

# Gamecock Recovery

## University of South Carolina

Vision Forum  
November 2017



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# Recovery is

A process of change whereby individuals work to improve their own health and wellness and to live a meaningful life in a community of their choice while striving to achieve their full potential. – SAMHSA

A voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship. – Betty Ford Institute

Being honest with myself. Handling negative feelings without using drugs or alcohol. Being able to enjoy life without drinking or using drugs like I used to. A process of growth and development. Reacting to life's ups and downs in a more balanced way than I used to. Taking responsibility for the things I can change. – "What is Recovery" study



# Recovery is

10% of American adults

Approximately 1350 students at Carolina including 2% of freshman and 4.5% of transfer students in Fall 2017.

39% of students who know someone with an alcohol or drug problem, including 9% who have a parent or sibling with addiction.



# Collegiate Recovery

Is a campus-based “recovery friendly” space and a supportive social community to enhance educational opportunities while supporting students’ recovery and emotional growth.

Can include sober housing, recovery support meetings, counseling, academic and social support.

Fits into the continuing care paradigm of a “recovery management” system but models vary substantially from one campus to another.

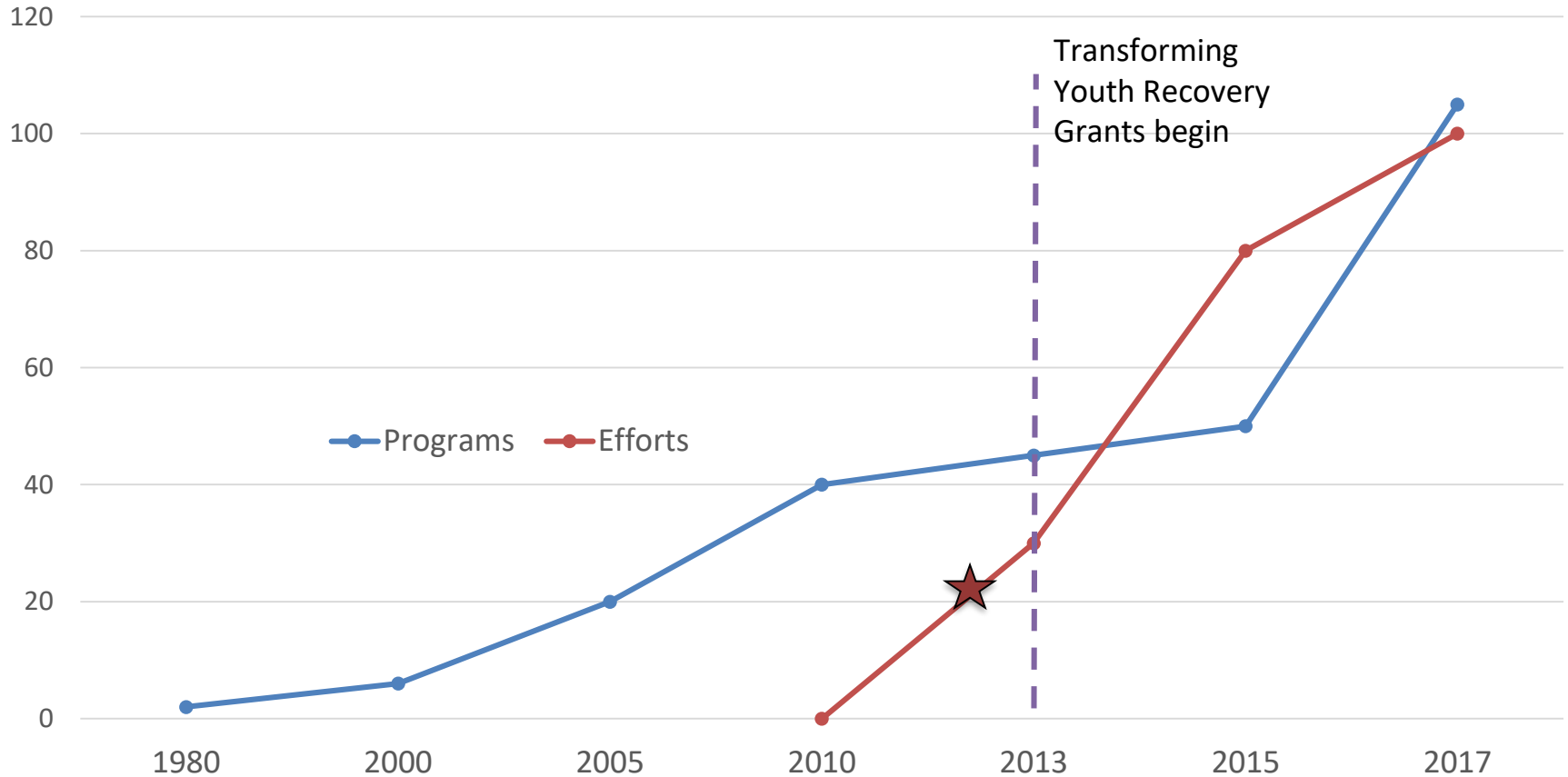
Participants achieve higher GPAs, faster progress to graduation, and lower relapse rates than non-participants.

Source: ARHE <https://collegiaterecovery.org/the-collegiate-recovery-movement-a-history/>



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# Growth of Collegiate Recovery



# Timeline of Gamecock Recovery

Recovery support effort begins.

2012 Groups travel to Texas Tech.

2013 Transforming Youth Recovery grant

2014-2016 CoSW provides interns one day per week.

Newsletter & social media created.  
Surveys & focus groups conducted  
Bi-weekly meetings begin.

Fall 2016 CRP Workgroup Created

Full needs assessment conducted.

Outreach to interest through Alcohol Edu.

Website created.

Marketing materials created & distributed during Orientation.

Strom 301 space repurposed.

Fall 2017 Funding for Graduate Assistant.

Grant from DAODAS.

Regular activities established.

Full-time Coordinator position requested.



# Fall 2016 Needs Assessment

- Workgroup of faculty, staff and students in recovery.
- Conducted online survey and focus groups.
- Visited College of Charleston and University of Georgia's programs.
- Explored national research, best practices, and programs at peer and aspirant institutions.



# 2016 Needs Assessment Results

## Students in recovery reported:

- feeling isolated.
- wanting to feel more connected to each other and the Carolina community.
- stigmatizing statements from both peers and faculty.
- need for education about addiction and recovery across campus.

Possible Programs & Services	Interest
Social Events	86%
On Campus 12 Step Meetings	71%
Scholarships	71%
Tutoring or Academic Support	71%
Space to hang out/study	57%
Access to a mentor/supportive staff member	57%
Service Opportunities	57%
Peer Support/Mentorship	57%





# Benchmarking

## In SEC:

- 50% of schools have recovery programs with professional staff: UA, Auburn, UF, UGA, UK, Ms State, and Vanderbilt.
- MS and Mizzou have efforts with graduate student staff.
- AR, LSU, TN, and TX A&M have efforts without staff.

## In South Carolina:

- College of Charleston has a program with a director.
- Clemson has an effort without staff.

## Structure:

- CRP part of Health & Counseling Center: UF, UGA, UA, AR, LSU, Clemson
- CRP part of Health/Wellness office within Student Affairs: Auburn, UK, MS, Ms State, Mizzou, UT, TX A&M, Vanderbilt, C of C, UNC

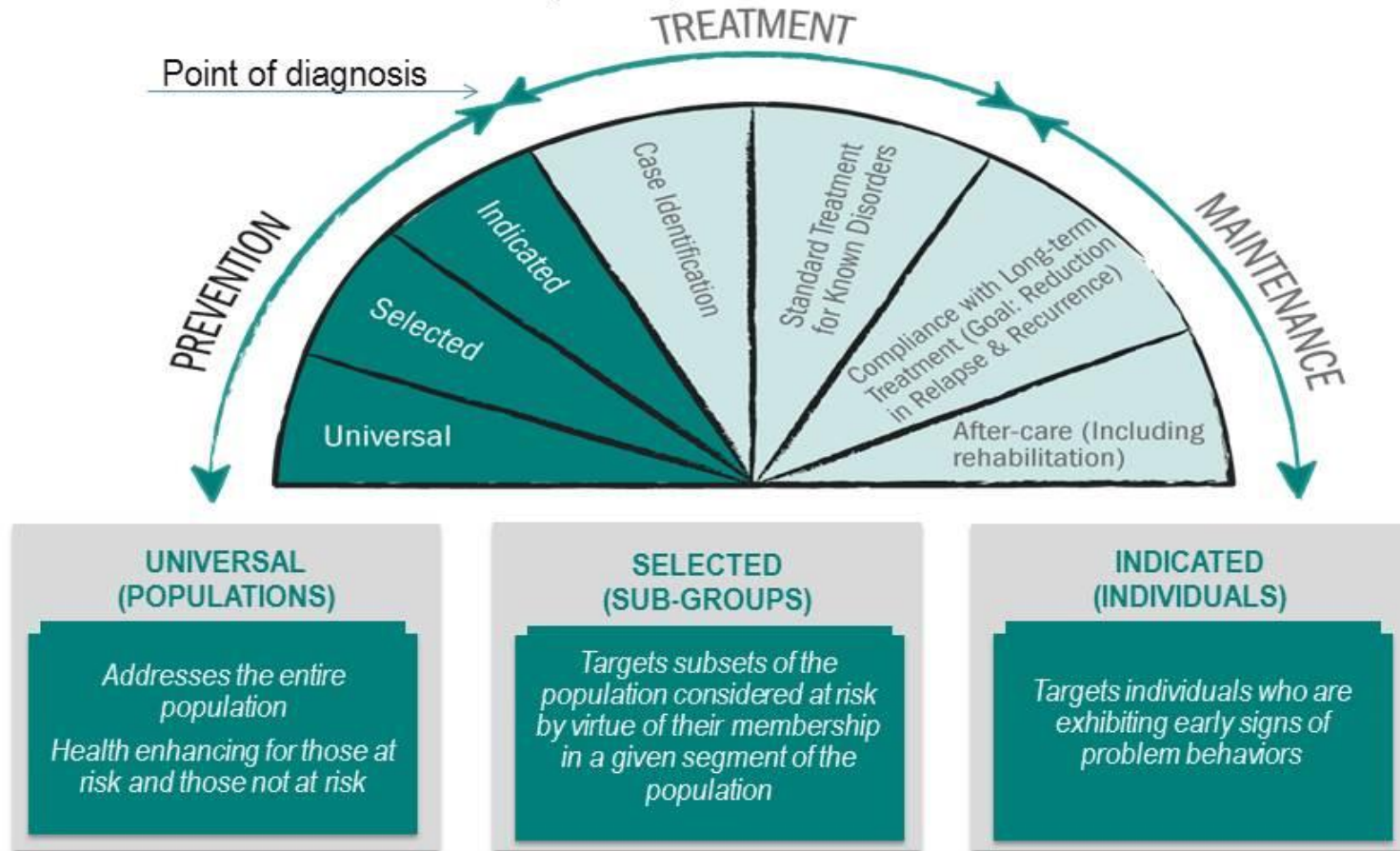


# CURRENT EFFORTS



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# Institute of Medicine (IOM) Continuum of Care Protractor



1994—Institute of Medicine full continuum of care model for mental health



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# Substance Abuse Prevention & Education

University of South Carolina Student Life

## Universal Prevention

Carolina  
Community  
Coalition

Education  
(including  
Alcohol Edu)

Peer  
Engagement

Alcohol Event  
Registration

## Selective Prevention

Freshmen

Fraternity  
& Sorority  
Members

Athletes

## Indicated Prevention & Case Identification

STIR

Counseling  
& Psychiatry

Behavioral  
Intervention  
Team

First Year  
Analytics

## Treatment for Identified Disorders

Off-campus  
Resources

## Recovery Support

Gamecock  
Recovery



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Based on the Institute of Medicine's Mental Health Intervention Spectrum: <https://www.samhsa.gov/prevention>

# Gamecock Recovery

## University of South Carolina



The mission of Gamecock Recovery is to promote a healthy environment and lifestyle for students in recovery at the University of South Carolina. Gamecock Recovery seeks to ensure that all students in recovery can achieve student success by creating a nurturing campus and community environment

- Goals:
- To provide appropriate support for students in recovery to assist them in creating a successful collegiate experience.
- To shape a nurturing campus environment for students in recovery through education and advocacy in order to increase retention and graduation of these students.
- To build a sustainable collegiate recovery program with established institutional support and funding.



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# Program Activities

- **Study and hangout space** in the SAPE office in Strom 301B.
- **Student staff** to provide support, manage social media, and plan events.
- **Consultation** with parents, students and treatment providers seeking information about entry or re-entry into the university as a student in recovery.
- **Online support** through social media and a monthly newsletter.
- **Regular social events** (coffee, dinner, etc).
- **Alcohol-free Tailgate** on Greene Street
- **What's Up Wednesdays**, 5-8pm in Strom 301B.
- **Recovery Meditation**, Thursdays at 4:30pm in the C.A.L.M. Oasis.



# **FUTURE OF GAMECOCK RECOVERY**



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# Spring 2018

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Full time coordinator position requested.

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Engage students in program activities.

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Implement ally education program.

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Large scale campus events (Momentum Series, speakers, films).

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Explore options for improved space.

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Increased marketing through Orientation, campus publications, presentations, video, etc.

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Continue to provide opportunities for students to participate in national and regional conferences and retreats.





# 2018-2019

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Expand program activities, including weekly community meeting, service opportunities, and campus events.

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Increase recovery support with on-campus meetings, including 12 step, SMART Recovery, ACOA and affected groups, etc.

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Develop recovery coaching program for peer leaders.

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Increase scholarship opportunities for Gamecock Recovery members.

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Explore campus policy changes, including support for re-admitted students, transfer students, early registration, etc.

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Network with local treatment providers and sober living facilities.

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# 2019-2020 and beyond

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Expand program activities, based on student participation and identified needs, research, and best practices.

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Explore options for academic credits through Gamecock Recovery.

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Provide advocacy, education, and policy change recommendations based on on-going assessment and student experiences.

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Continue to expand visible ally program and marketing.



# How Can You Help?



Provide feedback and suggestions.

Connect students in recovery to the program.

Talk about recovery publicly to educate others and reduce stigma.

Contribute your talents and resources.

Sponsor an event or student to travel to a retreat or conference.



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# Gamecock Recovery

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Thanks for your support!



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