Collegiate Recovery Community

Kelly O'Donnell, MA, NCC, LCAS, LPCA
Center for Wellness Promotion
Recovery Support Specialist
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Objectives

- Accurately define “Substance Use Disorder”
  - Identify Relative components of addiction
  - Accurately Define what Recovery means
- Identify Resources on and off campus for Niner Nation
  - What services are provided by Center for Wellness Promotion?
  - What services does the Collegiate Recovery Community Provide?
  - What is an ally?
Best and Worst
True or False?
Addiction's a choice
The Factors

- **Biological Markers**
  - High tolerance
  - Genetic predisposition
  - Physical response
    - Markedly positive
    - Absent withdrawal symptoms

- **Choices**
  - Traits: Sensation seeking, impulsive, gregarious, rebellious
  - High vs low risk
What's a Substance Use Disorder (SUD)?

- DSM-V: 11 criteria
  - Impaired Control, Social Impairment, Risky Use, Pharmacological Indicators
  - 2–3 criteria = Mild SUD
- same criteria for all substances (tobacco ➔ heroin)
“Recovery”

- The Substance Abuse and Mental Health Administration (SAMHSA) offers this definition:
  - “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”
  - What’s absent from this definition?

- Pathways
  - Harm reduction; clinical treatment; use of medications; support from families and in schools; faith-based approaches; peer support;
Who's impacted by SUDs and recovery in College?

- About 20% of college students meet the diagnostic criteria for a substance use disorder.
- 28% of college students are concerned about their drug or medication misuse
- 76% are interested in some form of intervention
- 4% of students at any given university have already taken that step... and ARE in recovery
Student Health Center: Center for Wellness Promotion

- All services are free and confidential
- Sexual and Reproductive Health
- Interpersonal Violence
- Tobacco Cessation services:
  - Individualized tobacco/smoking cessation services.
- Personalized BASICS Substance Abuse Education:
  - Consultative services regarding substance use patterns
- Collegiate Recovery Community
  - Supports students remaining sober while obtaining their degree
Collegiate Recovery Community (CRC):

- **Requirements:**
  - Sobriety
  - Individual therapy with Licensed Clinical Addiction Specialist
  - Seminar attendance
  - Service opportunities

- **Benefits!**
  - Social networking: Fun in the CRC!
    - Paintballing, fly fishing, zoo, lake trip, spring break trip, luncheons, caving
  - CRC space access
    - Sober support meetings* (there’s some ON campus!)
  - Connection to on and off campus resources as needed
  - University Guidance
  - Scholarship opportunities
  - Paid for travel opportunities: Conferences, recovery-related trips, etc.
How do I connect to support?

1. Staff, faculty and students

Apply to the CRC!

2. Submit application and request appointment at uncc-crc@uncc.edu

Provide a Warm Handoff

1. Connect us via email, phone or drop in!
   1. Drop-in: Student Health Center → Center for Wellness Promotion Suite
   2. Emergency: Call UNC Charlotte Police and Public Safety at 704-687-2200

Make an anonymous NinerCare Report

2. Dean of Students Office at 704-687-0345

Concern isn’t for a student?

1. Staff and Faculty: ComPsych
   1. 1-877-603-8259 Company Web ID: UNCC

Help Seeking Protocol

1. Opportunity for students (including under the age of 21) to seek or receive help in an emergency when he/she has violated the university's alcohol & drug policy without the fear of University Judicial Sanctioning.
These Conversations Are Tough!

- Address individually and privately
- Express compassion and empathy – first and foremost
  - "I noticed... and I care."
  - Name specific behaviors ("I noticed you've been late this week." vs "I noticed you're a mess lately.")
- Connect to support
  - "Can we make a call together?" "Have you ever heard of support meetings?"
- Crisis?
  - Don't second guess yourself, take action: "Give me just a second..."
  - Police Transport for medical attention
- Prepare for resistance
  - Identify boundaries for yours/others safety.
  - Accountability is crucial for recovery.
- Find self care afterward!
Be an Ally

Hold compassion and respect for those with SUDs

- Be mindful in everyday language – normalizing use, stigmatizing language
- Sign up for our newsletter!
- Come out to our events!
  - N.O.P.E Candlelight Vigil: October 23rd in Afterhours
  - The Butterfly Affair: November 2nd, 2018 @ Project 658
  - Student Organization for Allies: Niners for Recovery
    - This ally student organization serves as a supportive and compassionate advocate for those who experience a substance use disorder or addictive behaviors.
- 2019–2020
  - Recovery Zone Training
Recovery Dialects
The words we use matter.

Positive
- Person who uses substances
- Recurrence of Use
- Pharmacotherapy
- Accidental Drug Poisoning
- Person with a Substance Use Disorder

Negative
- Substance Abuser
- Relapse
- Medication-Assisted Treatment
- Overdose
- Addict
- Alcoholic
- Opioid Addict

While some negative language is okay to use in mutual aid meetings, its use should be avoided in public, when advocating and in journalism.

Let’s answer some of your questions!
uncc-crc@uncc.edu
704-687-7404
Student Health Center: Center for Wellness Promotion Suite
Kelly O’Donnell

*Post Recovery 101 Assignment*