



# IMPACT REPORT

2020

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



## Mission & Vision

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

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

## ARHE Responsibilities include:

- Support and advocate for the continued growth, expansion and accessibility of collegiate recovery.
- Act as the accrediting body for collegiate recovery.
- Provide professional community and development opportunities for collegiate recovery leadership and staff.



## Goals

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

#### Objectives:

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

### Goal 2: Develop Accreditation Standards and Process

#### Objectives:

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

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

#### Objectives:

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

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

#### Objectives:

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

### Goal 5: Develop funding sources and policies that create organizational sustainability

#### Objectives:

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

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

#### Objectives:

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



# CORE VALUES







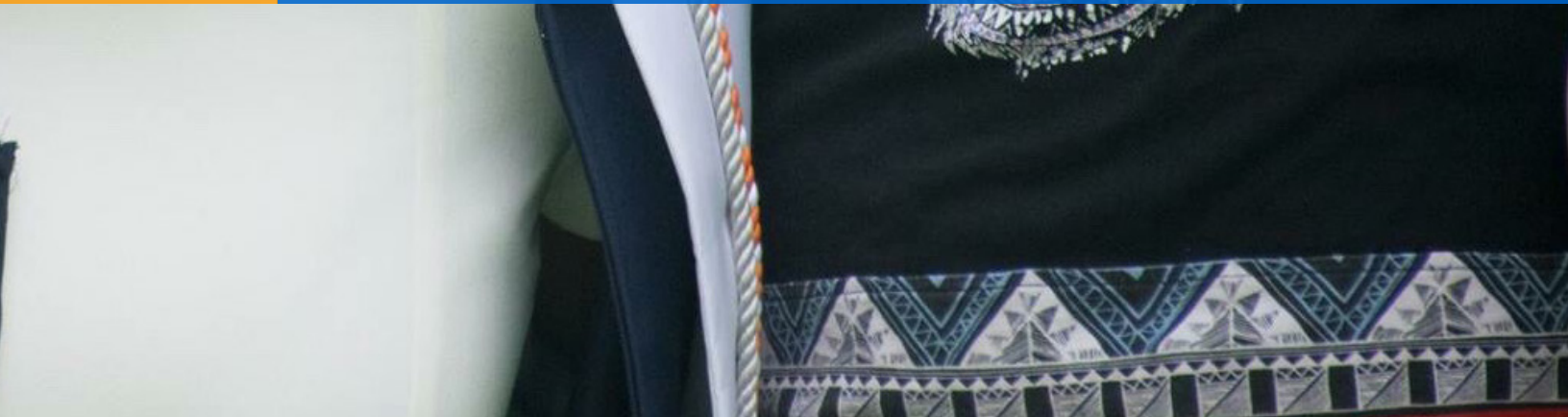
**In support of our mission and responsibilities, the ARHE will model the following values:**

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

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

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

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



# Board of Directors

**President:** Sierra Castedo

**President Elect:** Jarmichael Harris

**Past President:** Tom Kimball

**Secretary:** Waltrina DeFrantz-Dufor

**Treasurer:** Tom Bannard

**Incoming Treasurer:** Alexander Ronzino

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Jessica Boynton, Ahmed Hosni

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**Regional Rep, Mid-Atlantic:** Dominique "CJ"  
Clemmons-James

**Regional Rep, Southeast:** Hillary Hardie

**Regional Rep, Midwest:** Jonathan Lofgren

**Regional Rep, Southwest:** John Shiflet

**Regional Rep, Mountain:** Jordan Baez

**Regional Rep, Pacific:** Angie Bryan

**Students Reps:** Trevor Gates, Jamie Osorio

# 2020 Advisory Council

Ann Addington

Kristina M. Canfield

Jennifer Cervi

Jessica Estok

Lilly Ettinger

Jaime M. Garza

Mackenzie Hogan

Dustin Huckabe

Kristine De Jesus

Stephanie J. Lake

Bryce McCulloch

Diana L. Monsour

Susie Mullens

Patrice Salmeri

Rob Shearon

Anne Thompson Heller

Anna L. Treviño

Noel Vest

Jason Whitney

# Institutional Member List

Appalachian State University	Georgia Institute of Technology
Augsburg University	Georgia Southern University
Baylor University	Georgia State University
Boston College	Gonzaga University
Boston University	Greenville Technical College
BridgeValley Community & Technical College	Illinois State University
Brown University	Indiana University - Bloomington/College Recovery Community
California Polytechnic State University - San Luis Obispo	Indiana University-Purdue University Indianapolis
California University of Pennsylvania	Iowa State University
Cape Cod Community College	Jacksonville State University
Central Michigan Collegiate Recovery	Kennesaw State University
College of Charleston	Kent State University
Community College of Philadelphia	Longwood University
Delta College	Lorain County Community College
DePaul University - HPW	Loyola Marymount University
East Carolina University	Luzerne County Community College
Elon University	Marquette University
Fairfield University	Michigan State University
Fairmont State University	Minneapolis Community and Technical College
Ferris State University	Mississippi State University
Florida State University	

Monmouth University	Texas Christian University
Montclair State University	Texas Tech University
Montgomery County Community College - Power Program	The College of New Jersey
North Carolina A&T State University	The College of St. Scholastica
North Carolina State University	The George Washington University
Northampton Community College	The Ohio State University
Northeast State Community College	The University of Alabama
Ocean County College	The University of Iowa
Ohio University	The University of North Carolina at Greensboro
Oregon State University	The University of Texas at Austin
Our Lady of the Lake University	The University of Texas at Dallas
Penn State University	The University of Texas at San Antonio
Pratt Institute	The University of Texas Permian Basin
Purchase College	Tompkins Cortland Community College
Purdue University	Towson University
Radford University	Tufts University
Ramapo College of New Jersey	Tulane University
Rowan University	University at Albany at SUNY
Rutgers University - New Brunswick	University of Alabama at Birmingham
Rutgers University - Newark	University of Birmingham
Sam Houston State University	University of California - Riverside
Santa Clara University	University of California - San Diego
Southeastern Louisiana University	University of California at Santa Barbara
Southern Oregon University	University of California at Davis
Southwest Minnesota State University	University of Colorado - Denver
St. Cloud State University	University of Connecticut
SUNY - Geneseo	University of Delaware
Syracuse University	University of Denver - Health & Counseling Center
	University of Georgia



University of Houston  
University of Mary Washington  
University of Massachusetts  
University of Michigan - Univ Hlth Srvs Wolverine Wellness  
University of Minnesota - ROC  
University of Nebraska at Omaha  
University of Nevada at Reno  
University of New England  
University of New Mexico  
University of North Carolina at Asheville  
University of North Carolina at Chapel Hill  
University of North Carolina at Charlotte  
University of North Carolina at Wilmington  
University of North Texas  
University of Oregon  
University of Richmond  
University of South Carolina  
University of Tampa  
University of Tennessee at Chattanooga  
University of Texas at El Paso  
University of Texas at Tyler  
University of Texas Rio Grande Valley  
University of Vermont  
University of Virginia  
University of Wisconsin at Madison  
Vanderbilt University  
Virginia Commonwealth University Wellness Resource Center  
Virginia Tech

Wake Forest University/College Recovery Community  
Washington and Lee University  
Washington County Community College  
Washington State University  
Washington University in St. Louis  
West Virginia State University  
West Virginia University  
Whitman College

## Corporate and Nonprofit Members:

Pavillon  
Hanley Foundation  
Origins Behavioral Healthcare  
Sandstone Care  
PRN for Families  
Gallus Medical Detox Centers  
Newport Healthcare  
Independence Blue Cross Foundation

# OUR FINANCIALS

## Revenue:

Memberships: \$53,585.00

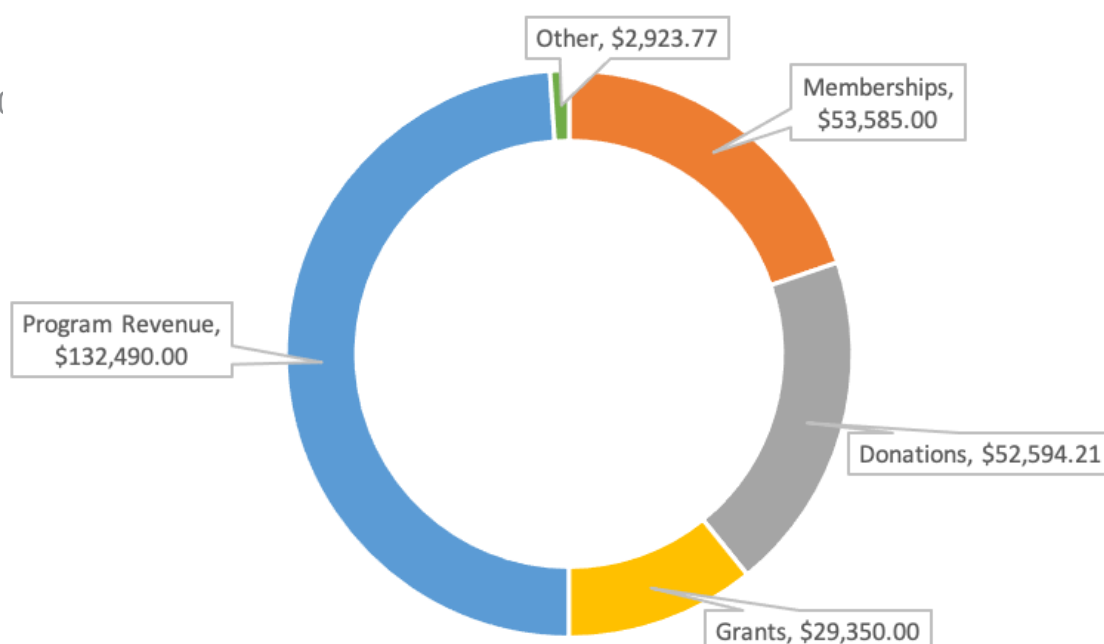
Donations: \$52,594.21

Grants: \$29,350.00

Program Revenue:  
\$132,490.00

Other: \$2,923.77

Total: \$270,942.98



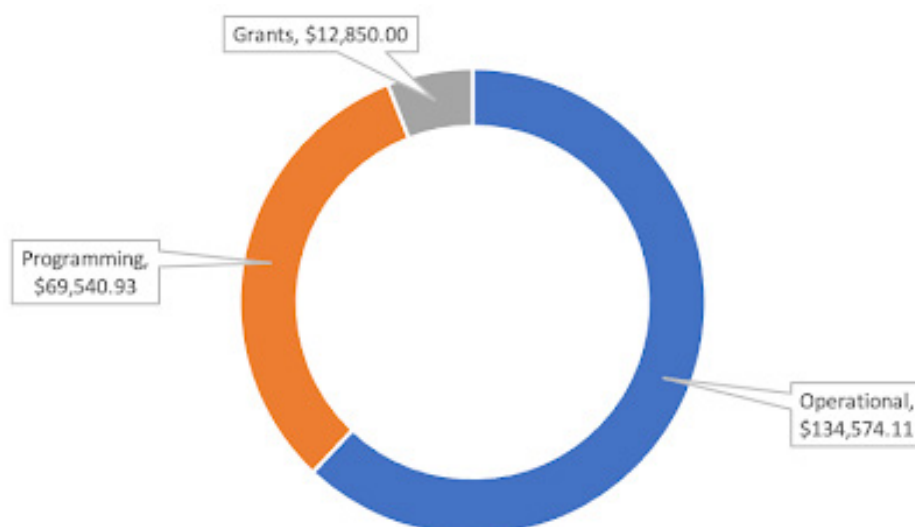
## Expenses:

Operational: \$134,574.11

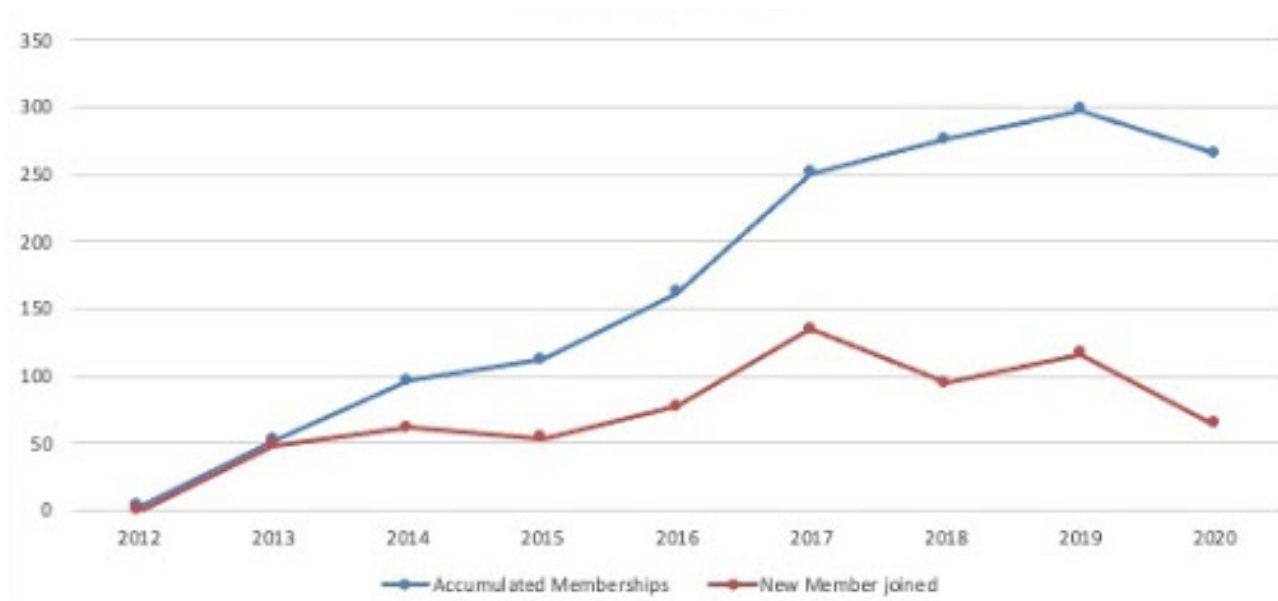
Programming: \$69,540.93

Grants: \$12,850.00

Total: \$216,965.04



# Building Collegiate Recovery



## 2020 Year in Review:

### Quick Numbers:

**10** – ARHE celebrated its 10th anniversary on April 15, 2020.

**75** – ARHE published 75 webinars and blogs throughout the year.

**223** – ARHE received 223 separate donations in 2020.

**155** – There are 155 total ARHE Institutional Members going into 2021.

**500+** – ARHE published over 500 hours of digital content throughout the year.

**750** – The annual National Collegiate Recovery Conference hosted a record number of **750** attendees.

# Collegiate Recovery Day

On April 15th, 2020, the 10-year anniversary of ARHE, we celebrated Collegiate Recovery Day. Those involved were encouraged to wear purple to show their support of the field, CRP/CRC staff, and students/alumni in recovery. ARHE hosted a very successful Collegiate Recovery Day Twitter chat and interview, despite issues presented by the COVID-19 pandemic.

## 2020 Events

### **2020 National Conference:**

The 2020 Collegiate Recovery Conference took place virtually from June 22nd-25th. There were nearly 100 hours of sessions and content offered to a record-breaking number of 750 attendees from around the globe. Equity and justice were heavily emphasized in many sessions. The 2020 conference was also the most profitable to date for ARHE. In 2021, the conference will remain virtual.

### **Collegiate Recovery Staff Summit:**

ARHE hosted a virtual summit for collegiate recovery staff in November. The summit boasted 115 attendees from over 30 states and 3 different countries. Focus topics included virtual programming and engagement, mental health, equity and justice, Collegiate Recovery 101 (fundraising, community building, etc.), and student leadership and development.

## Annual Elections

Annual ARHE elections were held in 2020, with the following individuals elected to new positions:

### **Student Representatives:**

Trevor Gates, Western Carolina University

Jaime Osorio, Virginia Commonwealth University

### **Midwest Representative:**

Jonathan Lofgren, Minneapolis College and Metro State University

### **Southeast Representative:**

Hillary Hardie, University of Alabama

### **Mid-Atlantic Representative:**

Dominique "CJ" Clemmons James, North Carolina Agricultural and Technical State University

### **Secretary:**

Waltrina E. Defrantz-DuFor, University of Denver

### **President Elect:**

Jarmichael Harris, East Carolina University



# ARHE Advisory Council

In 2020, ARHE launched a new Advisory Council, intended to be a collective conscience of collegiate recovery staff which advises ARHE in important decision making. There are currently 19 Advisory Council Members who will focus on structure, expansion, and pivotal work on a universal CRP Staff Code of Ethics. The council is also working on an exciting upcoming project that will create an official Collegiate Recovery Resource Hub.

## ARHE Fellowship and Internship Program

ARHE completely overhauled their program for fellows and interns this year, adding many new positions and opportunities for students to become involved with the organization. The program will be focusing on equity and justice, CRP development, media and communications, the annual conference, and executive development in 2021.

## Grant Developments

This year, the Foundation for Opioid Response Efforts granted ARHE nearly \$20,000 to offer virtual support throughout the year (staff chats, blogs, webinars, events, intern support). The Independence Blue Cross Foundation (IBX) contributed nearly \$20,000 to offer initial technical assistance and assess the readiness of collegiate recovery development at various Pennsylvania institutions.



# 2020 Highlights/Collegiate Recovery Accomplishments

## Webinars:

Spotlight Series: The Ohio State University (February 2020)

Starting a Recovery Ally Program: A Toolbox, Tips, and Tricks (February 2020)

Recovery Ally Training: Follow Up Conversations (February 2020)

Relentless Recovery During COVID-19 (April 2020)

Providing Telehealth Recovery Support Amid the COVID-19 Pandemic (April 2020)

Collegiate Recovery 101: Where and How to Get Started (April 2020)

An Overview of the Wellbriety Movement (April 2020)

Creating Anti-Racist and Liberated Collegiate Recovery Programs (April 2020)

Kitty Harris and Patrice Salmeri Interview (April 2020)

Spotlight Series: Panthers for Recovery at Florida International University (FIU) (May 2020)

Practical Skills for Navigating Trauma (May 2020)

Making Space for LGBTQIA+ Students in Recovery (May 2020)

Collegiate Recovery and COVID: Virtual Programming and Navigating School Reopenings (September 2020)

Collegiate Recovery Spotlight Webinar: Texas Tech University (October 2020)

Collegiate Recovery Spotlight Webinar: University of Alabama at Birmingham (October 2020)

Collegiate Recovery and Mental Health: A CRP Staff Panel Discussion (October 2020)

Collegiate Recovery Spotlight Webinar: Vanderbilt University (November 2020)

## ARHE Blogs:

### January:

Wake up: A Guest Blog by Freddy Shegog  
Introducing Harm Reduction in Collegiate  
CRP Spotlight: University of Michigan

### February:

Student Spotlight: Shauntelle Hammonds  
Inaugural National Collegiate Recovery Day  
The State of the Association: An Outlook on  
Collegiate Recovery  
Student Spotlight: Chava Evans  
Black History Month & Collegiate Recovery  
Reflections

### March:

ARHE Spotlight: Louise Irizarry  
Students' Top Tips for Navigating Recovery  
During COVID-19

### April:

ARHE Update on 2020 National Collegiate  
Recovery Conference  
2020 National Collegiate Recovery Day  
Schedule & Updates  
ARHE Collegiate Recovery Awards 2020  
Collegiate Recovery Day 2020

### May:

Recap of Collegiate Recovery Day 2020  
Finding My Spot in Collegiate Recovery  
ARHE Statement on Inequity, Injustice, &  
Racism

### June:

#ARHE2020 Pre-Conference Trainings!  
Interview with Patrice Salmeri for Pride Month  
Spotlight on Justin North-Olague  
Pride Feature: Student Spotlight with Andrew  
Cao

### September:

ARHE Blog: Recapping National Recovery  
Month from a Student Perspective

### October:

Spotlight on Maysa Mohmoud  
ARHE Spotlight: Dr Clemmons-James

## New Fellow Spotlights:

### Katie Grace Hennen

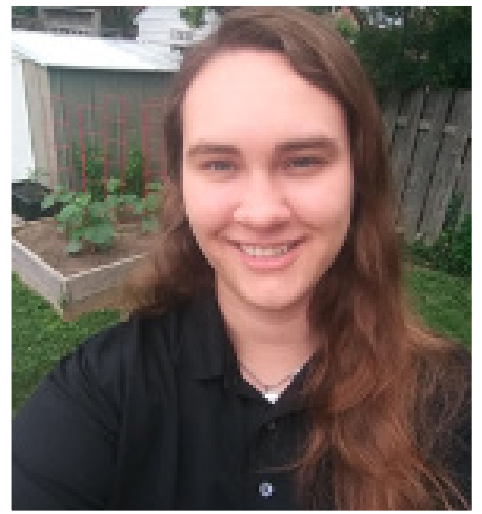
2020-2021 ARHE Executive Fellow



Katie Grace is a senior English Literature and Criticism student at Augsburg University in her hometown of Minneapolis, Minnesota. She feels proud to be a member of one of the largest and longest-running CRP's in the country, and her goal at ARHE is to help other higher education institutions find similar success. She is also excited to grow the organization so that more college students in recovery can have access to the resources they need. Katie Grace believes that every young person in the recovery community should have the opportunity to pursue academic and personal excellence at the collegiate level. She is thrilled to be able to work in multiple different facets of a non-profit organization and expand her leadership skills in a setting that bolsters equity and inclusion.

### Meagan Park

2020-2021 ARHE Conference Fellow



Meagan is a third-year student at the University of Windsor in Ontario. They are studying Psychology with minors in Sociology, Business, and Applied Information Technology. From their personal experience, Meagan knows that ARHE can significantly impact the lives of students in recovery, and they are looking forward to giving back to that community. They are also ready to use their skills by working together virtually to support the ARHE team this upcoming year. Their goal in their position is to see record numbers at ARHE's 2021 conference due to the accessibility of an online platform. Meagan is ecstatic to be supporting the amazing people involved in collegiate recovery.



## New Fellow Spotlights:

**Sam Kozlowski**

2020-2021 ARHE CRP Development Fellow



Originally from Franklin Park, Illinois, Sam is now a second-year graduate student studying Public Health at the University of Wisconsin – Madison. Reducing the stigma of being in recovery or abstaining from substance use on college campuses is important to her, so she is looking forward to working with other individuals who are passionate about that movement. Sam believes that students in higher education deserve an opportunity to stay connected to their academics and individual recovery paths. She is hopeful to see collegiate recovery grow in 2021 and provide much needed resources to more students, especially during this difficult year of COVID-19.

**Dharma Mirza**

2020-2021 ARHE Equity & Justice Fellow

Dharma grew up in Northern Utah and is now a senior at Oregon State University pursuing a BS in Public Health with a minor in Queer Studies and a Medical Humanities certificate. She is a first-generation immigrant with dual citizenship in Pakistan. Dharma's hope is to create a permanent pillar of equity and inclusion in the legacy of ARHE. As a queer, trans, person of color and Khwaja Sira (Pakistani Third-Gender), the intersection of addiction and equity are central to her activism and personal belief system. She is excited to help ARHE contribute to inclusive and accessible programming, combat a history of white supremacy in higher education and recovery communities, and work in solidarity with BIPOC and LGBTQ+ communities.

## Advisory Council Spotlight

### Jason Whitney, PhD

Pronouns: He, him, his  
Program Coordinator, Penn State CRC  
Assistant Teaching Professor, Penn  
State College of Education



I've been in recovery since 1991 — my sophomore year at the University of Colorado at Boulder. The sober half of my time at Boulder was more meaningful and worthwhile in every way possible than the very foggy first half. Over the next 29 years, I made my way in the world as a young person in recovery until I was no longer exactly young anymore. I'm still young at heart. Even though I turned 48 this year, I don't feel that I've aged much, and I am still continuously either finding hare-brained things to do or else cooking up more wild adventures to have.

Collegiate recovery became the central focus of my life in 2011, when I first learned about collegiate recovery programs. I learned a little bit about going to school as a student in recovery in the process of earning three English degrees and a PhD in Education, causing me to believe I might be effective in this work. Ten years ago, I was part of a group of people that launched the Penn State CRC, and this past decade working in a collegiate recovery program have amounted to the most satisfying years of my life. Incredibly, albeit slowly, our program at Penn State has grown into something really amazing.

At the root of recovery is hope, and a leap of faith. Life throws us one presenting issue after another (parking tickets, missed field goals, sprained ankles, etc.), and I think recovery can be putting out these small fires that are always burning, but life on the surface level is not very inspiring. For me, the draw has always been the promise of transcendence, which requires forever digging into underlying causes and

conditions and then actually manifesting the required changes one needs to make. The students I work with at the Penn State CRC know that transformation doesn't come easily, but that it does come. They've see it in their role models, and then they experience it for themselves. The price of that transformation is that one has to strive with a mission and a purpose larger than oneself, and to give back. I often get asked, how can anyone expect college students to not drink and use drugs, or to invest 5-20 hours a week into their recovery programs? I tell them, I've listened to these students' stories. I live recovery. I study it. Students in recovery all had a choice to make, and, knowing perfectly well what recovery requires, they each made their own highly personal decisions to dedicate themselves to it. If recovery actually asked less of them, I don't think it would have the same draw.

Anyone who has ever gotten one of these programs to a place of stability knows that it requires not just hard work, but practically a miracle. The peer support community always grows painfully slowly. I've been involved as a member of the ARHE board and the Advisory Council, and watched ARHE grow its membership steadily. I see lots of fledgling programs trying to find the right recipes, and it brings back memories of those early years, which were often a struggle. I used to come to ARHE in utter despair sometimes looking to solve one problem or another our program was facing. Being a staff person in these programs, there is always all kinds of stuff to do, and all kinds of pointless rabbit holes also, and we can waste our precious time cooking up initiatives that matter a lot to us, but that don't matter much to the students we serve. Having lived and breathed collegiate recovery for the past ten years, I have learned precisely this: At the heart of every successful program is a group of students who inspire one another. They have the answers to our many questions. It's tempting — though pointless, ultimately — to try to build a program without them, based on one's ideas of what they need.



## Board Member Spotlight

**Waltrina E. DeFrantz-Dufor, Ph.D.**

Pronouns: She, her, hers  
Director of the Collegiate Recovery  
Community  
University of Denver  
Health & Counseling Center



It has been my honor to serve as the former Mountain Regional Representative and currently as secretary on the Board of Directors for the Association of Recovery in Higher Education. As an institutional member of the ARHE Mountain Region, we have the opportunity to network, collaborate, and support institutions interested in building a CRP. As a board member, ARHE has launched a variety of strategic initiatives, partnerships, and professional development opportunities to help establish and develop Collegiate Recovery Programs across the nation. As the director of the collegiate recovery program at the University of Denver, I have personally benefited from ARHE professional development opportunities including, but not limited to staff chats, webinars, a staff summit, and annual conferences. In addition, as a member of the board, I am impressed by its servant leadership while navigating and maintaining prudence during the economic downturn due to COVID-19.

I have witnessed Tim Rabolt, the Executive Director, staff, and interns provide counter space for new professionals and seasoned CRP staff as they strive to demystify the culture of an ever changing field. It is an unapologetic champion for the LGBTQ and BIPOC members, especially as it takes action to infuse diversity, equity, and inclusion in the association and profession of collegiate recovery. Nationally, ARHE aspires to lift collegiate recovery as a notable profession in the field of higher education through collaborative research to impact policy, practice, and accountability.



ARHE is ten years young and although it has made many strides to educate and advocate, the outlook of the organization is bright as is the field of recovery. It will continue to serve as a beacon for standards, ethics, and knowledge creation while growing its membership with diverse institutional types such as HBCUs and Community Colleges. I hope the field of collegiate recovery diversifies its research lenses to examine the criminalization of addiction which hinders access to higher education, barriers of access especially for minoritized people, and the inequitable policies that impact legislation locally, nationally, and globally.

ARHE is a significant contributor to the field of collegiate recovery and higher education because it is a catalyst for change, serves the public welfare, and enhances the field of higher education to support recruitment, persistence, and completion of students facing substance use challenges or addiction who otherwise might not have an opportunity to attend college.



# 2020 Donors and Fundraisers

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Randy Anderson  
Danny Andino  
Kevin Anglim  
Gabriel Arrington  
Christian Arthur  
Liz Athens  
Ben Atkins  
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Maureen Babineau  
Jordan Baez  
Thomas Bannard  
Lauren Blackwell  
Peter Block  
Bob Boyd  
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Jennie Brogden  
Scott Brown  
Tiffany Brown  
Asia Brown  
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Evan Cantiello  
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Devin Curry  
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Nicole Dann  
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Kristine De Jesus  
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Jeffrey Doman  
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Madison Ebersole  
Erin Ebert  
Becki Elkins  
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Rain Freeman  
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Jaime Garza  
Trevor Gates  
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Kirsten Giese-Lucchetti  
Theresa Giglio  
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Slade Gormus  
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Loretta Griffy  
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Shauntelle Hammonds  
Lydia C. Hamner  
Ryan Hampton  
Hilary Hardie  
Dave Harris  
Jarmichael Harris  
Adele Harth  
Kasey Harvill  
Morgan Henson  
Mackenzie Hogan  
Ahmed Hosni  
Dustin Huckabe  
Morgan Humberger  
Louise Irizarry  
David Ivey  
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Erin Jacobson  
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Katherine Kaup  
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Mike Knaggs  
Abbie Knapton  
Sam Kozlowski  
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Stephanie Lake

# 2020 Donors and Fundraisers

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Margaret Nevergoll  
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Suzanne Wieringo  
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Diana Williams  
Shelly Young  
The Kopf Family Foundation  
Opiant  
Independence Blue Cross  
Foundation



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