Cumberland Heights Has More Than 50 Years of Experience Helping Young Men

Nonprofit Cumberland Heights knows recovery from drug and alcohol addiction will help you feel good about your health, your relationships, your career and your future.

Since 1966, we’ve helped thousands of young men prepare for and embrace a life free of drugs and alcohol. We understand the pressures and temptations young men face in today’s world. Our treatment programs are based in the 12 Steps and will equip you to live a full life in recovery.

Recover Life and Feel Good. Finally.

For more information, visit CumberlandHeights.org/treatment or call us at (800) 646-9998.
At Hanley Foundation, we champion prevention, education and advocacy—and we aim to make positive changes that start “before” the beginning. Because the best way to change the cycle of addiction and substance abuse is to prevent it from starting at all. Together, we’ll create the spark that ignites the flame of hope. We must.
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 CRPs to best integrate them into the institution, and ultimately to best serve students in recovery.

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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

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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

10th National Collegiate Recovery Conference
June 29 - July 2, 2019
Boston University
Boston, MA

Learn more
Facebook - Association of Recovery in Higher Education (ARHE) // Twitter - @ARHE_tweets
Instagram - @collegiaterecovery // Website - www.collegiaterecovery.org // Email - recovery@collegiaterecovery.org
# 2019 Conference

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Dear conference attendees,

On behalf of the Association of Recovery in Higher Education (ARHE), welcome to Boston! Whether it’s your first time attending or if you’ve been to all ten conferences, we sincerely appreciate your attendance, engagement, and contributions. There is nothing I love more than seeing recovery support services for young people be expanded and developed in communities and on campuses across the country. Every individual here is contributing to that growth whether you are a staff member, a student, a parent, a provider, or any other stakeholder making recovery a reality for so many individuals.

I attended my first National Collegiate Recovery Conference just over 5 years ago in Minneapolis, Minnesota. I joined as a student member, soon joined the Board of Directors of ARHE, and eventually transitioned into the staff role I have today. I also now reside in the greater Minneapolis area if that’s not enough of a testament of how much of an impact that first conference had on my life!

I encourage you to spend your time here connecting with the great variety of conference attendees we have from across the country. Whether it’s after a dynamic session, in the hustle and bustle of the exhibit hall, or at our Collegiate Recovery Awards- the relationships built here can last a lifetime. Our conference committee put in countless hours of volunteer time in order to provide the optimal event experience for every attendee.

Between all three associations represented at this conference, I am the sole full-time employee. While this conference and this profession has grown leaps and bounds over the years, we have so much growth ahead of us. We envision a world where strong recovery support services are available to every student throughout the country. We believe that growth will be built by strong membership associations representing the programs and people doing that work on a daily basis. We have come a long way and still have a long road ahead of us. We are so excited to have you all here and a part of this journey.

If you see me throughout your time here at the conference, please don’t hesitate to stop me so I can learn more about your work, thank you for being here, and talk more about the future we are building!

Welcome to #ARHEinBoston!

Tim Rabolt
Executive Director
Association of Recovery in Higher Education (ARHE)
ARS Welcome

Welcome to Boston!

On behalf of the board of Directors of the Association of Recovery Schools, welcome to the 18th annual Recovery Schools Conference. Thank you for traveling to Boston for this amazing opportunity to come together, learn, grow and fill up.

This year’s conference is co-hosted by our friends at the Association of Recovery in Higher Education and the Association of Alternative Peer Groups. We believe that community and fellowship are the magical elements of recovery, and so it’s fitting for our groups to come together. Special Thank you to Tim Rabolt and the incredible group of volunteers and staff-ers who made this conference possible!

It is an honor and privilege to have you join us! We know it’s an exciting time for youth recovery nationwide. The amazing growth of Recovery High Schools across the country are helping to break the stigma, allowing more young people than ever to be successful in recovery.

We’d like to personally thank you for bringing your talent, gifts, expertise, and strengths to this conference. We hope you have fun, build a tighter network of professionals, learn some valuable information, and strengthen your personal commitment to this work.

Much Love,
Sasha McLean, LMFT, LPC
ARS Board president
AAPG Welcome

It is a great pleasure and honor to welcome you to Boston! The Board of Directors of the Association of Alternative Peer Group Programs (AAPG) want to especially thank our co-conference partners, ARS and ARHE for allowing us to be a part of this important gathering. We believe that the attendees at this conference will be better armed to move forward in saving tens of thousands of lives and unquantifiable amounts of pain of the sufferers of substance use and related disorders.

It is our goal to use this time together to share the knowledge collected over the last 50 plus years by Alternative Peer Group Programs (APGs). Tens of thousands of families all over the United States and other parts of the world have received unequaled care through these systems of healing delivery.

This conference will also act as a platform to create focus and gather new procedures to include in the healing process. This is a disease, and until 10 out of 10 are healed there is still more to be learned and applied.

One of the most exciting things about this conference is the sharing with ARS and ARHE! What an opportunity to bring the best elements of long term recovery into one space for all of us. The amount of knowledge and experience is staggering, and what cooler place to do this than Boston!

Please, come and join us in our presentations and help us find more help for more people. Let’s Rock This!

Finally, if The Board or I can do anything to make your time hear more helpful, please ask. HAVE a Blast!

Sincerely,
The AAPG Board of Directors
Removing Barriers for Individuals in Recovery

We are committed to giving away $100,000 annually in scholarships for education through our Ammon Recovery Scholars Program.

Additionally we aim to holistically support our recipients with academic, personal and professional support.

Join the Ammon movement! • #InvestInRecovery
1. **Overnight Accommodations** - 10 Buick Street
2. **George Sherman Union (GSU)** - 775 Commonwealth Ave
3. **Law Auditorium - Entrance behind Marsh Chapel** - 735 Commonwealth Ave
4. **Tsai Performance Center** - 685 Commonwealth Ave
5. **Hyatt Regency Cambridge** - 575 Memorial Drive
2019 Conference

Conference Maps

FLOOR PLANS
All Meeting Floors

SIXTEENTH FLOOR

FOURTEENTH FLOOR

SECOND FLOOR

LOBBY LEVEL
2019 Conference

Conference Maps

George Sherman Union (GSU)
775 Commonwealth Avenue
Second Floor
2019 Conference
Exhibitor/Sponsor List
See Mobile App for Exhibit Hall Map

Acadia Healthcare
Alkermes, Inc.
Alpha 180
Alsana
Ammon Foundation
Ashley Addiction Treatment
ASSIST Education
Caron Treatment Centers
Cirque Lodge
CooperRiis
Cumberland Heights
Granite Recovery Centers
Hanley Foundation
Hazelden Betty Ford Graduate School of Addiction Studies
Herren Talks, Herren Project, Herren Wellness
La Hacienda Treatment Center
Mississippi State University Collegiate Recovery Community
Mountainside Treatment Center
Newport Academy
Origins Behavioral Healthcare
Oxford House, Inc.
Pavillon
Recovery Campus
Recovery Care Partner
SAFE Project US
Sober Grid, Inc.
Steppin’ Out Radio
StepUP Program at Augsburg University
Sunrise Detox
Texas Tech University Center for Collegiate Recovery Communities
Texas Tech University, Department of Community, Family and Addiction Sciences
The Haven at College
The Higher Education Center for Drug and Alcohol Misuse Prevention and Recovery (HECAOD)
The JHW Foundation, Inc
The Menninger Clinic
The Prairie
The Ranch at Dove Tree
Tour de Force Speakers
Turnbridge
University of Minnesota Rochester
UC Santa Barbara
Walden Behavioral Care
Gold Sponsor

University of Minnesota Rochester

Ruby Sponsor

Silver Sponsor

Bronze Sponsor
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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

Sasha McLean, Chair
Executive Director of Archway Academy
Houston, Texas

Rebecca Bonner, Board Member
Head of School for The Bridge Way School
Philadelphia, Pennsylvania

Rachelle Gardner, Past Chair
Chief Operating Officer for Hope Academy
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Parker Cragg, Board Member
Former Director of Three Oaks Academy
Houston, Texas

Roger Oser, Vice Chair
Principal of William J. Osgood High School
Boston, Massachusetts

Stephen Issa, Board Member
Principal, Serenity High School
McKinney, Texas

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Minneapolis, Minnesota

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Certified Recovery Specialist
Philadelphia, Pennsylvania

Andrew Finch, Senior Advisor
Associate Professor at Vanderbilt University
Nashville, Tennessee

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Tom Hill, Board Member
Vice President of Practice Impact
National Council on Behavioral Health
Washington, DC

Sara Welch, Board Member
Recovery School Counselor at Interagency Recovery High School
JOIN THE MOVEMENT
Association of Alternative Peer Groups

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

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

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

Membership To become a member please contact (713) 254-9719.
2019 Conference

Staff, Boards, & Committees

2019 CONFERENCE CORE COMMITTEE

Tim Rabolt, Association of Recovery in Higher Education
Kristina Canfield, The University of Alabama at Birmingham
Ryan Morgan, Independence Academy
Roger Oser, William J. Ostiguy High School
Lilly Ettinger, Baylor University
Leah J. Singer, University of Houston
Anne Thompson-Heller, University of Connecticut
Shelly Young, Gala Chair, Family Rx - Recovery For Families
John Shiflet, University of Houston
Sierra Castedo de Martell, University of Texas at Austin
John Cates, Lifeway International, Inc.

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Anna Trevino, Texas Tech University
Patrice Salmeri, Augsburg University
Kathleen Coleman, Boston University
Megan Cunningham, Boston University
Robert Ashford, University of the Sciences
Blake Schneider, Mississippi State
Kristine de Jesus, Montclair State University
Angie Bryan, UC Santa Barbara
Eric Scott Klein, Northampton Community College
Antwane Mills, University of Southern Maine
Isabelle Lavery, Association of Recovery in Higher Education
Sazha Ramos, Association of Recovery in Higher Education

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Louise Irizarry, Business Manager, ARHE
Ali Clements, Intern, ARHE
Alexis Frazier, Intern, ARHE
Sophie Kretschmer, Intern, ARHE
Asia Brown, Intern, ARHE
Katlyn Duncan, Intern, ARHE
Morgan Pettis, Intern, ARHE
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Anette Edens, PhD, Vice Chairperson, Licensed Psychologist and Author
Crystal Collier, PhD, LPC-S, Secretary, Therapist, Author, Educator, DrCrystalCollier.com
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Arnell Evans, Board Member, Teen and Family Services
Darrell Sims, Board Member, Unlimited Visions
Angela J. Nash, PhD, CPNP-PC, PMHS, Lead Researcher, University of Texas Health
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Tom Hill, Board Member
Rebecca Bonner, Board Member, Head of School for the Bridge Way School
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Stephen Issa, Board Member, Principal of Serenity High School
Devin Reaves, Board Member, Certified Recovery Specialist
Morgan Thompson, Board Member, Dir. of Academics & Recovery Support Services at Prevention Links
Seth Welch, Board Member, Recovery School Counselor at Interagency Recovery High School

Young Adults Program

Research shows that the more a treatment program can meet the specific needs of each individual, the more effective it will be in helping that person achieve sustained recovery. Pavillon’s Young Adults Program focuses on the unique and changing needs of young adults seeking treatment for addiction.

- Education about addiction, the family disease and family recovery
- Experiential team building
- Physical wellness/recreation activities
- Family meetings with the patient and counselor to address treatment engagement and change
- Young Adult Developmental Assessment to guide individualized treatment and continuing care planning
- Emphasis on facilitating a young adult’s successful transition from dependency to recovery-focused independence

Located in the beautiful Blue Ridge Mountains of WNC
2019 Conference

FAQs: Frequently Asked Questions

Do you accept workshop proposals?
Yes, but they are closed at this time. Proposal submissions are typically open between mid-November and late-January prior to the conference. Be sure to check our website leading up to the 2020 conference.

Will meals be provided?
We will be providing conference breakfasts and snacks throughout the day. There is also dinner provided at the ARHE Awards Ceremony and Gala on Sunday, June 30th. Limited tickets are available to sponsoring organizations and available to purchase online or at the registration desk until they sell out.

Where to park?
Public parking locations may be found on BU’s website.

Where to eat?
There are plenty of options around campus for delicious food! Check out the various options on the conference website or visit the registration desk.
Hyatt internet is not available in the conference rooms except to presenters. Guests of the Hyatt have access to complimentary internet in their rooms. There is also complimentary wi-fi in the lobby and common spaces of the hotel.

Boston University’s wireless network is available for use by guests visiting the University. To access BU Guest (unencrypted):
- Connect to the network called “BU Guest (unencrypted)” from your list of available networks.
- Choose Wifi Network
- You will be directed to the Guest Sign In page.
- If you do not have an existing account, select the New Guest option to request your Guest account
- If you have an existing account, select the Returning Guest option and enter your existing credentials. You can learn more about reactivating expired accounts in the Returning Guests section below.

The average temperature in Boston in Late June is in the upper 70s to lower 80s. Dress is casual/business casual. The majority of conference activities will take place indoors so a light jacket or sweatshirt might be useful due to the AC! We suggest bringing comfortable shoes to get you from building to building. Dress code for the awards ceremony and gala is business/business casual.

Saturday recovery meetings will be held in the Aquarium Room in the Hyatt at 7:30am, 12:30pm, and 12:30pm. Sunday and Monday recovery meetings will be held in the Dean’s Lounge in the George Sherman Union at BU at 7:30am, 12:30pm, and 7:30pm. Tuesday recovery meeting will be at 7:30am in the Dean’s Lounge in the George Sherman Union at BU.

The registration desk hours are as follows:
- Saturday, June 29th: 8:00 AM – 5:00 PM
- Sunday, June 30th: 7:30 AM – 5:00 PM
- Monday, July 1st: 7:30 AM – 5:00 PM

A coach bus (54 person capacity) will be providing transportation from the Hyatt Regency Cambridge to the Boston University George Sherman Union throughout the day on Sunday and Monday. The first trip will leave the Hyatt Regency at 7:30 AM on both days and make continuous trips throughout the day between both locations until 5:30 PM on Sunday and until 6:30 PM on Monday.

On Sunday evening there will be transportation provided by the bus to the Awards Ceremony at Fenway Park as well as to the free rock-climbing event at The Phoenix per the schedule below. For any changes or updates while onsite, please follow ARHE on Twitter at @CollegeRecovery.

Sunday evening shuttle schedule:
- 5:15 PM- George Sherman Union
- 5:30 PM- Hyatt Regency Cambridge
- 5:45 PM- 10 Buick Street
- 6:00 PM- Fenway Park
- 6:15 PM- George Sherman Union
- 6:30 PM- Hyatt Regency Cambridge
- 6:45 PM- 10 Buick Street
- 7:00 PM- The Phoenix
Do you accommodate special needs?

People with disabilities as defined by the Americans with Disabilities Act (ADA) who require conference access and/or reasonable accommodation and access to learning materials that are prepared specifically for the conference should notify ARHE of this need during their registration process so that accommodations may be met. Please make us aware as soon as possible so that appropriate plans can be made. All service animals are welcome at the conference but must have visible indication/work vest and documentation available.

What is the refund/cancellation policy?

In the event of such cancellation received up to 60 calendar days prior to conference, ARHE/ARS shall refund 90% of payment. ARHE/ARS shall refund 50% of payment on cancellations received between 30-59 calendar days prior to the conference. No refund will be made on cancellations received within 29 calendar days of conference.

How do I make a grievance, complaint or report a concern?

Every effort has been made to make your conference experience a great one! If you have a concern please bring it to the registration desk. Every effort will be made to resolve your concern. You may also provide feedback on the conference evaluation form. Formal grievances must be made via email to conference@collegiaterecovery.org within 7 days of the event of concern.

What happens to photos and videos taken at the conference?

ARHE/ARS will be taking photos and encouraging social media engagement using the hashtags #ARHeinBoston and #ArsinBoston #AapginBoston. Some sessions will also be recorded. Photos & videos may be utilized in promotional materials. Unless specific requests are made in writing all conference participants agree to the use of their likeness. Requests should be made in writing to conference@collegiaterecovery.org
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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tr>
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<td>Registration Open</td>
<td>Stone Lobby (BU)</td>
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<tr>
<td>7:30 AM</td>
<td>Conference Breakfast (Sponsored by The Haven at College)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<tr>
<td>7:30 AM</td>
<td>Recovery Meeting</td>
<td>Dean's Lounge (BU)</td>
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<tr>
<td>8:30 AM</td>
<td>Using Data for Compliance and Program Improvement</td>
<td>Dean's Lounge (BU)</td>
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<tr>
<td>8:30 AM</td>
<td>Family Engagement in Recovery High School Programs</td>
<td>William Dawes (Hyatt)</td>
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<tr>
<td>8:30 AM</td>
<td>Barriers and Solutions: Building a New Recovery High School Program</td>
<td>Thomas Paine (Hyatt)</td>
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<td>8:30 AM</td>
<td>Sustaining an APG: Engaging and Empowering Stakeholders</td>
<td>Haym Saloman (Hyatt)</td>
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<tr>
<td>9:00 AM</td>
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<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<td>Lunch (On Your Own)</td>
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<tr>
<td>1:30 PM</td>
<td>Teacher Development and Support</td>
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<tr>
<td>1:30 PM</td>
<td>Assessing Motivation: Student Eligibility vs. Suitability</td>
<td>William Dawes (Hyatt)</td>
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<tr>
<td>1:30 PM</td>
<td>Educating Students in a Sober Environment</td>
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<td>4:30 PM</td>
<td>Exhibition Hall Reception (Sponsored by The Ranch at Dove Tree)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<td>1:00 AM</td>
<td>Conference Entertainment Options</td>
<td>Dean's Lounge (BU)</td>
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<td>8:00 AM</td>
<td>Exhibit Hall Open</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<td>8:00 AM</td>
<td>Conference Breakfast</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<td>9:00 AM</td>
<td>ARS Position Papers</td>
<td>Conference Auditorium (BU)</td>
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<td>10:30 AM</td>
<td>ARS Closing Session</td>
<td>Conference Auditorium (BU)</td>
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<td>10:00 AM</td>
<td>Coffee Break</td>
<td>Conference Room 3 (BU)</td>
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<td>10:00 AM</td>
<td>Closing Keynote</td>
<td>Law Auditorium (BU)</td>
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<td>7:30 AM - 8:30 AM</td>
<td>Recovery Meeting</td>
<td>Aquarium Room (Hyatt)</td>
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<td>8:00 AM - 4:00 PM</td>
<td>Registration Open</td>
<td>Stone Lobby (BU)</td>
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<tr>
<td>9:00 AM - 12:00 PM</td>
<td>Pre-Conference Sessions</td>
<td>Various Rooms (Hyatt)</td>
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<td>12:00 PM - 1:00 PM</td>
<td>Lunch (On Your Own)</td>
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<td>12:30 PM - 1:30 PM</td>
<td>Recovery Meeting</td>
<td>Aquarium Room (Hyatt)</td>
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<td>1:00 PM - 2:00 PM</td>
<td>Breakout Sessions</td>
<td>Various Rooms (Hyatt)</td>
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<td>2:00 PM - 2:15 PM</td>
<td>Coffee Break</td>
<td>Patriot Hall (Hyatt)</td>
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<tr>
<td>2:15 PM - 3:15 PM</td>
<td>Breakout Sessions</td>
<td>Various Rooms (Hyatt)</td>
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<tr>
<td>3:30 PM - 5:00 PM</td>
<td>Extended Breakout Sessions</td>
<td>Various Rooms (Hyatt)</td>
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<tr>
<td>6:00 PM - 8:30 PM</td>
<td>ARHE Members Dinner and Town Hall Meeting</td>
<td>Charles Riverview Ballroom (Hyatt)</td>
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### Saturday, June 29th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>7:30 AM - 5:00 PM</td>
<td>Registration Open</td>
<td>Stone Lobby (BU)</td>
</tr>
<tr>
<td>7:30 AM - 5:00 PM</td>
<td>Exhibit Hall Open</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>7:30 AM - 8:30 AM</td>
<td>Conference Breakfast (Sponsored by The Haven at College)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<tr>
<td>7:30 AM - 8:30 AM</td>
<td>Recovery Meeting</td>
<td>Dean's Lounge (BU)</td>
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<tr>
<td>8:30 AM - 10:00 AM</td>
<td>Extended Breakout Sessions</td>
<td>Various Rooms</td>
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<tr>
<td>10:00 AM - 10:30 AM</td>
<td>Coffee Break (Sponsored by Mountainside Treatment Center)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<tr>
<td>10:30 AM - 12:00 PM</td>
<td>Opening Keynotes</td>
<td>Various Rooms (BU)</td>
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<tr>
<td>12:00 PM - 1:30 PM</td>
<td>Lunch (On Your Own)</td>
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<tr>
<td>12:30 PM - 1:30 PM</td>
<td>Recovery Meeting</td>
<td>Dean's Lounge (BU)</td>
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<tr>
<td>1:30 PM - 2:30 PM</td>
<td>Breakout Sessions</td>
<td>Various Rooms</td>
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<tr>
<td>2:30 PM - 2:50 PM</td>
<td>Coffee Break (Sponsored by Mountainside Treatment Center)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<tr>
<td>2:50 PM - 3:50 PM</td>
<td>Breakout Sessions</td>
<td>Various Rooms</td>
</tr>
<tr>
<td>3:50 PM - 4:10 PM</td>
<td>Coffee Break (Sponsored by Mountainside Treatment Center)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>4:10 PM - 5:10 PM</td>
<td>Breakout Sessions</td>
<td>Various Rooms</td>
</tr>
<tr>
<td>6:30 PM - 9:30 PM</td>
<td>ARHE Awards Ceremony and Gala</td>
<td>Fenway Park</td>
</tr>
<tr>
<td>7:30 PM - 8:30 PM</td>
<td>Recovery Meeting</td>
<td>Dean's Lounge (BU)</td>
</tr>
<tr>
<td>8:00 PM - 10:00 PM</td>
<td>Conference Entertainment Options</td>
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### Sunday, June 30th

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<thead>
<tr>
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<th>Event Description</th>
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<tbody>
<tr>
<td>7:30 AM - 5:00 PM</td>
<td>Registration Open</td>
<td>Stone Lobby (BU)</td>
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<tr>
<td>7:30 AM - 5:00 PM</td>
<td>Exhibit Hall Open</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>7:30 AM - 8:30 AM</td>
<td>Conference Breakfast (Sponsored by JHW Foundation)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>7:30 AM - 8:30 AM</td>
<td>Recovery Meeting</td>
<td>Dean's Lounge (BU)</td>
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<tr>
<td>8:30 AM - 10:00 AM</td>
<td>Extended Breakout Sessions</td>
<td>Various Rooms</td>
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<tr>
<td>10:00 AM - 10:30 AM</td>
<td>Coffee Break (Sponsored by Mountainside Treatment Center)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<tr>
<td>10:30 AM - 12:00 PM</td>
<td>Keynotes</td>
<td>Various Rooms (BU)</td>
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<tr>
<td>12:00 PM - 1:30 PM</td>
<td>Lunch (On Your Own)</td>
<td></td>
</tr>
<tr>
<td>12:30 PM - 1:30 PM</td>
<td>Recovery Meeting</td>
<td>Dean's Lounge (BU)</td>
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<tr>
<td>1:30 PM - 2:30 PM</td>
<td>Breakout Sessions</td>
<td>Various Rooms</td>
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<tr>
<td>2:30 PM - 2:50 PM</td>
<td>Coffee Break (Sponsored by Mountainside Treatment Center)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<tr>
<td>2:50 PM - 4:30 PM</td>
<td>TED-Style Talks Keynote</td>
<td>Tsai Performance Center (BU)</td>
</tr>
<tr>
<td>4:30 PM - 6:00 PM</td>
<td>Exhibit Hall Reception (Sponsored by The Ranch at Dove Tree)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
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<tr>
<td>7:00 PM - 10:00 PM</td>
<td>Conference Entertainment Options</td>
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</tr>
<tr>
<td>7:30 PM - 8:30 PM</td>
<td>Recovery Meeting</td>
<td>Dean's Lounge (BU)</td>
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### Monday, July 1st

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:30 AM - 5:00 PM</td>
<td>Registration Open</td>
<td>Stone Lobby (BU)</td>
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<tr>
<td>7:30 AM - 5:00 PM</td>
<td>Exhibit Hall Open</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>7:30 AM - 8:30 AM</td>
<td>Conference Breakfast (Sponsored by Mountainside Treatment Center)</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>7:30 AM - 8:30 AM</td>
<td>Recovery Meeting</td>
<td>Dean's Lounge (BU)</td>
</tr>
<tr>
<td>8:00 AM - 9:00 AM</td>
<td>Conference Breakfast</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>8:00 AM - 9:00 AM</td>
<td>Recovery Meeting</td>
<td>Dean's Lounge (BU)</td>
</tr>
<tr>
<td>9:00 AM - 10:30 AM</td>
<td>Extended Breakout Sessions</td>
<td>Various Rooms (BU)</td>
</tr>
<tr>
<td>10:30 AM - 11:00 AM</td>
<td>Coffee Break</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>10:00 AM - 12:30 PM</td>
<td>Closing Keynote</td>
<td>Law Auditorium (BU)</td>
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### Conference Entertainment At A Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>7:00 PM - 8:00 PM</td>
<td>Yoga</td>
<td>BU Recreation Center</td>
</tr>
<tr>
<td>8:00 PM - 10:00 PM</td>
<td>Student Meetup</td>
<td>Paul Revere (Hyatt)</td>
</tr>
<tr>
<td>10:00 PM - 12:00 AM</td>
<td>Open Mic Night</td>
<td>Paul Revere (Hyatt)</td>
</tr>
<tr>
<td>9:00 AM - 9:00 AM</td>
<td>Conference Breakfast</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>8:00 AM - 11:00 AM</td>
<td>Exhibit Hall Open</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>6:00 PM - 9:00 PM</td>
<td>Collegiate Recovery Awards</td>
<td>Fenway Park</td>
</tr>
<tr>
<td>7:00 PM - 9:00 PM</td>
<td>Indoor Rock Climbing Event</td>
<td>Sponsored by The Phoenix</td>
</tr>
<tr>
<td>8:00 AM - 11:00 AM</td>
<td>Lunch with Former NBA Player Chris Herren</td>
<td>Conference Auditorium (BU)</td>
</tr>
<tr>
<td>12:30 PM - 1:30 PM</td>
<td>Lunch</td>
<td>Bring Your Own Lunch</td>
</tr>
<tr>
<td>4:30 PM - 5:30 PM</td>
<td>Exhibit Hall Reception</td>
<td>Sponsored by The Ranch at Dove Tree</td>
</tr>
<tr>
<td>5:30 PM - 6:30 PM</td>
<td>Scavenger Hunt</td>
<td>Metcalf Hall &amp; Ziskind Lounge (BU)</td>
</tr>
<tr>
<td>8:00 PM - 9:30 PM</td>
<td>Addiction 101: A Comedic Lecture by John Lehr</td>
<td>Tsai Performance Center (BU)</td>
</tr>
<tr>
<td>10:00 PM - 11:00 PM</td>
<td>Student Pioneer Ignite Talks</td>
<td>Conference Auditorium (BU)</td>
</tr>
</tbody>
</table>
Chris Herren is a former professional basketball player, author, motivational speaker and wellness advocate dedicated to using his life’s journey to help others. A person in long-term recovery, he has founded three organizations that provide programs and services with the goal of overcoming setbacks and navigating life’s challenges. His inspirational message and his organizations, Herren Talks, Herren Wellness and Herren Project, have impacted over one million people and assisted thousands.

**Herren Talks** | [herrentalks.com](http://herrentalks.com)
Since 2009, Chris has spoken to over one million students, athletes and community members, sparking honest discussions on the topics of substance use disorder and wellness. Chris shares his story with a focus on prevention education and challenging audiences to rethink how we look at the disease of addiction; from the last day to the first.

**Herren Wellness** | [herrenwellness.com](http://herrenwellness.com)
Herren Wellness is a residential substance use, health, and wellness organization for men and women. Guests are guided through a process of self-discovery, helping them uncover why they are turning to unhealthy behaviors or substances, and given sustainable tools they need to live healthy, whole, authentic, and substance-free lives.

**Herren Project** | [herrenproject.org](http://herrenproject.org)
Herren Project is a non-profit organization focused on treatment, recovery and prevention of substance use disorder. A variety of services are offered free of charge including assistance with treatment placement, long-term recovery support for individuals and families, financial support for treatment programs and recovery housing as well as a prevention education program for schools and communities.
UMR’s Healthy Living Learning Community enhances the success of UMR students seeking to cultivate a healthy lifestyle that supports well-being, academic success, personal development and a sense of community. This community also enhances the success of students in long-term recovery from alcohol or drug addictions through intentional community development, accountability, belonging and support.

Contact: Kris Barry, Director of Health and Wellness
kabarry@r.umn.edu | 507-258-8671 | z.umn.edu/rocllc

A PLACE TO BELONG, A COMMUNITY TO CALL YOUR OWN.

Further develop your self-identity as a future health care professional and leader by participating in career exploration activities.

Contribute to campus or community life through civic engagement.

Thrive, as a student, and ultimately, a health care professional.

The University of Minnesota is an equal opportunity educator and employer.
2019 Conference

Food, Attractions, Local Meetings

ATTRACTIONS

FOOD

MEETINGS
We are honored to provide individualized collegiate treatment for young men and women, even through college graduation. Our quality recovery programs are enhanced with a sober-friendly environment and a strong family component. We recognize addiction to drugs and alcohol as a disease that can be effectively treated by incorporating a complete continuum of care devoted to recovery resiliency.
ARHE 10th National Collegiate Recovery Conference / 18th National ARS Conference

Satisfactory Completion

Learners must complete an evaluation form to receive a certificate of completion. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available. If you are seeking continuing education credit for a specialty not listed below, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

Psychologists

This course is co-sponsored by Amedco and Association of Recovery in Higher Education (ARHE). Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 22.0 hours.

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

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
Social Workers

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 22.0 clinical continuing education credits.

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

The following state boards accept courses from ASWB providers for Counselors: 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.

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

The following state boards accept courses from ASWB providers for Counselors: 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.

The following state boards accept courses from ASWB providers for MFTs: AL / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from ASWB providers for Addictions Professionals: AL / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from ASWB providers for Social Workers: 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.

The following state boards accept courses from ASWB providers for MFTs: AL / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from ASWB providers for Addictions Professionals: AL / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

New York Board for Social Workers

Amedco SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0115. 22.0 hours.

Licensed Alcohol and Drug Counselors

This course has been approved by The Association of Recovery in Higher Education, as a NAADAC Approved Educational Provider, for 22.0 CE. NAADAC Provider #169876, The Association of Recovery in Higher Education is responsible for all aspects of their programming. Counselor Skill Groups: 1, 2, 3, 4, 6, 7, 8

NAADAC covers all states except: CA, IL, OH, PA

HI: No CE requirements

The following state boards accept courses from NAADAC providers for Counselors: AR, AZ, CO, DE, GA, IN, KS, MD, ME, NE, NC, NM, ND, NJ, NV, SC, TN, TX, UT, VA, WI, WY

The following state boards accept courses from NAADAC providers for MFTs: AR, AZ, DE, IN, KS, LA, MD, NC, NE, NJ, NM, NV, SC, TN, TX, UT, VA, WI, WY

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

The following state boards accept courses from NAADAC providers for Social Workers: AR, AZ, CO, DE, GA, ID, IN, KY, ME, MN, ND, NE, NM, OR, VT, WI, WY
Agenda

Saturday, June 29th, 2019

7:30 AM – 8:30 AM: Recovery Meeting
Aquarium Room (Hyatt), 2nd Floor

8:00 AM – 4:00 PM: Registration Open
Stone Lobby (BU) Outside Exhibit Hall, 2nd Floor George Sherman Union

9:00 AM - 12:00 PM: Pre-Conference Sessions

**Inclusivity and the Academy: Social Justice in Collegiate Recovery and the Recovery Movement**
Molly Pitcher (Hyatt)
Kristine De Jesus, PsyD, Montclair State University

Collegiate recovery traditionally is meant to be accessible to any student who is seeking support to maintain recovery in a college setting, yet most collegiate recovery programming is overwhelmingly being utilized by students of Euro-American ancestry. Considering that the prevalence of Substance Use Disorder is virtually the same across racial, ethnic, and socio-economic groups it is critical that those who work in collegiate recovery explore the socio-political factors that may impact access to collegiate recovery as well as the implicit bias that may impact the staff's ability to attract students from marginalized populations to their programs.

**Train the Trainer: Recovery Ally Program**
William Dawes (Hyatt)
Thomas Bannard, CADC, Virginia Commonwealth University
Amanda Stephan, Virginia Commonwealth University

Join Tom Bannard, Program Coordinator for Virginia Commonwealth University's Rams in Recovery Program as he does a train the trainer for VCU's Recovery Ally Program, a 3 hour training focused primarily on Faculty and Staff. More than 500 people have been trained in the past 24 months, and the program has helped increase campus resources, raise private funds for the recovery program, and started to shift elements of campus culture. This training can be adapted for Collegiate Recovery Programs, Recovery Community Organizations, cultural centers, and even businesses and churches.
REVIVE! Opioid Overdose and Naloxone Education
Paul Revere (Hyatt)
Shauntelle Hammonds, CPRS, Virginia Commonwealth University, Rams in Recovery

Preventable drug overdose deaths have been on the rise nationwide. Opioids are the top cause of death from drug overdose. REVIVE! is Virginia’s opioid overdose and naloxone education program and is part of the Commonwealth’s response to the epidemic of opioid use and related deaths in Virginia. REVIVE! trains individuals to be prepared for, recognize, and respond to an opioid overdose emergency with the administration of Naloxone. Naloxone is a life-saving prescription medication that reverses the effects of an opioid overdose. This training will provide a better understanding of the REVIVE! Program. The training will identify risk factors that may make someone more susceptible to an opioid overdose emergency. Attendees will be able to dispel common myths about how to reverse an opioid overdose and will also learn how to respond to an opioid overdose emergency with the administration of naloxone.

12:00 PM – 1:00 PM: Lunch Break (On Your Own)

12:30 PM – 1:30 PM: Recovery Meeting
Aquarium Room (Hyatt), 2nd Floor

1:00 PM - 2:00 PM: ARHE Breakout Sessions

Collegiate Recovery Supports for Underrepresented Student Populations: Barriers & Lessons Learned
Charles Riverview Ballroom (Hyatt)
Becca Albanese, MPH, Center for Social Innovation
Devin Reaves, MSW, Pennsylvania Harm Reduction Coalition
Amy Boyd Austin, MSS, Catamount Recovery Program at the University of Vermont

During this interactive session, presenters will discuss lessons learned through working to support students with underrepresented identities and recovery support needs. Presenters will explore how CRPs can more effectively connect with and support students from diverse backgrounds. Presenters will share current research; discuss barriers from systemic, campus, programmatic and individual levels; and share promising practices for addressing barriers and developing the capacity of CRPs to serve all students that may benefit from on-campus recovery supports. Session participants will begin to identify opportunities for assessing and strengthening the capacity of their own programs to engage and support students with underrepresented identities.

Building an Integrated Collegiate Recovery Center: Integrating Mental Health and Substance Use Recovery Resources
Molly Pitcher (Hyatt)

Anna Gardner, LCPC, LADC, University of Southern Maine, Recovery Oriented Campus Center
Ben Knapp, MSW, University of Southern Maine, Recovery Oriented Campus Center
Bryn Gallagher, JD, Recovery Oriented Campus Center, University of Southern Maine
Lauren Porter, BSW, University of Southern Maine
Mel Batchelor, Recovery Oriented Campus Center
The University of Southern Maine’s Recovery Oriented Campus Center (ROCC) offers students in recovery a uniquely integrated program, blending recovery services for substance use and mental health disorders. The ROCC integrates programming to address co-occurring disorders, and independently occurring mental health and substance use disorders, under the common vision of recovery. The following presentation will introduce and describe our integrated peer recovery program, and the evidence supporting this model. Presenters include the collegiate recovery program coordinator and a student panel who will discuss the multiple pathways of recovery provided by the ROCC, and their experiences facilitating peer support groups.

**The Invisible Thread that Binds Us: Unpacking Recovery Culture for the Purposes of Building Healthy Recovery Communities for Youth and Young Adults in Educational Settings**

Paul Revere (Hyatt)
*Kristen Harper, MEd, Transforming Youth Recovery*

Culture is defined by Webster’s Dictionary as the set of shared attitudes, values, goals, and practices that characterize an institution or organization. What are the shared values, goals, and practices that characterize a ‘healthy’ collegiate recovery or recovery high school student body? This presentation will unpack the core elements of collegiate recovery programs, recovery high schools, and recovery community organizations. What is the same? What are the differences? Why do CRP and RHS professionals need to understand these variances? The presenter will use her decade of experience working with each of these populations, including her time spent with the emergent recovery community in Ghana, West Africa, to provide attendees with an exciting and dynamic discussion of what is a cultural practice, and what is a red flag that you should be concerned about your recovery community. Learn how to predict unhealthy trends in students while providing a safe space for students to support one another. By setting clear standards for your students, based on recovery culture, academic performance, and developmental research, recovery community support staff can create a healthy environment for students to thrive.

**Forgiveness, Addiction, and Recovery: Research and Implementation**

William Dawes (Hyatt)
*Jon Webb, PhD, Texas Tech University*
*George Comiskey, PsyD, Texas Tech University*
*William Gerber, Texas Tech University*

Although the relevance of forgiveness to addiction and recovery has received anecdotal support for some time, it has only recently begun to receive attention in the scientific literature. Empirical evidence is beginning to accumulate in support of the notion that multiple dimensions of forgiveness may play an important role in addiction and recovery. Moreover, that self-forgiveness may be the most important dimension of forgiveness in relation to full recovery. In this presentation, we will discuss the underpinnings of and current and future efforts regarding the science of forgiveness, addiction, and recovery, including implementation in the context of collegiate recovery.

**1:00 PM - 2:00 PM: AAPG Breakout Sessions**

**APG History, Model & Definition**

Haym Saloman (Hyatt)
*John Cates, MA, LCDC, Lifeway International*
Alternative Peer Group Programs have honed treatment strategies and tactics to increase the likely positive outcome in recovery from substance use and co-occurring disorders. This enthusiastic recovery model has been successfully treating adolescents and young adults who struggle with substance use and mental health disorders in Houston for 45 years.

2:00 PM - 2:15 PM: Coffee Break
Patriot Hall (Hyatt)

2:15 PM - 3:15 PM: ARHE Breakout Sessions

**Building Research into CRPs to Strengthen Students, Programs, and University Relationships**
Paul Revere (Hyatt)
Jessica McDaniel, BS Psychology, Kennesaw State University, Center for Young Adult Addiction and Recovery
Austin Brown, LMSW, Kennesaw State University, Center for Young Adult Addiction and Recovery

Recovery science research is an evolving frontier, offering new opportunities to understand the ways and means by which people recover from substance use and other addictive disorders. Higher education is often the venue where sciences emerge and innovate, making collegiate recovery programs (CRPs) the prime arena for recovery science research. This presentation will review the ways in which CRPs can integrate research initiatives into everyday operations, utilizing the readily available resources on campus. Benefits of research initiatives- to CRP students, the program itself, and the broader university- will be reviewed.

**Ending the Stigma and Finding Hope: A Young Adult’s Story of Speaking Out**
Molly Pitcher (Hyatt)
Kristen Harootunian, Young Adult Speaker, Minding Your Mind

Minding Your Mind presents the experience of a young adult with a substance use disorder and mental health struggles who is now living a successful and productive life. Through a professionally-crafted presentation that is educational and inspirational, the presenter challenges negative stereotypes by sharing her story of hope and recovery, raising awareness, and encouraging other to reach out for help. The presenter shares her experience of shifting from negative coping skills to engaging in treatment and her ongoing recovery. Ultimately, the presenter shares the experience of thriving with a substance use disorder while bringing awareness and hope to the issue.

**Defining Your CRP in a World of Multiple Problems and Multiple Pathways**
William Dawes (Hyatt)
Jonathan Beazley, LMFT, LADC, University of Connecticut
Anne Thompson Heller, LMFT, University of Connecticut

How do we define recovery…and from what? What philosophy fits best for a developing collegiate recovery program (CRP), given their unique circumstances and available resources? Determining program philosophy and practice is further complicated by the fact that there are vast differences among existing CRPs nationally, even those models well established and thriving. In this session, we will review multiple philosophical models for program development, examining the pros and cons of each, while
considering and discussing ARHE standards and recommendations. We will also examine several CRP models throughout the country to inquire how they have handled these thorny issues.

2:15 PM - 3:15 PM: AAPG Breakout Session

Building an APG: Community Recovery
Haym Saloman (Hyatt)
George Youngblood, LCDC, ADCIII, CCS, Teen & Family Services

Building an Alternative Peer Group to treat adolescent and young adult substance use disorders and mental health issues in a new community requires very specific support from both the community and the staff who will be managing it. This presentation will offer an introduction to these challenges, a description of the support needed, and a discussion of the ways to avoid common pitfalls.

3:30 PM - 5:00 PM: ARHE Extended Breakout Sessions

The Future of Collegiate Recovery Programs: A Discussion of Our Opportunities and Challenges
Molly Pitcher (Hyatt)
Lisa Laitman, MEd, LCADC, Rutgers University
Keith Murphy, MA, LPC, LCADC, Rutgers University
Hannah Pomales, Rutgers University

The Collegiate Recovery Movement is at a time of intense growth. How have we achieved the successes, do we learn from our failures? How do we mobilize recovery supports to arrest the current addiction crisis? We need to help our communities become more inclusive, diverse and have representation from lived experience. Do we integrate our campus communities with community recovery communities? How can we address shifting attitudes towards the use of certain substances, (Juul, CBD, “medical” marijuana)? Students who are in medication assisted treatment (MAT): Do we develop guidelines and policies to effectively help people in recovery who embrace MAT?

Collegiate Recovery Program Alumni Panel
Paul Revere (Hyatt)
Robert Shearon, University of Colorado Collegiate Recovery Center

To help attendees learn and acknowledge the gap in the continuum of care that exists when students are transitioning from an academic world to a professional world- and to present our solution on how to best support CRPA.

Creating Conditions that Foster Recovery
William Dawes (Hyatt)
Mariel Hufnagel, MPA, The Ammon Foundation
Paula Figueroa-Vega, MPA, The Ammon Foundation

Treatment is only the first step in the recovery process. Recovery is a lifelong endeavor and recovery support is a vital part of the continuum of care. How can we support people to build a life full of purpose and meaning? Presenters have condensed a body of knowledge that includes the Stages of Change, Stages of Recovery, and SAMHSA’s Eight Dimensions of Wellness & Four Dimensions that Support a
Life in Recovery for anyone looking to create supportive communities. Throughout the session, success stories and case studies will be shared.

3:30 PM - 5:00 PM: AAPG Breakout Sessions

**APG Research Update and Agenda**

Haym Saloman (Hyatt)

*Crystal Collier, PhD, LPC-S, Association of Alternative Peer Groups/Hope and Healing Center*

*Angela Nash, PhD, CPNP-PC, PMHS, The University of Texas Health Science Center at Houston*

Alternative Peer Groups provide a best-practice method of treating youth of suffer from substance use and mental health disorders that utilize positive peer influence to shape recovery norms. The research on Alternative Peer Groups is scant with only a few studies complete to date. This presentation will focus on the design and outcomes of these studies.

6:00 PM - 8:30 PM: ARHE Members Dinner & Town Hall Meeting

Charles Riverview Ballroom (Hyatt)

ARHE Members are invited to attend our annual meeting! Our format this year will include a presentation on the new standards and recommendations, updates on the Association since the last annual meeting, and a town-hall style dinner to hear from members on critical topics. There is no additional cost and this meeting is only open to members of the Association of Recovery in Higher Education.

**ARHE Standards and Recommendations: Best Practices Grounded in Research, Theory, and Practice**

*Anne Thompson Heller, LMFT, University of Connecticut*

*Thomas Kimball, PhD, LMFT, Texas Tech University*

ARHE standards and recommendations were derived from decades of literature on adolescent and young adult substance use disorders (SUD) and the process of recovery, existing CRP literature, and practice. This session will provide an overview of ARHE standards and recommendations from a research, theory, and practice lens to enhance the understanding of, and justification for the standards and recommendations. ARHE standards and recommendations intend to promote the integrity of ARHE institutional members and support healthy growth and development within the field. These standard and recommendations serve to guide best practices and promote optimal student development.

7:00 PM – 8:00 PM: Yoga

Hosted by the BU CRP

Located in the Boston University Recreation Center

915 Commonwealth Ave., Boston, MA 02215

Stretch, breathe, and unwind from a day of conference sessions with a yoga class! This is class open to open to individuals of all levels and is right down the street at the BU Fitness & Recreation Center, 915 Commonwealth Ave. Participation is limited to 25 individuals. Yoga is sponsored by the Boston University Collegiate Recovery Program. Meetup and walk to yoga with fellow yogis at 6:30 PM out front of the BU Mugar Library.
7:30 PM – 8:30 PM: Recovery Meeting  
*Aquarium Room (Hyatt), 2nd Floor*

8:00 PM – 10:00 PM: Student Meetup  
Paul Revere (Hyatt)  
Sponsored by Cumberland Heights  
Food and drinks available to students!

10:00 PM – 12:00 AM: Open Mic Night  
Located in the Paul Revere Room on the ground floor of the Hyatt Regency Cambridge located at 575 Memorial Dr, Cambridge, MA 02139. Poetry, comedy, singing, sharing- join the ARHE Student Ambassador Board for open mic night!

**Sunday, June 30th, 2019**

7:30 AM – 5:00 PM: Registration Open  
Stone Lobby (BU) *Outside Exhibit Hall, 2nd Floor George Sherman Union*

7:30 AM - 9:00 AM: Breakfast in Exhibit Hall  
Sponsored by The Haven at College  
Metcalf Hall & Ziskind Lounge (BU), 2nd Floor George Sherman Union

7:30 AM - 5:00 PM: Exhibit Hall Open  
Metcalf Hall & Ziskind Lounge (BU), 2nd Floor George Sherman Union

7:30 AM - 5:00 PM: Gratitude Lounge Open  
Terrace Lounge (BU), 2nd Floor George Sherman Union

7:30 AM - 5:00 PM: Recovery Room Open  
Dean’s Lounge (BU), 3rd Floor George Sherman Union

7:30 AM – 8:30 AM: Writing Recovery Meeting  
*Recovery Room, Dean’s Lounge (BU), 3rd Floor George Sherman Union*  

This meeting is a creative writing style workshop based around, but not limited to, concepts of recovery. The goal is to use writing and the relationships formed in a workshop setting to work toward self-discovery and emotional self-awareness.

8:30 AM - 10:00 AM: Leadership Academy Flash Presentations  
Conference Auditorium (BU)

Throughout the 2018-2019 year, over 50 students participated in the inaugural Collegiate Recovery Leadership Academy. These students attended regional leadership summits, worked with mentors in the field, and are now here in Boston to present on their Academy impact projects. Join us to hear from Academy students in a lightning-round of project presentations!
8:30 AM - 10:00 AM: ARHE Extended Breakout Sessions

Student Recovery and Recovery Capital Across Five Collegiate Recovery Programs: Results from a Pilot Study
Law Auditorium (BU)
Emily Hennessy, MPhil, PhD, University of Connecticut
Bryce McCulloch, BS, University of Oregon Couples and Family Therapy Program; Looking Glass Counseling Program
Lindsey Nichols, BS, University of Oregon
Tiffany Brown, PhD, LMFT, University of Oregon
Emily Tanner-Smith, PhD, University of Oregon

In this presentation, we will discuss our collaborative efforts with five collegiate recovery programs (CRPs) to analyze existing data on student outcomes with the following aims: (1) map how different CRPs currently measure student recovery and recovery capital; (2) examine student-level outcomes (e.g., social-emotional well-being) across multiple CRPs; and (3) explore whether different program components lead to different student outcomes. In addition to presenting preliminary findings, our presentation will involve discussion of how we collaborated with CRP staff at multiple sites to harness and synthesize existing data and how we hope these efforts will inform future data collection efforts.

Our Roots: The History of Funding Opportunities, CRP and RHS Development, and Critical Collaborations for Recovery Supports in Educational Settings over the Past 40 Years
Paul Revere (Hyatt)
Kristen Harper, MEd, Transforming Youth Recovery
Andrew Finch, PhD, Vanderbilt University
Lisa Laitman, MSEd, LCADC, Alcohol and Other Drug Assistance Program/ CAPS, Rutgers University

“A people without the knowledge of their past history, origin and culture is like a tree without roots.” - Marcus Garvey
The development of recovery high schools and collegiate recovery programs over the past forty years has been extremely exciting but has not been an entirely smooth process at times. Where has our funding come from and where will it come from in the future? Who have been our silent supporters both in the public and private sectors? How can RHS’s and CRP’s build on the lessons learned by our forefathers? Presenters will take the attendees through a historical account of critical moments in the recovery high school and collegiate recovery evolution, moments that led us to where we are today. Join us for an exciting and dynamic conversation with three of the nation’s most dedicated professionals. We have much to learn from our past and even more to look forward to in our future!

Experiential and Adventure-Based Practices for Youth and Young Adults
Conference Room 1 (BU)
Ariel Britt, MSW, The Phoenix

Since 2006, The Phoenix’s free sober active community has inspired more than 26,000 people across America to find freedom from substance use disorder. This session will introduce a new branch of Phoenix programming called Phoenix Ascension. It will explore the experiential and adventure-based practices used to create our prevention and recovery support programming for youth and young adults. Participants will learn how to utilize these practices when engaging these populations to foster
Recognizing, understanding and addressing the impact of adverse childhood experiences (ACE) can play a key factor in supporting a sustained whole person recovery process. Participants in this session will review the categories of adverse childhood experiences, explore the connection between ACE and substance use/mental health disorders and learn strategies for both developing trauma informed practices and making informed referrals for evidence-based care modalities.

The CRP-4E Study: An Update from the First Longitudinal Outcomes Project on Collegiate Recovery
Conference Room 3 (BU)
Robert Ashford, MSW, PhD Student, University of the Sciences

Collegiate recovery research has historically been observational in nature, which has limited our ability to infer causal relationships between program participation and recovery outcome improvements. This session will provide attendees an update on the first multi-site, longitudinal study of collegiate recovery students in the United States. Theory, procedures, methods, and mid-progress results will be discussed, including barriers and obstacles to implementation.

8:30 AM - 10:00 AM: ARS Breakout Sessions

Recovery School Organization
Haym Saloman (Hyatt)
Julie McElrath, LMSW, LCDC-I, University High School

This session will guide you through the step by step accreditation standards for running the business side of Recovery High Schools. Learn from the best as you navigate selecting the model, identifying leadership, energizing a Board of Directors, building community partners and much more.

Integration of Recovery Schools with Alternative Peer Groups
Molly Pitcher (Hyatt)
Sasha McLean, LMFT, LPC, Archway Academy

Alternative Peer Groups provide a best-practice method of treating youth of suffer from substance use and mental health disorders that utilize positive peer influence to shape recovery norms. Archway Academy has successful sustained their recovery school model by integrating with local Alternative Peer Groups to provide prosocial support before and after school.

Building a Recovery High School with Existing Resources: The New York Model
Backcourt Dining (BU)
Trishia Allen, JD, NYS Office of Alcoholism and Substance Abuse Services
Carmelita Cruz, NYS Office of Alcoholism & Substance Abuse Services
In January 2017, Governor Andrew Cuomo began efforts to create New York’s first Recovery High School through a partnership between Boards of Cooperative Educational Services (BOCES) and the New York State Office of Alcoholism and Substance Abuse Services (OASAS). In this workshop, individuals responsible for designing New York’s Recovery High School model will discuss building a recovery high school within existing alternative high school programs as a way to expedite development and implementation and promote sustainability. In addition, OASAS will provide information on the use of Medicaid in-community authority as a mechanism for funding treatment and recovery support services.

8:30 AM - 10:00 AM: AAPG Breakout Sessions

**National APG Leader Focus Group: Keeping the APG Group “Healthy”**

William Dawes (Hyatt)
Angela Nash, PhD, CPNP-PC, PMHS, Univ. of Texas Health Science Center Houston Cizik School of Nursing
Crystal Collier, PhD, LPC-S, Association of Alternative Peer Groups, Hope & Healing Center

All APG directors and lead counseling staff are invited to participate in this focus group, research study. APG researchers will gather APG leaders experience, lessons, and practical strategies developed for promoting strong pro-recovery social APG climates. A discussion regarding how to identify when groups become dysfunctional and approaches for maintaining pro-social, positive adolescent and young adult groups that sustain safety and nurture recovery. The goal of this research focus group is to develop safe and effective pro-recovery APGs.

10:00 AM - 10:30 AM: Coffee Break

Sponsored by Mountainside Treatment Center
Exhibit Hall - Metcalf Hall & Ziskind Lounge (BU)
2nd Floor of George Sherman Union

10:30 AM - 12:00 PM: ARS/AAPG Awards Ceremony

Law Auditorium (BU)

Come join us for the first joint ARS and AAPG awards ceremony. We look forward to honoring individuals whose efforts and contributions have served to develop, sustain, and grow the Recovery High School and Alternative Peer Group communities. ARS and AAPG are particularly excited to host a joint awards ceremony which is symbolic of the connections and commitment to collaboration our organizations continue to make to provide the best possible services for our youth. You don’t want to miss this!

10:30 AM - 12:00 PM: Opening Keynotes

**The Lived Experience of College Students in Recovery at Large Public Research Universities**

Conference Auditorium (BU)
Jason Whitney, PhD, Penn State University

This session presents findings of a study of students in recovery conducted at The University of Colorado at Boulder, the University of Michigan, and Penn State, analyzing the discourses students adopt, co-opt, and discard to gain recognition as members of their Collegiate Recovery Programs. Findings show students shuffle between recovery discourses, discourses of the professional-managerial classes, and
discourses of what it means to be “cool” in college. Students use these discourses to create multiple and contradictory identities, to resist their awkward social positioning, to pursue professional careers, and to resist college discourses that invite alcohol and other substance use.

**Substance Use Disorder, Drug Policy, and Best Practices: Implications for Collegiate Recovery**
Tsai Performance Center (BU)
Lisa Newman-Polk, Esq., LCSW
Kristine De Jesus, PsyD, Montclair State University
Keith Murphy, MA, LPC, LCADC, Rutgers University

Drug addiction - i.e. severe substance use disorder - has long been viewed in America as a moral failing, a character flaw that can be punished into submission. For the last century, our nation's laws have attempted to curb drug use and addiction through the criminal justice system and other policies that take away the rights of people who are addicted and continue to use. Instead of reducing drug use, these punitive policies have directly created mass incarceration, destroyed communities, and propelled the nation's addiction crisis. Participants will learn common misperceptions about addiction and recovery, and to how to more effectively work with addicted clients. This workshop will examine drug policies and how the criminalization of drug use has stigmatized an illness, limited access to treatment, and overburdened our criminal justice system. The presenters will provide an overview of addiction science, the recovery process, and evidence-based treatment, as well barriers to effective treatment.

12:00 PM - 1:30 PM: Lunch Break (On Your Own)

12:15 PM - 1:45 PM: Leadership Academy Commencement (Invite Only)
Gratitude Lounge (Terrace Lounge, BU, 2nd Floor George Sherman Union)

12:30 PM – 1:30 PM: Recovery Meeting
Recovery Room, Dean's Lounge (BU), 3rd Floor George Sherman Union

1:30 PM - 2:30 PM: ARHE Breakout Sessions

**Collegiate Recovery Development in Middlesbrough, England**
Law Auditorium (BU)
Dot Turton, Recovery Connections
Thomas Kimball, PhD, LMFT, Texas Tech University

Introducing the concept of abstinence-based recovery and peer support into a UK University. An overview of the Public Health England funded addiction treatment system, its continuum of care and the impact on Collegiate Recovery development in Teesside University. The challenges, quick wins and stalemates along the way.

**Integrating Collegiate Recovery into a Comprehensive Campus Peer Assistance and Peer Education Program on a University Campus: Successes, Challenges, and Lessons Learned**
Conference Room 1 (BU)
M. Dolores Cimini, PhD, University at Albany, SUNY
Established in 1970 in the spirit of students helping students, the University at Albany’s nationally-recognized Middle Earth Peer Assistance Program offers students in recovery and their ally’s opportunities to staff a hotline service and engage in peer-to-peer coaching and peer education under the auspices of academic credit-bearing courses and a student group infrastructure. This workshop will provide an overview of the program’s development, how students in recovery serve as program leaders alongside their allies, and how the Middle Earth program supports academic success and leadership while providing support for students in recovery. Successes, challenges, and lessons learned will be highlighted.

**Cannabis on Campus: Changing the Dialogue in the Wake of Legalization**  
**Conference Auditorium (BU)**  
*Jonathan Beazley, LMFT, LADC, University of Connecticut*

The increasing number of states that are legalizing marijuana, both for medical and recreational use, poses special challenges for AOD clinicians and prevention specialists who support CRPs. Many students, even those already in recovery, may view cannabis differently than other substances, while others believe it to be completely benign and non-addictive. In this presentation, we will explore how these changing laws, shifting student attitudes, increased cannabis potency and the proliferation of vaping, can complicate clinical work on college campuses, and how treatment professionals can modify their own scripts to more effectively reach students whose cannabis use has become problematic.

**The Great Divide: Engaging the Therapeutic Educational Consulting Community in the Work of Collegiate Recovery Programs**  
**Conference Room 3 (BU)**  
*Karyn Kaminski, MSW, LCSW, LCAS, The Price Group*  
*Louise Rogers Slater, MA, The Price Group*  
*Nico Doorn, MEd, LCDCI, Alpha 180*

Families often experience confusion and feel overwhelmed as they look for resources for their loved ones post treatment. Many report turning to the internet, and may not end up with appropriate placement, or even know about the resources CRCs provide. Presenters review how to best support collaboration between treatment programs, CRCs, interventionists and referral sources, and explore the question of what role the therapeutic educational consulting community could play to improve placements into programs that address the unique needs of individuals and families seeking recovery programs and services.

**Using a Network Approach to Build Integrated Recovery-Oriented Systems of Care for Adolescents and Emerging Adults**  
**Backcourt Dining (BU)**  
*Julie McElrath, LMSW, LCDC-I, Youth Recovery Network/University High School*  
*Lynn Sherman, JD, Youth Recovery Network*

The Youth Recovery Network is creating an integrated recovery-oriented system of care that will result in better access to services and support for adolescents and emerging adults. This centralized resource for youth and their families will help steer those in need toward appropriate local resources and improve their ability to navigate behavioral health systems and ongoing recovery support. YRN’s efforts include referral and navigation support to services for youth and their parents; creating an interconnected community of recovery supports for youth through a shared data system; promoting cross-sector alignment through convening and information sharing; and supporting recovery by connecting peers.
Collegiate Recovery Communities: Why They Are Successful
Paul Revere (Hyatt)
Kitty Harris, PhD, LCDC, LMFT Dr., Summit Behavioral Health

The proposed presentation will discuss Collegiate Recovery Communities (CRCs) and the scientific support regarding why they are successful. Specific risks associated with emerging adults will be detailed. A brief history of the founding of CRCs and growth to current day will also be discussed. Lastly, the presentation reviews the association of CRCs within the continuum of care and details current scientific findings on collegiate recovery.

1:30 PM - 2:30 PM: Roundtable

Building Adolescent Recovery Capital
Conference Room 2 (BU)
Angela Nash, PhD, CPNP-PC, PMHS, Univ. of Texas Health Science Center Houston Cizik School of Nursing
Emily Hennessy, PhD, University of Connecticut
Crystal Collier, PhD, LPC-S, St. Martin’s Episcopal Church Hope & Healing Center

The Recovery Capital for Adolescents Model (RCAM) is framework for identifying assets to enhance and barriers to address in supporting youth’s recovery. We will present the model and use findings from a secondary analysis of qualitative interviews with adolescents who were actively involved in an APG to illustrate the RCAM’s framework and domains. Then we will detail strategies that APGs and other recovery support models can use to address recovery barriers and build recovery assets for youth with substance use disorders.

1:30 PM - 2:30 PM: ARS Breakout Sessions

Session Title: Recovery School Community
Molly Pitcher (Hyatt)
Roger Oser, MAT, Action for Boston Community Develop
Ryan Morgan, Independence Academy

Using the Recovery Community ARS Accreditation Standards as a framework, this session will focus on how to create, maintain, and grow community within a recovery school Target population, enrollment diversity, transition planning and support, climate and culture, parent engagement, and sensitivity to differences will be the topics covered as part of this discussion which will provide participants with strategies and practices to take back to their school communities.

Peer Professionals/Recovery Coaches in Recovery Schools
William Dawes (Hyatt)
Sasha McLean, LMFT, LPC, Archway Academy

The role of peer professionals and recovery coaches within the context of recovery high schools will be explored in an interactive format during this session designed to help attendees envision the position in their own recovery high schools. The goal of the session is to get participants to start thinking critically about what it would be like to incorporate a recovery coach into their own school, and some of the challenges that might arise.
1:30 PM - 2:30 PM: AAPG Breakout Sessions

**APG Pitfalls Panel**
Haym Saloman (Hyatt)
Pamela Ball, LCDC, Beyond Your Best Counseling, LLC

Opening and maintaining an APG can be the most rewarding endeavor a treatment person can ever do. However, there are pitfalls that can stymie the effort and cause unnecessary problems for the staff and clients. This panel is made up of seasoned professionals from management, implementation, and development. They bring 50 years of knowledge of some of these pitfalls and how to deal with them. This session will also provide an opportunity to address some high-level questions from the attendees and a springboard for creating the beginning notes for the planning breakout sessions to follow.

2:30 PM - 2:50 PM: Coffee Break
Sponsored by Mountainside Treatment Center
Exhibit Hall - Metcalf Hall & Ziskind Lounge (BU)
2nd Floor of George Sherman Union

2:50 PM - 3:50 PM: ARHE Breakout Sessions

**Mindful Recovery and Outdoor Adventure on Campus**
Conference Auditorium (BU)
*Andrew Caryl, MS Candidate, West Virginia University*

Mindfulness practices can provide students in recovery with a set of tools that allow them to respond skilfully to the demands of being a college student in recovery. Outdoor adventure activities such as hiking, skiing, and rafting can provide students the opportunity to engage in rewarding physical activity while having fun with other students in recovery. Mindfulness and adventure programming represents a unique combination which can have a powerful impact on a student’s recovery.

**Black Mirror: The Downside to Self-Esteem**
Law Auditorium (BU)
*Erik Dolgoff, MEd, CAP, Burning Tree West*

During this interactive session, the presenter will provide an evolutionary frame to differentiate self-esteem and self-compassion. He will further explain the negative effects of social comparison, the fallacy of perfection, and explain self-criticism from an alternative perspective. Using neuroscience, the facilitator will also explain what brain structures are involved in this process. Participants will be able to evaluate their own level of self-compassion using an empirical instrument developed by Dr. Neff. Using the results from this self-assessment, participants will be able to identify areas of improvement. The facilitator will provide exercises in the presentation to enhance these skills during and after the session.

**The Getting Yourself Together (GYST) Workshop**
Conference Room 2 (BU)
*Wayne Johnson, AS, PRSS, Communities for Recovery/Park University*

Getting Your Self Together (GYST) is a self-development system designed to empower individuals in
substance use and or mental health recovery into building and sustaining their own personal version of a fulfilling life. The GYST system comes with a guide through this process: the GYST Workbook. Another component is a mentor; this mentor would be someone that would meet in a peer style and discuss challenges, accomplishments, action steps and self-care while keeping a holding environment of accountability. GYST empowers individuals to build their own skillset by using the workbook and mentoring feedback to help them stay on track in their recovery and beyond. Developing healthy momentum when progressing through the continuum of care can boost the personal autonomy a peer needs to create their own healthy life course trajectory. GYST can help with this process.

**Ban the Box/Fair Chances in Higher Education: Local Movement Building Strategies and Support**
Conference Room 1 (BU)
Noel Vest, MSc, Washington State University

My presentation is part of a larger social justice movement to build supportive environments for formerly incarcerated students in colleges and universities nationally. I see the ban the box issue as an important and necessary first step to increase equitable access to college education. I hope to provide the tools and resources to disseminate this policy and support formerly incarcerated students and professors to engage in policy making and lobbying around this issue. I also hope to build a larger platform that includes multiple policies that support people with convictions to promote success in higher education beyond admission.

**Building a Campus of Recovery Allies**
Conference Room 3 (BU)
Emily Olszewski, AA, Virginia Commonwealth University
Amanda Stephan, Virginia Commonwealth University
Thomas Bannard, CADC, MBA, Rams in Recovery, VCU

An initial study by Beason, Ryding et al. indicated that Recovery Zone training can reduce stigma and increase ally behavior on college campuses. Several schools across the country have launched Recovery Zone or Recovery Ally Trainings in order to increase campus Recovery Capital. These trainings educate groups on substance use disorders, give tools for supporting people in recovery, provide resources, reduce stigma, and improve bystander intervention skills. This roundtable will provide an overview of the program at Virginia Commonwealth University, resources to start your own program and an opportunity for collaboration and conversation with individuals providing these trainings.

**Bridging the Gap: Strengthening the Relationship Between Affordable Sober Living and Higher Education**
William Dawes (Hyatt)
Shauntelle Hammonds, CPRS, Virginia Commonwealth University, Rams in Recovery

Recovery Housing is increasingly viewed as a viable and cost-effective alternative to established recovery-oriented systems of care. Studies show that higher education improves a person’s quality of life. For people who are newly sober, recovery housing can provide time and support as they learn how to sustain long-term recovery. Affordable sober living for many is an issue. Those who are fortunate enough to find affordable sober living rarely pursue higher education. How do we bridge this gap?
How do we introduce Collegiate Recovery to these individuals? In this session we will discuss how to incorporate higher education into sober living.

**2:50 PM - 3:50 PM: ARS Breakout Sessions**

**Cost-Benefit of Recovery High Schools**
Paul Revere (Hyatt)
Andy Finch, PhD, Vanderbilt University
Paul Moberg, PhD, University of Wisconsin

Recovery high schools (RHS) provide a supportive environment for students subsequent to treatment for substance use disorders. This analysis estimates the incremental impacts of RHSs using data from a multi-site study that followed RHS students and a comparison group of students discharged into other high school settings. Two beneficial impacts of statistical and substantive importance were identified: increased probability of high school graduation and increased sobriety. These findings suggest that RHSs are an efficient use of social resources.

**Recovery Practices in a Recovery High School**
Molly Pitcher (Hyatt)
Stephen Issa, MEd, Serenity High School

Recovery High Schools are a unified education model of academics and recovery. Learn what the RHS accreditation standards can teach you about measuring student recovery, creating recovery culture/climate, and how to create a comprehensive recovery support program embedded into the very fabric of the school.

**2:50 PM - 3:50 PM: AAPG Breakout Sessions**

**Session Title: Working with Diverse Populations**
Haym Saloman (Hyatt)
George Youngblood, LCDC, ADCIII, CCS, Teen & Family Services

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.

**3:00 PM - 5:00 PM: Building a Strong Collegiate Recovery Program: Learning Community Networking Session**

**Building a Strong Collegiate Recovery Program Learning Community Networking Session**
Backcourt Dining (BU)
Amy Boyd Austin, MSS
Valerie Gold
Becca Albanese, MPH, Center for Social Innovation
Devin Reaves, MSW, Pennsylvania Harm Reduction Coalition

Participants in the 2018-2019 BRSS TACS Building a Strong Collegiate Recovery Program Learning Community are encouraged to enjoy an opportunity for informal networking with the learning community, your working group, and your working group leader. Our time together will offer an
opportunity to connect over fun snacks, trivia time to get to know each other better, and vision-casting as we strive to continue moving forward in our CRP development. We look forward to face-to-face connection and information sharing with all of you. Bring your ideas, your questions, and most importantly, bring yourselves!

3:50 PM - 4:10 PM: Coffee Break
Sponsored by Mountainside Treatment Center
Exhibit Hall - Metcalf Hall & Ziskind Lounge (BU)
2nd Floor of George Sherman Union

4:10 PM - 5:10 PM: ARHE Breakout Sessions

**Resourcing Collegiate Students through Integrative Trauma-informed Approaches in the Treatment of Substance Use Disorder**
Conference Auditorium (BU)
*Michael Baly, PhD, Licensed Clinical Psychologist, Encore Recovery Solutions*

Research repeatedly demonstrates the strong association between addictive behavior and trauma, highlighting the importance of a neurobiological understanding of traumatic sequelae to effectively treat substance use disorders. Neuroscience research demonstrates how traumatic experiences result in increased sympathetic nervous system activation and inhibition of the prefrontal cortex. Therefore, methods that rely on learning and cognitive behavioral skills without first addressing chronic nervous system dysregulation are limited and ultimately flawed. This presentation will describe pertinent trauma-related neurological limitations and demonstrate mind-body interventions that focus on increasing nervous system regulation and affect tolerance to facilitate learning and application of important recovery behaviors.

**The University of Alabama Model: Forging Pathways to Recovery**
Law Auditorium (BU)
*John Lovett, MS, University of Alabama*
*Jaime Garza, MS, NCAC-II, University of Alabama*
*Hillary Groover, BS, University of Alabama*
*Gerard Love, EdD, University of Alabama*

The University of Alabama’s Collegiate Recovery and Intervention Services staff will present an in-depth look at their prevention, intervention, and collegiate recovery programming, examining how they reduce stigma, provide campus outreach and implement high-impact practices for all students and family members affected by substance use disorders. Audience members will learn from UA’s experience and gain a new reference that can help them create a theoretical framework that best serves their institution’s needs.

**Volta: Poetry as Expressive Therapy and Site of Empowerment**
Conference Room 1 (BU)
*Christian Arthur, MSW Student, Boston University*

This interactive presentation looks at poetry as a form of expressive therapy and site of empowerment. The presenter will briefly perform original pieces, then together with the audience will engage the work
of contemporary poets writing about addiction and recovery. After briefly reviewing literary devices like imagery and metaphor, the second half of the session will consist of a live creative writing workshop focusing on the themes of recovery and community. Designed for all skill levels, participants will walk out with a small poem of their own.

Your Personal Recovery and the Power of Self-Disclosure
Conference Room 2 (BU)
Nico Doorn, MEd, LCDCI, Alpha 180
Nicholas Hayes, MS, LMFTA, LCDC, Cumberland Heights Foundation

The management of a personal recovery identity while working within the broad field of recovery science provides unique challenges. Entry-level addiction recovery professionals, as well as CRP frontline staff, may receive no formal training to navigate the nuances of when to lean on their personal recovery. Assumptions surrounding the role that self-disclosure of a recovery status can have with clients/students can be misleading. Emerging science supports the application of measurement-based approaches to better understand how our own clinical practices influence our clients/students. Attendees will explore issues surrounding self-disclosure of a recovery identity and identify research-based suggestions to improve therapeutic effectiveness.

Beyond My Wildest Dreams: The Role of Recovery Narratives in Understanding Quality of Life (QoL) in Sustainable Recovery
Conference Room 3 (BU)
Linda Lederman, PhD, Arizona State University
Lisa Laitman, MSEd, LCADC

Many practitioners support efficacy with recovering clients by focusing on the improvements in their lives in recovery. At a treatment level, patient reported measures are increasingly viewed as important, warranting research into the role of “health related quality of life” (QoL) in recovery. The session focuses on the QoL outcome for people in recovery by examining the relationship between reported changes in “quality of life” in recovery and talking about drinking, both to others and to oneself. The session includes exploratory research on an analysis of 12 Step collegiate recovery stories, as well as an experiential demonstration.

4:10 PM - 5:10 PM: Roundtable

Measuring Student Recovery, Recovery Capital, & Other Outcomes in Collegiate Recovery Programs
Paul Revere (Hyatt)
Bryce McCulloch, BS, University of Oregon
Tiffany Brown, PhD, LMFT, University of Oregon CFT
Emily Hennessey, PhD, University of Connecticut
Emily Eisenhart, BS, Georgia Southern University, Center for Addiction Recovery
Lindsey Nichols, BS, University of Oregon
Emily Tanner-Smith, PhD, University of Oregon CFT

CRPs play an important role for students in recovery and warrant rigorous outcome data. These data are vital in order to underscore the value of CRPs. In our work with CRPs on research endeavors, we
have had many discussions on data collection and management. These experiences with these data, as well as our experience evaluating recent published work have elucidated areas of discussion as we all strive to produce quality work. Our roundtable will focus on ways to improve research tools by discussing what factors are useful to measure, different ways of measuring, and other questions of interest.

4:10 PM - 5:10 PM: ARS Breakout Sessions

**Educational Practices in a Recovery High School**
Molly Pitcher (Hyatt)
**Michael Durchslag, BA, MAT, P.E.A.S.E. Academy**
**Rebecca Bonner, MEd, MUPP, The Bridge Way School**

RHS are a unique balance of education and recovery. They are high functioning academic campuses that have special factors to consider. In this session you’ll learn about academic curriculum, teacher professional development, special education services, and data driven instruction.

**Strategies for Recovery High School Sustainability**
William Dawes (Hyatt)
**Roger Oser, MAT, Action for Boston Community Develop**
**Ryan Morgan, Independence Academy**
The focus of this session will be to review key strategies that can be implemented to sustain recovery high schools after the beginning of operations. Business planning, board and leadership development, community relations, advocacy and fundraising will be areas covered during this session. Participants be provided tools and resources that they can used to develop and grow their individual school sustainability plans.

4:10 PM - 5:10 PM: AAPG Breakout Sessions

**APG Family Programming: A Whole-Family Approach to Treatment**
Haym Saloman (Hyatt)
**Crystal Collier, PhD, LPC-S, Association of Alternative Peer Groups, Hope & Healing Center**

Effective treatment of adolescents can only have lasting effects if the family recovers along with the adolescent, healing old wounds, bridging the barriers formed by years of dysfunction, and learning to trust. This presentation offers an overview of the major issues in family programs such as competing stages of change and unconsciously-produced regressions as well as strategies to address them.

6:00 PM - 9:00 PM: 2019 Collegiate Recovery Awards at Fenway Park

Join us at historic Fenway Park, home of the Boston Red Sox, for the 2019 Collegiate Recovery Awards! There will be a reception prior to the awards dinner featuring some ballpark favorites, mascot appearances, a Red Sox Hall of Famer in recovery, a unique virtual reality experience, and possibly even a photo opportunity with a World Series Trophy! Celebrate the 10th National Collegiate Recovery Conference with some of the best views in Boston. Tickets are available online and onsite until they sell out.
7:00 PM – 9:00 PM: Indoor Rock Climbing Event
Sponsored by The Phoenix
Event located at 54 Newmarket Square, Boston, MA 02118
Transportation is on your own

7:30 PM – 8:30 PM: Recovery Meeting
Recovery Room, Dean’s Lounge (BU), 3rd Floor George Sherman Union

Monday, July 1st, 2019

7:30 AM – 5:00 PM: Registration Open
Stone Lobby (BU) Outside Exhibit Hall, 2nd Floor George Sherman Union

7:30 AM - 9:00 AM: Breakfast in Exhibit Hall
Sponsored by The JHW Foundation
Metcalf Hall & Ziskind Lounge (BU), 2nd Floor George Sherman Union

7:30 AM - 5:00 PM: Exhibit Hall Open
Metcalf Hall & Ziskind Lounge (BU), 2nd Floor George Sherman Union

7:30 AM - 5:00 PM: Gratitude Lounge Open
Terrace Lounge (BU), 2nd Floor George Sherman Union

7:30 AM - 5:00 PM: Recovery Room Open
Dean's Lounge (BU), 3rd Floor George Sherman Union

7:30 AM – 8:30 AM: Recovery Meeting
Recovery Room, Dean’s Lounge (BU), 3rd Floor George Sherman Union

8:30 AM - 10:00 AM: ARHE Extended Breakout Sessions

Cost-Effectiveness Toolkit for Collegiate Recovery Programs
Conference Auditorium (BU)
Sierra Castedo, MPH, The University of Texas at Austin, Center for Students in Recovery

While outcome evaluation studies of CRPs have been published in the past, no efficiency evaluations have yet entered the literature, representing a critical gap. Cost-effectiveness analysis (CEA) is one method for evaluating the efficiency of health-related programs, resulting in a cost per unit of health outcome, in this case, additional years of life from the societal perspective or student retention from the perspective of universities. This presentation shares the results of a comprehensive CEA of a CRP modeled from two national datasets, and will introduce a Toolkit for advocates to conduct their own institution-specific analyses.

Developing Institutional Recovery Capital to Create a Trauma-Informed, Recovery-Sensitive Environment: Expanding the Role of Collegiate Recovery Programs
Backcourt Dining (BU)
Eric Klein, MSS, LSW, Northampton Community College
Collegiate recovery programming, by fostering the development of personal and institutional recovery capital, can create a trauma-informed, recovery-sensitive environment. This presentation will explore how recovery capital can be created, expanded, and supported by recovery peers in concert with faculty, staff, and administrations at institutions of higher education via a prototype of collegiate recovery programming. Concurrently, this will develop recovery-competent educators. Access to education builds recovery capital for underrepresented populations including people in recovery from substance use disorder. Additionally, recovery programs can map the development of recovery capital onto other campus-wide growth processes to build a broader, inclusive coalition of students.

ARHE and S.A.F.E. Collegiate Recovery Leadership Academy: Mid-year Outcomes and Insights

Law Auditorium (BU)
Robert Ashford, MSW, PhD Student, University of the Sciences
Austin Brown, LMSW, Kennesaw State University, Center for Young Adult Addiction and Recovery

Co-hosted by ARHE and S.A.F.E. Project (Stop the Addiction Fatality Epidemic), the Collegiate Recovery Leadership Academy is a fellowship program for any college student who is passionate about the intersection of collegiate recovery, leadership, and service. This session will provide mid-year updates on the outcomes for participating students in the first year of the project. Insights from available results will also be discussed with attendees, including practical takeaways to inform future professional development programming in collegiate recovery programs across the country.

The American Foundation for Suicide Prevention: A Model of Advocacy for Mental Health and Substance Use

Conference Room 1 (BU)
Ann Marie Casiraghi, MS, Texas Tech University, Center for Collegiate Recovery Communities

Initiated by suicide loss survivors from around the country, the American Foundation for Suicide Prevention (AFSP) has led the fight against suicide for over thirty years through education, research, suicide loss support and advocacy. In this session, participants will learn how to advocate for mental health improvements, including recovery services and suicide prevention. The great news is, in Washington DC, mental health, substance use and suicide prevention are nonpartisan issues and change is happening, albeit, slowly. Come learn about the advances made in mental health and join the AFSP and other similar organizations who are leading the way in advocacy.

Grief Competency and Substance Use Disorders

Conference Room 2 (BU)
David Chastain, PhD, CSAC, Hazelden Betty Ford Graduate School of Addiction Studies

This presentation addresses how grief, loss, and the understanding of fears related to death can complicate both the onset and maintenance of addiction recovery; and can present challenges for the counselor due to his or her unexpressed grief. Learning objectives include analyzing how grief interacts with substance use, addiction recovery, and relapse; explaining dynamics contributing to unexpressed or long-term grief; delineating the roles of resolution and acceptance in the grieving process; and examining the value of utilizing a Grief Graph. Attendees will be challenged to examine any personal process that could be interfering with clinical work regarding grief.
There Is No “One (Clinical) Size Fits All”  
Conference Room 3 (BU)  
Don Sloane, MSOD, Recovery Care Partner

A 60-minute Round Table discussion for higher education faculty and staff to augment their understanding of the complexities of the interactions of early recovery from active substance use disorder (SUD), the age-appropriate process of individuation from the family of origin and executive function challenges resulting from or exacerbated by their SUD. The program will provide the participant with an understanding of a proven multifaceted continuum of care that supports the client to concurrently establish a sustainable recovery and successfully perform academically.

Building On-Campus Recovery Capital Through Asset Mapping  
Crispus Attucks (Hyatt)  
Maureen Babineau, MA, Independent Ed Consultant, Maureen Babineau Consulting  
Kristine De Jesus, PsyD, Montclair State University

For many students in recovery, developing a new understanding of one’s identity, while contending with identities from the past, including delayed or missed opportunities in education, can make developing a college student identity a more complicated process. Students who feel a sense of belonging and purpose are more likely to thrive and persist. Presenters will share a recovery capital building strategy that can be used on any campus including those that are neutral or recovery hostile. Examples will include mapping one’s academic discipline to broaden a sense of connection to their field of study and build relevant experiences and relationships.

Experiential Interventions in Substance Use Disorder Treatment: Engaging Emerging Adults and Their Families  
Paul Revere (Hyatt)  
James Ryan, LCPC, Ashley Addiction Treatment

Experiential Interventions in Substance Use Disorder Treatment: Engaging Emerging Adults is an introduction and explanation of experiential interventions and a review of their efficacy with emerging adult patients in substance use disorder treatment. This interactive presentation reviews obstacles to engagement for this population and their families, treatment goals, and the experiential clinical modalities that have proven effective for them. Examples include: equine-assisted counseling, art therapy, play therapy, music therapy, and therapeutic rituals. Case vignettes are used to highlight the efficacy of these modalities.

8:30 AM - 10:00 AM: ARS Breakout Sessions

Using Data for Compliance and Program Improvement  
Molly Pitcher (Hyatt)  
Andy Finch, PhD, Vanderbilt University  
Chris Hart, BA, sr4

Capacity™ data and mapping services help groups and organizations build capacity for recovery in their communities. This session will provide attendees with an overview of Capacity™. Included will be a presentation on emerging insights from the broad efforts being made by researchers to create a unifying
classification and access system for resources specific to prevention, early intervention, treatment, and recovery support services in the U.S.

**Family Engagement in Recovery High School Programs**
William Dawes (Hyatt)
Morgan Thompson, MSW, Prevention Links
Denise Mariano, Partnership for Drug Free Kids

Attendees will understand the unique role of the family in supporting both academic and recovery success for recovery high school students and strategies to engage families in a recovery school’s culture in active and meaningful ways. In particular, an overview of the community reinforcement and family training (CRAFT) model will be provided.

**Barriers and Solutions: Building a New Recovery High School Program in the Land of Fixer Upper**
Thomas Paine (Hyatt)
Alexia Maness, BS, Warriors Research Institute, Baylor Scott & White Research Institute
Suzy Gulliver, PhD, Warriors Research Institute, Baylor Scott & White Research Institute
Elizabeth Coe, PsyD, Warriors Research Institute, Baylor Scott & White Research Institute
Stacie Woodall, LCDC, Cenikor Foundation
Lilly Ettinger, MDiv, Baylor University
William Ostiguy, LADC-1, CEAP, CCS, CADAC, CAS, BRI-II, Boston FD

This session will cover our group’s experience in building a new recovery high school program in an area where a youth recovery network is sparse and, in some cases, non-existent. It will cover barriers such as the lack of local resources, limited community awareness of the scope of substance use, alcohol use, and mental health issues that face our adolescents, and pervasive, stigmatized beliefs within the community. We will share our solutions including the identified partners and key stakeholders that may be able to help weave a youth recovery network as we work together toward an operational recovery high school.

**8:30 AM - 10:00 AM: AAPG Breakout Sessions**

**Sustaining an APG: Engaging and Empowering Stakeholders**
Haym Saloman (Hyatt)
Beth Eversole, LCSW, LCDC, Palmer Drug Abuse Program - Houston

This session will cover how to identify various stakeholders in the APG model and teach strategies for creating relationships with stakeholders to further the mission of APGs through the review of two case studies exposing the pitfalls and successes with managing stakeholder relationships. Ultimately, participants will learn approaches for maintaining relationships with stakeholders for long-term support.

**10:00 AM - 10:30 AM: Coffee Break**
Sponsored by Alkermes
Exhibit Hall - Metcalf Hall & Ziskind Lounge (BU)
2nd Floor of George Sherman Union
10:30 AM - 12:00 PM: Recovery Research Keynote

Why Target Happiness When Supporting Addictive Behavior Change?
Law Auditorium (BU)
Bettina Hoeppner, PhD, Harvard University Center for Addiction Medicine

Quality of life and psychological well-being are increasingly being recognized as important factors in outcomes of substance use treatment. Scant research, however, has addressed if and how these factors could successfully be targeted by interventions to support addictive behavior change. Empirically developed positive psychology exercises exist. In other health behavior change settings, interventions that leverage positive psychology interventions to support behavioral change are increasingly being developed. This body of research, however, has made little impact on the field of addiction. To address this gap, this presentation will share findings from two studies that leverage happiness exercises to support addictive behavior change: a randomized survey study, administered online, that tested if self-administered positive psychology exercises could impact happiness in 531 adults seeking or in recovery from problematic substance use; and a pilot study testing the feasibility of using these exercises to support smoking cessation as administered via a smartphone app.

10:30 AM - 12:00 PM: Athletics and Recovery Keynote

A Critical Intersection: A Discussion of Recovery Within Collegiate and Professional Athletics
Law Auditorium (BU)
Ariel Britt, MSW, The Phoenix
Randy Grimes, Transformations Treatment Center and Former NFL Player
Bernie Carbo, Diamond Club Ministries and Former Boston Red Sox Player
Jon Cross, Cross Wellness and Former NCAA Athlete
Madison Evans, Southeastern Louisiana University

College campuses are home to a variety of unique student populations requiring certain accommodations to help the student best succeed. Whether it’s veterans, LGBTQ+ students, first generation students, students in recovery, or student athletes- certain support structures need to be in place within the college environment. This session will gather a diverse pool of athletes to talk about an often overlooked intersection: athletics and recovery. What is it like being an athlete in recovery from addiction? What can we be doing better?

12:00 PM - 1:30 PM: Lunch Break (On Your Own)

12:30 PM - 1:30 PM: Bring Your Own Lunch Speaker - Former NBA Player Chris Herren
Conference Auditorium (BU)

Bring your own lunch!

Grab your own lunch from the food court and come hear Former NBA Player Chris Herren in the Conference Auditorium! An extraordinary basketball player, Chris Herren was a celebrated star in his native Fall River, MA before graduating high school. He went on to play at Boston College and Fresno State, two seasons in the NBA – including one with his hometown team, the Boston Celtics – and seven seasons overseas before losing it all substance use disorder. With the unwavering support of his family and friends, Chris has been in recovery since August 1, 2008 and now he shares his story with
the goal of making a positive difference in the lives of others.

12:30 PM – 1:30 PM: Recovery Meeting
Recovery Room, Dean’s Lounge (BU), 3rd Floor George Sherman Union

1:30 PM - 2:30 PM: ARHE Breakout Sessions

Faith, Religiosity, and Spirituality: Paths and Pitfalls to Recovery
Conference Auditorium (BU)
Stanton Corley, BA, MA, Baylor University
Lilly Ettinger, MDiv, Baylor University

Building recovery capital on college campuses is crucial to the success of students in recovery. In an effort to provide services that are broad, holistic, and inclusive, it is important that collegiate recovery centers and programs exhaust any and all potential resources; which include resources that support and assist students seeking faith or religious elements in their recovery. To do this, collegiate recovery programs should be aware of the how the church can hurt people in recovery, how they can help people in recovery, and how they can educate and collaborate with local churches to better serve those in recovery.

Ableism Awareness: Keeping Collegiate Recovery Communities Aware of Ableism
Law Auditorium (BU)
Trevor Gates, Western Carolina University
Antwane Mills, University of Southern Maine

Our presentation will be an effort to shine a spotlight on a social justice issue that is rarely discussed and almost never recognized. Many people are unaware of the definition of ableism and subsequently cannot easily recognize its’ far reaching implications. Similarly, many individuals are also often not aware of its harmful effects. We will be delivering a message of love and compassion for our fellow humans who are differently abled, held down by society, and uniquely impacted by unfortunate circumstances of life.

A Family Problem Requires a Family Solution: How Families are Affected by Addiction and What To Do About It
Conference Room 1 (BU)
Sherry Gaugler-Stewart, Structured Family Recovery Counselor/Spiritual Director, The Retreat

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. This session will look at ways families are affected by the disease of addiction, and how to overcome the obstacles that stand in the way of families finding support for themselves.

Recreation Collaboration: A Holistic Approach to Support Collegiate Recovery
Conference Room 2 (BU)
Gerard Love, EdD, University of Alabama
Andre Love, MS, University of Alabama

This program describes the benefits of a creative collaboration between a university recreation center and a collegiate recovery community. As a student-centered support service, the collegiate recovery community (CRC) acknowledges the importance of a holistic approach in early and ongoing recovery. Partnering with the student recreation center engages CRC members with multiple domains of wellbeing that are known to enhance and support recovery. This presentation highlights the impact of a campus resource on physical activity, joy and fun in a community of students in recovery. Assessment data and video to inspire will be shared.

Adolescents’ Perceptions of the 12-Steps’ Role in Supporting Their Recovery (or Not)
Conference Room 3 (BU)
Angela Nash, PhD, CPNP-PC, PMHS, Univ. of Texas Health Science Center Houston Cizik School of Nursing
Emily Hennessy, PhD, University of Connecticut
Crystal Collier, PhD, LPC-S, St. Martin’s Episcopal Church Hope & Healing Center

Twelve-step fellowships are free, found everywhere, and available any time of the day or week when professional services are not available. Research supports the recovery benefits of 12-step involvement for adults and youth. Yet less than 1% of AA and NA’s members are under age 21. This presentation gives an overview of 12-step research and presents findings from a qualitative research study that explored adolescent Alternative Peer Group participants’ experience and perceptions of the 12-steps’ role in supporting their recovery (or not). Implications for addressing barriers and promoting adolescents’ 12-step involvement will be discussed.

The Art of Self-Disclosure
Backcourt Dining (BU)
James Ryan, LCPC, Ashley Addiction Treatment

Working with young adults possess a myriad of challenges. One of these is the navigating the muddy waters of self-disclosure. “Are you in recovery?” is often one of the first questions a new client will ask when entering treatment. In the age of de-stigmatizing SUDs and Mental Health Diagnosis how much should we share as addiction professionals? In this round table we will discuss the difference between para-professional roles and those of licensed clinicians and identify how self-disclosure is used in these different roles. We discuss the pros and cons of disclosure as a counselor as well as the theoretical and historical roots.

The Role of Parents in Collegiate Recovery
Crispus Attucks (Hyatt)
Diana Clark, JD, MA, Turnbridge

Many young adults who struggle with Substance Use Disorders and other co-occurring disorders lack the tools and capacity to cope with the demands of recovery and other life challenges. As a result, parents often fill in the gaps of their young adults’ functioning and unwittingly promote continued dysfunction and regression. This session discusses how to engage parents in the treatment and recovery process and the relevant information and support they need to stop “over-functioning” and instead, focus on family recovery.
Healing through Post-Traumatic Growth
Paul Revere (Hyatt)
Ann Casiraghi, MS MS, Texas Tech University
Patrice Salmeri, MA, LADC, Augsburg University

This session will explore the need to address trauma in recovery, decreasing the effects of past trauma and preparing for inevitable future trauma, while growing along the recovery path through resiliency. Prior to and during addiction, recovering individuals have often encountered trauma. Left silent, trauma can lead to reduced life fulfillment, return to use, or suicidal tendencies. Trauma is associated with risk of suicide, with recurrent traumatic episodes leading to increased threat of suicidal tendencies. In this interactive session, participants will consider types of trauma that recovering individuals may have experienced and how trauma can interfere with solid recovery practices.

1:30 PM - 2:30 PM: ARS Breakout Sessions

Teacher Development and Support
Molly Pitcher (Hyatt)
Roger Oser, MAT, Action for Boston Community Develop
Rachelle Gardner, Hope Academy

This session will explore the different types of resources and trainings necessary to support and develop teachers in recovery high school environments. As part of this workshop we will review best strategies and tools that can be used by recovery high schools to support this work including but not limited to: professional development, curriculum, characteristics of adolescents in early recovery and pedagogical approaches, staff meeting protocols, and self-care.

Assessing Motivation: Student Eligibility vs. Suitability
William Dawes (Hyatt)
Morgan Thompson, MSW, Prevention Links
Breanna Cannetti, LCSW, LCADC, Prevention Links

Recruitment and retention are two of the greatest challenges facing recovery schools and their sustainability. Schools are often challenged with balancing adequate enrollment with appropriate enrollment. This session will assist new and existing Recovery High School programs in assessing whether a student is an appropriate fit for the recovery high school environment.

Educating Students in a Sober Environment: The Story of Fortis Academy
Thomas Paine (Hyatt)
Anthony Mays, PhD, Harris County Department of Education
Jonathan Parker, MEd, Harris County Department of Education
Anthony Moten, PhD
James Colbert, Jr., MEd, Harris County Department of Education

The Harris County Department of Education has created a public recovery high school committed to providing students with a high-quality education in a sober environment while supporting their recovery from substance use disorders. Participants will reflect on their current practices of how they educate and support these students and engage with the presenters around their journey. Participants will explore strategies and resources available.
1:30 PM - 2:30 PM: AAPG Breakout Sessions

**APGs as an Adolescent and Young Adult Attachment Focused Support**  
Haym Saloman (Hyatt)  
*Beth Eversole, LCSW, LCDC, Palmer Drug Abuse Program - Houston*

We will walk together through attachment theory as it applies to peer recovery support programs and open up the dialogue on how to engage teens and young adults through a lasting alliance with peers and providers.

2:30 PM - 2:50 PM: Coffee Break  
Sponsored by Alkermes  
Exhibit Hall - Metcalf Hall & Ziskind Lounge (BU)  
2nd Floor of George Sherman Union

2:50 PM - 4:30 PM: Keynote: TED-Style Advocacy Talks

**TED-Style Talks: Advocacy & Collegiate Recovery**  
Tsai Performance Center (BU)  
*Tom Hill, MSW, The National Council for Behavioral Health*  
*Sierra Castedo, MPH, The University of Texas at Austin, Center for Students in Recovery*  
*Sasha McLean, LMFT, LPC, Archway Academy*  
*Trevor Gates, Western Carolina University*  
*Antwane Mills, University of Southern Maine*  
*John Lehr*

Advocacy has been a part of the development of collegiate recovery and recovery high schools since their inception. Historically, efforts have been focused on raising awareness about recovery and creating spaces that acknowledge the important role recovery plays in an individual’s life. As these supports continue to grow, it is also important for our communities to embrace inclusion and diversity. These TED-Style talks will bring some of those issues to the stage.

4:30 PM - 5:30 PM: Exhibit Hall Reception  
Sponsored by The Ranch at Dove Tree  
Metcalf Hall & Ziskind Lounge (BU), 2nd Floor George Sherman Union

Prizes, giveaways, and carnival food - do we need to say anything else? Join us in the conference exhibit hall to connect with attendees, meet the exhibitors, and enjoy some fun prizes and free carnival food!

5:30 PM -6:30 PM Scavenger Hunt: Explore Boston through the ARHE Boston Scavenger Hunt!  
Find historical and quirky sites around the city on your own throughout the week, and with a team at the ARHE Scavenger Hunt Meet-up! Participants will meet their ARHE Boston Scavenger Hunt team at 5:30 pm on Monday, July 1 in the heart of Boston - just a quick ride on the Green Line from Boston University. Winners will be announced and prizes given on Tuesday! ARHE Boston Scavenger Hunt coordinated by the Boston University Collegiate Recovery Program.
7:30 PM – 8:30 PM: Recovery Meeting
Recovery Room, Dean’s Lounge (BU), 3rd Floor George Sherman Union

8:00 PM – 10:00 PM: Comedy Show

**Addiction 101: A Comedic Lecture by John Lehr**
Tsai Performance Center (BU)

Located in the Tsai Performance Center at Boston University. Lehr is the original Geico Caveman from the widely successful advertising campaign. He also in starred in “10 Items or Less” on TBS, and on Hulu’s original comedy western “Quickdraw.” Lehr co-created, wrote and executive produced both series.

A recovering alcoholic and drug addict for 23 years, Lehr is a seasoned monologist and comedian who speaks openly about his personal/career struggles, his continuing sober journey and the importance of an authentic sense of humor. Lehr recently headlined the annual charity event for the Atlanta Caron Treatment Center.

In “Addiction 101: A Comedic Lecture” Lehr discusses the psychology of addiction, the importance of community in recovery and how the true work of sobriety begins after you quit drinking/using. The performance is honest, compassionate and hilarious.

10:00 PM – 11:00 PM: Student Pioneer Ignite Talks
Conference Auditorium (BU)

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5:30 AM - 9:00 AM: Breakfast in Exhibit Hall
Metcalf Hall & Ziskind Lounge (BU), 2nd Floor George Sherman Union

7:30 AM - 11:00 AM: Exhibit Hall Open
Metcalf Hall & Ziskind Lounge (BU), 2nd Floor George Sherman Union

7:30 AM - 11:00 AM: Gratitude Lounge Open
Terrace Lounge (BU), 2nd Floor George Sherman Union

7:30 AM - 11:00 AM: Recovery Room Open
Dean’s Lounge (BU), 3rd Floor George Sherman Union

7:30 AM – 8:30 AM: Recovery Meeting
Recovery Room, Dean’s Lounge (BU), 3rd Floor George Sherman Union

8:00 AM - 9:00 AM: ARS Position Papers
Conference Auditorium (BU)

9:00 AM - 10:30 AM: ARS Closing Session
Conference Auditorium (BU)

9:00 AM - 10:30 AM: ARHE Extended Breakout Sessions

**Digital Technologies and Collegiate Recovery: The Good, The Bad, The Uncertainty**
Law Auditorium (BU)
Brandon Bergman, PhD, Recovery Research Institute
Vikram Chiruvolu, MA
Robert Ashford, MSW, PhD Student, University of the Sciences

Virtually all (94%) young adults ages 18-29 own a smartphone and 9/10 participate on social network sites (SNSs) like Instagram and Facebook. These digital technologies are being leveraged to address substance use disorder (SUD), and to support individuals in SUD recovery. At the same time, mainstream college students are likely to interact with pro-substance content on messaging applications (e.g., Snapchat) and SNSs, leading potentially to increased substance use. In this roundtable of clinical researchers who work at the intersection of technology and SUD recovery, we apply these findings to collegiate recovery students, discuss their implications, and offer scientifically/clinically-based recommendations.

**Supporting Eating Disorder Recovery in Collegiate Recovery Communities**
Conference Room 2 (BU)
Jessica Medovich, BS, CES, Y12SR, Kennesaw State University, Center for Young Adult Addiction and Recovery
Diana Monsour, LCDC, LPC-I, Texas Tech University Center for Collegiate Recovery Communities
Ellie Thomas, RDN, MHSc, Kennesaw State University Health Promotion and Wellness

Research shows that 30% of individuals with a substance use disorder (SUD) will also have an eating disorder (ED). With this evidence, collegiate recovery programs (CRPs) that primarily support substance use disorders will find that it is also important to provide support for individuals with ED. KSU and TTU advocate for inclusivity in CRPs by supporting students in eating disorder recovery. Presenters will discuss features of their programs including their successes and areas of growth. Presentation will include collegiate recovery student’s personal experience of what it is like to be in recovery from an ED in a CRP.

**Shame and Scarcity in the Collegiate Experience as a Recovering Student**
Conference Room 1 (BU)
Heather Fotion, LMFT, Certified Daring Way Facilitator Candidate, Northbound Treatment Services
Jaime Garza, MS, NCAC-II, The University of Alabama

Shame, scarcity (the “not enough” problem), comparison, and criticism run rampant in our heads. This session will speak to the implementation of Dr. Brené Brown’s Daring Greatly™ curriculum in clinical programming with students in early recovery. We will discuss shame resiliency, how to conceptualize college as a place where students can learn to show up, be seen, and live brave™ in their recovery; and how to re-author their stories to be one of courage through vulnerability. Attendance at this event does not mean participants have been trained in The Daring Way™.

**It Takes a Village: Residence Life and Collegiate Recovery Housing**
Backcourt Dining (BU)
Anna Treviño, MEd, LPC, LCDC, Texas Tech University Center for Collegiate Recovery Communities
Valerie Valdez, BS, Texas Tech University, University Student Housing

Since 2011, Texas Tech University (TTU) Residence Life has supported students in recovery who are members of the Center for Collegiate Recovery Communities (CCRC). The staff in Residence Life have provided CCRC students a dedicated space so recovering students could reside with their peers. This workshop will present how the collaboration between the CCRC and residence life has been highly effective and vital for students who are in our program. During the workshop, recovery housing peer leaders, and CCRC staff will share the importance of fostering relationships within the university and the successes of this joint effort.

9:00 AM - 10:30 AM: AAPG Breakout Sessions

**Enthusiastic Recovery**
Conference Room 3 (BU)
Pamela Ball, LCDC, Beyond Your Best Counseling, LLC

Alternative Peer Group Programs foster programming that imbues enthusiastic recovery through enthusiastic, client-centered peer recovery staff. The section will focus on identifying, recruiting, training, and shaping enthusiastic recovery staff. The pitfalls and triumphs of staffing, training, and working with youth and adult staff in the recovery community will be discussed.
11:00 AM - 12:30 PM: Closing Keynote: ARHE Members’ Choice

Harm Reduction and its Role in Collegiate Recovery
Tsai Performance Center (BU)
Kristine De Jesus, PsyD, Montclair State University
Jarmichael Harris, MS, East Carolina University
Sazha Ramos, Rutgers University
Devin Reaves, MSW, CRS, Pennsylvania Harm Reduction Coalition
Ahmed Hosni, MSW, The Ohio State University

Collegiate recovery has traditionally been abstinence-based and has served almost exclusively students of Euro-American ancestry. Those who manage and participate in collegiate recovery programs believe in the value of inclusion, and know that the “war on drugs” has done irreparable harm to people of color. By broadening the definition collegiate recovery to include harm reduction and multiple pathways to recovery there is an opportunity to create a more diverse recovery community, engage students in a recovery affirming community, and establish a more holistic approach to achieve wellness.
Morgan Pettis, Baylor University
Collegiate Recovery Student of the Year

Morgan is a recent graduate of Baylor University with a BA in Professional Writing and Rhetoric. During her time at Baylor, she was an active member of the Beauchamp Addiction Recovery Center and founded the Peer Ally Coalition. Morgan will be attending the University of Tennessee at Knoxville for her MSSW in the fall.

Dustin Huckabe, The University of Oklahoma
Collegiate Recovery Student of the Year

Dustin Huckabe is a person in long-term recovery and has been sober since May 26, 2011. He is from San Antonio, TX and recently married to Emma Huckabe, who is also in long-term recovery. They both attended The Center for Collegiate Recovery Communities at Texas Tech University. Upon Emma’s graduation in May of 2018, they relocated to Moore, Oklahoma, where Dustin is a Senior Undergraduate Student majoring in Social Work at The University of Oklahoma and plans to obtain his Master’s in Social Work by 2021. Dustin’s passion for collegiate recovery grew after he attended ARHE’s National Conference in Washington D.C. in the summer of 2017. After transferring from Texas Tech University, he recognized the need for a Collegiate Recovery Program at The University of Oklahoma and has been dedicated to developing and implementing a CRP since. He has established weekly 12-Step All-Recovery meetings on-campus and the student organization, Students In Recovery (SIR). He looks forward to providing a safe, sober environment for students who are in recovery or are currently seeking recovery from addiction.
Kristina Canfield, The University of Alabama at Birmingham
Collegiate Recovery Staff of the Year

Kristina attended Ohio University in Athens, Ohio where she earned both her bachelor's degree in History and a master's degree in College Student Personnel. During her time at Ohio University, Kristina helped to establish the Collegiate Recovery Community in order to assist students in or seeking recovery from substance use disorders on that campus. After graduation, she worked in an inpatient treatment facility where she continued to gain valuable experience in the continuum of care for substance use disorders. Before coming to The University of Alabama at Birmingham, she was employed as the program coordinator for the Collegiate Recovery Program (CRP) at The University of Texas Rio Grande Valley. She is passionate about recovery advocacy, overdose prevention, health promotion, and alcohol and drug prevention and intervention. Kristina is also a person in long-term recovery, and celebrated 14 years substance-free in February 2019.

Thomas Guerra, Florida International University
Collegiate Recovery Advocate of the Year

Thomas is a recent graduate of Florida International University (FIU) with a masters degree in mental health counseling. He also received his bachelors degree in psychology from FIU in 2015. During his time as a student, he founded Panthers for Recovery, a student organization dedicated to helping students in recovery. For his efforts with Panthers for Recovery, he received a Shining Star award from FIU Student Affairs and was recognized as a Worlds Ahead Graduate during his recent graduation. Thomas divides his time between South Miami Recovery and FIU, helping to lead the transition of Panthers for Recovery into a Collegiate Recovery Program. Thomas’ favorite job, though, is being a father to his kids, Anthony, 3, and Anabella, 6. His personal recovery has allowed him to be present for his family and help others do the same.

Jason Whitney, Penn State University
ARHE Cornerstone Award for Student Support

Dr. Jason Whitney is Program Coordinator and co-founder of the Penn State Collegiate Recovery Community and an Assistant Professor of Education. Dr. Whitney is faculty advisor of the Penn State CRC’s affiliated student organization, Lions For Recovery, serves on the Board of Directors for the Penn State CRC’s alumni interest group, Lions In Recovery, and served on the board of ARHE as Northeast regional representative from 2014-2017. He studies the lived experience of students in recovery. His own recovery began while he was a student at the University of Colorado at Boulder in 1991.
La Hacienda Treatment Center
Collegiate Recovery Philanthropists of the Year

La Hacienda Treatment Center has a long standing commitment to serving the specific needs of young people. Our Collegiate Program, which began in 1995, addresses the unique challenges 18 – 24 year olds face in addressing their addiction and establishing a life in recovery. Understanding the importance of peer group and a supportive environment for this age group, La Hacienda places a high value on Collegiate Recovery Programs, beginning 15 years ago with our support for University of Texas’ Center for Students in Recovery in Austin. We believe a fully recovered life includes pursuing one’s dreams and fulfilling potential. For many of our patients a return to college is an essential part of that and we encourage connection with collegiate recovery programs for the support they need while living life to the fullest.

Frank Allison
ARHE Lifetime Achievement Award

Frank Allison was born May 27, 1966 as the youngest of 8 children. He loved his family fiercely and was authentically compassionate towards others on his life’s journey. Sobriety became a new way of life for him beginning March 22, 2006. Frank was a perfectionist with a tenacious spirit. He surpassed the general advice of others to attend 90 meetings in 90 days. Instead, he attended 270 meetings in 90 days! He received his Associate’s degree from Granville Community College in 2013. He pursued his insatiable thirst for knowledge at UNC Chapel Hill. There he received a Bachelor’s degree in Psychology in 2015 and a Master’s degree in Social Work, May 12, 2018. Frank took to heart the call to serve others. During the years 2006-2013, he spearheaded the creation of the Wake Forest Alano Club, a gathering place for kids of 12 Step groups including AA, NA, AlAnon and Smoker’s Anonymous. He was a true 12th Stepper, carrying meetings to anywhere a void existed; prisons, hospitals, campuses and sober living platforms including Oxford Houses.

At UNC Chapel Hill Frank walked as a peer both among students and professionals. He was a master listener ready to inject hope, faith and encouragement into others experiencing despair and doubt. He had an ingeniously creative mind, ready and eager to share alternative thinking in the pursuit of personal peace in the midst of sobriety’s obstacles. It was therefore no surprise that he would become the college’s first Program Coordinator of Recovery Initiatives. He eagerly drove vans full of students to conventions, provided them and their families with sober social activities during high stress times, sporting events and the holidays. He began presenting at conferences nationally. He created The Soles of Recovery Art Display, inviting recovering students to tell their stories artfully using a shoe. He was very relatable, after all, Frank walked in most of the shoes in the display. One of his greatest strengths was his willingness to be vulnerable.

The Addiction Professionals of North Carolina presented Frank Allison the OUTSTANDING New Professional Award for his Passion, Innovation, Contribution and Commitment to the Substance Use Disorder Field in October of 2018.
Diana Williams MSW, LCSW has 30 years of experience working in the field of substance abuse and mental health. She is currently a Project Director of the Center for Behavioral Health for Altarum in Washington, DC. Previously Ms. Williams was the Behavioral Health Deputy Director at the Office of Mental Health and Addiction Policy and Planning, Department for the Indiana Division of Mental Health and Addiction where she was the Single State Authority. She also has experience in the Criminal Justice system where she was the Program Director for the Indiana Department of Corrections and implemented substance abuse and skill building programs throughout the 32 prisons in the state. She spent 10 years as an associate professor at Indiana University teaching graduate Social Work students about Substance Use Disorders and Recovery. In her career Diana has dedicated her time to raising the awareness of the benefits of recovery from addiction, developing programs for substance abuse clients and been an advocate of integration of systems for the better health and well-being of all people. She is a mentor for many young people who are interested in working in the field of recovery and has been a long time recovery ally and champion for ARHE and ARS.

Tom Hill began at the National Council for Behavioral Health in March 2017 and currently serving as Vice President of Practice Improvement. Tom previously served as a Presidential Appointee in the position of Senior Advisor on Addiction and Recovery to the SAMHSA Administrator. As part of this post, Tom initially served as Acting Director of the Center for Substance Abuse Treatment. Prior to his appointment, he was a Senior Associate at Altarum Institute, serving as Technical Assistance Director for a number of SAMHSA treatment and recovery support grant initiatives. He also served for four years as Director of Programs at Faces & Voices of Recovery.

Reflecting his commitment to the goal of long-term recovery for individuals, families, and communities, Tom has also served on numerous Boards of Directors, advisory boards, committees, and task force/working groups. He is the recipient of numerous awards including the Johnson Institute America Honors Recovery Award, the NALGAP Advocacy Award, and a Robert Wood Johnson Fellowship in the Developing Leadership in Reducing Substance Abuse initiative.
SAVE THE DATE
SAN DIEGO, CALIFORNIA
JUNE 23RD - JUNE 27TH, 2020
11TH NATIONAL COLLEGIATE RECOVERY CONFERENCE
19TH NATIONAL RECOVERY SCHOOLS CONFERENCE
4TH NATIONAL ALTERNATIVE PEER GROUPS CONFERENCE