Collegiate Recovery: From Science to Policy

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• No conflicts of interest
A little about my background...
A little about my background...
Shaping my perspective...
My research programs

1) Mental health and substance use disorders (SUD)
2) Cluster modeling of SUD & health outcomes
3) Implementation of collegiate recovery programming
Collegiate Recovery
Laying the Foundation
Searching for solutions to the addiction crisis

In Pennsylvania, expanding collegiate recovery programs offer lifelines to students battling addiction

There are 14 of these programs in the state – more than any other in the country. That total is expected to double within the next 12 months

BY MICHAEL TANENBAUM
PhillyVoice Staff

As deaths from prescription opioids wane, deaths involving synthetic opioids like fentanyl soar

Overdose deaths involving various opioids, all ages

Prescription opioids defined by ICD-10 codes for natural and semi-synthetic opioids (T40.2) or methadone (T40.3)

Chart: J. Emory Parker/STAT • Source: CDC WONDER
Addiction Approaches

- Prohibition
- Mutual-Help
- Medical
- Therapeutic
Social/recreational use of substances or behaviours such as gambling

Use of substance or behaviour in a manner, situation, amount or frequency that can cause harm to the user and/or to those around them

Functionally significant impairment caused by substance use or behaviour, including health problems, disability, and failure to meet responsibilities at school, work or home

Substance use status continuum

Substance use care continuum

ENHANCING HEALTH
PRIMARY PREVENTION
EARLY INTERVENTION
TREATMENT
RECOVERY SUPPORT
College student substance use has long been identified as a strong indicator of adverse educational and public health outcomes.

Estimated that 600,000 college students are in recovery from substance use disorder.

Colleges can be abstinence hostile environments.

Students often left with a choice of sustaining recovery or pursuing a degree in higher education.
CRP History

• First CRP at Brown in 1977

• Next phase of programs 1983 – 1997 at Texas Tech, Rutgers, Augsburg

• Collegiate Recovery Community Replication Curriculum funded by SAMHSA and the DOE, drafted by Mandy Baker & Kitty Harris Texas Tech

• Rapid increase after Transforming Youth Recovery’s CRP Seed Grant Program Launched by founder Stacie Mathewson in 2014
<table>
<thead>
<tr>
<th>Common CRP Components</th>
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<tr>
<td><strong>RECOVERY SUPPORT</strong></td>
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<tr>
<td>On-campus location for 12-step &amp; other support group meetings</td>
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<td>Celebration of recovery meeting</td>
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<td>Individual recovery planning</td>
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<tr>
<td><strong>EDUCATIONAL SUPPORT</strong></td>
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<tr>
<td>Assistance with admissions process, orientation, developing individual plans of study, &amp; providing general academic advice</td>
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<td>Scholarships &amp; financial aid</td>
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<td><strong>PEER SUPPORT</strong></td>
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<td>Seminar classes in addiction and recovery</td>
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<td>Student peer mentors trained to address both recovery and educational issues</td>
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<td><strong>FAMILY SUPPORT</strong></td>
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<td>CRP may run parent and family weekends to provide support for the transition to University</td>
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<td><strong>COMMUNITY SUPPORT</strong></td>
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<td>CRP supports a student–led organisation responsible for facilitating substance-free, recovery-orientated recreational activities</td>
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<td>Assists students in increasing their level of community service</td>
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Clinical Course of Substance Use Disorder

- People get well in contexts that are supportive of recovery
- Students need support
- CRPs provide:
  - Self-help groups
  - Community
  - Substance free housing
  - Events
Recovery

Collegiate Recovery Programs

Remission and Enhanced Quality of Life
Socio-ecological Framework of Collegiate Recovery Programs

Policy
- Decriminalization
- Medicaid Expansion
- Transition Services
- State Funding
- Treatment Funding
- State Regulations

Organizational/School
- Campus Housing
- CRP Funding
- Designated Space
- Sober Activities
- Health Services
- Mutual Help

Interpersonal
- CRP Staff Size
- Marital Status
- Religious Activity
- Justice Involved
- Family Support
- Social Support

Individual
- Age
- Sex
- Craving
- Co-morbidity
- Gender
- Personality
- Race/Ethnicity
- Risk Perception
- Grades
- Access to Housing
- Peer Group
- Social Support
- CRP Funding
- Medicaid Expansion
- Treatment Funding
Collegiate Recovery Programming: A Scoping Review

A burgeoning resource to support college students in recovery from substance use disorders.
Scoping Review

PRISMA Statement Flow Chart

Records identified through database searching: 304
Records identified through other sources: 113
Records after removal of duplicates: 357
Abstract Review: 357
Excluded: 244 abstracts
Full-text Review: 113
Excluded: 59 full-text articles
  Article type: 25
  Duplicate results: 2
  Language: 1
  No results available: 26
  Not related to college student recovery: 3
  PDF not available: 2
Final Inclusion: 54 records
Description of Sample
Number of Participants in Study
Gender Reported
- Yes, 82%
- Yes with Trans/Non-Binary, 3%
- No, 15%

Race Reported
- Yes, 67%
- Yes with Ethnicity, 8%
- No, 25%

Behavioral Addiction Reported
- Yes, 41%
- Yes - Eating, 10%
- Yes - Other, 8%
- No, 59%

Mutual-Help Participation Reported
- Yes, 67%
- Yes with Ethnicity, 8%
- No, 25%
Research Design of Study

- RCT/CCT/Secondary CCT
- Observational cohort
- Observational cross-sectional
- Observational (other)
- Qualitative semistructures interview
- Qualitative focus group
- Qualitative (other)
Study Primary Outcome

- Lived Experience
- Clinical
- Program Characterization
- Substance Use
- Stigma
- Abstinence
- Other
- Grades
- Cost

Count of Publications
Tentative Conclusions

Can say with little hesitation...
- CRPs associated with reduced relapse rates
- CRPs associated with improved grades and retention
- CRPs associated with reduced substance use disorder stigma on campus

Studies suggest that...
- CRPs improve social capital and help reduce craving
- CRPs offer respite in an otherwise abstinence hostile environment
What Do We Need to Know?

1. We need a framework to guide implementation
2. We need to characterize WHAT CRPs look like today
3. We need a toolkit to guide CRP implementation
Recent Scholarship
K01 Mentored Early Career Investigator Award

Title: Collegiate recovery programming in the U.S.: An implementation science and mixed methods study

Mentoring Team

- Keith Humphreys, Ph.D. (Stanford Medicine)
- John Kelly, PhD (Harvard University)
- Alison Hamilton, PhD (UCLA School of Medicine)
- Christine Timko, PhD (Stanford Medicine)
- Mark McGovern PhD (Stanford Medicine)
- Kitty Harris, PhD (Texas Tech University)
Aim 1. Characterize core CRP elements and facilitators of and barriers to CRP best practices

A. Consolidated Framework for Implementation Research (CFIR)
B. Ethnography
   a) CRP best practices
   b) Identify barriers and facilitators
Best Practices for CRPs

- All-Recovery, Al-Anon, AA, NA, Smart Recovery, MARA, Celebrate Recovery, etc.
- Student Drop-in Centers
- Peer Recovery Support Services
Sites selected for Ethnography

Chosen for:

- Size
- Public/Private
- Length of Program Existence
- Regional Diversity
- All 3 Best Practices
Table 1
Summary of CFIR elements.

<table>
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<tr>
<th>CFIR Domain</th>
<th>CFIR Domain Constructs</th>
<th>CRP level</th>
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</thead>
<tbody>
<tr>
<td>Intervention characteristics:</td>
<td>Intervention source, evidence strength, relative advantage, adaptability, trialability, complexity, design quality, cost</td>
<td>CRP students, CRP staff</td>
</tr>
<tr>
<td>Influences implementation by the degree to which they fit or can be adapted</td>
<td>Patient needs and resources, cosmopolitanism, peer pressure, external policies, incentives</td>
<td>CRP staff, college administration, community</td>
</tr>
<tr>
<td>Outer setting: External context in which the CRP resides</td>
<td>Structural characteristics, networks and communications, culture, implementation climate, readiness</td>
<td>CRP staff, college health practitioners, college administration</td>
</tr>
<tr>
<td>Inner setting: Context within the college in which the CRP resides</td>
<td>Knowledge and beliefs about intervention, self-efficacy, individual stage of change, individual identification with the organization, other personal attributes</td>
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<tr>
<td>Characteristics of Individuals: Of students, staff</td>
<td>Knowledge and beliefs about intervention, self-efficacy, individual stage of change, individual identification with the organization, other personal attributes</td>
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Participants: 15 key stakeholders
- Healthcare staff
- Administrators
- CRP staff
- Volunteer staff
- Student members
Consolidated Framework for Implementation Research (CFIR)

- 3-5 days at each location
- Barriers and facilitators
- Will begin data collection early in 2023
Aim 2. Characterize CRP students and analyze the evolution of CRPs nationally

A. Every program is unique
   a) Survey program directors
   b) Survey students

B. Capture the variability

C. Capture change
   a) Compare with 2013 (Laudét and Harris study)
Aim 3: Toolkit

Follow-up to 2006 Collegiate Recovery Community Replication Curriculum
Policy
Socio-ecological Framework of Collegiate Recovery Programs
1. Behind 8-Ball vs. alcohol advertising
2. Why do CRPs have to hold “bake sales” for funding solutions?
3. CRPs are a system level intervention, not a student level intervention
4. Underserved population that is highly stigmatized in our society
1. Move away from philanthropy funding model to a line item in state budgets

2. Higher education institutions should be required to use a portion of SUD research funding to support CRPs

3. Promote CRPs as a (small) solution to the addiction crisis in our country
Indirect contributions to campus

Stress-relieving petting zoo to midnight mocktails: Well House debuts on the Row

A new theme house on the Row offers substance-free living and wellness to its residents, as well as programming and resources for all students.

BY MARGARET STEEN

As many undergrads are discovering, there’s a new theme house on the Row, offering substance-free living and wellness to its residents, as well as programming and resources for all students.

Well House has room for 51 undergraduates plus Resident Fellows and common spaces. Centrally located and offering robust programming, it’s a change from previous substance-free housing.

“Community and belonging is a core tenet of the house,” said Ralph Costen, Associate Dean of...
Stigma regarding substance use disorder on campus

Explorations in the future
Stigma among those with substance use disorder

Policy
- Decriminalization
- Medicaid Expansion
- Treatment Funding
- State Regulations

Organizational
- Campus Housing
- CRP Funding
- Sober Activities
- Health Services
- Mutual Help

Interpersonal
- Justice Involved
- Religious Activity
- Family Support
- Peer Support

Individual
- Demographics: age, SES, gender, spirituality, race/ethnicity
- Psychological: Personality, self-efficacy, impulsivity, co-morbidity, academic achievement
- Biological: genetics, family history, age at initiation
Individual Level (Predisposing Characteristics)

Demographics
- Age, gender, sex, race, marital status, children, socio-economic status

Psychological factors
- Personality, self-efficacy, impulsivity, co-occurring mental health issues

Biological

Interpersonal Level
- Family support
- Peer support
- Social events
- Staff interactions
- Religiosity
- Beliefs/perspectives

School Level
- Examples: Health services, academic support, CRP staff size, sober activities, mutual-help meetings, drop-in services, philanthropic funding, stigma

Policy Level
- Examples: Federal policy, state policy, government relations, housing services, higher education regulations, state budget

Recovery
- Stable housing
- Good mental health
- Good physical health
- Quality of life
- Social role functioning
- Substance use
- Grades

Social role functioning

Substance use

Grades
**Individual Level (Predisposing Characteristics)**

- **Demographics**
  - Age, gender, sex, race, marital status, children, socio-economic status

- **Psychological factors**
  - Personality, self-efficacy, impulsivity, co-occurring mental health issues

- **Biological**

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- Family support
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