

COLLEGIATE RECOVERY PROGRAMS IN THE INTERNATIONAL SPHERE

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OVERVIEW

The world of research on Collegiate Recovery Programs (CRP's) has boomed in the last decade, so much so that the CRP descriptive database highlights 140 articles that build on the need for these programs. However, the research conducted in this discipline has majorly focused on institutions of higher-learning in the United States. The database puts a spotlight on the need for international institutions to put their spin on the present body of knowledge. The change in demographic conditions university environment opens a whole new aspect to previously published literature. Three areas of consideration in the international sphere of CRP's are the reinforcing of CRP's in Canada and the United Kingdom, the beginning of CRP's in Ireland, and the perspective of international CRP directors. Expanding CRP research outside of the United States indicates that there is still growth to be seen in the field.



CITATIONS

Day, E., & Trainor, L. (2024). Recovery from Addiction on a University Campus – a UK Perspective. Taylor & Francis Online.

Murphy, D. (2024). Recommending Collegiate Recovery Programs to Institutes of Higher Education in Ireland. *Alcoholism Treatment Quarterly*, 42(1), 138-146.

Park, M., Fudjack, S., Soucie, K., & LaBelle, O. (2023). Participant Experiences in Student Recovery Programs in Canada: An Interpretative Phenomenological Analysis. *Alcoholism Treatment Quarterly*, 41(3), 338-361.

Vest, N., Flesaker, M., Bohler, R., Timko, C., Kelly, J., Stein, M., & Humphreys, K. (2024). Characterizing Collegiate Recovery Programs in the US and Canada: A Survey of Program Directors. *Journal of Studies on Alcohol and Drugs*. <https://doi.org/10.15288/jsad.24-00207>

KEY TAKEAWAYS

The international research that is found in the database are enriching sources and are vital to expanding the exposure of Collegiate Recovery Programs, however **only four articles fit the criteria for international research.**

A common theme amongst the articles was a call to **promote CRP research in the international sphere.** A gap that is apparent is that the current studies that fall under the international category in the data-base are **Eurocentric**, so studies expanding into other continents would be fruitful to the existing body of data.

Tags: CRP, International

Arredondo, E. (2024). Research Brief: Collegiate Recovery Programs in the International Sphere. From Shore, C. D., et al. (2024). Descriptive Database for Literature on Collegiate Recovery Programs 1972-Present. Living Literature Review for the Association of Recovery in Higher Education (ARHE). Retrieved from <https://collegiaterecovery.org/research-database/>

EMERGING CRP'S IN CANADA AND THE UK

Park, M. (2023) and Day, E. (2024). highlight a growth of Collegiate Recovery Programs in **Canada and the United Kingdom** respectively, but they emphasize the lack of research in these countries and implore the importance of CRP's in countries outside of the United States. Park, M. (2023) studied the emerging CRP populations in distinguished Canadian universities, using **Recovery Capital** to understand the personal experiences, needs, and wants of nine Canadian students in CRP programs. After transcripts were run through **NVivo**, common themes that were produced consisted of praise for the level of inclusivity of the programs, emphasizing a need for awareness that college students in recovery are an emerging population, and a need for **peer support** while in recovery. While these common themes amongst the CRP literature, this is the only article to cover these themes in depth out of Canada. Additionally, Day, E. (2024), critically analyzed the first CRP in UK higher education at the University of Birmingham, where it is rapidly growing and participating students express a need for **structured support services and destigmatization of addiction** and in tune recovery. This article is unique in the fact that it is the only article in the database to cover British experiences.

THE BEGINNINGS OF CRP'S IN IRELAND

At this moment, there are currently **no Collegiate Recovery Programs established in Ireland**, but a piece of literature found in the CRP database is strongly urging their introduction to the country. Murphy, D. (2024) highlights a study that measures substance abuse in higher education institutions in Ireland, where it shows that a significant portion of Irish university students have partaken in substances at least once in their life. The statistics produced by that study overwhelmingly indicated a need for an intervention program, like CRPs, and Murphy highlights past literature to further reinforce why CRPs are needed in Ireland. Murphy brought on **academic success and positive health outcomes** cited in American literature to reinforce the call to action of establishing CRPs in Ireland. Murphy, D. (2024) is the only article in the database that adds the Irish perspective to a body of primarily American literature, and specifically draws from the American literature highlight the success of CRPs and how that can be significant in collegiate population in Ireland.

PERSPECTIVE OF INTERNATIONAL CRP DIRECTORS

An aspect that is often a minimal consideration when it comes to Collegiate Recovery Programs are program directors, and Vest, N. (2024) sought to cover that base. While there is a subset of research on the faculty aspect of CRPs, Vest specifically touched base with Canadian directors. There is an **acknowledged disparity between the number of directors that participated from the United States and Canada respectively**, where 68 participants were from the U.S. and 2 participants were from Canada. This reflects the disparity in geographical locations of CRPs, where the majority can be found in the U.S. and there are a few CRPs in Canada. The study indicated that programs that had multiple funnels of funding could grow their program to serve more students in recovery, something that Canadian CRPs have been looking for to grow their programs and research. However, it must be acknowledged that Vest's findings mainly reflect the submissions of U.S. program directors, but there is an inclusion of the Canadian perspective. Like a common theme amongst both is that All-Recovery meetings, where all types of addiction are welcome, were very common.