week celebration with the theme “15 Years of Growth, Rooted in Support, Branching into the Future.”
 - People all over the world wore purple on April 15th to counter stigma and support collegiate recovery!
 - ARHE continued to collect squares for the Collegiate Recovery Quilt – which was then showcased for the first time at the conference in June!
 - ARHE hosted a town hall meeting, alongside six webinars throughout the week, each on a variety of topics to celebrate the history, present, and future of collegiate recovery.
 - Member institutions hosted numerous events throughout the entire week, both virtually and in person.
- ARHE released the updated Getting Started Guide, in collaboration with the Center for Addiction Recovery Support (CARS), funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The update includes a new addendum to address the unique needs of community colleges and technical schools.
 - The updated guide quickly became one of the most frequently referenced tools in ARHE’s technical assistance work, particularly for community colleges, early-stage programs, and state-funded expansion efforts.
- ARHE re-structured its member regional map. The former “Mountain” region became part of the “West” and “Midwest” regions to better support the participating programs and share resources. Additionally, ARHE introduced a new International Region Representative on the Board of Directors to ensure that Trans-Atlantic programs are represented and supported at the board level.

2025 Events & Highlights

May:

- ARHE began a comprehensive, state-funded collegiate recovery expansion initiative with the Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals (BHDDH). This work included onboarding multiple institutions, delivering customized technical assistance, developing shared tools and resources, and supporting statewide coordination and sustainability planning. This initiative served as a model for how state agencies can partner with ARHE to build recovery-supportive infrastructure across public and private institutions.
- ARHE attended, tabled, and presented at the Southeastern Collegiate Recovery Community Summit, with support from CARS.

June:

- ARHE attended the Faces and Voices of Recovery (FaVoR) Recovery Leadership Summit in Washington, DC.
- ARHE completed the first official SRCRA review after the completion of the accreditation pilot: Tulane University became the first Fully Reviewed collegiate recovery program in Louisiana.
- ARHE welcomed new Board of Directors members at the annual Board Retreat.
- ARHE, ARS, and AAPG hosted our annual conference in New Orleans, LA. This was our second-ever hotel conference, and we were excited to be back in the Southeast. An overview by the numbers:
 - 4.5 Days
 - 514 Attendees
 - 185 Speakers
 - 118 Sessions
 - 14 Posters
 - Up to 21.5 CE Units
 - 17 Award Winners
 - > 100 Hours of Recorded Content
 - 10 Onsite Recovery Meetings
 - 1 Concert
 - 1 Movie Screening
 - 9 Wellness Activities
 - 2 Networking Events (with food!)
 - 4 Meals Provided
 - 7 Coffee Breaks Provided
 - 3 Conferences in One
 - 5 Countries Represented
 - A Wellness Room, Relaxation & Quiet Lounge, and Nursing Room available all day

July & August:

- ARHE staff spent dedicated time improving our Salesforce back-office system, and in many cases, scanning printed records to digital files. This was significant because as our field continues to grow, we need to make sure that ARHE has the infrastructure to grow with it.
- ARHE attended & presented at the Oxford House World Convention in Oxon Hill, MD.
- In partnership with the Opioid Response Network (ORN), Executive Director Kristina Canfield presented multiple workshops about collegiate recovery and substance use prevention at Delta State University and Tuskegee University.
- ARHE's Executive Director, Kristina Canfield, presented a keynote session at the 2025 VitAL Conference in Tuscaloosa, AL as part of ARHE's work with the ORN.

2025 Events & Highlights

September:

- ARHE attended the Center for Addiction Recovery Support (CARS)'s National Convening in Atlanta, GA, with support from CARS.
- ARHE released collegiate recovery-specific graphics to share out during Recovery Month and increase visibility of recovery on campuses.
- ARHE supported the Mobilize Recovery Campus Surge events that happened across the nation in celebration of recovery month.
- Photos were publicly released from the ARHE/ARS/AAPG annual conference and session recordings were added to the ARHE Resource Hub

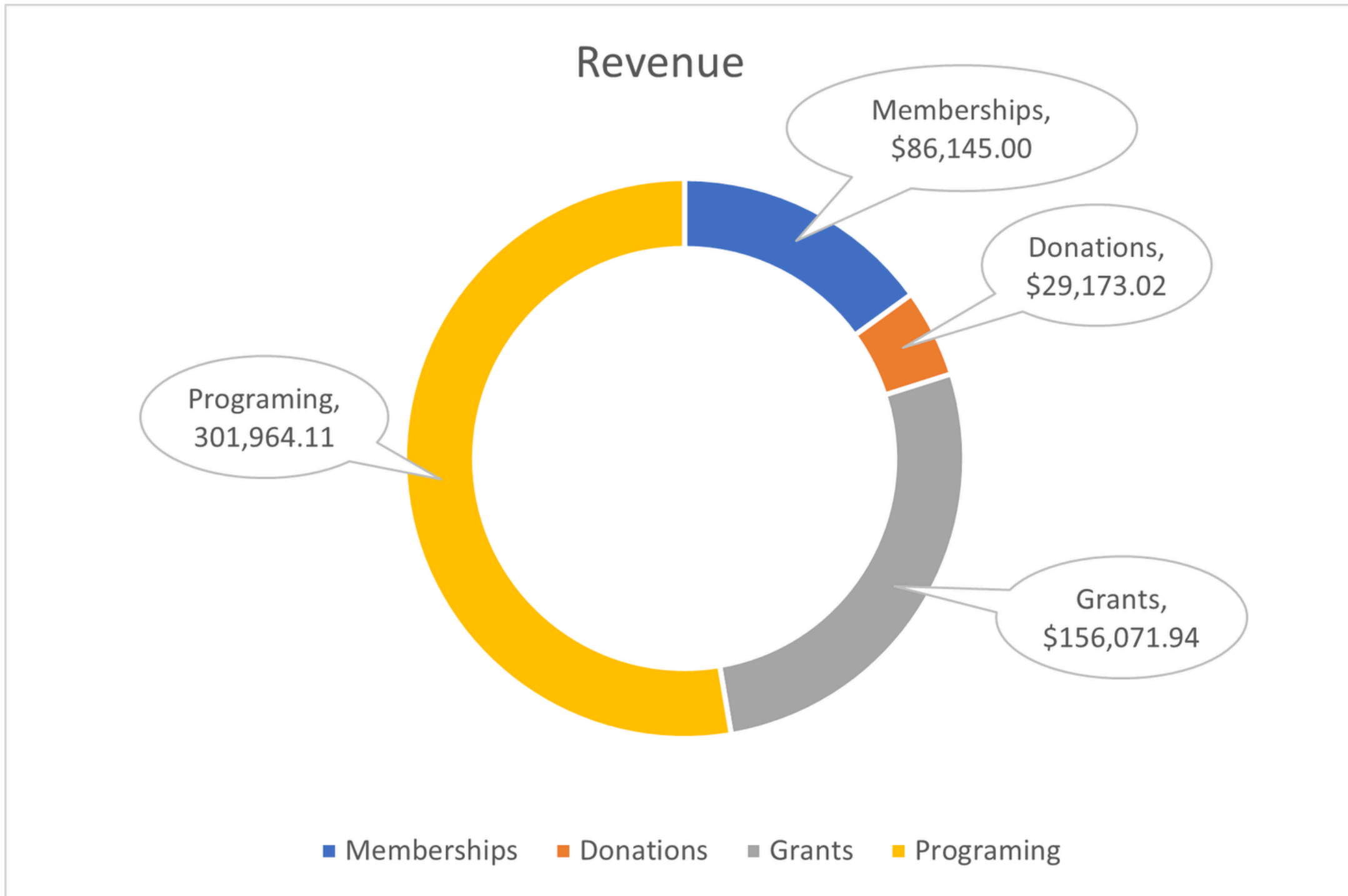
October:

- ARHE attended and supported the Collegiate Recovery Research Collaborative summit in Richmond, VA, with support from VCU and CARS.
- ARHE exhibited at the HECAOD National Meeting in Columbus, OH, with support from CARS.
- ARHE began the accreditation process with all of the IBX-funded institutions across southwestern Pennsylvania, to be completed through Q1 of 2026.
- ARHE's Executive Director, Kristina Canfield, was the keynote speaker at the Judeo-Christian Outreach Center (JCOC)'s Black & White Gala, celebrating JCOC's 39th anniversary and shining a light on homelessness, hunger, and the power of recovery.
- In partnership with the Opioid Response Network (ORN), Executive Director Kristina Canfield presented multiple workshops about collegiate recovery and substance use prevention at the Mississippi Student Nurses Association Annual Conference.

November & December:

- ARHE attended the Higher Education Quality Council of Ontario's annual conference in Toronto, ON, with their support.
- ARHE launched its Giving Tuesday campaign with the ability for every donor to choose what was most important to them: supporting students, training the workforce, helping families and high school graduates transition to college, building the national movement, or supporting ARHE where it's needed most.

Our Financials



Revenue

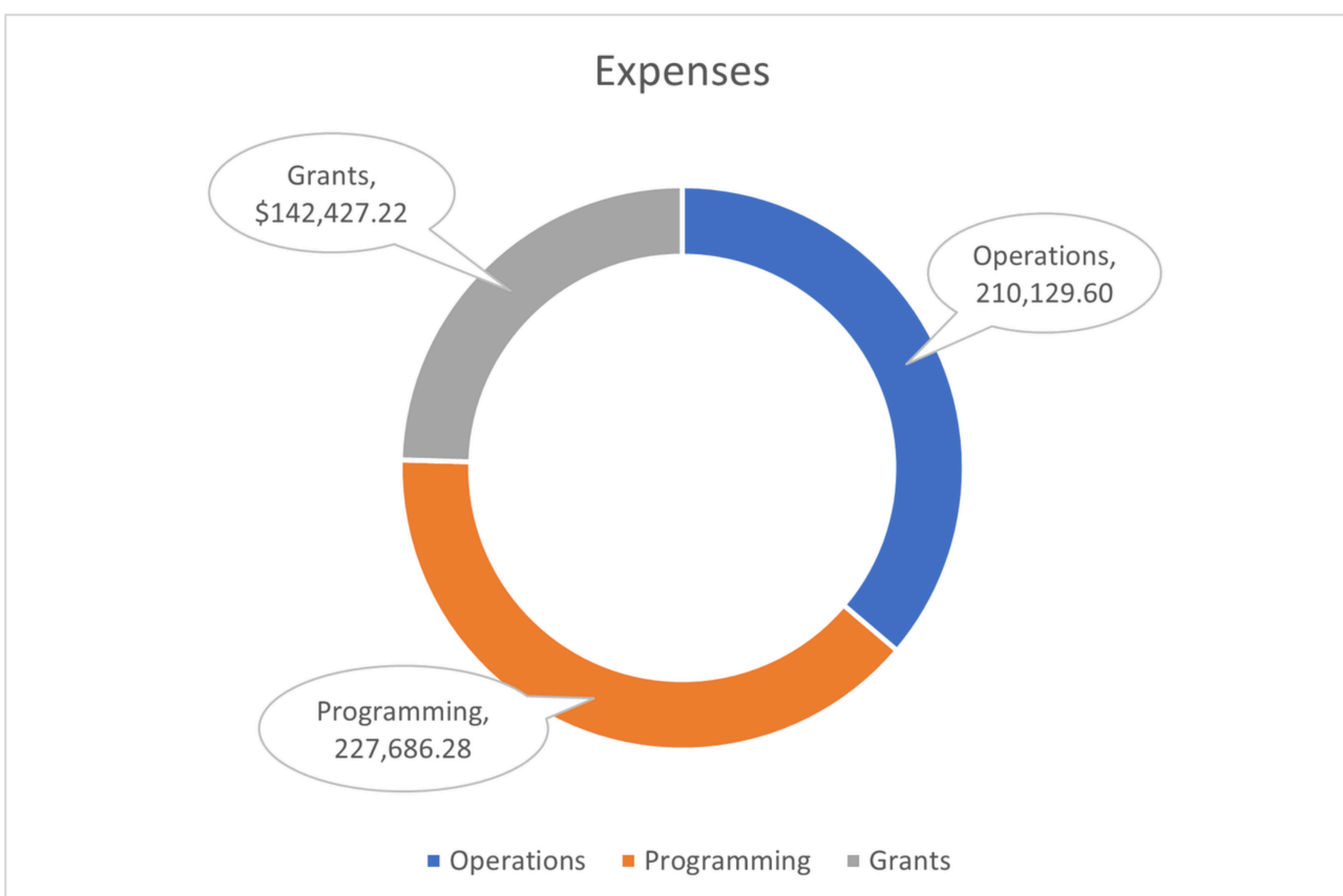
Membership:
\$86,145.00

Donations:
\$29,173.02

Grants:
\$156,071.94

Programming:
\$301,964.11

Expenses



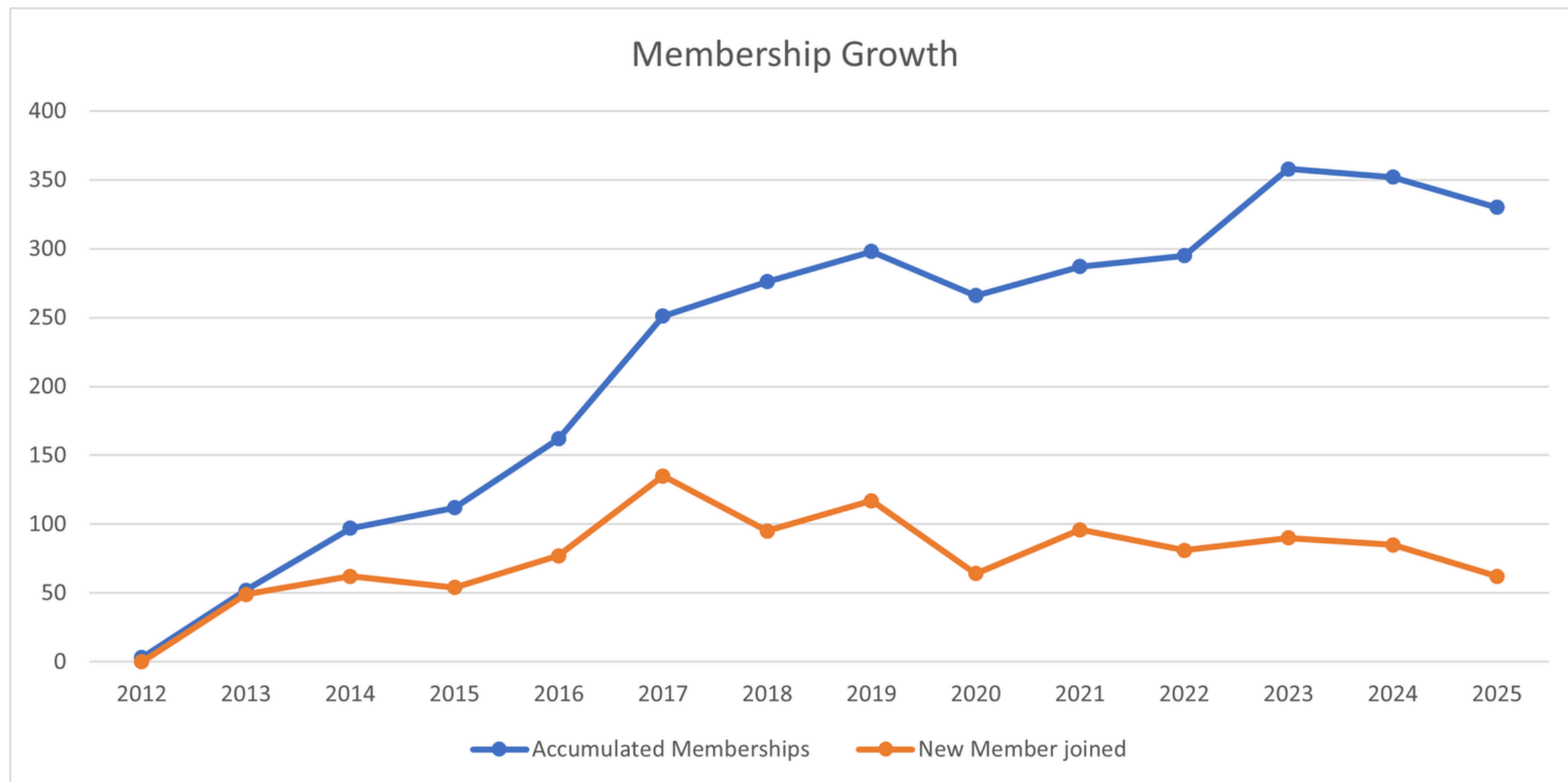
Operational:
\$210,129.60

Programming:
\$227,686.28

Grants:
\$142,427.22

Building Collegiate Recovery

Membership Numbers



Year	Accumulated Memberships	New Members
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
2024	352	85
2025	330	62

Champions for Recovery

With this Impact Report, ARHE is launching the ***Champions for Recovery in Higher Education (CRHE)***, a new philanthropic giving community designed to strengthen and sustain the future of collegiate recovery.

While ARHE's membership model continues to serve as the foundation for professional connection, field-building, and shared learning, philanthropic giving plays a distinct and essential role. It fuels the work that extends beyond membership, supporting technical assistance, advancing accreditation and standards, expanding resources, and investing in the students and programs that define this movement.

The Champions for Recovery in Higher Education initiative was created to recognize and engage individuals who are committed to that broader impact. CRHE is grounded in shared purpose. It reflects a collective belief that students should never have to choose between recovery and academic success and that higher education systems must evolve to fully support them.

Through CRHE, donors are recognized not only for their generosity, but for their leadership in advancing a movement across the globe. Champions are helping to build sustainable infrastructure for collegiate recovery, strengthen the workforce that supports students, and expand access to recovery support services across institutions of higher education.

This framework also represents an important step toward ARHE's long-term vision of sustainability. As philanthropic support grows, it will help seed new programs, provide resources to under-resourced campuses, and lay the foundation for future initiatives.

Together, we are not only supporting what exists...we are building what comes next.

Level	Annual Gift
Visionary	\$5,000+
Leadership Champion	\$2,500 - \$4,999
Champion	\$1,000 - \$2,499
Sustainer	\$500 - \$999
Advocate	\$250 - \$499
Ally	\$100 - \$249

Founding Champions

We are proud to recognize the individuals who have stepped forward as Founding Champions in 2025. Their investment reflects a deep commitment to students, to recovery, and to the future of higher education.



Visionaries

Garcia Family Foundation

Goldring Family Foundation

Leadership Champions

Susan & Bill Packard



Champions



Calais Waring

Dr. Eric Klein

Kristen Harper

Kristina Canfield

Maureen Roden

Sustainers	<i>Bret Frazier</i>
Advocates	<i>William Gerber, Marbeth Holmes, Tom Bannard</i>
Allies	<i>Becki Nesheim, Jessica Miller, Keith Murphy, Lisa Griffin, Louise Irizarry, Mack Park, Paula Harrington, Rebecca Bonner, Santee Ezell, Walid Al-Akhdar</i>

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!](#)

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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.

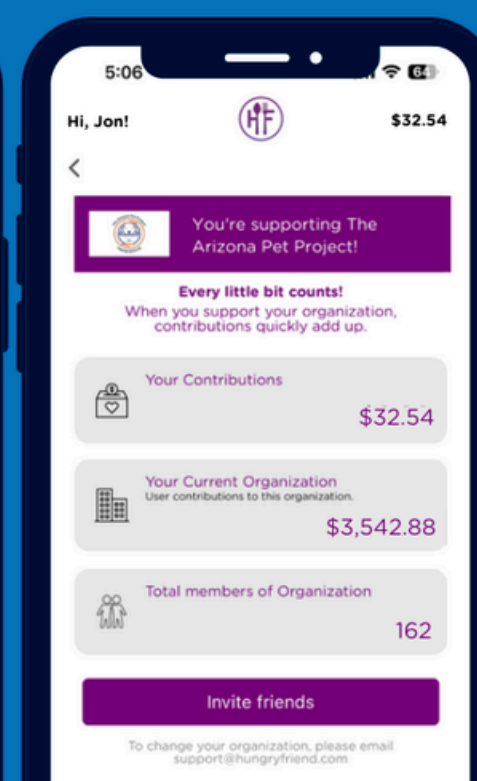
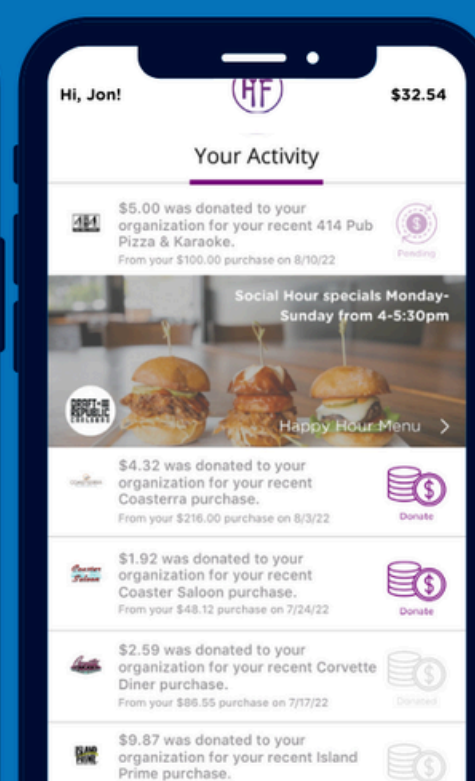
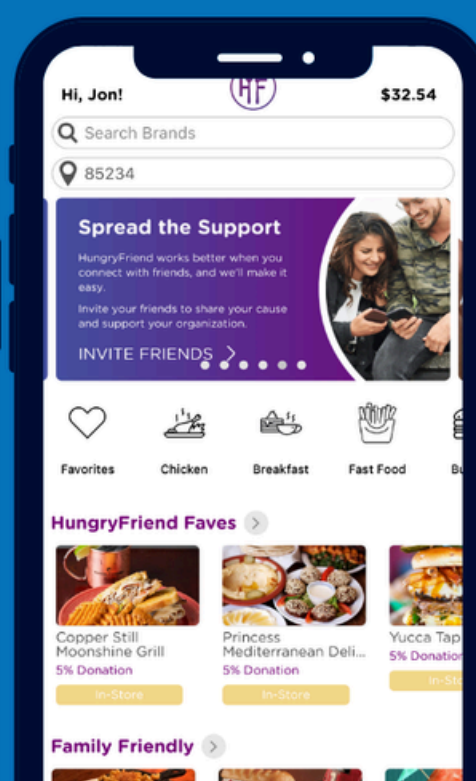
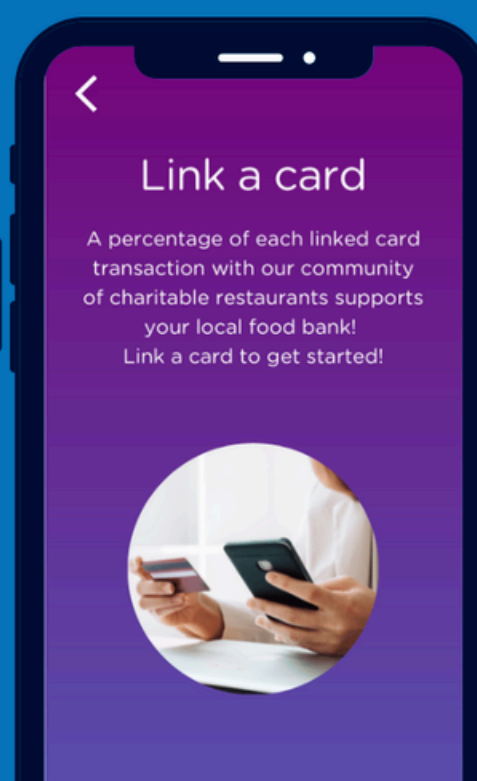
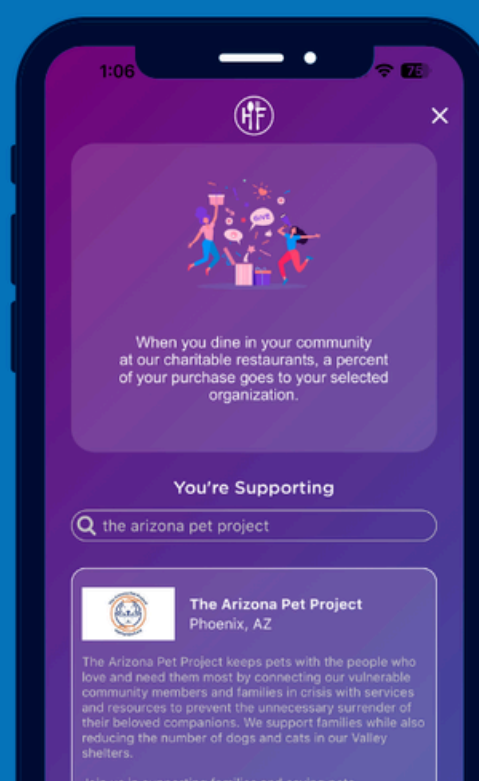
Download the HungryFriend app and select our organization to support.

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!

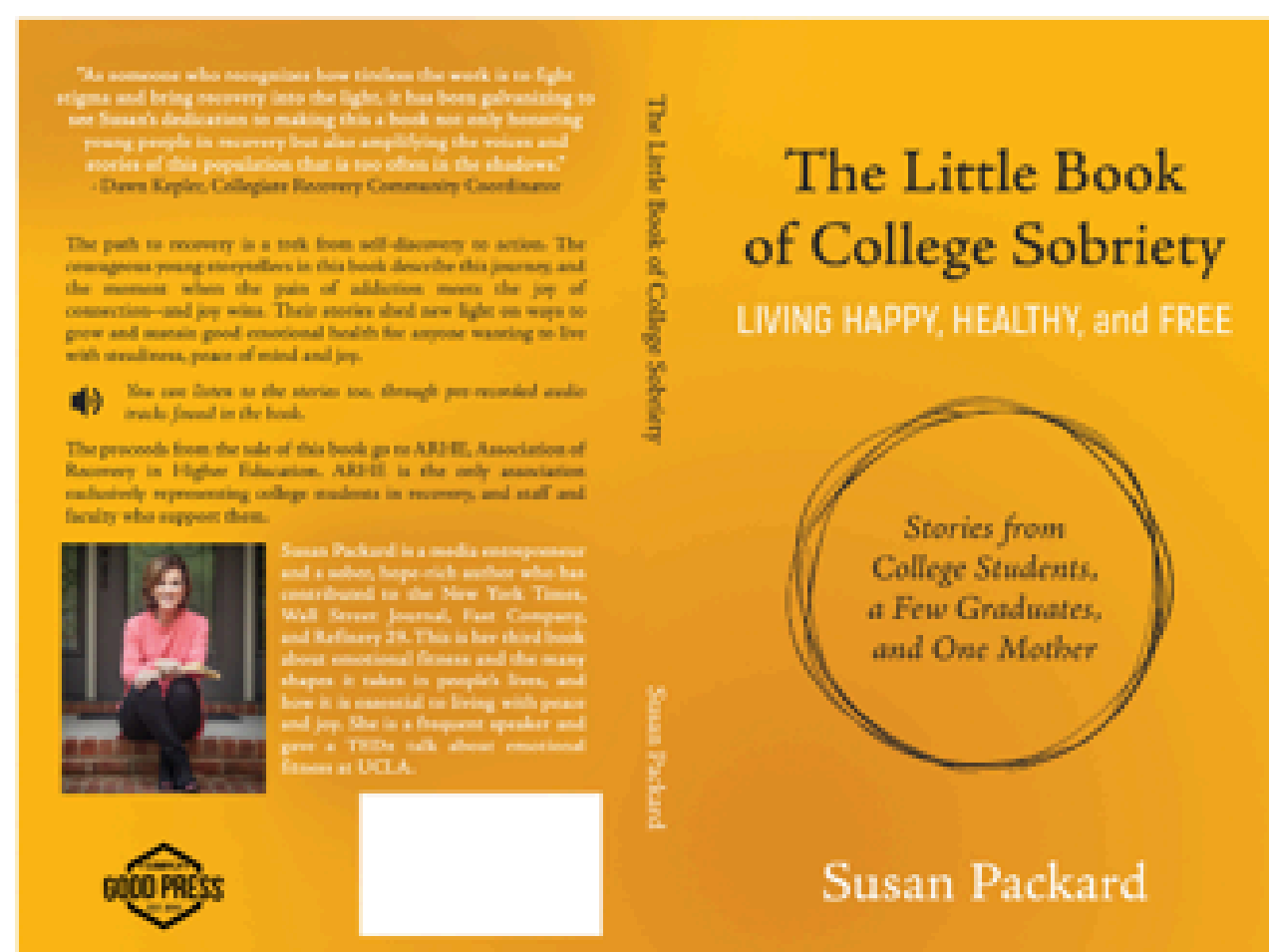


Supporting ARHE

[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.

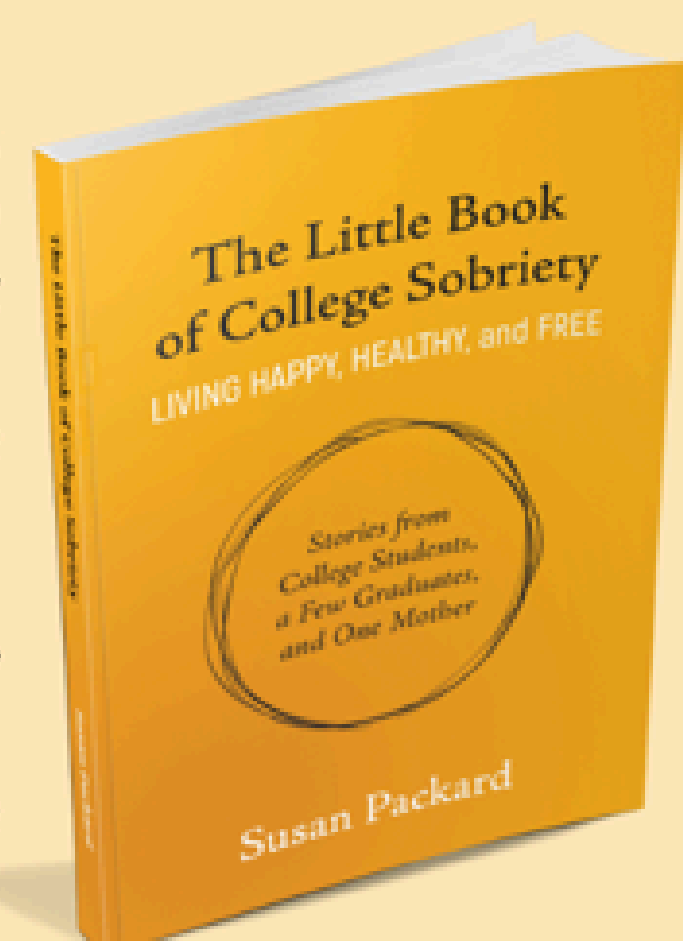
Your Trek to Recovery:

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.



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.





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