



Yearly Budgeting for a CRC: An Interactive Discussion

ARHE Staff Chat

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Session Purpose

Participants will:

- Identify core CRP budget categories + hidden costs
- Map funding streams & understand how they affect planning
- Strengthen your budget narrative for leadership advocacy
- Leave with templates/tools + next steps



Session Norms

How to Participate

- Chat Prompts and polls
- Online engagement activities
- Discussion: Share successes and challenges
- Bring a rough budget outline if you have one

Go to slido.com

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In one word: budgeting feels like __



Review answers 0

Results will appear below





Quick Poll!

Where are you in a budgeting process?



Quick Poll!

Which of the following budget-related tasks tend to be the most challenging for you?

The CRP Budget “Ecosystem”



Types of Cost Items

- Operating Costs (baseline)
 - Fixed costs
 - Variable costs
- Expansion costs (future planning)

Budget Principles

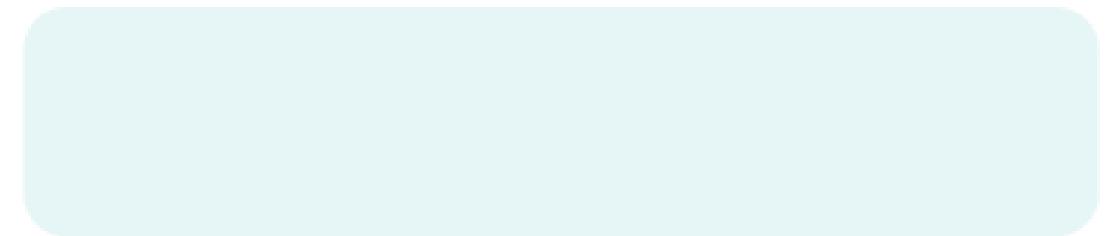
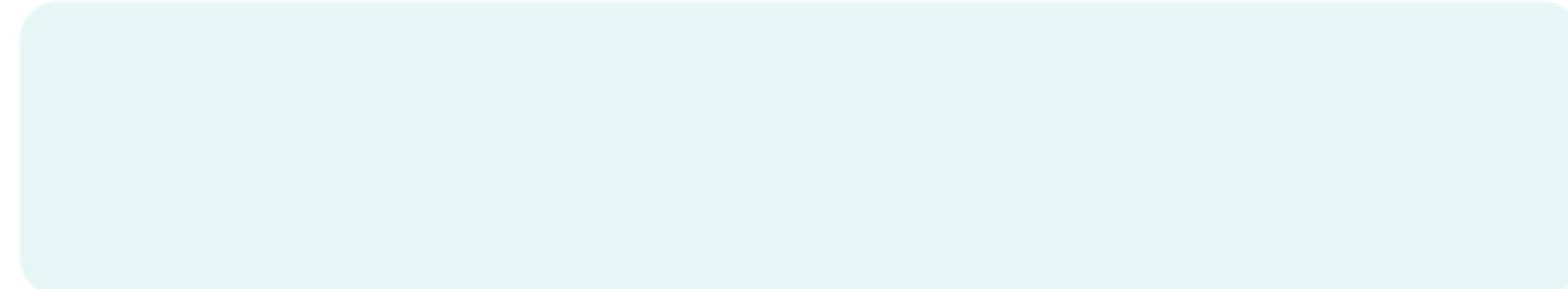
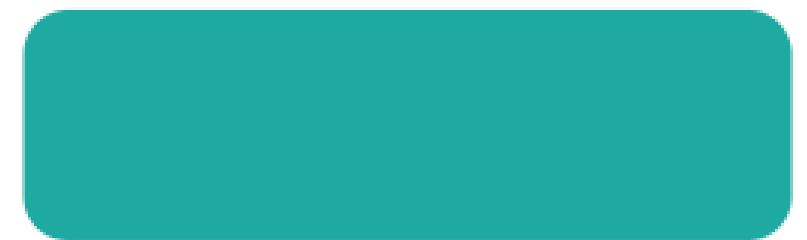
- Budget = planning tool, not just a spreadsheet
- “If you can’t explain it, you can’t defend it.” (narrative matters)
- Funders/leadership fund stories + outcomes + risk reduction



What costs/categories do you currently include in your CRP Budget?



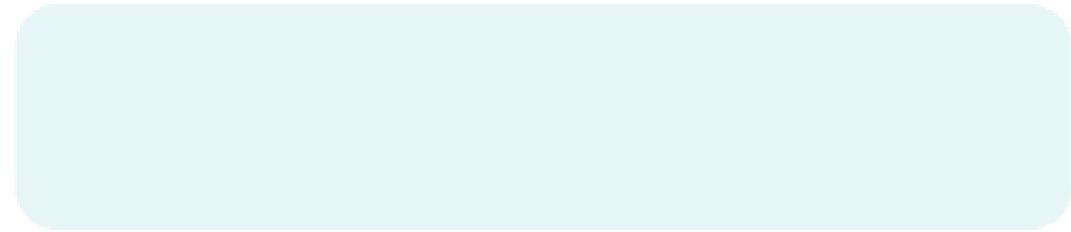
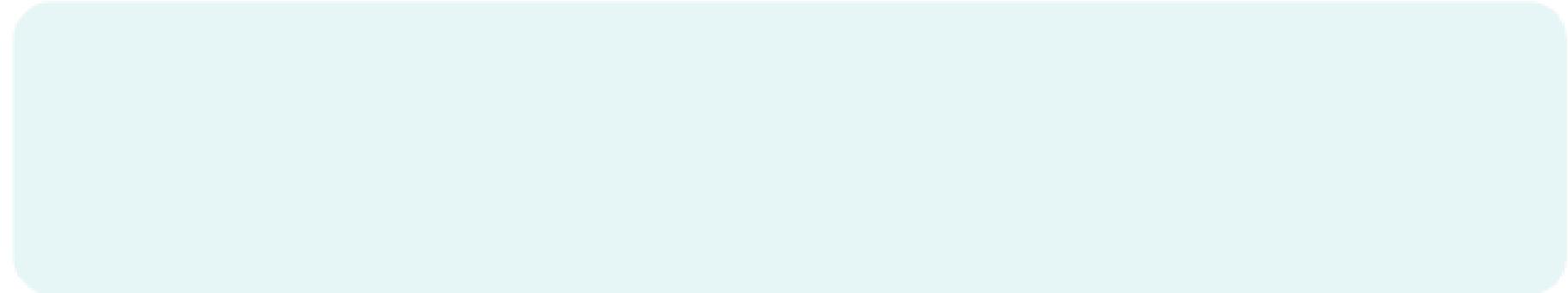
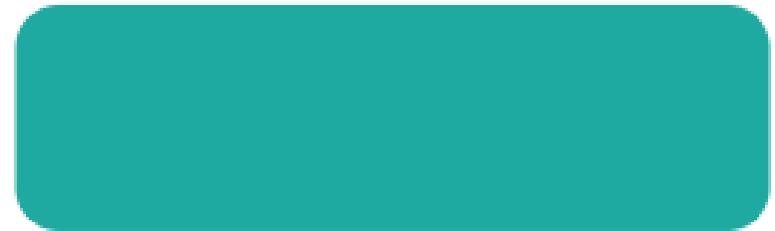
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"What's one non-negotiable line item in your CRP budget?"



Results will appear below



Common Budget Categories



1. Personnel

- a. Salary/wages, student workers/internship stipends, fringe/benefits
- b. Backfill coverage, overtime, supervision time, admin/grant management time

2. Programming

- a. Recovery meetings/events, wellness activities, guest speakers
- b. Food/catering (often a major real cost)

3. Training & PD

- a. Conferences, certification fees, continuing ed, membership dues

4. Travel

- a. Mileage, lodging, per diem, local travel, group travel, retreats,
- b. Additional things to consider: inter-campus travel for student activities (if institution has >1 campus location)

Consider: Do you have control of the CRP budget?
What is the process for accessing funds?

Common Budget Categories



5.

Marketing & outreach

- a. Printing, tabling supplies, giveaways, signage, merch, T-shirts

6.

Student support

- a. Emergency aid, transportation, dining hall stipends, scholarships, mutual aid microgrants, service awards, participation awards

7.

Facilities/space

- a. Ongoing: Rent/chargeback, supplies, cleaning
- b. Initial expenses: paint, renovations, furniture, etc.

8.

Evaluation & data

- a. Survey tools, incentives, data system subscriptions

9.

Operations/software

- a. Software licenses, tech, office supplies, accessibility, translation services

10.

Emergency/contingency

- a. "When something happens" fund

Consider: Can you carryover unspent line items or do you have to spend down every line ("use it or lose it")?



Smart Strategies for Building Sustainable Budgets

- Anchor core staffing in stable funding whenever possible, and use short-term grants to support growth and innovation.
- Plan for recurring student support needs (including food and emergency aid) as essential components of CRP engagement.
- Strengthen continuity by documenting outcomes and building a clear case for ongoing institutional investment.
- Program evaluation and reporting, with dedicated staff time and resources to support sustainability and future funding.
- Design budgets that support healthy capacity, so programs can thrive without relying on staff overextension

Funding streams & planning

Common funding streams

- Institutional base budget
- Student fees / student union allocation
- Grants (state/federal/private)
- Philanthropy + donor giving
- Sponsorships
- Fundraising (events/campaigns)
- Partnerships (on- and off-campus)
- External contracts / training revenue (in some models)
- On-campus alcohol sales percentage

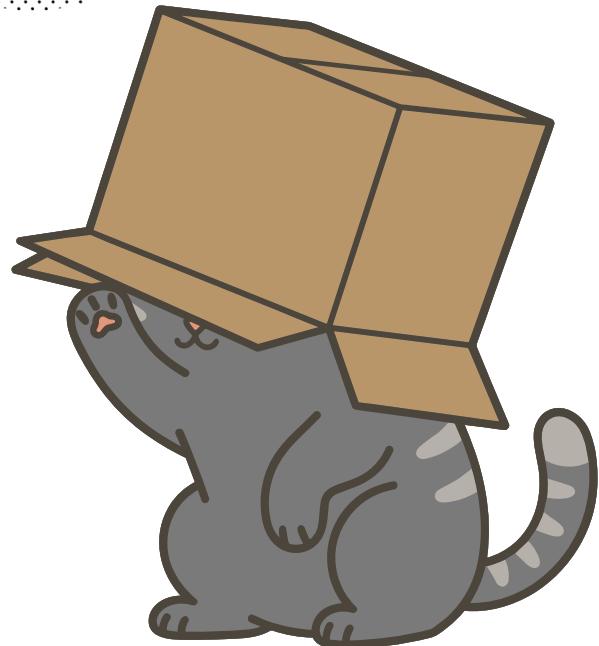




What are some “out of the box” funding streams or partnerships that you can think of to support these line items?

For example:

- Working with local IOP providers, RCOs, etc. to fund conference participation for a student
- Working with 0.0% drink providers to supply beverages for your space
- Partnering with local restaurants / chains for end of day food donations
- Add student positions to institutional Work Study database, hire Americorps workers, etc. so funding is external to your CRP budget
- Partner with departments to share resources
- Establish a student org. as an extension of your CRP to access programming funds





ARHE Standards and Recommendations

#6. CRPs are non-profit entities



#6. CRPs are non-profit entities

*“A non-profit organization status promotes the ability to keep the mission and structure above the personal interests of individuals and other for-profit motives. Thus, **students should not be charged for standard supports** (e.g., recovery coaching, not-for credit seminars, use of recovery space). Students may be charged for additional supports (e.g., trips, on-campus housing, study abroad, and for-credit course work) at usual university rates. When students are charged for these additional supports and activities, every effort should be made to ensure access for all students regardless of financial status.”*



MENTAL AND BEHAVIORAL HEALTH

Inclusive Peer Support Groups Are Expanding at US Colleges, but Stable Funding Is Needed

A new study found that collegiate recovery programs that have multiple sources of funding served twice as many students as programs with only one source of funding. These programs, particularly those that offer support groups for students in all stages and types of recovery, can serve as a lifeline during the challenging college experience.

May 7, 2025

BY JILLIAN MCKOY

SHARE

As colleges and universities continue to prioritize student mental health and well-being, [collegiate recovery programs](#) (CRPs) are emerging as a vital component of these efforts for students recovering from substance use disorders and behavioral addictions. A new study led by a School of Public Health researcher presents a foundational assessment of CRPs' structure and programming, lending insight into how academic institutions can strengthen and sustain these chronically underfunded, but critically needed, programs.

The study is the first to acquire this data through the lens of program directors, who are better positioned than students to identify CRPs' operational and funding needs.

Published in the *Journal of Studies on Alcohol and Drugs*, the study revealed important differences in the programs' reach, based on the number of their funding sources; CRPs that had multiple funding sources served twice as many students as CRPs that relied on only a

Inclusive Peer Support Groups Are Expanding at US Colleges, but Stable Funding is Needed

By Jillian McKoy

May 7, 2025



VIEWPOINT

College Shouldn't Be a Relapse Risk: Why Collegiate Recovery Programs Deserve Sustainable Funding

Colleges and universities that are committed to fostering inclusive and supportive educational environments must prioritize sustainable funding for collegiate recovery programs, writes Noel Vest in a new commentary.

July 28, 2025

BY NOEL VEST

SHARE

Viewpoint articles are written by members of the SPH community from a wide diversity of perspectives. The views expressed are solely those of the authors and are not intended to represent the views of Boston University or the School of Public Health. We aspire to a culture where all can express views in a context of civility and respect. Our guidance on the values that guide our commitment can be found at [Revisiting the Principles of Free and Inclusive Academic Speech](#).

For many students in addiction recovery, college is not just about education—it is about survival. The transition to higher education presents immense challenges for students recovering from substance use disorders (SUDs), as campus cultures often normalize drinking and drug use while offering limited support for those seeking to maintain sobriety or reduce substance use.

Collegiate Recovery Programs (CRPs) provide a lifeline, offering safe spaces, peer support, and resources tailored to the needs of

College Shouldn't Be a Relapse Risk: Why Collegiate Recovery Programs Deserve Sustainable Funding

By Noel Vest

July 28, 2025



Discussion

“Which funding streams do you rely on most right now?”



Discussion

“Which funding streams do you rely on most right now?”

“Which funding streams do you **WANT to add next year?”**



Tools, Templates, and Next Steps

Templates/tools to share:

- [CRP annual budget template](#) (expense categories pre-filled as an example)
- [Budget Reconciliation Tracker](#) *Make a copy and utilize these spreadsheets
- [Accreditation Value / Justification Toolkit](#)
- [Conference Justification Toolkit](#)
- [Cost Effectiveness Toolkit](#)
- [CFRI Braided Funding Streams Article](#)
- [WVCRN White Paper: A Cost-Effective Investment for West Virginia](#)
- [Characterizing Collegiate Recovery Programs in the United States and Canada: A Survey of Program Directors \(Vest et al., 2025\)](#)

****Utilize these Resources to advocate why CRPs are cost effective & cost saving, how to advocate for funding, and evidence-based research to support why funding is important and how it improves student outcomes**



Group Share

- 1. What challenges have you encountered when writing budgets?**
- 2. Do you have budget templates that you've found to be very successful?**
- 3. Are there other budgeting tools that you find to be really helpful?**
- 4. How have you successfully advocated for your budget in the past (for the CRP or not)?**

Request Technical Assistance



Request Technical Assistance and Training
<https://carsrecovery.org/>



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RECOVERY SUPPORT**



Any Questions? ? ? ?