



# 2020 ARHE ARS AAPG CONFERENCE

**Hosted Virtually This Year!**

**JUNE 22ND -  
JUNE 25TH, 2020**



**Family time is  
time well spent.**



Let's break the cycle of  
addiction before it begins.

Learn more at the [hanleyfoundation.org](https://hanleyfoundation.org)



# TABLE OF CONTENTS

ARHE Welcome	4
ARS Welcome	5
AAPG Welcome	6
Sponsors	7
Staff, Boards, and Committee	11
CE Language	14
Pre-Recorded Sessions Available Online	18
Monday Schedule of Events	21
Tuesday Schedule of Events	22
Wednesday Schedule of Events	29
Thursday Schedule of Events	37
Award Winners	44



# ARHE WELCOME

## Dear ARHE Community:

I would like to welcome you to the 11th annual Association of Recovery in Higher Education (ARHE) Collegiate Recovery virtual conference on behalf of the ARHE Board of Directors. We are grateful to all of you for adjusting to these unprecedented times by coming together online, and we are grateful to our Executive Director, Tim Rabolt, the conference planning committee and the conference steering committee for ensuring we have a great event full of connecting, sharing, and generating momentum for the collegiate recovery movement, even though we cannot meet in person.

This conference is being held during a pivotal moment in history for our field, our country, and the globe. What may prove to be the largest movement for civil rights for Black lives is occurring right now during LGBTQIA Pride Month, simultaneously with a global pandemic that has forced the world to reassess how we come together to learn and care for one another. Social justice, equity for oppressed identities, and public health are all issues that are integral to and inseparable from the recovery movement. In each of these areas, we in the collegiate recovery field have been challenged to do better. It is my sincerest hope that this year's conference serves as a place for our community to learn and to take action that challenges the systemic injustices inherent in both higher education and recovery. That we must do so in an environment so fundamentally changed by the realities of COVID-19 requires all the ingenuity, compassion, and resilience that our field can muster. Having been a part of this field as a student in need, as a staff member, and now as a researcher, it is my firm belief that the people who make up the field of collegiate recovery are up to this grand challenge. It is incumbent upon all of us to put in the work.

During this conference, it is our hope that you will connect with your colleagues from across the field to learn from one another, to be challenged by one another, and to support one another. We hope that these connections do not end when the conference ends, but carry you forward to enrich and deepen your service to students in recovery and prospective students in recovery for years to come. Together, we can work toward a more just and equitable world for people in recovery on their journey to higher education and beyond.

Sincerely,

Sierra Castedo de Martell, MPH  
ARHE Board President



# ARS WELCOME



Dear ARS Community:

On behalf of the board of Directors of the Association of Recovery Schools (ARS), welcome to the 19<sup>th</sup> annual Recovery Schools Conference. This year's conference is once again co-hosted by our friends at the Association of Recovery in Higher Education (ARHE) and the Association of Alternative Peer Groups (AAPG). Special Thank you to Tim Rabolt and the conference planning committee that have made the adjustments necessary to make this virtual conference possible!

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

This year's conference will also provide an opportunity for schools, institutions, and individuals to reflect and plan on how we will continue our work both individually and collectively as we navigate the uncharted waters of the Covid era.

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

Sincerely,

Roger Oser  
ARS Board President





# AAPG WELCOME



It is a great pleasure and honor to welcome you to the 2020 Virtual Conference! 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 unequalled 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 can do anything to make your time hear more helpful, please ask. HAVE a Blast!!!!

Sincerely,

The AAPG Board of Directors



**Association  
of  
Alternative  
Peer Groups**



# SPONSORS





### About ARHE

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

### Mission and Vision

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

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

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

### What is Collegiate Recovery?

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

### Membership

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

### Learn more

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

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



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

## ARS BOARD OF DIRECTORS

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

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

**Rachelle Gardner, Past Chair**  
Chief Operating Officer for Hope Academy  
Indianapolis, Indiana

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

**Michael Durchslag, Secretary**  
Director of P.E.A.S.E. Academy  
Minneapolis, Minnesota

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

**Tom Hill, Board Member**  
Vice President of Practice Improvement at the  
National Council on Behavioral Health  
Washington, DC

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

**Parker Cragg, Board Member**  
Former Director of Three Oaks Academy  
Houston, Texas

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

**Devin Reaves, Board Member**  
Certified Recovery Specialist  
Philadelphia, Pennsylvania

**Morgan Thompson, Board Member**  
Director of Academics and Recovery Support  
Services at Prevention Links  
Roselle, New Jersey

**Seth 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.

PALMER  
DRUG ABUSE PROGRAM



LIFEWAY  
INTERNATIONAL



TAFS  
TRUTH & HOPE SERVICES

Beyond  
Your Best  
COMMUNITY

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

**MEM  
BER  
SHIP**

To become  
a member

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

please contact  
(713) 254-9719.



# STAFF, BOARDS, & COMMITTEES

## 2020 CONFERENCE CORE COMMITTEE

Tim Rabolt, Association of Recovery in Higher Education  
Kristina Canfield, University of Alabama at Birmingham  
Shelly Young  
Sierra Castedo de Martell, University of Texas at Austin  
John Cates, Lifeway International, Inc.  
Kristine De Jesus, Montclair State University  
Ahmed Hosni, The Ohio State University  
Ryan Morgan, Independence Academy  
Brittany Lynner, San Diego State University  
Susie Mullens  
Robert Shearon, CU Boulder

## 2020 CONFERENCE STEERING COMMITTEE

Tim Rabolt, Association of Recovery in Higher Education  
Kristina Canfield, University of Alabama at Birmingham  
Angie Bryan, UC Santa Barbara  
Shauntelle Hammonds, Virginia Commonwealth University  
Kym Williams, University of Arkansas  
Trevor Gates, Western Carolina University  
Keith Murphy, Rutgers University  
Lilly Ettinger, Baylor University  
Lynn Gilbert, St. Joseph's Addiction Treatment & Recovery Centers  
Noel Vest, Stanford University  
Travis Lawson, Indiana University

## ARHE STAFF & BOARD MEMBERS

Tim Rabolt, Executive Director  
Louise Irizarry, Business Manager  
Olivia Pennelle  
Ali Clements, Intern  
Maysa Mohmoud, Intern  
Asia Brown, Intern  
Erin Jacobson, Intern  
Katana Evans, Intern  
Paola Rivas, Intern

Amanda May, Intern  
Anna Alford, Intern  
Justin North-Olague, Intern  
Hallie Hilsabeck, Intern

## Board of Directors:

Tom Kimball, President  
Sierra Castedo de Martell, President Elect  
Amy Boyd Austin, Past President  
Patrice Salmeri, Ex-Officio  
Anne Thompson Heller, Secretary  
Tom Bannard, Treasurer  
Shauntelle Hammonds, Member at Large  
Keith Murphy, Northeast Regional Representative  
Jarmichael Harris, Mid-Atlantic Regional Representative  
Blake Schneider, Southeast Regional Representative  
Ahmed Hosni, Midwest Regional Representative  
John Shiflet, Southwest Regional Representative  
Waltrina DeFrantz-Dufor, Mountain Regional Representative  
Angie Bryan, Pacific Regional Representative

## AAPG BOARD MEMBERS

John Cates, MA, LCDC, Chairperson, Executive Director of Lifeway International, Inc.  
Anette Edens, PhD, Vice Chairperson, Licensed Psychologist and Author  
Crystal Collier, PhD, LPC-S, Secretary, Therapist, Author, Educator, DrCrystalCollier.com  
Pam Ball, LCDC, Treasurer, Executive Director of Beyond Your Best Counseling  
George Youngblood, LCDC, Board Member, Chief Executive Officer of Teen and Family Services  
Sasha McLean, LMFT, LPC, Board Member, Executive Director of Archway Academy  
Beth Eversole, LCSW, LCDC, Board Member, Executive Director - Palmer Drug Abuse Program  
Houston  
Scott Basinger, PhD, Board Member, Baylor University  
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

## ARS BOARD OF DIRECTORS

Rachelle Gardner  
Sasha McLean  
Roger Oser  
Dr. Andrew Finch  
Rebecca Bonner  
Michael Durschlag  
Devin Reaves  
Parker Cragg  
Jonathan Salzburg



# CE LANGUAGE

## LIVE / ENDURING MATERIAL LEARNER NOTIFICATION

**2020 11th National Collegiate Recovery Conference / 19th National ARS Conference**

**June 22-25, 2020**

**Date of CE Expiration: December 31, 2020**

**Location: Live / Recorded / Online**

### **Acknowledgement of Financial Commercial Support**

No financial commercial support was received for this educational activity.

### **Satisfactory Completion**

Learners must listen to each self-directed audio recording while following along with the visual slides/ read the articles and complete an evaluation form to receive a certificate of completion. You must participate in the entire activity as partial credit 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.

### **Live Online Continuing Education Language**

#### **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. Up to **23.5** hours.

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

**MI:** No CE requirements

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

**The following state boards accept courses from APA providers for Addictions Professionals:** AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held)\*, OK, OR, SC, UT, WA, WI, WY

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

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

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

## Social Workers



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 Up to **23.5** continuing education credits.

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

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

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

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

**The following state boards accept courses offering ASWB ACE credit for MFTs:** AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK, PA, RI, 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 offering ASWB ACE credit for Addictions Professionals:** AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

## Licensed Alcohol and Drug Counselors

This course has been approved by Association of Recovery in Higher Education (ARHE), as a NAADAC Approved Educational Provider, for Up to **23.5** credits CE. NAADAC Provider #169876, Association of Recovery in Higher Education (ARHE) is responsible for all aspects of their programming. Counselor Skill Groups: 4, 6, & 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:** AL, 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

## **Enduring / Recorded Continuing Education Language**

## 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. Up to **84.5** hours.

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

**MI:** No CE requirements

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

**The following state boards accept courses from APA providers for Addictions Professionals:** AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held)\*, OK, OR, SC, UT, WA, WI, WY

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

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

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

## Social Workers



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 Up to **84.5** continuing education credits.

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

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

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

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

**The following state boards accept courses offering ASWB ACE credit for MFTs:** AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK, PA, RI, 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 offering ASWB ACE credit for Addictions Professionals:** AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

## Licensed Alcohol and Drug Counselors

This course has been approved by Association of Recovery in Higher Education (ARHE), as a NAADAC Approved Educational Provider, for Up to **84.5** credits CE. NAADAC Provider #169876, Association of Recovery in Higher Education (ARHE) is responsible for all aspects of their programming. Counselor Skill Groups: 4, 6, & 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:** AL, 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

**Objectives - After Attending This Program You Should Be Able To** Demonstrate the continuum of care of recovery support services through the implementation of collegiate recovery programs, recovery high schools, and alternative peer groups.

1. Analyze the latest in addiction and recovery research as it relates to the emerging adult populations.
2. Convene key stakeholders from the collegiate recovery, recovery high school, and alternative peer group communities to share best practices and strategize for further growth.

### Disclosure of Conflict of Interest

The following table of disclosure information is provided to learners and contains the relevant financial relationships that each individual in a position to control the content disclosed to Amedco. All of these relationships were treated as a conflict of interest, and have been resolved. (C7 SCS 6.1-26.2, 6.5)

All individuals in a position to control the content of CE are listed in the program book. If their name is not listed below, they disclosed that they had no relevant financial relationships.

Kristina	Canfield	ARHE:Consultant
George	Comiskey, PsyD, LCDC, ICPS	Book Co-Editor:Co-publisher of a compilation of plays from the Plays on Tap series.
Jonathan	Saltzburg, MBA	Caron Treatment Centers:Employee
Kateri	Coyhis	Wellbriety

### How to Get Your Certificate:

1. Go to <http://arhe.cmecertificateonline.com>
2. Click on the “**2020 11th National Collegiate Recovery Conference / 19th National ARS Conference**” link.
3. Evaluate the meeting.
4. Print all pages of your certificate for your records.

Questions? Email [Certificate@AmedcoEmail.com](mailto:Certificate@AmedcoEmail.com)

### Contact Information

If you have questions regarding this enduring material activity, please contact us at [kr210507@gmail.com](mailto:kr210507@gmail.com).



## PRE-RECORDED SESSIONS AVAILABLE ONLINE

### **Naloxone Distribution Program: Lessons From Our Creation and Implementation on a University Campus**

*Aaron Brown, MPH, CHES, San Diego State University*

*Tamren Johnk, BA, San Diego State University*

This session will provide attendees with insight on how to implement and evaluate a naloxone distribution program at a university. During the 2019 - 2020 academic year, San Diego State University (SDSU) launched its inaugural naloxone distribution program. Session objectives include outlining the components of the program including project timeline, naloxone (Narcan) obtainment, vital campus partners, marketing materials, and educational materials used during training sessions. Attendees will leave with a step-by-step guide to creating and implementing the program. In addition, SDSU's program evaluation and data collection will be reviewed. If your university or organization is interested in starting a naloxone distribution program, this session will prepare you.

### **How Over-prescribing Habits Drove the Opioid Epidemic, Revitalized the Methamphetamine Epidemic and Fuel the Benzodiazepine Epidemic**

*Dr. Patrick Gallus, Gallus Medical Detox Centers*

To explore the factors and behaviors underlying the opioid crisis, the parallels with benzodiazepine use, as well as the reemergence of the methamphetamine epidemic. To understand the role of medical detoxification in addressing these addictions, including alcohol and polysubstance use. To review lessons from case studies in how prescription abuse can go undetected and result in crises.

### **Trust the Process: Lessons Learned in Starting a CRC**

*Thomas Guerra, MS, Florida International University*

*Sherri Ahern, MA, Florida International University*

The purpose of this presentation is to outline the start-up efforts at FIUs CRC and the barriers along the way in expanding into a CRP. The presentation will focus on what happened, what was learned along the way, mistakes made that can be avoided, and motivation for up and coming CRCs and CRPs.

### **Hope & Despair: Two Sides of the Same Coin**

*Robert Hilliker, LCSW-S, LCDC, Ethos Behavioral Health Group*

This is a presentation that covers the connection between hope and despair. Participants will be guided through the learning objectives and develop a meaningful connection to both the presenter and each other. Most importantly, attendees will learn about improving therapeutic connection and outcomes and how to apply the concepts of hope and despair to recovery.



## PRE-RECORDED SESSIONS AVAILABLE ONLINE

### **Experiences of Students in Collegiate Recovery Programs: A Critical Case Study**

*Dory Hoffman, PhD, University of South Carolina*

This presentation features findings from a critical ethnographic case study on the experiences of students in collegiate recovery programs (CRPs). This study was sponsored by the Association of College and University Housing Officers. Attendees will hear about the experiences of college students in recovery along with methods to duplicate this study. Information will be given on the importance of qualitative methods in addiction research so students in recovery can tell their own stories. Prevention of substance use will be explored in relation to technological advances such as the sale of illicit substances on social media and use of vapes.

### **Abstinence vs. Non-Abstinence: Endorsing a Non-Abstinence-Based Approach for Eating Disorder Recovery in an Abstinence-Based Substance Use Disorder Collegiate Recovery Program**

*Diana Monsour, MEd, LCDC, LPC-Intern, Texas Tech Center for Collegiate Recovery Communities*  
*Michelle Cowan, PhD Candidate, Texas Tech Center for Collegiate Recovery Communities*

With multiple pathways to recovery, the multifaceted nature of addiction (and addiction treatment) directly impacts how Collegiate Recovery Programs (CRPs) operate and support students. When providing support for issues other than substance use disorders (SUDs), like eating disorders (EDs), the tensions between treatment approaches become increasingly complex. For instance, even though Texas Tech University requires all CRP students to maintain abstinence from drugs and alcohol, including students in ED recovery, TTU takes a non-abstinence approach to its overall ED recovery program. We will present both scientific evidence and personal experience indicating the effectiveness of non-abstinence-based approaches for ED recovery.

### **Fortis Academy: The Second Year of a Public Recovery High School**

*Jonathan Parker, BS, MEd, Harris County Department of Education*  
*James Colbert, Harris County Department of Education*  
*Dr. Anthony Mays, Harris County Department of Education*  
*Dr. Anthony Moten, Harris County Department of Education*  
*Beverly Dotson, The Turning Point*

Attendees will learn how the Harris County Department of Education, located in Houston, Texas, has partnered with Local Independent school Districts to build a sustainable public recovery high school, Fortis Academy. Additionally, participants will learn of key decisions that have ensured that Fortis Academy is a viable option for students, suffering from Substance Use Disorders, now and in the future.

### **Recovery Housing: Campus and Community Solutions**

*Sazha Ramos, BA, SAFE Project*

*Amy Pavlic, UNCG*

This presentation will highlight the importance of how having a safe and supportive place to live is a vital part of a well-rounded recovery wellness plan. It presents the importance of recovery housing, especially in the collegiate setting, different models available, and some of the challenges and barriers to access. Lastly, the audience will hear the personal experience of the journey to getting an Oxford House on a collegiate recovery campus.

### **Beyond ACE's: Supporting Resiliency Focus for Sustained Recovery Outcomes**

*Kenneth Roberts, MPS, LPCC, LADC, NUWAY*

The behavioral health field has progressed in recognizing the impact of adverse childhood experiences (ACE) as a key factor in supporting a sustained whole person recovery process. A critical next step is continuing to promote a strengths-based resiliency focus through both client/agency education and the delivery of evidence-based modalities. Participants in this session will review the categories of adverse childhood experiences, explore the need for shifting trauma treatment/recover from a deficit to strength-based perspective and learn strategies for both developing trauma informed culture and employing evidence-based care modalities.

### **References Available Upon Request: Learning How to Propel Prevention Forward Through Service**

*Allison Smith, PhD, Louisiana Board of Regents*

In this power point-based session, attendees will be reminded of the power of cultivating collaborative relationships - both on and off college campuses. This session will be geared to small and/or understaffed entities who are charged with servicing a large populace with limited time and resources. Additional topics to be covered will be choosing opportunities that yield the best return on your time investment, building statewide rapport, and leveraging your relationships - all while meeting mandated and/or funding requirements. Examples of successful campus-community collaborations will be shared with attendees. Attendees will also be able to see how the accumulation of "small" wins can result in "big" payoff --- like the establishment of a Collegiate Recovery Program.



# MONDAY, JUNE 22, 2020

## **8:00 AM - 5:00 PM: Conference Hub/Lounge Open**

*Drop in to say hello or ask any questions.*

## **8:30 AM - 9:30 AM: LGBTQIA All-Recovery Meeting**

## **11:30 AM - 2:50 PM: Pre-Conference Sessions**

### **Recovery Ally Training - Hosted by Cougars in Recovery from the University of Houston**

*Leah Singer, MEd, LPC, RYT-200, Cougars in Recovery*

*John Shiflet, MSW, Cougars in Recovery*

To promote the inclusivity of and sensitivity towards individuals in recovery by empowering attendees with the tools and knowledge to interact empathically and knowledgeably to support those in recovery and those struggling with active substance use.

### **Surviving to Thriving: Supporting Recovery through a Wellness Lens**

*Mackenzie Hogan, MA, The Ohio State University*

*Ahmed Hosni, MSW, The Ohio State University*

Providing recovery support services on campus is the core mission of Collegiate Recovery Programs. As evidence continues to validate the importance of CRPs on campus, new approaches to student support and engagement are necessary to meet the unique needs of students in recovery in a variety of program structures. Wellness Coaching supports college students by enhancing holistic wellness, health, and success through empowering conversations. Ohio State University's CRC staff will discuss how they have incorporated the practice of wellness coaching into their support structure and the benefits of a strengths-based approach to recovery student development.

### **Romancing the Brain**

*Cynthia Moreno Tuohy, BSW, NCACII, CDCIII, SAP, NAADAC the Association for Addiction Professionals*

With funding from NIDA, Cynthia Moreno Tuohy worked with Danya International to conceptualize, develop, and evaluate a multi component, multi-media tool for use by addiction and other helping professionals to assist adults and youth improve their life traumas and conflict through knowledge, attitudes and skills developed in the frontal cortex of the brain. Rein in Your Bran are an intensive set of psycho-emotional-social- spiritual Cognitive Behavioral Therapy (CBT) treatments that, if followed, will result in brain pathway and lifestyle changes. This program affects behavioral learning with emotional development and maturity that results in long-term changes in the brain and behavior. This training will be a short introduction into the foundational pieces of the curriculum focusing on the brain and its development in addiction and conflict, methods to change the neuro pathways in the brain and reduce conflict with self and others.

## **The Keys to Fundraising and Board Development for Successful Collegiate Recovery Programs**

*Kitty Harris, PhD, LCDC, LMFT, Summit Behavioral Health*

*Teresa Johnston, MA, LPC, Master Addiction Certification, Kennesaw State University, Center for Young Adult Addiction and Recovery*

*Patrice Salmeri, MA, LADC, Salmeri & Associates*

The Fundraising and Board Development for Successful Collegiate Recovery Programs session focuses on the best practices involved in collegiate recovery fundraising. We will discuss how to assess your program with respect to possible donors in the community or state. Additionally, we will examine the steps to approach your college or university for possible funding opportunities and the collateral materials you might consider. Another important aspect of successful fund raising is the establishment of an Advisory Board. The Advisory Board can not only help with guidance of the CRP but also work as a funding resource. We will discuss and provide examples of board documents, organization, experiences and attracting a mix of leaders.

### **12:30 PM - 1:30 PM: AA Meeting**

### **3:00 PM - 4:30 PM: Opening Keynote**

## **Welcome Keynote: Healing and Liberation Start with Knowledge and Accountability: Racism's Impact on Black-identified Students**

*Thenedra Roots, LADC, Augsburg University*

*Devin Reaves, MSW, Pennsylvania Harm Reduction*

*Shauntelle Hammonds, PRSS, CSAC, Virginia Commonwealth University*

*Izzy Mizell, Rutgers University*

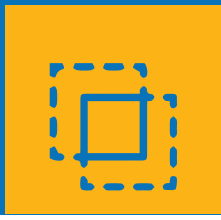
*Michelle Omowaiye, BS, CPRS, Virginia Commonwealth University*

The US is struggling to come to terms with the realities of racism and its on-going perpetuation through white supremacy culture. Race-based violence and racial trauma, both current and historic, abound. The path to healing and liberation starts with acknowledging the roots of this violence and trauma - racism. We welcome you to join our student panel where Black-identified students share their experiences in the world, in higher ed, in recovery, and in CRPs. There will be personal stories and sharing, an invitation to join in the conversation, and opportunity to look at systems and structures that create barriers for students of color to find space and sanctuary within CRPs. We intend for this space to provide learning as well as healing.

### **4:30 PM - 5:30 PM: Asian All-Recovery Meeting**

### **4:40 PM – 5:30 PM: Networking Sessions**

### **8:30 PM - 9:30 PM: Black Lives Matter All-Recovery Meeting**



# TUESDAY, JUNE 23, 2020

**8:30 AM - 5:00 PM: Conference Hub/Lounge Open**

*Open Drop in to say hello or to ask any questions.*

**8:30 AM - 9:30 AM: Recovery Dharma Meeting**

**10:00 AM - 11:15 AM: ARHE Extended Breakout Sessions**

**Integrating Collegiate Recovery into a Comprehensive Campus Peer Assistance and Peer Education Program on a University Campus: Lessons Learned from Students and Staff Members**

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

*Amanda Shpigler, Middle Earth Peer Assistance Program*

Established 50 years ago 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 from the perspectives of a peer recovery leader and the program director.

**"Oh the Places You'll Go": Lived Experiences in Recovery**

*Hillary Groover, BS, The University of Alabama*

*Jessica Medovich, Kennesaw State University*

*Rob Shearon, BA, University of Colorado Boulder*

With the national recovery movement continuing to expand, the amount of recovering students receiving their degrees and leaving their CRP nest is growing. But what happens after students graduate? How do alumni stay connected, continue to heal, and transition from their student role to a professional one? Participants will go on a journey with three CRP alumni who used travel, outdoor recreation, and adventure to facilitate the transition from recovering student to recovering professional. Attendees will gain a better understanding of the value of experiential living and how it might be used to facilitate growth both personally and professionally.

**Experiential Interventions in Substance Use Disorder Treatment: Engaging Emerging Adults and Their Families**

*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.

**10:00 AM - 12:20 PM: ARS Opening Session & Extended Cohort Breakouts**

*Introduction and Welcome Cohort-Specific Breakouts (Recovery Counselors, Teachers, Administrators, Recovery Coaches, Guidance Counselors)*

**10:00 AM - 11:15 AM: AAPG Extended Breakout Sessions**

**APG History, Model & Definition**

*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.

**11:25 AM - 1:00 PM: ARHE Annual Member's Meeting**

*Open to ARHE Members Only*

**11:30 AM - 12:20 PM: AAPG Breakout Session**

**Building an APG: Community Recovery**

*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.

**12:30 PM - 1:20 PM: ARHE Breakout Sessions**

**Recovering Identity: Supporting Transgender People in Recovery Communities**

*Shauntelle Hammonds, PRSS, CSAC-A*

*Lauren Powell, MEd, Virginia Commonwealth University*

This lecture style session will explore experiences of transgender people in addiction recovery settings and offer guidance in creating more inclusive recovery spaces, while also making affinity spaces safer for people in recovery communities. Traditionally, recovery focused affinity spaces, treatment settings, and substance use prevention efforts have at best ignored the needs of transgender people, and at worst have been openly hostile towards them. For people who share both of these identities, they often find themselves in the excruciating position of needing recovery support to save their lives, but that support often does not affirm their true identity.

**Increasing Student Buy-in: Building Partnerships with Collegiate Recovery Communities**

*Chelsea Shore, MA, CPT, CFL1, Florida State University*

*Tracy Ippolito, MS, Florida State University*

Increasing student buy-in is one of the most challenging aspects of initiating a collegiate recovery community. Based on the experience and socio-cultural research at a large mid-western university early in their CRC implementation, this presentation will open the dialogue for collaboration between universities and pre-existing recovery programs to help attract students who need a safe and sober environment on their campus, as well as those seeking professional development opportunities. It will also discuss the impact that these partnerships have on reducing the stigma of addiction and recovery at universities.

### **Re-Conceptualizing Suicide in Substance Use Recovery**

*Nikki Hune, LMSW, Texas Tech University*

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

Co-occurring substance use and mental health conditions are complex and associated with increased fatality. A lack of understanding regarding co-occurring conditions and consensus on what does and does not constitute suicide has steered societal/cultural interpretations making it difficult to distinguish whether a death is due to an accidental overdose, inadvertent suicide or planned suicide. The purpose of this presentation is to offer a new conceptualization on suicide in recovery and to address preconceived beliefs, personal bias and stigma. This new perspective is offered to help individuals, families, and communities gain insight into the phenomena and pursue healing.

### **12:30 PM - 1:20 PM: ARS Breakout Session**

### **Recovery High School Accreditation - Revised Standards & Procedures**

*Andy Finch, PhD, Vanderbilt University*

This session will discuss the revised ARS accreditation standards and provide exemplars for completing the process.

### **12:30 PM - 1:20 PM: AAPG Breakout Session**

### **APG Research Update and Agenda**

*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 who 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.

### **12:30 PM - 1:30 PM: AA Meeting**

## **1:30 PM - 2:45 PM: ARHE Extended Breakout Sessions**

### **Men's Culture and Prevention Efforts in Collegiate Recovery**

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

*Jessica Dunston, LCMHC, LCAS, NCC, UNC-Charlotte*

Adverse Childhood Experiences (ACE) may be magnified in today's societal norms, particularly with men. Learn more about Adverse Childhood Experiences and how they may manifest themselves into adulthood, while focusing on the connection between ACE scores and substance use disorders for college students. Highlights from the Impact and Data Survey in College Students from six North Carolina CRPs over three years will be presented as an important prevention tool.

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

*Alexandra (Ali) Clements, CPRS, Association of Recovery in Higher Education*

PeaceLove is an expressive arts workshop that enables and empowers people to find healing and light in their mental health issues using the expressive arts. PeaceLove is more about the process than the product and there is no right or wrong way to do it. Based in the idea of Safe Space rules, these workshops would be a great addition to any collegiate recovery program. PeaceLove is not art therapy nor is it arts and crafts. It's simply creates a safe place where people can use the expressive arts to work through hard emotions.

### **Discussing Addiction in the Classroom: How to Create Impactful and Experiential Learning Opportunities**

*Whitney Payne, LCSW, AADC, University of Arkansas*

The purpose of this presentation will be to provide participants with examples of how to integrate the discussion of addiction into college classrooms. The assignments and activities discussed can be used to create a full semester course specifically tailored towards addiction, addiction treatment, and/or drug policy, or they can be used as a way to discuss these issues in a larger cultural context or course topic area. This session will also examine ways to create course content that is dynamic, experiential, inclusive, and that appeals to a wide variety of learning styles.

## **1:30 PM - 2:45 PM: ARS Breakout Session**

### **Recovery Policies and Procedures**

*Michael Durchslag, BA, MAT, P.E.A.S.E. Academy*

*Ryan Morgan, MA, Independence Academy*

One size does not fit all. This mantra applies to both our students and our schools. Learn about one school's approach to maintaining a safe abstinence based recovery school where students can grow in their recovery and be successful students. Attendees will learn about the policies and procedures that P.E.A.S.E. Academy uses to maintain school safety, which include, but is not limited to: the agreements made at the time of enrollment; how the school supports students both inside and outside of the school day; and what is done if a student does make an unfortunate choice and has a re-occurrence of use. Specific documents will be shared that other schools can use and adapt as needed. Time will be made throughout the session for participants to share what works in their program as well.

## **1:30 PM - 2:45 PM: AAPG Breakout Session**

### **Enthusiastic Recovery**

*Hannah Milne*

Addiction is serious. Treatment is serious. Parents are terrified, angry, perplexed. This is a nightmare for the developmentally zany teens who are wired for fun and yet overwhelmed by shame, fear, anger, and more shame. They feel that they have forfeited childhood. Their ideas of fun are intertwined with using drugs or drinking alcohol, and that is lost. If we can't teach them that they are exactly perfect being what teens are built to be, and that fun has nothing to do with drugs or alcohol (which they come to realize weren't really fun) we are failing them.

## **3:00 PM - 4:30 PM: Keynote Session**

### **Building a National Movement to Decarcerate the United States**

*DeAnna Hoskins, LCAC, JustLeadershipUSA (JLUSA)*

For the last four decades, America has relentlessly relied on incarceration as a solution to complex social problems- discarding far too many lives and wasting billions of taxpayer dollars each year. Like any disease, this nation's prison epidemic affects a broad spectrum of individuals, families, and communities. Mass imprisonment severs important family relationships-consigning millions of American children to multigenerational poverty, low educational achievement, poor social and emotional development and potential future criminal justice involvement. The cycling in and out of Americans diminishes our capacity to build stronger, safer communities by straining the fragile social networks of the poor neighborhoods that absorb the 600,000 men and women returning home each year.

On a national level, the explosive growth of our prison population poses a formidable threat to America's economic prosperity. High removal rates of working age, able-bodied citizens results in an enormous loss of human capital and diminishes the quality of our workforce. Incarceration produces unparalleled rates of unemployment, with rates as high as 60 percent among formerly incarcerated individuals in states like New York, almost ten times the national rate. High unemployment among formerly incarcerated people results in a loss of income tax revenue, higher state and federal government assistance payouts, and detracts from spending for other essential government services.

## **4:30 PM - 5:30 PM: All-Recovery Meeting**

## **4:40 PM - 5:30 PM: ARHE Breakout Sessions**

### **Therapeutic Alliance Between Institutions of Higher Education and Treatment Centers**

*Jonathan Saltzburg, MBA, Caron Treatment Centers*

*Sarah Macdonald, Maryland Addiction Recovery Center*

The successful pathway for sustained recovery for young adults requires a multidisciplinary approach that integrates education, work skills, and professional competencies. Several behavioral health

treatment modalities support a continuum of care for transitioning back to the workforce, but do not prioritize secondary and post-secondary education. This program highlights the benefits of creating therapeutic alliances between behavioral health treatment centers and U.S. universities that offer comprehensive collegiate recovery communities where students in recovery are able to tap into an on campus recovery experience and ultimately have more opportunities to earn a living and contribute to society at large.

### **QUEST Leadership Program**

*Leah Singer, MEd, LPC, RYT-200, Cougars in Recovery*  
*Megan Martin, LCDC-I*

QUEST Leadership is a six week long mentorship program designed in collaboration with Leah Singer, Program Manager of Cougars in Recovery and Megan Martin, a Recovery Coach of Teen and Family Services out of Houston, Texas. Cougars in Recovery student leaders mentor teens of Teen and Family Services that result in the development of self-discovery, interpersonal success, and self-efficacy through engagement in workshops, leadership activities, and discussions. As a result of participating in this program, teens will be able to gain insight on their ability to understand their strengths and weaknesses, develop future vocational goals, and nurture the interpersonal skills needed for the implementation in their lives.

### **Multiple Pathways: Not the Ones You're Thinking**

*Jason Callis, MSW, Kennesaw State University*

A Discussion of the career pathways in collegiate recovery.

The collegiate recovery field has grown exponentially over the last 10 years. So has the number of collegiate recovery professionals working in the field. This presentation will look at what a career in collegiate recovery could look like. Multiple perspectives will be considered including: students wanting to enter the field, coordinators looking to grow and their role, as well as directors working to ensure sustainability of their program. Suggestions for navigating that upward mobility will be presented as well as lessons learned by the session presenter in each role. Most importantly, self-care while navigating this career path will be discussed.

### **4:40 PM - 5:30 PM: AAPG Breakout Session**

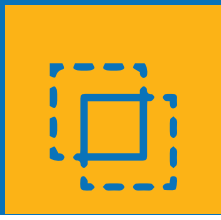
#### **The Twelve Steps and Adolescent Recovery: A Review of the Research**

*Angela Nash, PhD, CPNP-PC, PMHS, Univ. of Texas Health Science Center Houston Cizik School of Nursing*

Recovery and long-term remission are the goals of treatment for substance use disorders, yet the majority of treated adolescents never stop using or resume using substances quickly after treatment. Almost half of people who resolved significant substance use problems did so through participation in 12-step programs. These are available online and in communities around the world, yet less than 2% of 12-step group members are under age 21. This presentation will summarize the 12-step philosophy and practices and provide a review of research on outcomes of adolescents' involvement in 12-step groups, including qualitative work that illuminates adolescents' reasons for resisting or engaging in 12-step practices.

### **7:00 PM - 8:30 PM: Collegiate Recovery Awards**

### **8:30 PM - 9:30 PM: SMART Recovery Meeting**



# WEDNESDAY, JUNE 24, 2020

**8:00 AM - 5:00 PM: Conference Hub/Lounge Open**

*Drop in to say hello or to ask any questions.*

**8:30 AM - 9:30 AM: All-Recovery Meeting**

**10:00 AM - 11:15 AM: ARHE Extended Breakout Sessions**

**Plays On Tap: CRPs and Theater Collaboration to Educate and Dialogue During National Collegiate Alcohol Awareness Week**

*George Comiskey, PsyD, LCDR, ICPS, Texas Tech University*

*Jennifer Ezell, Texas Tech University*

Alcohol: "Everyone gets blackout drunk, right?" Collegiate Alcohol Awareness Week seeks to create discussion about alcohol and its dangers. Over the past 8 years, Texas Tech University has staged "Plays on Tap" to communicate messages of alcohol abuse and addiction through a series of short plays completely created by TTU students. These plays put reality on stage and let the audience look at it under a microscope. Following the performance is a discussion with people in recovery. This session will overview the process from start to finish. Attendees will leave knowing how they can develop their own "Plays on Tap."

**Self-preservation and Collegiate Recovery: Showing Up Responsibly as a Social Justice Advocate**

*Kristine De Jesus, PsyD, Montclair State University*

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

Collegiate recovery is grounded in social justice as it is intended to support marginalized students to succeed in an environment that is recovery hostile. Staff and students alike invest an inordinate amount of time and emotional labor in advocacy, yet there is minimal time set aside to replenish. The adage, 'You can't pour from an empty cup' is ever-present in the field of collegiate recovery, yet most people involved in the movement find themselves "burning the candle at both ends". This session will focus on why self-preservation is essential to engage in advocacy in an ethical and responsible manner when promoting social justice in the collegiate recovery movement.

**Mapping the Field: How We Enact Recovery - Collegiate Recovery**

*J. Michael Wilkerson, PhD, MPH, UTHealth School of Public Health*

*Sheryl McCurdy, UT Health School of Public Health*

*Angela Nash, PhD, CPNP-PC, PMHS, UTHealth Cizik School of Nursing*

*Sierra Castedo de Martell, MPH, UTHealth School of Public Health*

While several commonly-accepted definitions of recovery have coalesced in recent decades, how recovery is operationalized - how it is put into practice in the daily operations of a program - is highly variable, and not yet well understood. During this interactive session, the presenters will engage collegiate recovery program staff, students and alumni who choose to attend the session in order to better understand how recovery is enacted within collegiate recovery programs. Topics

include identifying the essential elements for success in this setting, including critical personnel, the boundaries of practice, and how broader conversations at the societal level impact that practice. This session will be recorded (audio only) by the presenters for research purposes.

### **10:00 AM - 11:15 AM: ARS Cohort-Specific Breakouts**

*Cohort-Specific Breakouts (Recovery Counselors, Teachers, Administrators, Recovery Coaches)*

### **10:00 AM - 11:15 AM: AAPG Breakout Session**

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

*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.

### **11:30 AM - 12:20 PM: ARHE Breakout Sessions**

#### **Navigating Their Normal: Specialized Academic Support for Students in Recovery**

*Carolyn Ebeling, MSW, UNC-Chapel Hill*

22.2% of full-time undergraduate students report using illegal drugs and 36.9% report engaging in binge drinking in the past month (NIAA, 2019; Iarussi, 2018). Higher education professionals need to be aware of on-campus drug and alcohol recovery programs in order to provide comprehensive student support. While many universities have resources targeted towards the prevention of drug use and underage drinking, fewer resources are available for students in recovery. These resources are further narrowed when considering the intersection of academic difficulties and substance use recovery. Sustained sobriety through graduation presents a challenge, as university environments can present a plethora of triggers.

#### **The Association Between Knowing a Person in Recovery and Personal Drinking Frequency Among Undergraduate Students**

*Jordan Jurinsky, MEd, Vanderbilt University*

*Jessica Perkins, PhD, Vanderbilt University*

Collegiate recovery programs (CRPs) provide support for students who are high-risk drinkers to explore recovery. Yet students may be wary of accessing support from these programs. Pilot data among undergraduate students (n=237) at a private, southern university suggest that among the 24% of students who reported consuming alcohol at least 3-4 times a week, 59% know a peer in recovery from substance use and 34% know of the university CRP. Intervention research should assess the role of peer influence in linking students to recovery. Student-led initiatives as opposed to university or staff may be more effective at engaging high-risk students.

#### **Intervention as a Pathway to Recovery: The Role of Intervention Programs in Facilitating Recovery on College Campuses**

*Gerard Love, EdD, University of Alabama*

*Brent Alcaraz, University of Alabama*

*Chris DaSambiagio-Moore, University of Alabama*

*Hillary Groover, BS, The University of Alabama*

*Kelly Miller, University of Alabama*

*Tonya Jenkins, University of Alabama*

As the recovery movement continues to spread throughout higher education, students have more access than ever before to resources that support recovery. While Collegiate Recovery Programs (CRC-CRP) are increasingly present on campuses nationwide, many institutions have yet to integrate comprehensive solutions for students with active substance use concerns who in turn may be candidates for recovery. In this session, participants will gain an understanding of the ways in which colleges are uniquely positioned to facilitate a pathway to recovery through on-campus intervention programs. Strategies, takeaways, and case examples will be discussed. Participants will engage in dialogue regarding the potential impact of intervention programs on their own campuses.

### **11:30 AM - 12:20 PM: ARS Breakout Session**

#### **Roadblocks, Potholes, U-turns, and Detours: The Road to Establishing a Recovery High School in Waco, Texas**

*Alexia Maness, BSEd, Warriors Research Institute, Baylor Scott & White Research Institute*

*Suzy Gulliver, Warriors Research Institute, Baylor Scott & White Research Institute*

*Elizabeth Coe, PsyD, Warriors Research Institute, Baylor Scott & White Warriors Research Institute*

*Chris Asikis, The Arbor Behavioral Healthcare*

*Lilly Ettinger Leman, MDiv, Baylor University*

This session will cover our group's gains and losses as we travel the road to building a recovery high school in an area where there are no residential treatment facilities and no established youth recovery network, though youth substance misuse continues to be an issue. As a stop on one of the nation's main drug corridors, Interstate 35, and home to a rapidly growing economy and population, Waco, Texas has a need for a recovery high school. Much like the continuous construction on I-35, our group continues planning and strategizing to build a successful recovery high school in the community.

### **11:30 AM - 12:20 PM: AAPG Breakout Session**

#### **Keeping the Alternative Peer Group "Healthy": Hard Won Lessons from APG Leaders**

*Angela Nash, PhD, CPNP-PC, PMHS, Univ. of Texas Health Science Center Houston Cizik School of Nursing*

*Johnny Wilkerson, PhD, MPH, Univ. of Texas Health Science Center Houston School of Public Health*

APGs aim to cultivate caring pro-recovery communities among peer role models and affected youth. The power of social influence teaches youth to have fun in sobriety while imparting the skills and norms that shape recovery values and behavior. Yet social influence can be both positive and negative. APG leaders must work to create positive social environments while avoiding development of negative group dynamics or "deviancy training." This session will describe the characteristics of APGs that foster recovery (healthy groups) versus those that hinder recovery (unhealthy groups) and provide experts' strategies for creating and maintaining strong pro-recovery social climates in an APG.

### **12:30 PM - 1:30 PM: Latinx All-Recovery Meeting**

## **12:30 PM - 1:45 PM: ARHE Extended Breakout Sessions**

### **Advocating for Change: Adding our Voices to the State and National Conversations about Addiction and Recovery**

*Sherri Layton, LCDC, CCS, La Hacienda Treatment Center*

More attention is being paid to addiction and recovery policy issues than ever before. We must contribute our voices to our local, statewide and national conversations or policy will be set by politicians! In this presentation we will discuss building relationships with your elected officials and how to have your voice heard. Attendees will also learn the importance of bringing the local picture into focus for your legislators, and we will review current legislation in Washington DC. A novice in advocacy will be prepared to get started, and the more experienced will get new ideas.

### **The Wellbriety Movement: Cultural Approaches to Healing**

*Kateri Coyhis, White Bison, Inc.*

Ms. Coyhis will introduce the concept of Wellbriety as balance and connection to the natural laws that create healing within the native community. Culturally based tools are discussed as a way for changing families. A combination of immense losses and traumatic events that have perpetrated an entire culture need healing as natives across the nation are encouraged to seek to reinstate cultural ways, language and sacred traditions. The unfortunate consequences of trauma include not believing you have a future, difficulties within families and a distrust of the outside world. This is passed down through direct parent-child interactions and also through interactions with extended family and the community. Healing will take place through application of cultural and spiritual knowledge.

### **The Wounded Griever: Building Grief Competency**

*David Chastain, PhD, CSAC, Hazelden Betty Ford Graduate School of Addiction Studies*

This presentation addresses counseling skills regarding grief, loss, and death. The presentation addresses how these issues 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 personal processes that could be interfering with clinical work regarding grief.

## **12:30 PM - 1:45 PM: ARS Breakout Session**

### **Data Suggests the Recovery Movement Is Working - But We Have a Long Way to Go**

*Andy Finch, PhD, Vanderbilt University*

The number of recovery high schools has almost doubled since ARS was founded in 2002. During the same period, however, the number of adolescents who needed treatment - a key indicator of potential referrals - has dropped by more than half, from nearly 2.3 million in 2002 to just under 1 million in 2018. This period corresponds with the expansion of the adolescent recovery movement. While the reason for the decline is not clear, the recovery movement has played a role by reducing recidivism and providing tertiary prevention. SUDs, though, persist, as do the treatment and recovery support gaps. There were still 1 million youths who needed treatment in 2018, and only

83,000 who received services in a treatment center. Furthermore, there are only about 1,000 seats in RHSs. While many established RHSs are dealing with declining enrollment - likely due in part to the reduction in youths with SUDs - 30 states and thousands of adolescents have no access to RHSs at all. This is despite recent data showing the positive effect of RHSs. Participants will discuss the meaning of these data for current recovery high schools, as well as the need for better systems for tracking and evaluation.

## **12:30 PM - 1:45 PM: AAPG Breakout Session**

### **APG Pitfalls Panel**

*Kaylyn Vaultrinot*

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.

## **12:30 PM - 2:00 PM: Collegiate Recovery Town Hall**

*Collegiate Recovery Town Hall Open to everyone!*

## **2:00 PM - 2:50 PM: ARHE Breakout Sessions**

### **Getting the Conversation Started: Student Veterans in Collegiate Recovery and Culturally Competent Care.**

*Laura Longo, PhD, University at Albany*

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

Over one million Veterans have accessed the Post 9/11 GI Bill to access educational opportunities in institutions of higher education. Student Veterans, a special population, often arrive to the college campus with a distinct set of experiences, challenges, and needs. This presentation will provide an overview of military culture, related experiences, substance use, and discuss how these factors influence the well-being and academic performance of student veterans based on the existing literature. We will identify approaches and invite participants to explore additional ways in which collegiate recovery programs can best support and meet the unique needs of this population.

### **Help A Sista Out: How You Can Help Make Space for Black Women Administrators in the Collegiate Recovery Field**

*Allison Smith, PhD, Louisiana Board of Regents*

Attendees will learn of the unique stressors experienced by Black women administrators who work in predominantly White pockets of higher education (such as collegiate recovery) as opposed to diversity-related areas which are most common. This presentation will cover concepts such as intersectionality, Racial Battle Fatigue, tokenism, and microaggressions among others. Additionally, this session will discuss ways to recruit and retain Black women administrators to work in the collegiate recovery field from the presenter's published dissertation.

## **ACEs, Resiliency, and the Road to Recovery**

*Hannah Haynie, ONE Health Ohio*

ACEs, Resiliency, & the Road to Recovery is a presentation exploring Adverse Childhood Experiences, or ACEs, and the negative health impact that follows exposure to trauma throughout youth. Attendees will learn the prevalence rate of ACEs and resiliency will be discussed as an appropriate solution, counteracting negative health outcomes. Audience members will understand both the preventative importance of knowing one's ACE score and ensuring that resiliency is well developed. Efforts to promote resiliency on a college campus, in a Federally Qualified Health Center, and throughout local school districts will be shared and brainstorming will be encouraged.

### **2:00 PM - 2:50 PM: ARS Breakout Session**

#### **Recovery Practices**

*Stephen Issa, MEd, Serenity High School*

Recovery high schools are secondary schools designed specifically for students in recovery from substance use disorder or dependency. The creation, development and sustainability of recovery high schools are critical to providing a continuum of care for adolescents with substance use disorders. Recovery high schools offer a smooth transition from rehab into a safe, drug free learning environment.

### **2:00 PM - 2:50 PM: AAPG Breakout Session**

#### **APGs as an Adolescent and Young Adult Attachment Focused Support**

*Kaylyn Vultrint, Alternative Peer Group Las Vegas*

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.

### **3:00 PM - 4:30 PM: Keynote Session**

#### **Breaking the Silence: The Unheard Stories of Marginalized People in Recovery**

*Shauntelle Hammonds, PRSS, CSAC-A, Rams in recovery*

*Trevor Gates, Western Carolina University*

*Michelle Omowaiye, Rams in Recovery*

The modern day recovery movement has been dominated by privilege, marginalized individuals have been focused into the shadows of the majority. The unheard and unseen individuals in recovery deserve a voice. This presentation will focus on sharing the stories of individuals from marginalized communities. We will talk about our struggles within recovery spaces , and also how to support intersecting marginalized identities. We will talk about why individuals from these communities need support , and how to implement a culture of inclusion into recovery spaces. Through education and sharing our personal stories, we strive to inspire conference attendees to leave this session with the intent to insinuate change within their community.

#### **4:30 PM - 5:30 PM: NA (Just For Today) Meeting**

#### **4:40 PM - 5:30 PM: ARHE Breakout Sessions**

##### **Forgiveness, Psychological Distress, and Addiction Recovery Among College Student Problematic Drinkers**

*Jon Webb, PhD, Texas Tech University*

The relevance of forgiveness to addiction recovery has been recognized for some time, albeit in an anecdotal fashion. Of late, empirical evidence has been building and suggests a largely salubrious association. Although theoretical modeling has been developed to help explain how and why forgiveness may be associated with addiction recovery, much more testing is needed. In this presentation, a research study designed to further examine the association of multiple dimensions of forgiveness with addiction recovery will be discussed, as will implications for prevention and treatment.

##### **Establishing & Maintaining a CRC: Culturally Relevant Programming**

*Dominique Clemmons-James, PhD, LPC, CRC, North Carolina Agricultural & Technical State University*

*Shanita Brown, PhD, Virginia Union University*

HBCU Collegiate Recovery programs are finally on the rise and the knowledge acquired may lend itself to other programs struggling to engage students of color. This presentation will discuss Addiction, Prevention, Treatment, and Recovery as it relates to students of color within HBCU culture. This presentation will also provide strategies to tap into various aspects of campus culture that may inform CRC events and programming. Highlights of outreach and innovation will be demonstrated to discuss these concepts.

##### **Tangible and Intangible Values of a CRP: A Cost-Benefit Analysis**

*William Gerber, MPA, Texas Tech University*

*Nikki Hune, LMSW, Texas Tech University*

Collegiate Recovery Program (CRP) growth is dependent upon program specific research. Due to the infancy of CRP research, there are many barriers that need to be addressed. One barrier to CRP expansion is the lack of a cost-benefit analysis associated with CRPs. While financial implications can be inadvertently overlooked, budgets and expenditures are integral to CRP funding. It is imperative to identify these financial implications in order convey the beneficial value of a CRP. In this presentation, we will examine the findings of a cost-benefit analysis on CRPs and discuss the future implications of those findings in continued research.

#### **4:40 PM - 5:30 PM: ARS Breakout Session**

##### **Mapping the Field: How We Enact Recovery - Recovery High Schools**

*J. Michael Wilkerson, PhD, MPH, UTHealth School of Public Health*

*Sheryl McCurdy, UT Health School of Public Health*

*Angela Nash, PhD, CPNP-PC, PMHS, UTHealth Cizik School of Nursing*

*Sierra Castedo de Martell MPH, UTHealth School of Public Health*

While several commonly-accepted definitions of recovery have coalesced in recent decades, how recovery is operationalized - how it is put into practice in the daily operations of a program - is highly

variable, and not yet well understood. During this interactive session, the presenters will engage recovery high school staff who choose to attend the session in order to better understand how recovery is enacted within recovery high schools. Topics include identifying the essential elements for success in this setting, including critical personnel, the boundaries of practice, and how broader conversations at the societal level impact that practice. This session will be recorded (audio only) by the presenters for research purposes.

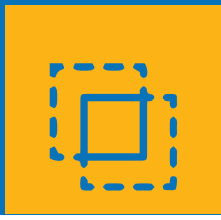
#### **4:40 PM - 5:30 PM: AAPG Breakout Session**

##### **APG Family Programming: A Whole-Family Approach to Treatment**

*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 and strategies to address them.

#### **8:30 PM - 9:30 PM: BIPOC All-Recovery Meeting**



# THURSDAY, JUNE 25TH, 2020

## **8:00 AM - 5:00 PM: Conference Hub/Lounge Open**

*Drop in to say hello or to ask any questions.*

## **8:30 AM - 9:30 AM: Refuge Recovery Meeting**

## **10:00 AM - 11:15 AM: ARHE Extended Breakout Sessions**

### **Growing the Collegiate Recovery Movement Through Innovative Partnerships with State and Federal Funds**

*Susie Mullens, Licensed Psychologist, LPC, AADC, MAC, Marshall University*

*Tom Bannard, MBA, CADC, Virginia Commonwealth University*

While the Office of the Surgeon General's 2016 report on Alcohol, Drugs and Health, identified Collegiate Recovery Programs as a promising practice, there has been little federal funding to support the growth and development of these programs. West Virginia and Virginia's central behavioral health funding agencies have chosen to direct federal funds from the State Opioid Response (SOR) funds towards collegiate recovery to expand opportunities for recovery support on campus. In these two states, experienced Collegiate Recovery Professionals at Marshall University and Virginia Commonwealth University have been able to leverage this expertise to create funding streams for their schools while also providing funding support and technical assistance to growing programs. With future lines of SOR or SOR-related funding likely to be more broadly focused than opioids, leading programs within each state should consider partnering with state behavioral health funders to provide technical assistance to growing programs and working to create state-wide networks of Collegiate Recovery Programs. This presentation will discuss these partnerships, provide an overview of the technical assistance (TA) provided, and focus on steps towards building relationships with state funders and making the case for Collegiate Recovery Programs.

### **Cultivate and Collaborate: Engaging Student Leadership**

*Lilly Ettinger Leman, MDiv, Baylor University*

*Asia Brown, Beauchamp Addiction Recovery Center*

*Shantel Lagard, Beauchamp Addiction Recovery Center*

This presentation assumes the importance of regularly growing a strong community of diverse student leadership. In collegiate recovery, this can be difficult due to a number of factors including administrative & logistical regulations, professional leadership practices and the general difficulties of student life including turnover. Together, the presenters, representing students and staff share their gained perspectives and practices in collaboratively leading a large recovery program together.

## **Collaborating in Collegiate Recovery**

*Lina Abdalla, MS, GBCR; UMB CRC; Collegiate Recovery Leadership Academy; Student Ambassador board Member*

*Christian Arthur, GBCR*

*Sahr Johnny*

In this session attendees will learn about how collaborating can be a critical part in the collegiate recovery movement. In Boston we have found that joining forces as collegiate recovery students from different universities/colleges, we can make a difference together. There is power in numbers. We all know the struggle in keeping collegiate recovery alive and even starting collegiate recovery in some college campuses. A handful of students realized that if we come together there is a better chance that we can make a difference. Not only have students from different universities/colleges joined forces, but we have utilized local stakeholders that are invested in our grassroots movement. For example, we have support from the Mayor's Office of Recovery Services in Boston, the Massachusetts Organization of Addiction Recovery (MOAR), the Phoenix, Ostiguy Recovery High School, and more!

**10:00 AM - 11:15 AM: ARS Position Papers**

**10:00 AM - 11:15 AM: AAPG Breakout Session**

## **Sustaining an APG: Engaging and Empowering Stakeholders**

*Steven Marckley*

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.

**11:30 AM - 12:20 PM: ARHE Breakout Sessions**

## **Intersectional Recovery: Gender Identity and Sexuality Inclusivity in Collegiate Recovery Spaces**

*Ashley Dickson, Tompkins Cortland Community College*

As more young people become comfortable with expressing their gender identities and sexual orientations, the importance of intersectional services addressing a unique spectrum of needs grows. Students in the LGBTQIA+ community face challenges that are often overlooked by student services. Providing intersectional opportunities for student engagement is therefore key to encouraging a healthy campus. These services should include safe spaces around campus, including recovery spaces, and education on the risk factors for different groups.

## **Source of Strength Leadership Program**

*Leah Singer, MEd, LPC, RYT-200, Cougars in Recovery*

The Source of Strength (SOS) Leadership program is a mentorship initiative that promotes success in the areas of leadership, community, academics, and recovery. Mentors are paired with an incoming freshmen or transfer student within the CRP to guide, encourage, and support their mentee and their goals. Participants cultivate, strengthen, and refine their leadership potential, interpersonal effectiveness and self-confidence.

## **My Dog Ate my Homework: Reducing Barriers and Increasing Self-Efficacy for Students in Recovery**

*Emily Newton, CPRS, Rutgers University*

Join us for this session to discuss how higher education staff and faculty can support students in recovery who are not yet ready to disclose this. This session will explore the hidden identity of these students and the barriers they face as a result. A discussion will be held about the opportunities staff can offer to reduce stigma on campus and applicable steps towards reducing the barriers of disclosure for students in recovery.

## **Narcan on Campus? Results from a National Survey on Implementation Barriers and Successful Models**

*Gerard Love, EdD, University of Alabama*

The availability of Narcan on campus is explored from a harm reduction/social justice lens. The community benefits of Narcan training and distribution, the strategic placement of Narcan on college campuses, the role of collegiate recovery programs as advocates for systemic policy change are explored. Results from a survey on collegiate Narcan use are examined in terms of barriers to implementation as well as best practice models nationwide.

### **11:30 AM - 12:20 PM: AAPG Breakout Session**

#### **Mapping the Field: How We Enact Recovery - Alternative Peer Groups**

*J. Michael Wilkerson, PhD, MPH, UTHHealth School of Public Health*

*Sheryl McCurdy, UT Health School of Public Health*

*Angela Nash, PhD, CPNP-PC, PMHS, UTHHealth Cizik School of Nursing*

*Sierra Castedo de Martell, MPH MPH, UTHHealth School of Public Health*

While several commonly-accepted definitions of recovery have coalesced in recent decades, how recovery is operationalized - how it is put into practice in the daily operations of a program - is highly variable, and not yet well understood. During this interactive session, the presenters will engage alternative peer group staff, students and alumni who choose to attend the session in order to better understand how recovery is enacted within alternative peer groups. Topics include identifying the essential elements for success in this setting, including critical personnel, the boundaries of practice, and how broader conversations at the societal level impact that practice. This session will be recorded (audio only) by the presenters for research purposes.

### **12:30 PM - 1:30 PM: All-Recovery Meeting**

### **12:30 PM - 2:00 PM: Keynote Session**

#### **Learning with Conviction: In Recovery and on Campus with a Criminal History**

*Noel Vest, PhD, Stanford University*

The collateral consequences of a criminal record create disadvantage in career mobility. College provides a potential pathway that can help reduce recidivism by increasing earnings and the quality of employment for formerly incarcerated scholars. Previous research on collegiate recovery programs estimate that 58.1% have been previously arrested, 37.7% have been incarcerated in jail or prison, 14.1% are currently involved with the legal system, and 9.6% are currently on parole or probation.

This presentation utilizes the Sequential Intercept model to explain how collegiate recovery programs can act as an extremely effective criminal justice intervention for scholars impacted by the legal system.

## **2:00 PM - 2:50 PM: ARHE Breakout Sessions**

### **College Student Alcohol and Other Drug Secondary Prevention Program: Evidence-Based Harm Reduction Education Grounded on Student Levels of Risk**

*Chris Cubero, PhD, CAADC, NCC, Slippery Rock University*  
*Jennifer Arthur*

College students are at higher risk for alcohol and other drug use than same-age non-college individuals, therefore screening for use-risk and preventing use harm are paramount. This session discusses a harm reduction education approach for college students at an indicated risk. The combination of two evidence-based prevention strategies into one model of prevention education is shared. The importance of effective use-risk determination is also discussed. Program actions beyond prevention education including referrals to counseling, treatment, Campus Recovery Community, and support groups for students with high risk are discussed.

### **Developing Institutional Recovery Capital to Create a Trauma-Informed, Recovery-Sensitive Environment: Expanding the Role of Collegiate Recovery Programs**

*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.

### **Break the Mold: Creating a Community-Based Stigma Campaign**

*Jordan Baez, BA, PRSS, Nevada's Recovery and Prevention (NRAP)*  
*Meri Shadley, Nevada's Recovery and Prevention (NRAP)*

Through Break the Mold, a student-driven stigma reduction project, NRAP has gained support and increased exposure on campus and within the community. Break the Mold provides human evidence that recovery is possible and comes via many pathways. This visual and narrative art project, originally designed as a pop-up exhibit, has reached many more people than expected and shows how a CRP' can impact not only the students involved but the community it is located in. Learn how NRAP capitalized on resources available to them while utilizing student talent and interest.

### **A Center for Students in Recovery Story: Leveraging Technology in Distance Education to Normalize Recovery**

*Lydia Hamner, MSOL, Our Lady of the Lake University Center for Students in Recovery*  
*Armando Sanchez, Our Lady of the Lake University Center for Students in Recovery*  
*Bea Blackmon, LMSW, LCDIC-I, Our Lady of the Lake University Center for Students in Recovery*  
*Noè Gonzalez, MSW, Our Lady of the Lake University Center for Students in Recovery*  
*Karina Gil, PhD, MSW, Our Lady of the Lake University Center for Students in Recovery*

Current research suggests that campuses nationwide are in the midst of a substance and alcohol use epidemic. These behaviors have serious consequences not only for those involved but for the universities and communities at large. This presentation will offer insights on how a student-led Center for Students in Recovery at a small catholic university integrated technology to connect with online students nationwide, and to students from a remote campus, to support their recovery efforts.

### **RECONNECTED. Recovery. Connection. Education. The Collegiate Recovery Networking App**

*Robert Shearon, BA, CU Boulder*

CU Boulder Rob Shearon & SAFE Project have built an app to connect all those involved in collegiate recovery. Whether you are a CRP Professional, CRP student, or CRP Alumni- we know how important it is to stay connected to those in and out of the CRP world, so we are giving you a solution. This app will help you network in your Recovery, professionally and socially! Come check it out and see how it can help you and those you serve!

### **3:00 PM - 4:30 PM: Keynote Session**

#### **What I Wish I'd Known: Reflections on Professional Development Priorities for CRP Professionals**

*Sierra Castedo de Martel, MPH, UTHHealth School of Public Health*

*Angie Bryan, MEd, MA, MFT, UC Santa Barbara*

*Anna Treviño, MEd, LPC, LCDC, Texas Tech Center for Collegiate Recovery Communities*

*Jennifer Cervi, LLMSW, University of Virginia*

*Jonathan Lofgren, PhD, LADC, Addiction Counseling Program, Minneapolis Community and Technical College*

*Keith Murphy, LPC, LCADC, Rutgers Collegiate Recovery Program, Rutgers University*

While collegiate recovery programs have existed since the late 1970s, no standardized path for training and credentialing of collegiate recovery programs currently exists. In order to fill this gap and better prepare collegiate recovery professionals to serve college students in recovery, professional development is needed. This panel will begin a conversation about the most pressing gaps in professional development, relying on the personal and professional experience of currently practicing collegiate recovery staff. Panelists will also discuss the assets and strengths formed by their personal and professional experience that they bring to their practice.

### **4:30 PM - 5:30 PM: Wellbriety Meeting**

### **4:40 PM - 5:30 PM: ARHE Breakout Sessions**

#### **Leveling the Playing Field through ADA accommodations**

*Amy Boyd Austin, MSS, University of Vermont*

*Jessica Pinti Dunson, LCMHC, LCAS, NCC, University of North Carolina - Charlotte*

Substance Use Disorders and Recovery are considered disabilities under the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, as amended, is a civil rights law that prohibits discrimination on the basis of disability, with particular attention to access to education. While these protections exist, they are often unknown and/or unsupported within our institutions. Students in recovery from substance use disorders should have access to additional supports/accommodations that level the playing field so that they may thrive academically. We shall engage in discussion specific to current status, successful strategies, and appropriate supports.

## **Conquering the Challenges of Advancing a Collegiate Recovery Agenda within the Largest State University System**

*Mary Ann DiChristopher, LCSW-R, The State University of New York (SUNY) System  
Lynn Gilbert, MA, St. Joseph's Addiction Treatment & Recovery Centers*

TBD NYS OASAS Representative, NYS Office of Addiction Services and Supports (OASAS)  
The SUNY (State University of New York) System, comprised of 64 individual campuses, is the largest comprehensive higher education system in the country. The Office of Addiction Services and Supports (OASAS) is the single state agency overseeing all prevention, treatment and recovery services in NYS. By way of a unique MOU and prevention and recovery procurements, SUNY is beginning to develop an AOD infrastructure that will provide for a wide array of recovery services. Such services support student retention, performance and completion. Providers, such as St. Joseph's, and individual campuses are integral to the direction of this important collaborative initiative.

## **Deliberative Democracy Forums as a Method to Engage and Increase Diversity in Collegiate Recovery Research**

*Evelyn Vázquez, PhD, University of California, Riverside  
Ann Cheney, PhD, University of California, Riverside*

Deliberative democracy forums (DDFs) establish neutral spaces where individuals, regardless of their gender, race/ethnicity, social class, education, and/or occupation, come together to share, discuss, and learn about diverse viewpoints in order to build consensus for collective action. Attendees will learn about the themes that emerged from forums conducted at four ethnically diverse colleges in the Western U.S. Each group was composed of students in recovery, healthcare providers, recovery professionals, and university employees (faculty, staff, administrators) that were willing to participate in our intervention. This session advocates for more inclusive and diverse collegiate recovery programs in the U.S.

## **The Tennessee Collegiate Recovery Initiative: Collaborating with Key Community Partners**

*Nathan Payne, BA, CPRS, Tennessee Department of Mental Health and Substance Abuse Services  
Monty Burks, CPRS, PhD, Tennessee Department of Mental Health and Substance Abuse Services*

The Tennessee Collegiate Recovery Initiative was founded by Nathan Payne C.P.R.S., B.A. and Monty Burks Ph.D. C.P.R.S., with the primary goal of expanding capacity for peer support and prevention efforts on campuses all across the state of Tennessee. The initiative has recently been taken on by the Tennessee Department of Mental Health and Substance Abuse Services with Mr. Payne being named the coordinator of the program. The TNCRI is a "boots on the ground" initiative to establish contact with universities all across the state and bridge the gap between services needed and services already available within the community.

## **"The Ebb and Flow of Recovery Programming: The Changing Tides of Staying Focused on Recovery when Your Intuition Lacks a CRP"**

*Sherri Ahern, MA, Panthers for Recovery, Florida International University  
Thomas Guerra, Florida International University*

Recovery is not static and neither are on-campus recovery programs. The world of academia and college social life can be a difficult place for those who are in or seeking recovery. Unfortunately,

many schools do not have collegiate recovery programs. From the experience of Panthers for Recovery at Florida International University, the presenters have learned to deal minimal assistance from administration, but have still fought to carve out a space for recovery on campus. Unfortunately, this system has had many setbacks. So let's exchange notes: How have you dealt with program setbacks at your school? What resources have you found helpful?

**7:00 PM - 8:30 PM: Conference Entertainment**

**8:30 PM - 9:30 PM: 2SLGBTQIA All-Recovery**

Live presentation with James Ryan, LCPC  
*Experiential Interventions in Substance Use Disorder Treatment:  
Engaging Emerging Adults and Their Families*  
Tuesday June 23, 2020 at 10:00 am ET

# Embrace living.

At Ashley, we believe in providing the best possible care for our patients by utilizing approaches that most effectively engage them in treatment. **We believe that connection is the key to recovery.**

## ASHLEY'S PROGRAMS INCLUDE:

- 12-Step meetings geared toward young people
- Experiential workshops specific to emerging adults
- Individualized aftercare planning

Inpatient: Havre de Grace  
Outpatient: Bel Air • Elkton



AshleyTreatment.org | f i n t v  
#AshleyEverywhere | #EverythingForRecovery  
800.799.HOPE (4673)



# AWARD WINNERS



Ali Clements

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

Ali Clements is a graduate student in the Masters of Business Administration program at St Catherine University in Saint Paul, Minnesota. She received her Bachelors of Science in Marketing from the same University in December 2019 where she was awarded Outstanding Senior-College for Adults Marketing for the year 2019-2020. She works full-time as a Certified Peer Recovery Specialist Supervisor and Certified Peer Recovery Specialist for an organization called JusticePoint working with her local treatment court in

Ramsey County Minnesota, helping those effected by the criminal justice system as a result of their use. Ali is also an intern for ARHE and tries to help in any way that she can. Ali fell in love with Collegiate Recovery after being a part of the Inaugural Leadership Academy in 2019 and becoming an intern with ARHE. She believes anyone who wants to experience higher education should be empowered to try. Ali is also a 6-year Marine Corps Veteran and a PeaceLove CREATOR, bringing the use of expressive arts workshop to her toolbox for her job. When she's not working or working on school she enjoys running, traveling, learning new things, Disney, arts and crafts, and all things coffee.



Lilly Ettinger

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

Lilly Ettinger received her Bachelor's Degree and Masters of Divinity in Leadership from Baylor University. She has been involved in collegiate recovery since 2011 and began working in the field as a graduate student. She has served as a founding student, graduate student, support specialist, and program coordinator for the recovery program at Baylor. She currently serves as the Assistant Director of Wellness at Baylor and oversees the Beauchamp Addiction Recovery Center, which includes a CRP serving 60-

70 students each semester. She is also an adjunct faculty member in the Baylor School of Education in Educational Leadership. She is involved in local prevention and recovery organizations including Voices Against Substance Abuse (VASA) and the local Recovery Oriented System of Care (ROSC).



**Shauntelle Hammonds**

**Collegiate Recovery Advocate of the Year Award**

Shauntelle Hammonds is a Certified Peer Recovery Support Specialist (PRSS), a Peer Recovery Coach and a person in long term recovery. Shauntelle recently attended J. Sargent Reynolds Community College where she received her Certification in Substance Abuse Counseling. She's currently attending VCU to pursue a bachelor's degree in social work. She's the Administrative Office Specialist for REVIVE! The opioid overdose and naloxone education program for The Commonwealth of Virginia. She's a

member of The Association of Recovery in Higher Education's board of directors and a member of Rams in Recovery at VCU.



**Jonathan Lofgren**

**Collegiate Recovery Cornerstone Award for Student Support**

Professor, Consultant & Trainer Jonathan Lofgren, a native Minnesotan, holds a Ph.D. in Education, specializing in Training & Performance Improvement from Capella University. Jonathan is a Licensed Alcohol and Drug Counselor and a Co-occurring Disorders Professional – Diplomat. He is an active member of the AHRE and International Motivational Interviewing Network of Trainers (MINT), and a Lifetime Member of the NAACP Minneapolis Chapter.

Dr. Lofgren has 30+ years of long-term recovery, behavioral health and education experience, and is a faculty member at Minneapolis College and Metro State University. Jonathan is the founder of the Collegiate Recovery Program at Minneapolis College, the 1st CRP in a Community and Technical College in Minnesota. He also created the Adler Graduate School's Co-Occurring Disorders Master Degree specialization, and Minneapolis College's Student African American Brotherhood Program (currently AAME).



**Meri Shadley**

**Collegiate Recovery Lifetime Achievement Award**

Meri Shadley, Ph.D., MFT, LCADC, LCS, has spent nearly 40 years as a clinician working with individuals and families dealing with relationship, trauma, and addictive disorder concerns. Besides providing therapy and clinical supervision in her private practice, for the last twenty-five years she has also taught, managed clinical practicums, and coordinated academic programs for the Center for the Application of Substance Abuse Technologies (CASAT) at the University of Nevada, Reno. In 2011 she was

introduced to collegiate recovery and has had the privilege to serve as the Director of NRAP (Nevada's Recovery and Prevention Program). While Dr. Shadley has presented and published on various topics related to treating families and substance use disorders, she is most appreciative of the opportunity to learn from and grow with the many students and alumni of NRAP



Patrice Salmeri

**Collegiate Recovery Champion Award**

Patrice Salmeri has just completed her tenure as the Executive Director for Recovery Advancement at Augsburg University in Minneapolis, MN. Her primary mission is to take the successful collegiate recovery program model, serving students with substance use and mental health disorders, to all colleges and universities. Salmeri advocates for people in recovery, broadening the scope of recovery support from students out into the city state and national communities. She advises other institutions of higher

education on how to initiate and improve collegiate recovery programs. She serves as President Emeritus of the Association of Recovery in Higher Education. For 15 years, Salmeri served as the Director of the StepUP program at Augsburg University.

Salmeri draws on her experience as a licensed alcohol and drug counselor to guide governmental agencies in promoting effective policy changes related to recovery support. She is a passionate advocate for students in recovery and a compassionate servant leader who is dedicated to decreasing the stigma and increasing resources for those who are in recovery from substance use and mental health disorders.

Patrice resides in Minnesota where she has a consultant practice, Salmeri and Associates.



Hannah Fitzpatrick

**Collegiate Recovery Community Member of the Year Award**

Hannah Fitzpatrick is the SAFE Campuses Associate Director for SAFE Project, which is a national nonprofit dedicated to contributing in a tangible way to overcoming the addiction epidemic in the United States. Hannah joined SAFE Project in 2018 and quickly learned of her passion for collegiate recovery, advocating for change, and providing support to students as they navigate life. In her role within the SAFE Campuses initiative, she oversees the Collegiate Recovery Leadership Academy, which is a fellowship program

for students in recovery and recovery allies. She also manages the internship program and provides operational support for all other SAFE Campuses programs and initiatives. Prior to coming to SAFE Project, Hannah worked in admissions at Grand Canyon University, which is where her enthusiasm for serving college students originated. Hannah received her undergraduate degree in Public Relations with an emphasis in Journalism from SUNY Oswego and her graduate degree in General Psychology from Grand Canyon University. When she's not busy with work, she loves traveling internationally, writing on her blog, volunteering in her community, and spending time outdoors with her husband and pup.



Opiant Pharmaceuticals

**Collegiate Recovery Philanthropist of the Year Award**

At Opiant Pharmaceuticals, Inc., the company that developed NARCAN® Nasal Spray, we are building a leading franchise of new medicines to combat addictions and drug overdose. We envision a world where addictions are recognized as diseases of the brain and treated like other chronic conditions. Social distancing, shelter in place orders and quarantines make treatment for substance use disorders more difficult, putting those making progress in their recovery more vulnerable. We feel very fortunate to be able to donate to

organizations seeking to help those uniquely vulnerable to the combined forces of the COVID-19 virus and substance use. So we are thrilled to support the Association of Recovery in Higher Education in its efforts to prevent recurrence of substance use and risk of overdose for countless students in recovery nationwide.



UT Health : College of  
Rio Grande Valley : Health Professions

# BECOME A

## SUBSTANCE USE COUNSELOR

UTRGV SCHOOL OF REHABILITATION  
SERVICES AND COUNSELING IS OFFERING A

### **BACHELOR OF SCIENCE IN ADDICTION STUDIES**

- WORK IN SUBSTANCE ABUSE TREATMENT
- HELP PEOPLE AND FAMILIES WITH ADDICTIONS
- SATISFIES MOST STATES' EDUCATIONAL REQUIREMENTS FOR LICENSURE OR CERTIFICATION

For more information, contact Addiction Studies Coordinator  
Dr. Eluterio Blanco by calling (956) 665-5240 or by emailing  
[AddictionStudies@utrgv.edu](mailto:AddictionStudies@utrgv.edu)

**NEW  
PROGRAM**

COMPLETE YOUR  
MAJOR ONLINE!



