

# Collegiate Recovery Communities: Building Campus Connection for Students in Recovery from Addiction



ADDICTION

WAY

OUT

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# What is recovery?



Recovery Wheel

- A dynamic change process through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.
- The essence of recovery is a lived experience of improved life quality and a sense of empowerment; that the principles of recovery focus on the central ideas of hope, choice, freedom and aspiration that are experienced rather than diagnosed and occur in real life settings rather than in the rarefied atmosphere of clinical settings.

The background of the slide features a dense crowd of white, dashed human silhouettes. In the center of this crowd, one silhouette is solid blue, standing out from the rest. A large, semi-transparent white circle is overlaid on the left side of the image, containing the text.

# Stigma

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In what ways do you imagine students in recovery experience stigma while navigating social and academic life at post-secondary institutions?

# What is a Collegiate Recovery Community?

*A collegiate recovery community (CRC) is a College or University provided, supportive environment within the campus culture that reinforces the decision to engage in a lifestyle of recovery from substance use. It is designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other.*

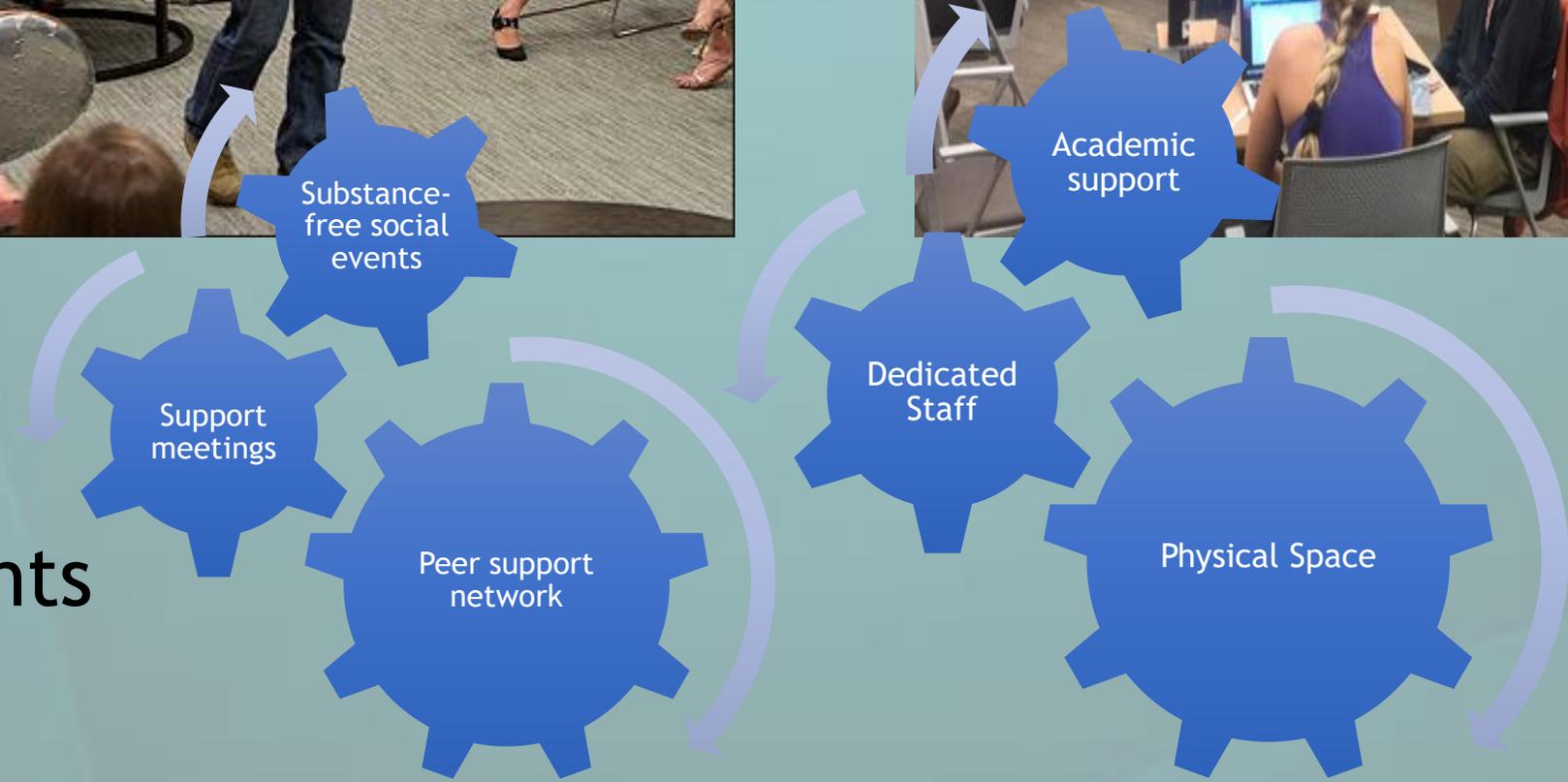


Substance-free social events



Academic support

# Common Components

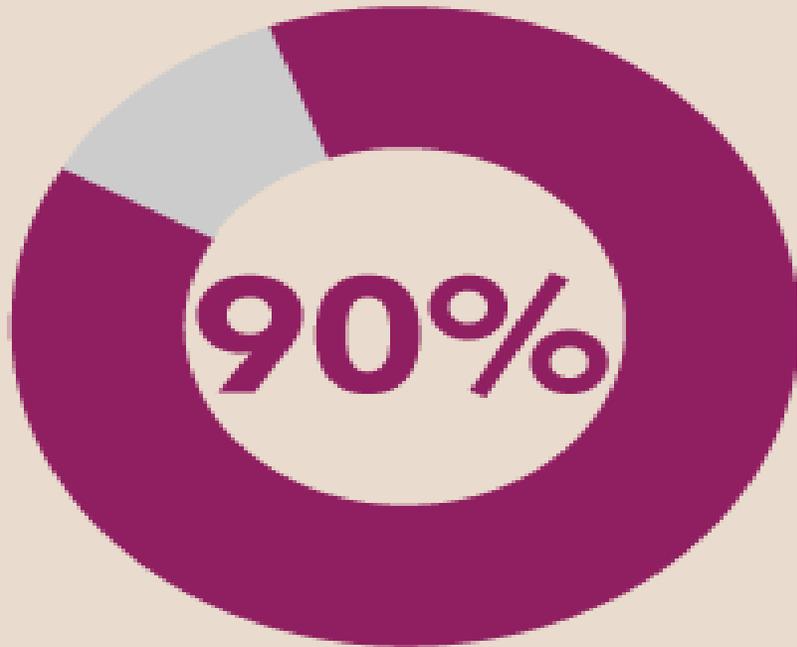


Support meetings

Peer support network

Dedicated Staff

Physical Space



Percentage of alcohol and other drug use and problems that start between the ages of 12-20.

SUD RATES NEARLY  
**TRIPLE**

from *7%* in adolescence  
to *20%* in early adulthood

***RECOVERY IS NOT AN EVENT.  
IT'S A PROCESS.***



Photo by Janek Sedlar

➤ 50% of Canadians in recovery reported a barrier to their recovery was being worried about what people would think of them.

➤ Only 4-6% of students with alcohol/drug related problems will seek help.

*As a student in early recovery, I felt that the college experience was an impossible uphill climb where I would be suffocated by drugs and alcohol everywhere I turned. Finding a CRC gave me a path I never thought possible.*

*A CRC meant that I had support not just for my academic career, but for my recovery as well. A CRC meant that I finally felt like I belonged somewhere, and that I wasn't fighting the battle alone. It was possible for me to connect and get support from other students in recovery.*

*I can honestly say CRC has saved my life. Before getting involved with CRC, I did not know that I could have a sober college experience. All my previous social circles revolved around using, and I did not know how to live otherwise. CRC gave me a supportive community of students just like me, which was exactly what I needed to get sober and stay sober.*

*What matters most though, at least to this student, is that I have a home and a life on a college campus because of my collegiate recovery program. I will graduate with two bachelor's degrees, and be on the way to grad school in a little under a year, and the only reason I am able to do that today is because of my recovery, and because of the resources I have at my university.*



# Marginalized to Empowered

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