

Collegiate Recovery: From Science to Policy

November 16, 2022

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National Institute
on Drug Abuse

Funding and Disclosures

- I am supported by National Institute on Drug Abuse (K01 DA053391)
- No conflicts of interest



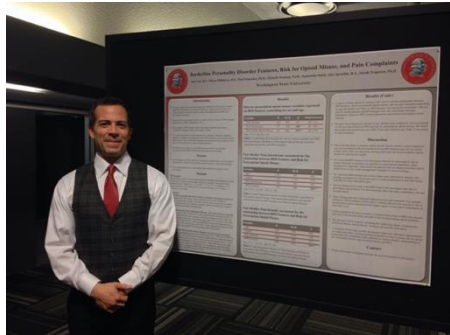
A little about
my
background...





WASHINGTON STATE
UNIVERSITY
TRI-CITIES

WASHINGTON STATE
UNIVERSITY



A little about
my
background...



Shaping my
perspective...



Stanford
MEDICINE



**Cardinal
Recovery**

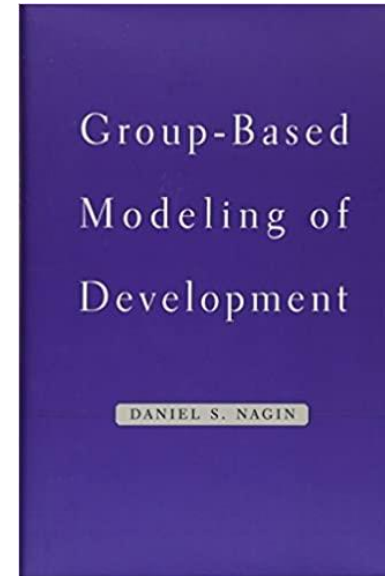


Boston University
School of Public Health



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

SEPTEMBER 23, 2022

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

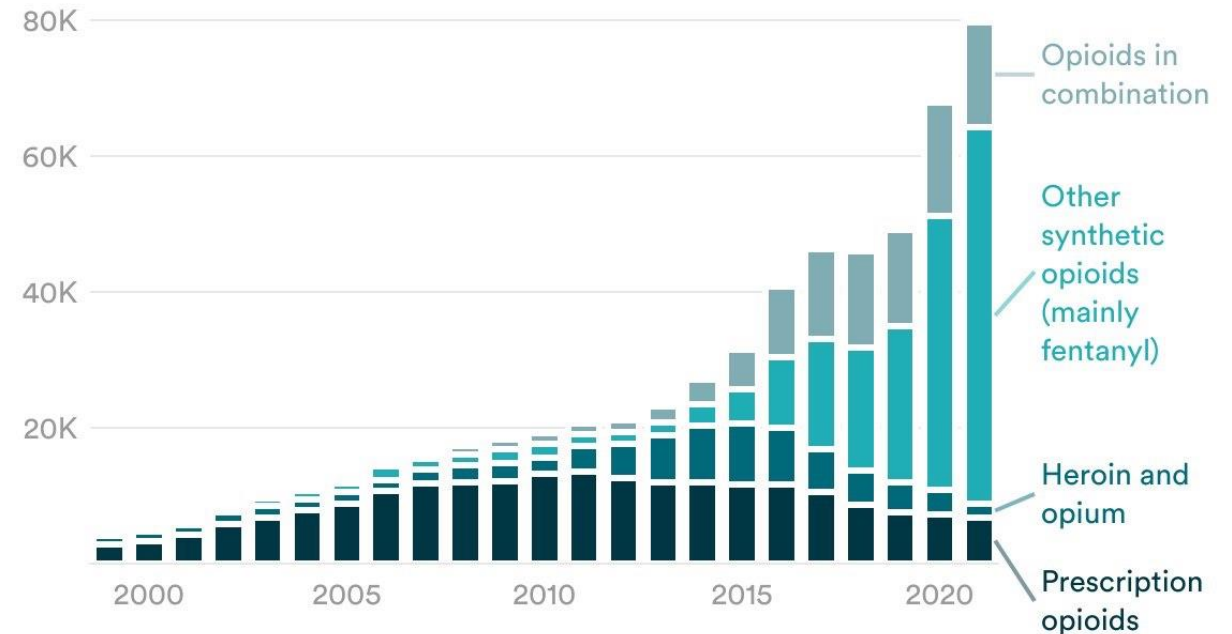
BY MICHAEL TANENBAUM
PhillyVoice Staff



COURTESY/IBC FOUNDATION

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

Overdose deaths involving various opioids, all ages

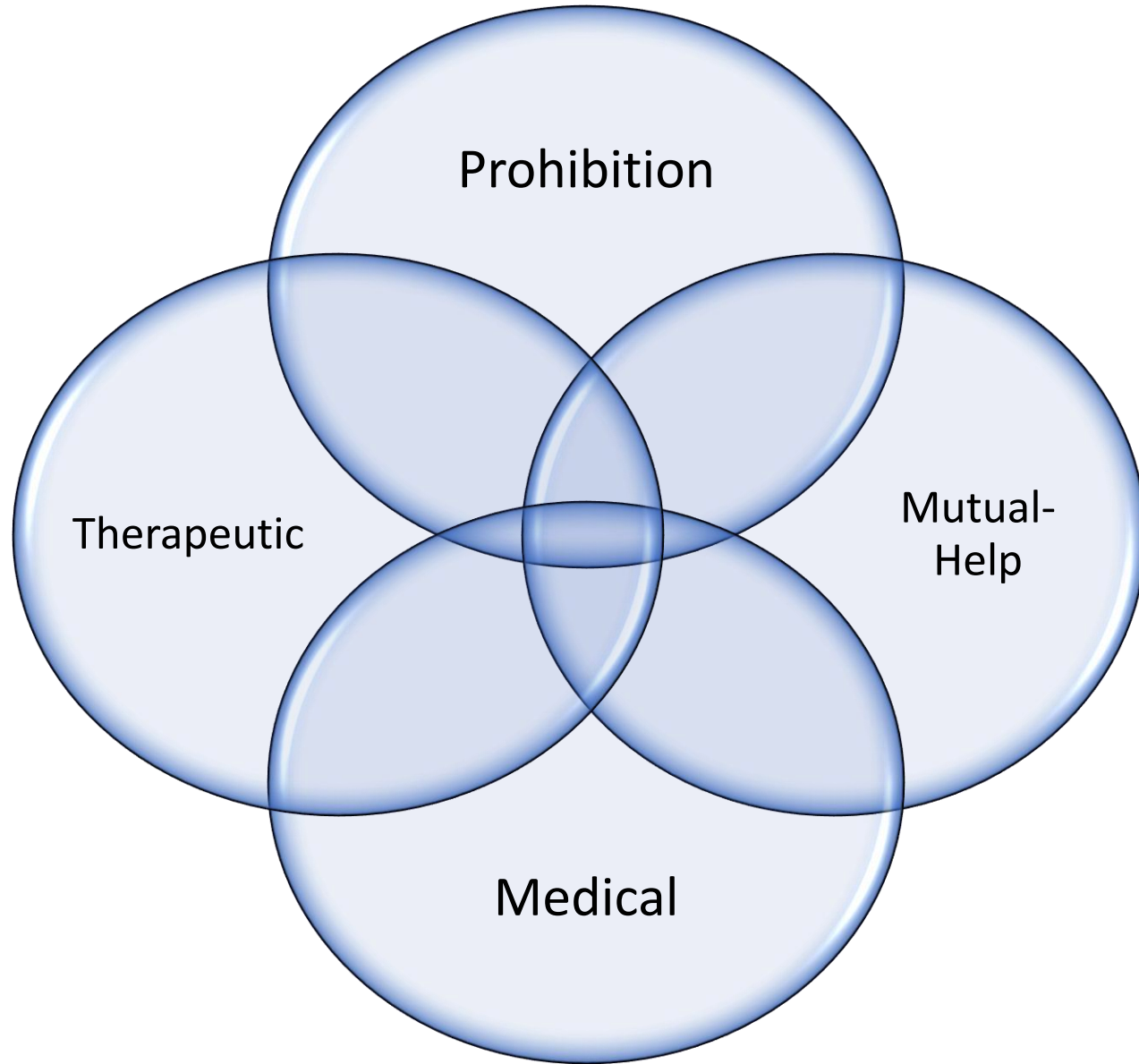


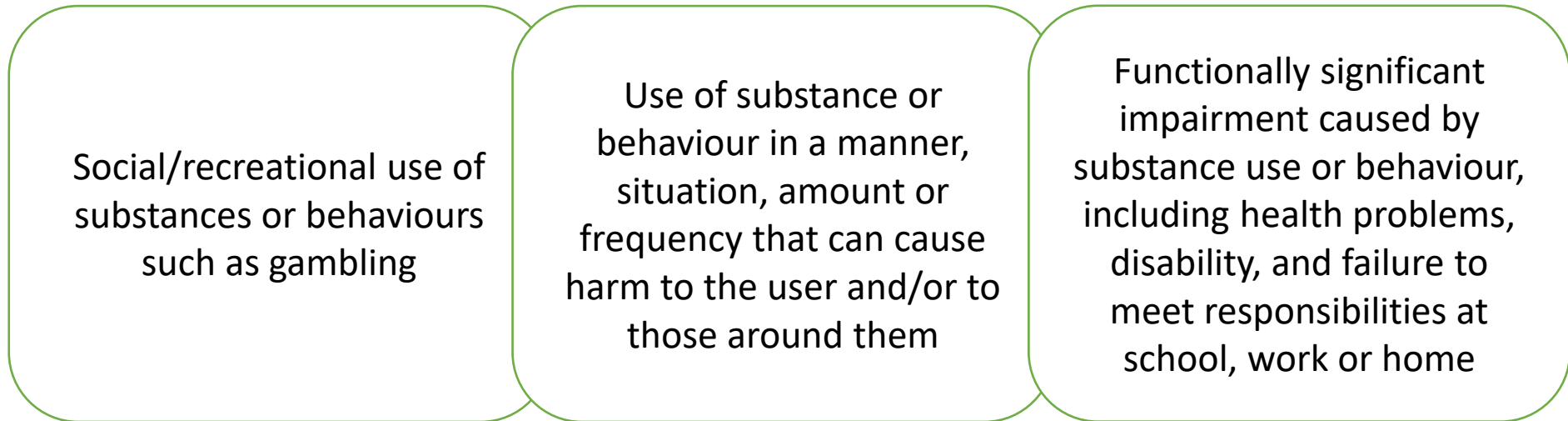
Prescription opioids defined by ICD-10 codes for natural and semi-synthetic opioids (T40.2) or methadone (T40.3)

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

STAT

Addiction Approaches

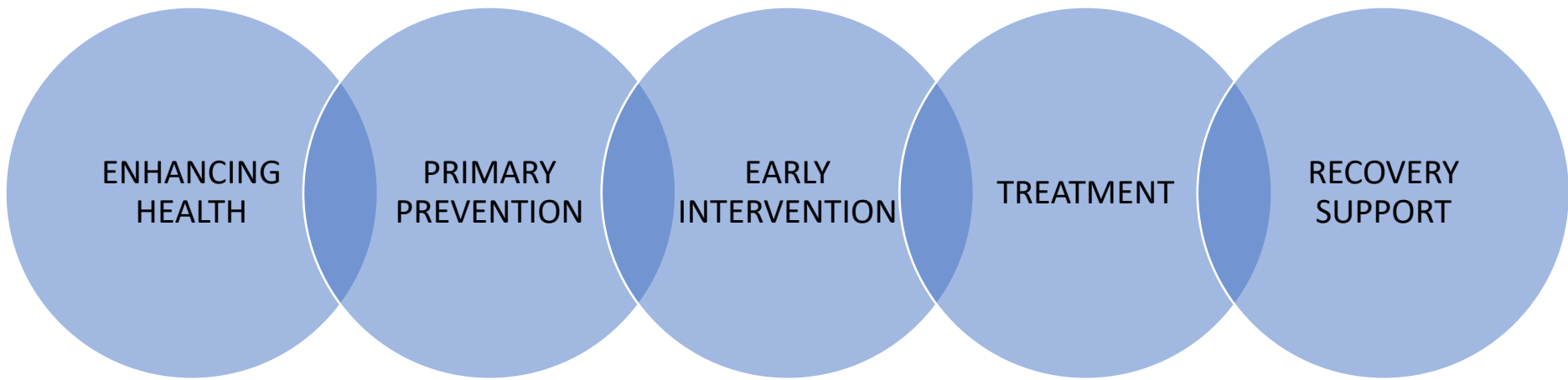




Substance use status continuum



Substance use care continuum



Background

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



hope stream
with Brenda Zane

29 / Keith Murphy, LPC, LCADC

College and Sobriety - Can Kids Recovering from
Addiction Stay Sober on Campus?



Common CRP Components

RECOVERY SUPPORT

On-campus location for 12-step & other support group meetings

Celebration of recovery meeting

Individual recovery planning

EDUCATIONAL SUPPORT

Assistance with admissions process, orientation, developing individual plans of study, & providing general academic advice

Scholarships & financial aid

PEER SUPPORT

Seminar classes in addiction and recovery

Student peer mentors trained to address both recovery and educational issues

FAMILY SUPPORT

CRP may run parent and family weekends to provide support for the transition to University

COMMUNITY SUPPORT

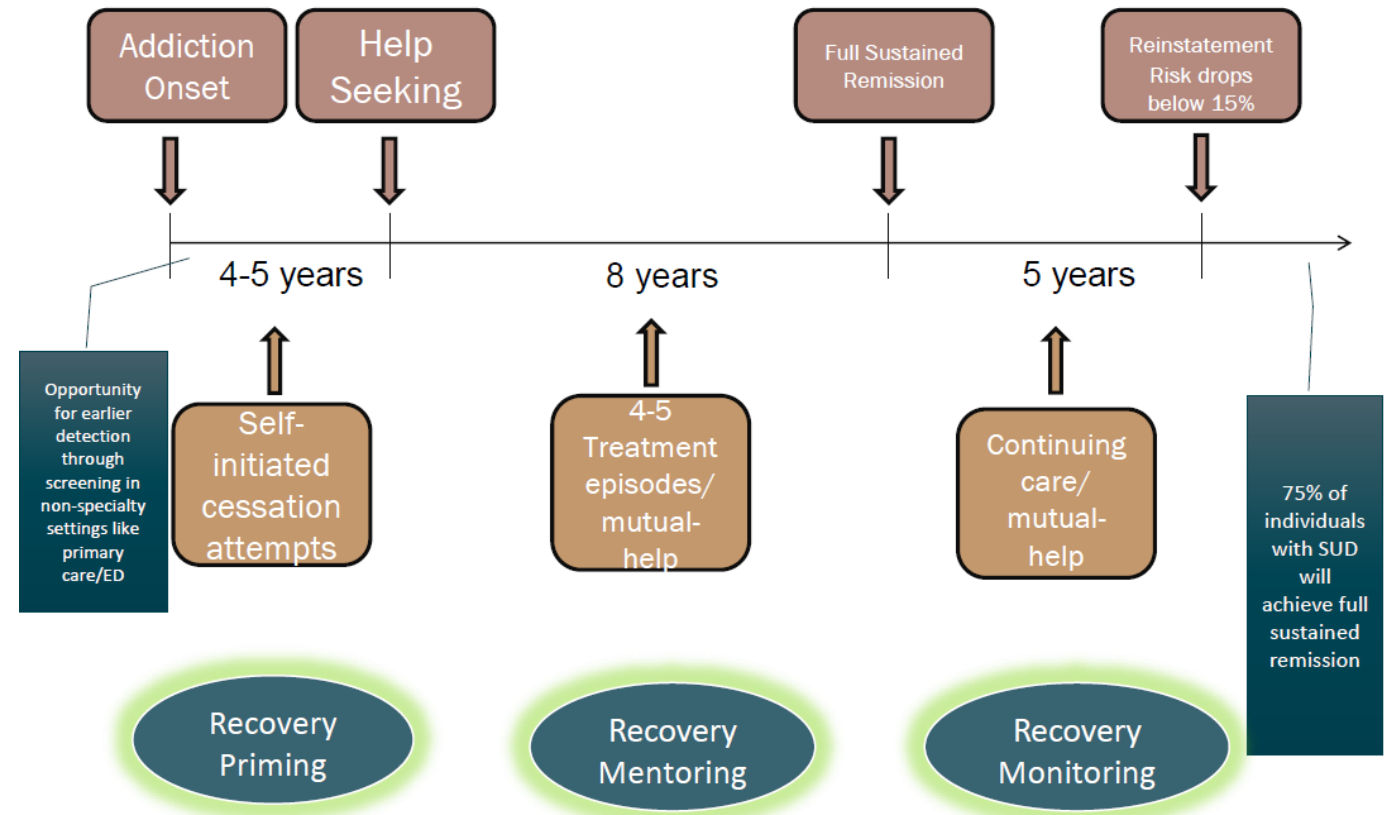
CRP supports a student-led organisation responsible for facilitating substance-free, recovery-orientated recreational activities

Assists students in increasing their level of community service

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

Clinical course to remission for addiction cases... can we speed this up?



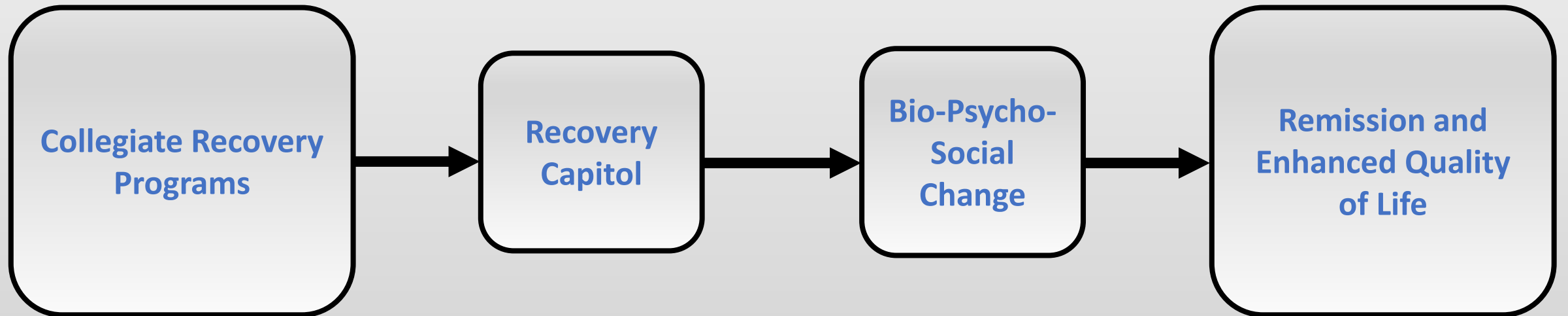
Recovery

Collegiate Recovery
Programs

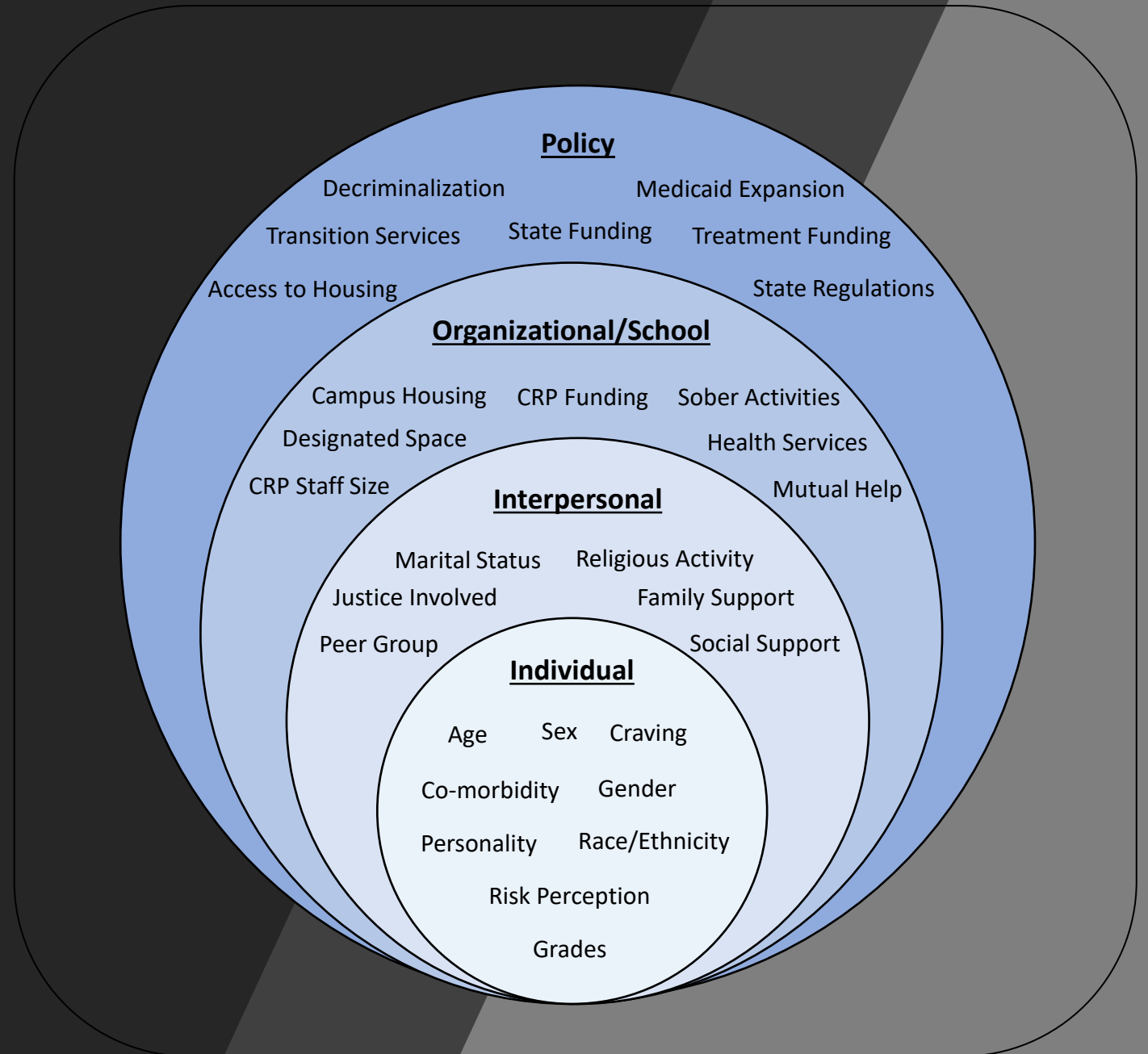


Remission and Enhanced
Quality of Life

Collegiate Recovery Mechanisms



Socio-ecological Framework of Collegiate Recovery Programs

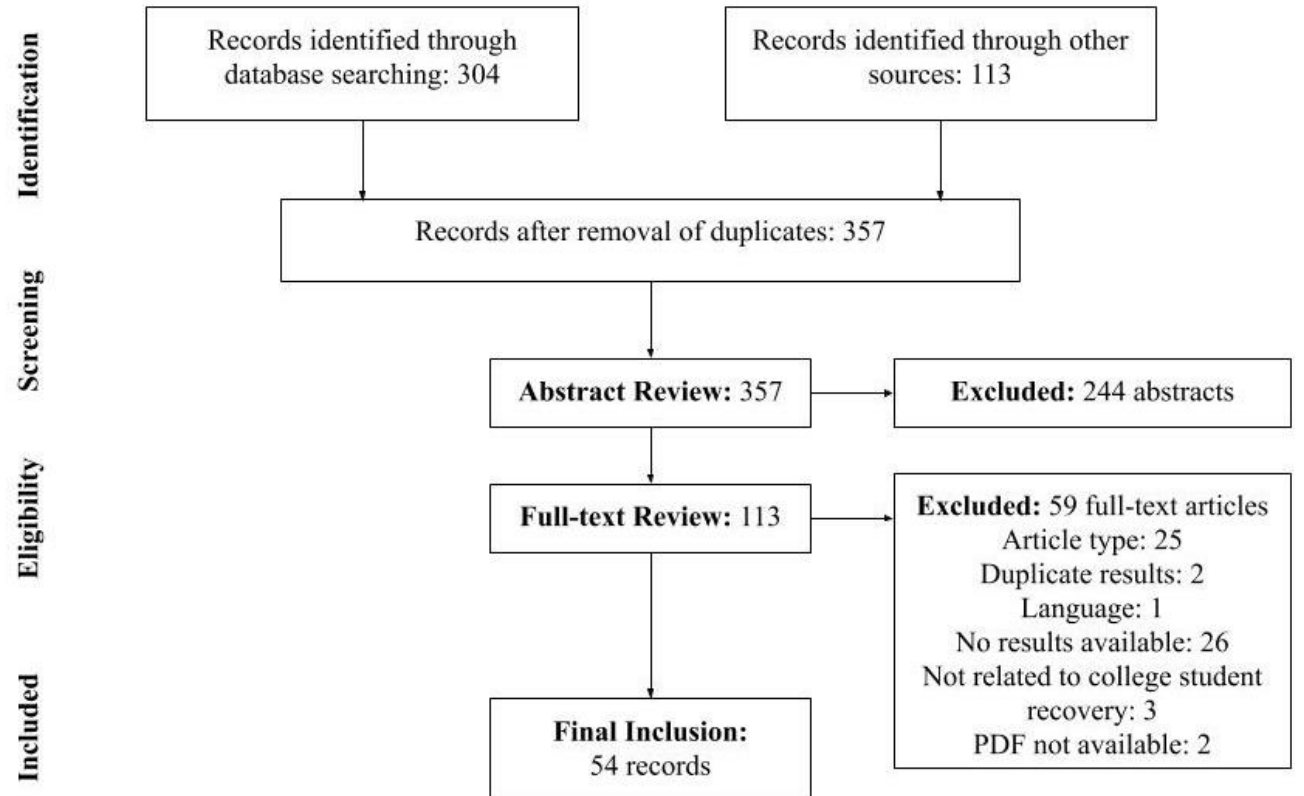


Collegiate Recovery Programming: A Scoping Review

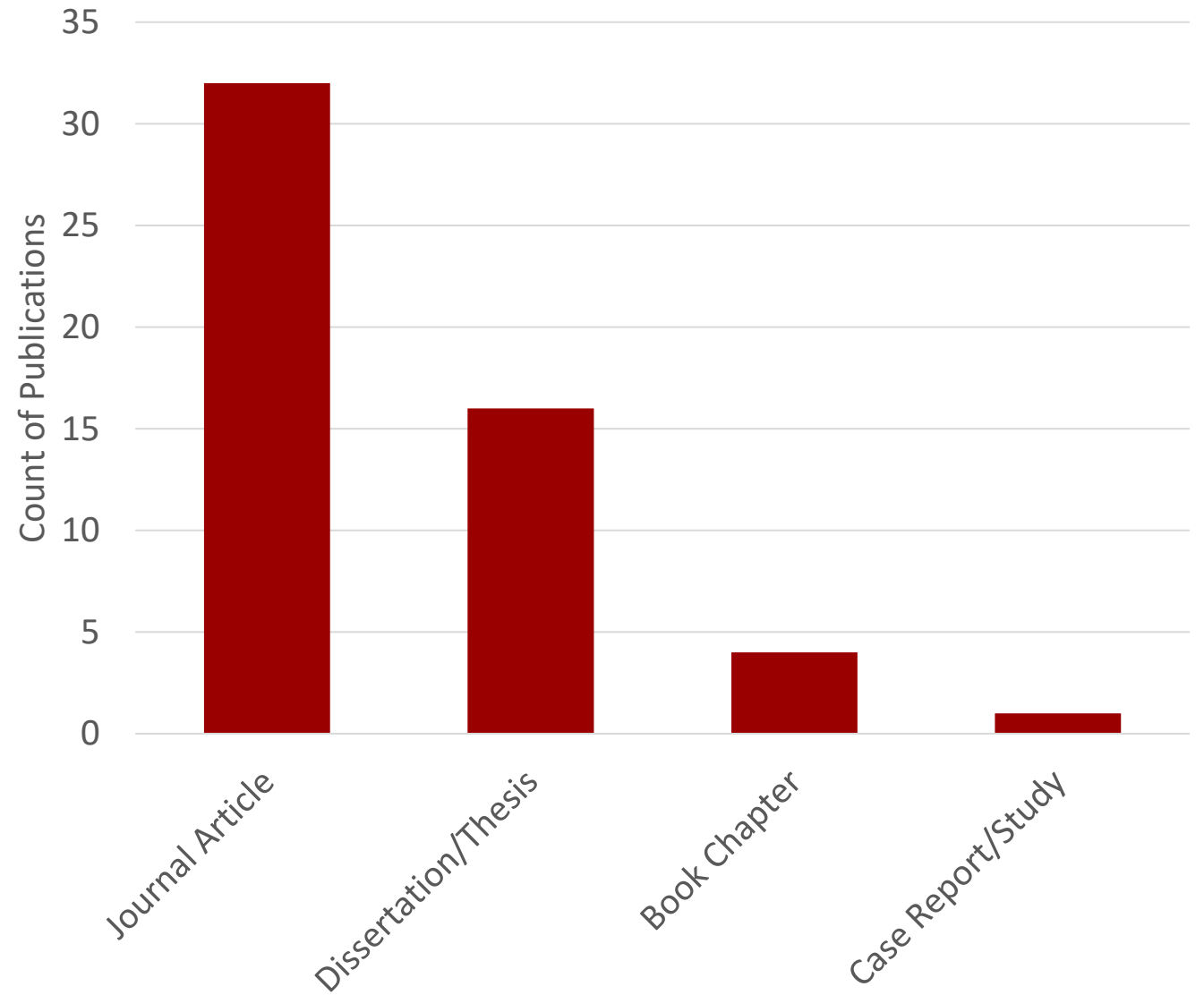
A burgeoning resource to support college students in
recovery from substance use disorders.

Scoping Review

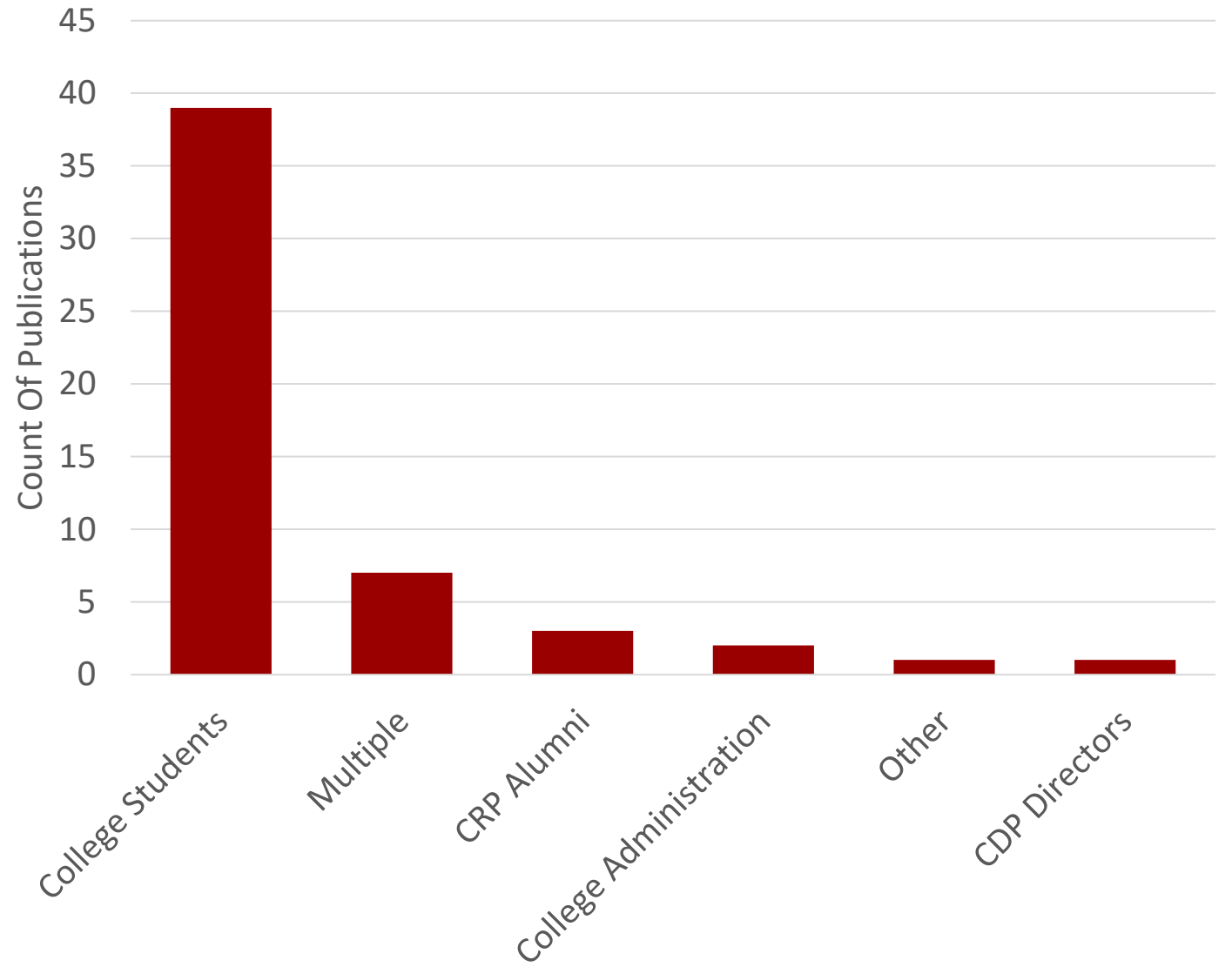
PRISMA Statement Flow Chart



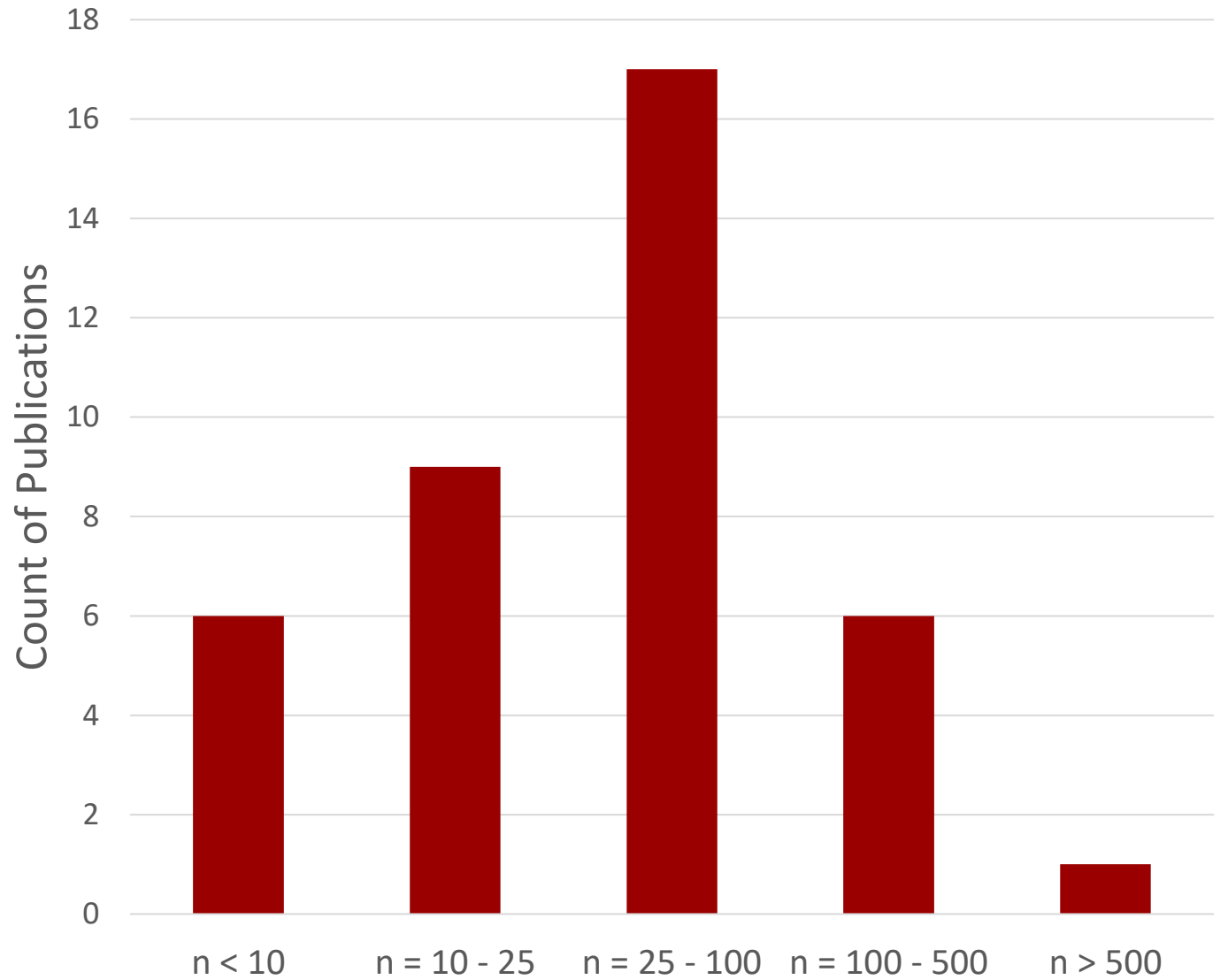
Publication Type



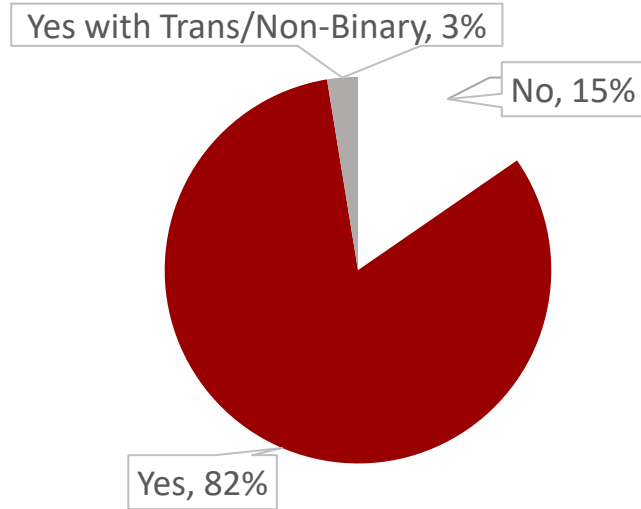
Description of Sample



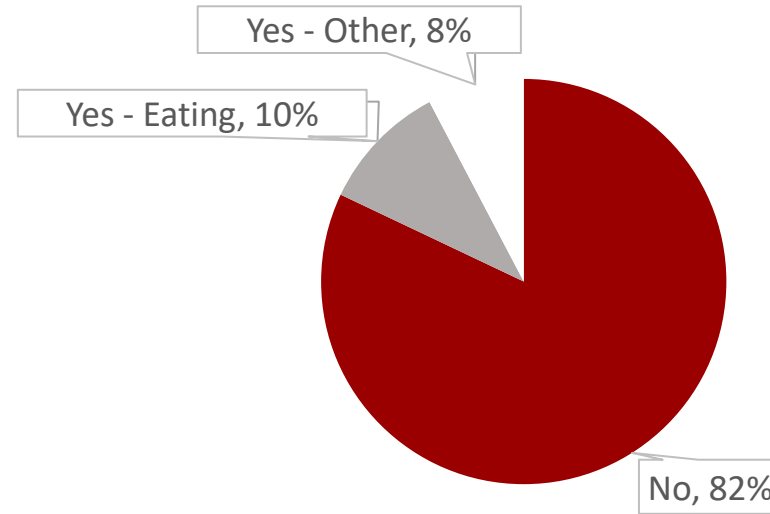
Number of Participants in Study



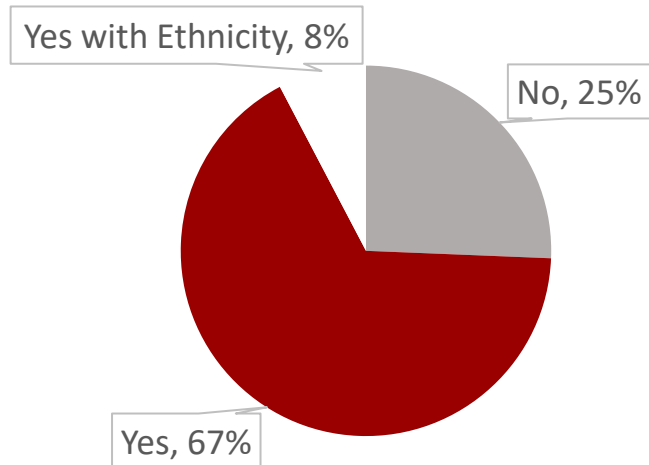
Gender Reported



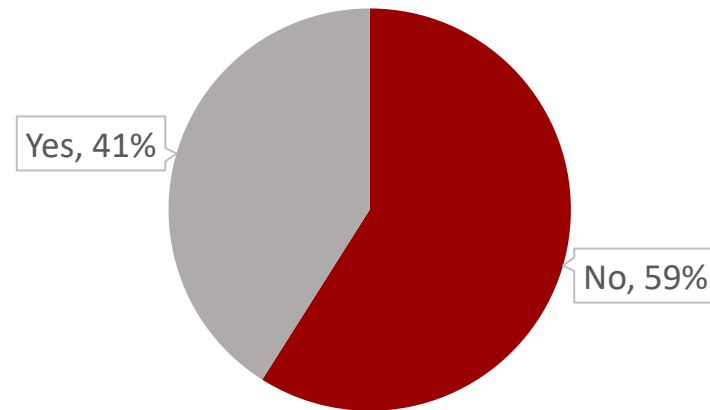
Behavioral Addiction Reported



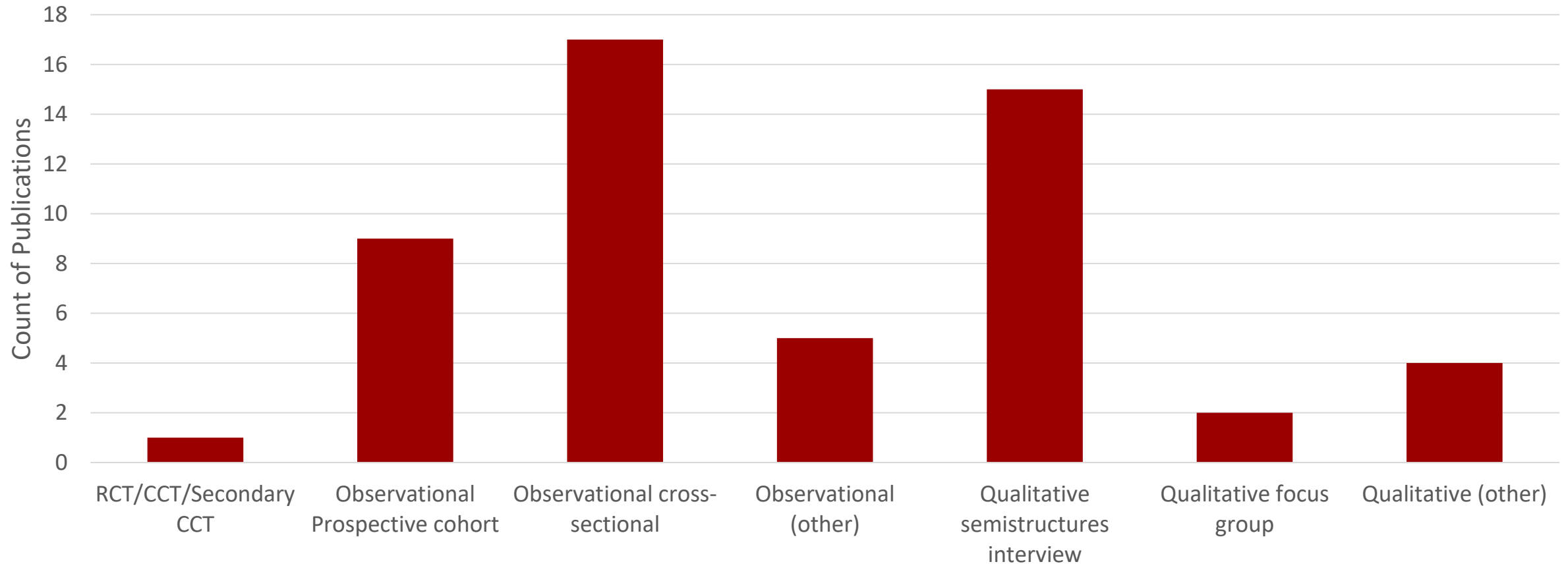
Race Reported



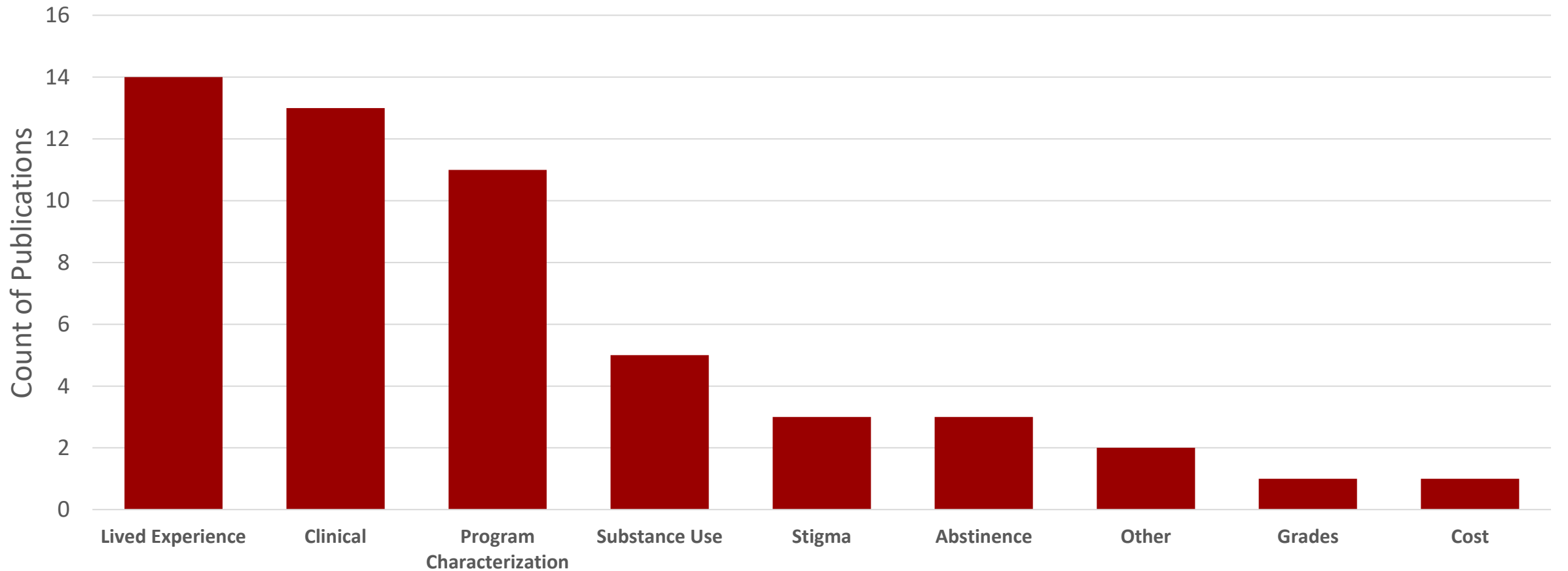
Mutual-Help Participation Reported



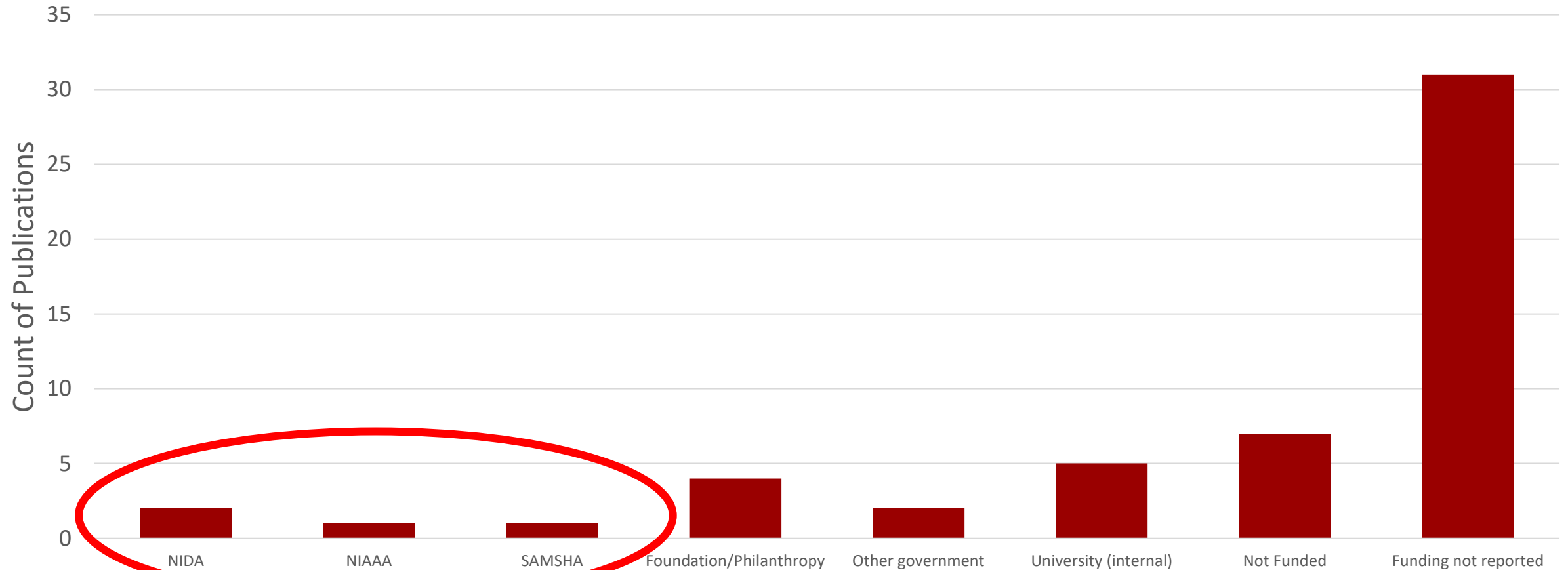
Research Design of Study



Study Primary Outcome



Reported Funding Source of Study



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

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Addictive Behaviors

Volume 121, October 2021, 106992

College programming for students in addiction recovery: A PRISMA-guided scoping review

Noel Vest ^{a,*, R}, Meg Reistra ^{a, b}, Christine Timko ^{a, b}, John Kelly ^a, Keith Humphreys ^{a, b}

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<https://doi.org/10.1016/j.addbeh.2021.106992> [Get rights and content](#)

Highlights

- A **scoping review** of collegiate recovery programming in the U.S.
- The review identified four sub-groups of relevant primary outcomes.
- Across studies, programs improved relapse, educational, and social support outcomes.
- Government and foundation funded research was infrequent in the literature.
- Research is needed, particularly prospective cohort and matching trials.

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Outline

- Highlights
- Abstract
- Keywords
- 1. Introduction
- 2. Methods
- 3. Results
- 4. Discussion
- 5. Limitations
- 6. Conclusions
- Funding
- Author Contributions
- Declaration of Competing Interest
- Acknowledgements
- Appendix A. Supplementary data
- References
- Show full outline >

Cited By (6)

Figures (2)

Tables (2)

- Table 1
- Table 2

Extras (2)

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- Supplementary data 2

Abstract

Background

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A Socio-Ecological model for collegiate recovery programs

Noel Vest ^{a, R}, Emily Hennessy ^a, Sierra Castedo de Martell ^a & Rebecca Smith ^a

Received 11 Jan 2022, Accepted 07 Sep 2022, Published online: 20 Sep 2022

[Download citation](#) <https://doi.org/10.1080/16066359.2022.2123471> [Check for updates](#)

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Abstract

Given the major public health issue of substance use in the college environment and among college students, we must improve our understanding of students attempting to resolve substance related issues. Though much of research and policy attention has focused on individual progress according to personal characteristics and experiences, a much broader, theoretically informed understanding based on interpersonal relationships and contextual conditions of the school and society is warranted. Collegiate recovery programs (CRPs) are a system-level intervention that acknowledges the individual in context and seeks to support them and capitalize on their own skills within a safe environment to practice recovery. To ground CRPs as an environmental support targeting emerging adults that can improve student health and well-being, we developed a social-ecological framework that conceptualizes the multifaceted factors that influence them. Specifically, we aimed to understand factors influencing individuals in CRPs through direct and indirect effects. This conceptualization will better inform the development, implementation, and evaluation of these programs. Our theory-driven framework elucidates the multi-level complexity of CRPs and the importance of individual interventions as well as intervention from

Related research

- Recommended articles**
- Cited by**
- The cost-effectiveness of collegiate recovery programs >
- Sierra Castedo de Martell et al. Journal of American College Health Published online: 26 Jan 2022
- Collegiate recovery programs and disordered eating: exploring subclinical behaviors among students in recovery >
- Robert D. Ashford et al. Alcoholism Treatment Quarterly Published online: 29 May 2018
- Co-occurring mental and behavioral health conditions among collegiate recovery program members >

In this article

- Abstract
- Background
- Conclusions
- Acknowledgements
- Disclosure statement
- Additional information
- Footnotes
- References

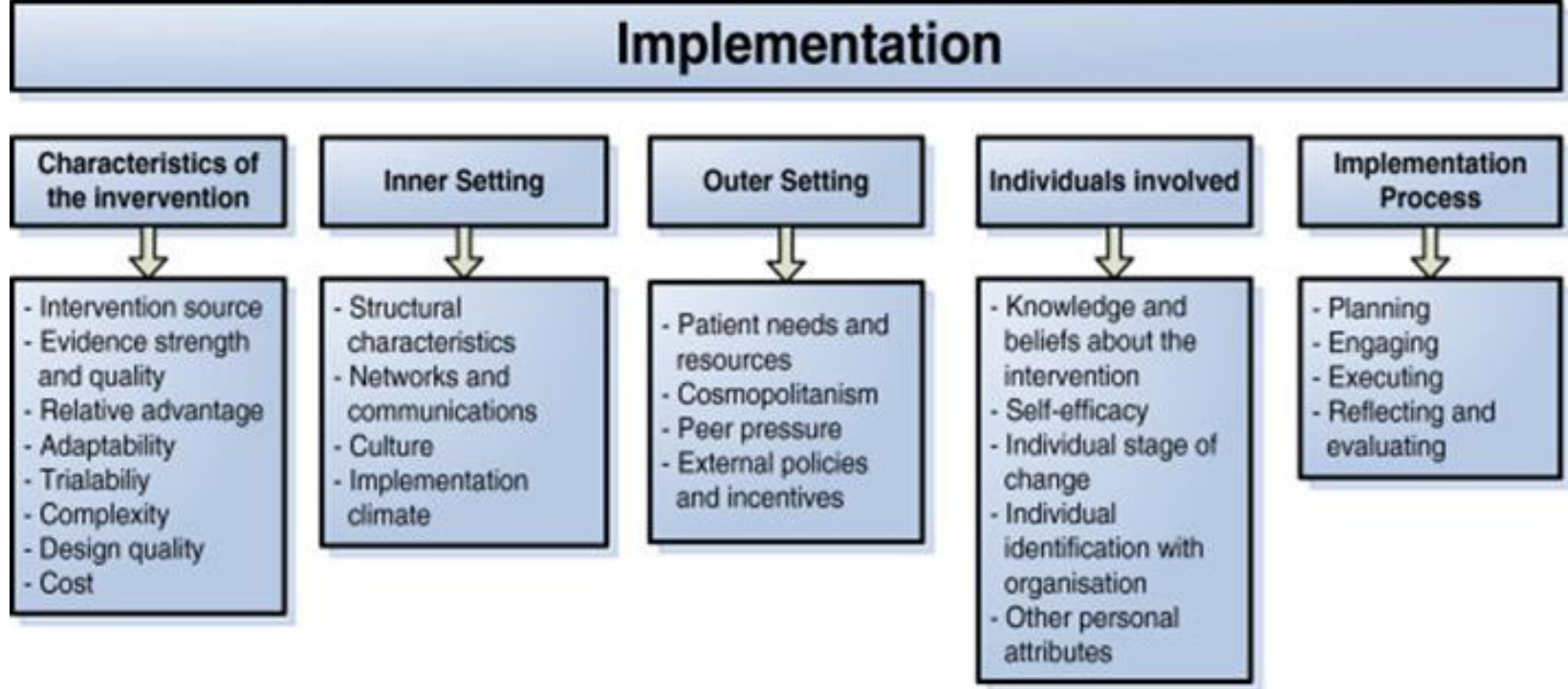
K01 Mentored Early Career Investigator Award

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



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RECOVERY
COMMUNITY



 TEXAS TECH UNIVERSITY
Center for Collegiate
Recovery Communities™

Consolidated Framework for Implementation Research (CFIR)

Participants: 15 key stakeholders

- Healthcare staff
- Administrators
- CRP staff
- Volunteer staff
- Student members

Table 1
Summary of CFIR elements.

CFIR Domain	CFIR Domain Constructs	CRP level
Intervention characteristics: Influences implementation by the degree to which they fit or can be adapted	Intervention source, evidence strength, relative advantage, adaptability, trialability, complexity, design quality, cost	CRP students, CRP staff
Outer setting: External context in which the CRP resides	Patient needs and resources, cosmopolitanism, peer pressure, external policies, incentives	CRP staff, college administration, community
Inner setting: Context within the college in which the CRP resides	Structural characteristics, networks and communications, culture, implementation climate, readiness	CRP staff, college health practitioners, college administration
Characteristics of Individuals: Of students, staff	Knowledge and beliefs about intervention, self-efficacy, individual stage of change, individual identification with the organization, other personal attributes	CRP students, CRP staff

Consolidated
Framework
for
Implementati
on Research
(CFIR)

Mixed Methods Data Collection.

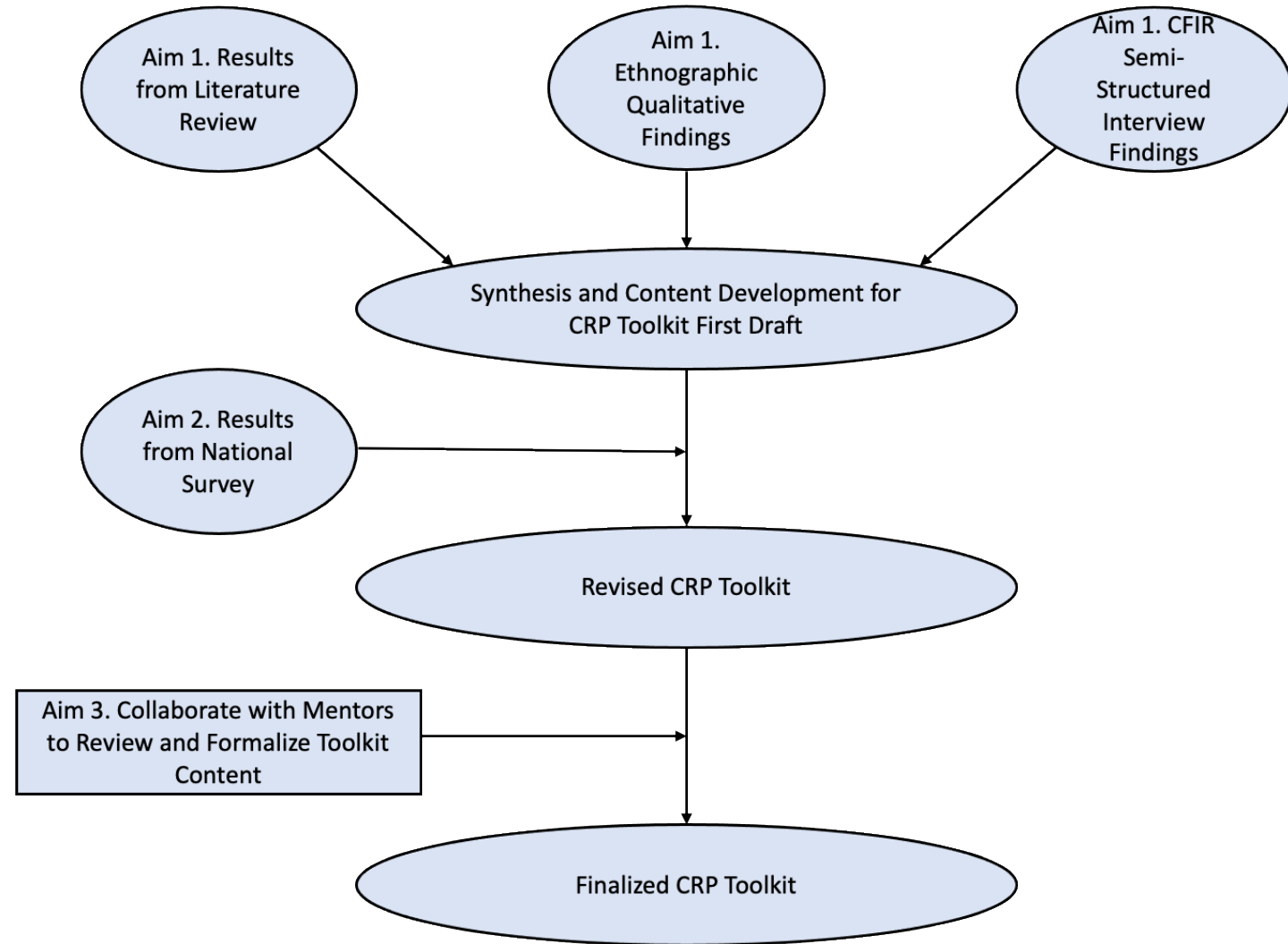
Data Type	Aim	Data Source	Content
Field notes	1	CRP program	Group dynamics, program flow
Material artifacts	1	CPR program	Brouchures, program materials, meeting minutes
Semi-structured interviews	1	Admin, Staff, Students	Questions about CFIR domains of inner & outer context, intervention characteristics, characteristics of individuals involved in the CRP
Program evaluation	2	CRP program directors	Program-specific outcomes
Student evaluation	2	CRP students	Demographics, substance use, quality of life, recovery capitol, etc.

- 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*

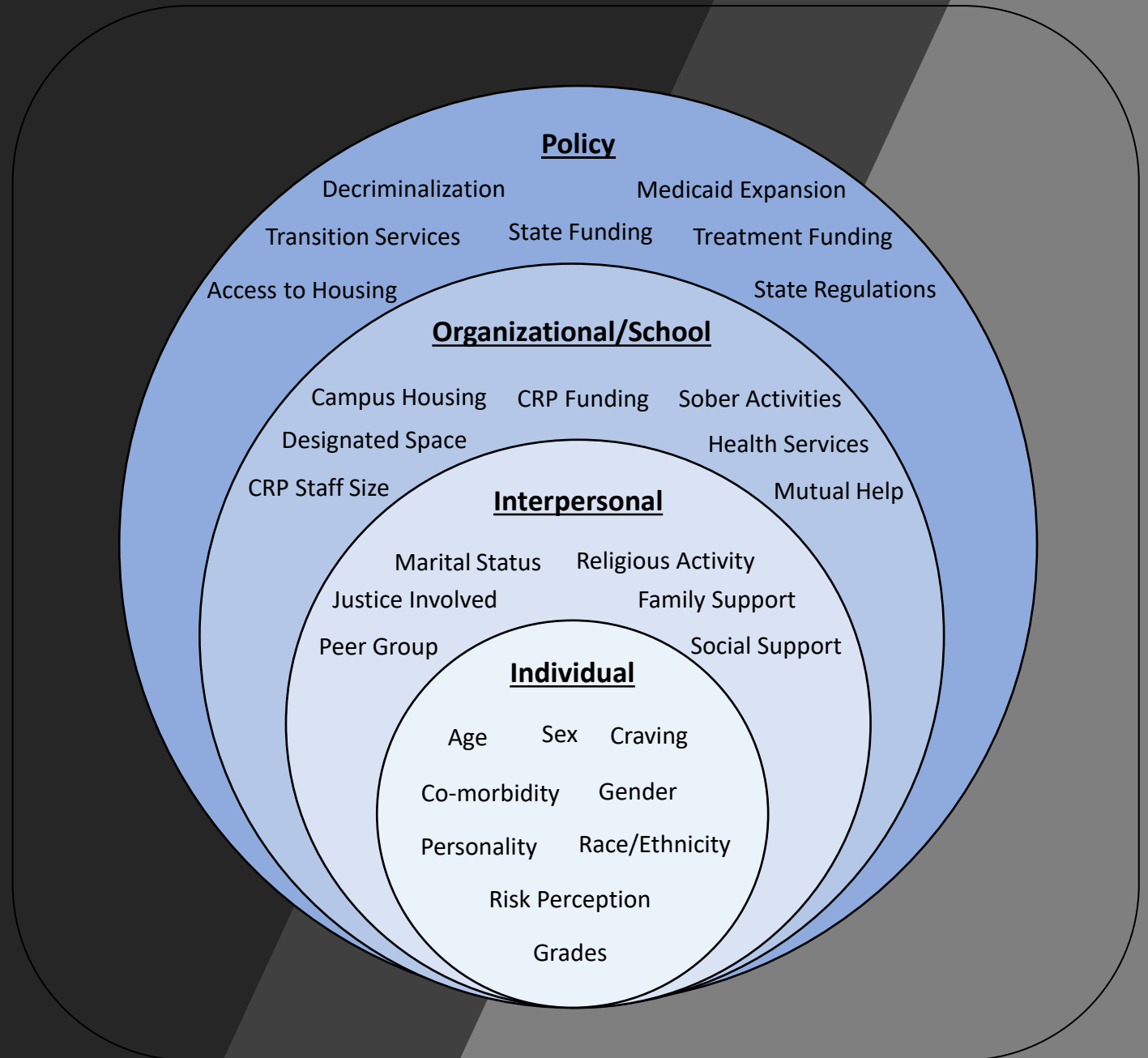
Policy

Name _____

Signature _____

Date _____

Socio-ecological Framework of Collegiate Recovery Programs



Policy

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

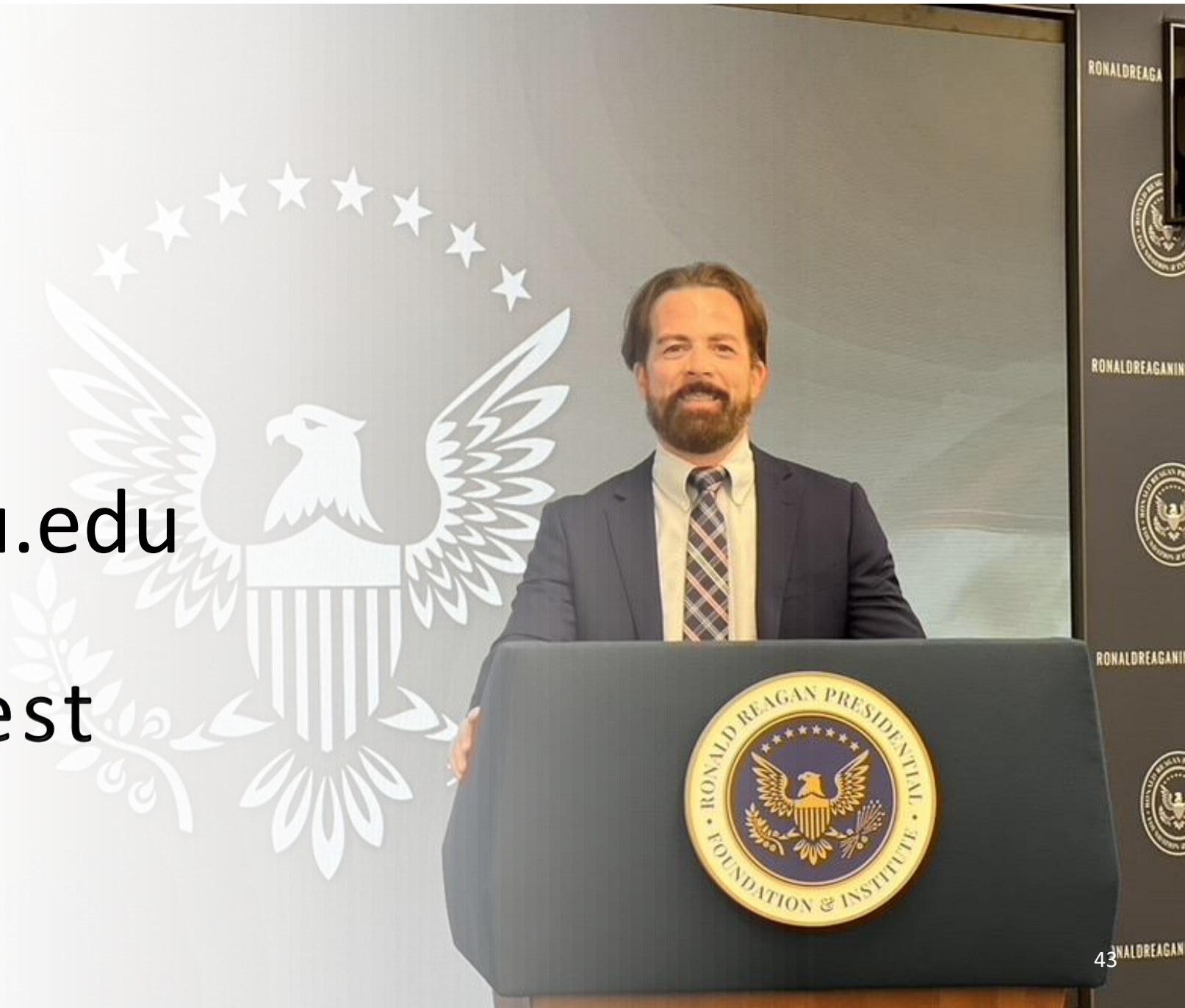
Policy Solutions

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

— Questions?
Ideas?
Comments?

Email: vest@bu.edu

 [@noelvest](https://twitter.com/noelvest)



Indirect contributions to campus



FEBRUARY 28, 2022

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 I. Castro, Associate Dean of

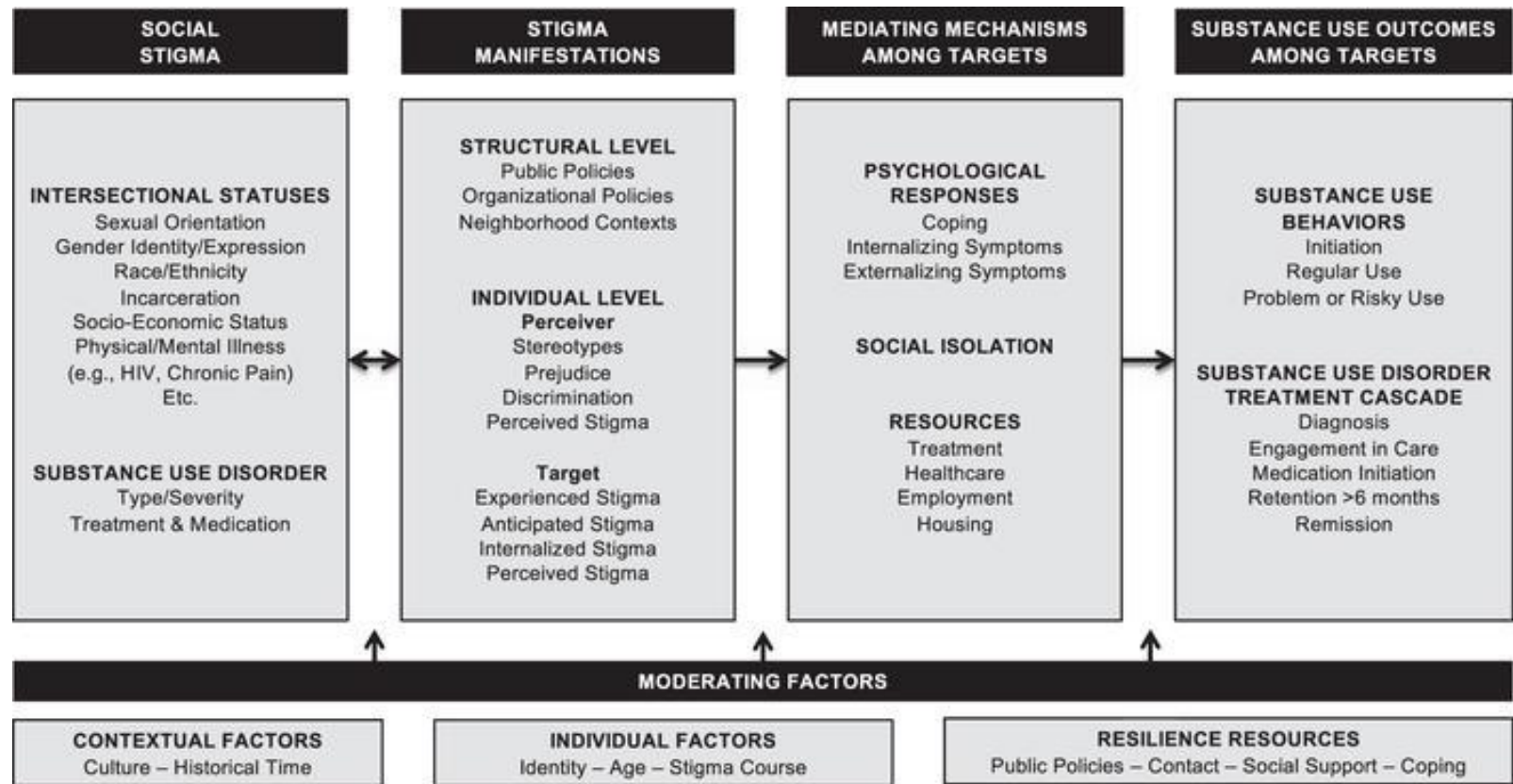


Ryelee and Noel Vest are the resident fellows at Well House (Robert Moore North).
(Image credit: Andrew Brodhead)

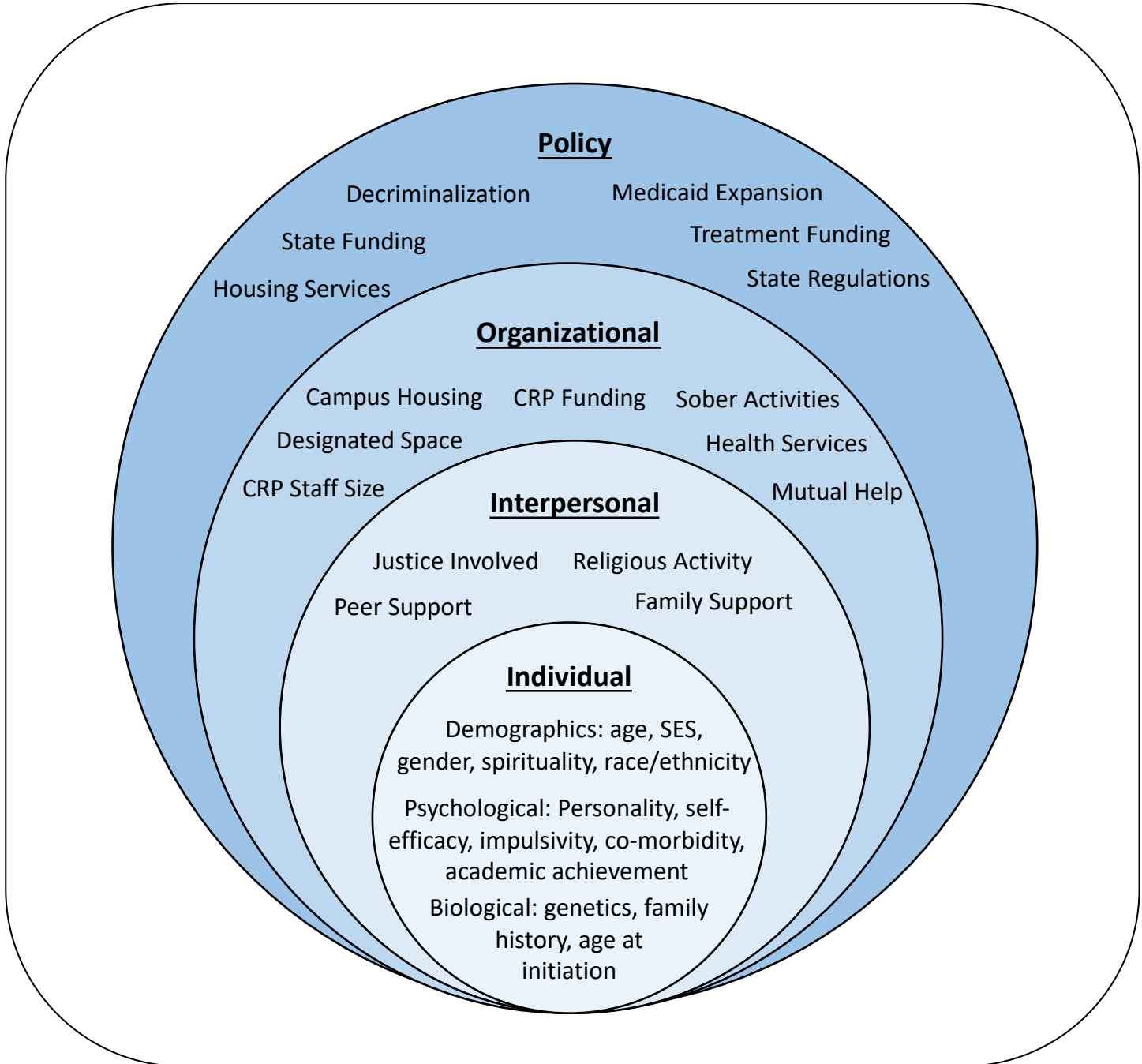
Stigma regarding substance use disorder on campus

Explorations in the future

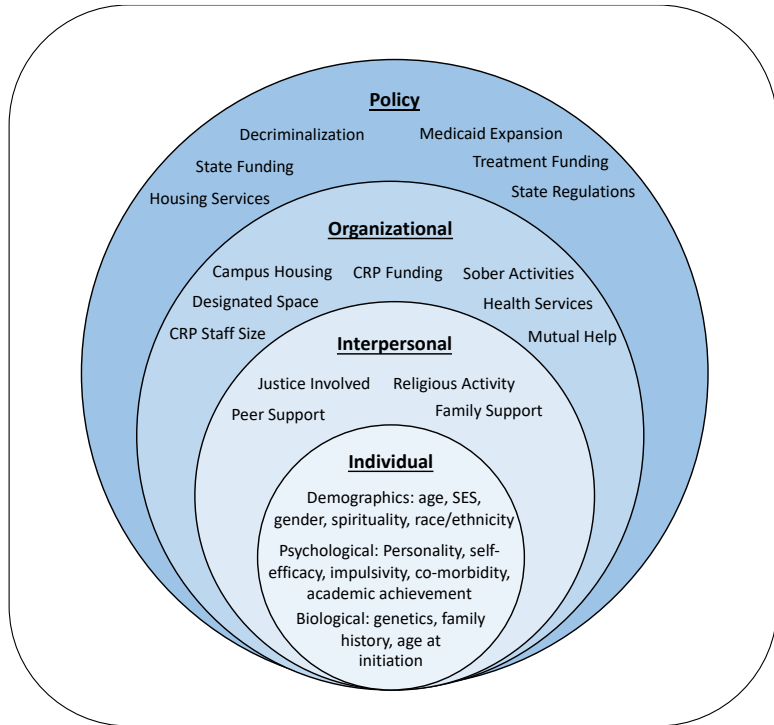
Stigma among those with substance use disorder



Earnshaw, V. A. (2020). Stigma and substance use disorders: A clinical, research, and advocacy agenda. *American Psychologist*, 75(9), 1300-1311. <http://dx.doi.org/10.1037/amp0000744>



Socio-Ecological Model

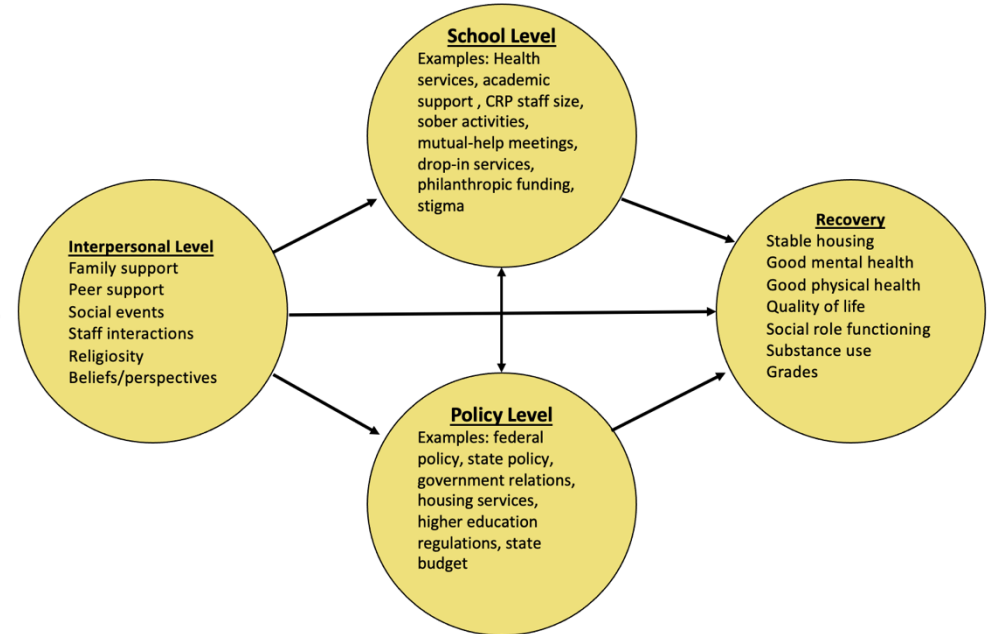


Individual Level (Predisposing Characteristics)

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

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

Biological



**Individual Level
(Predisposing
Characteristics)**

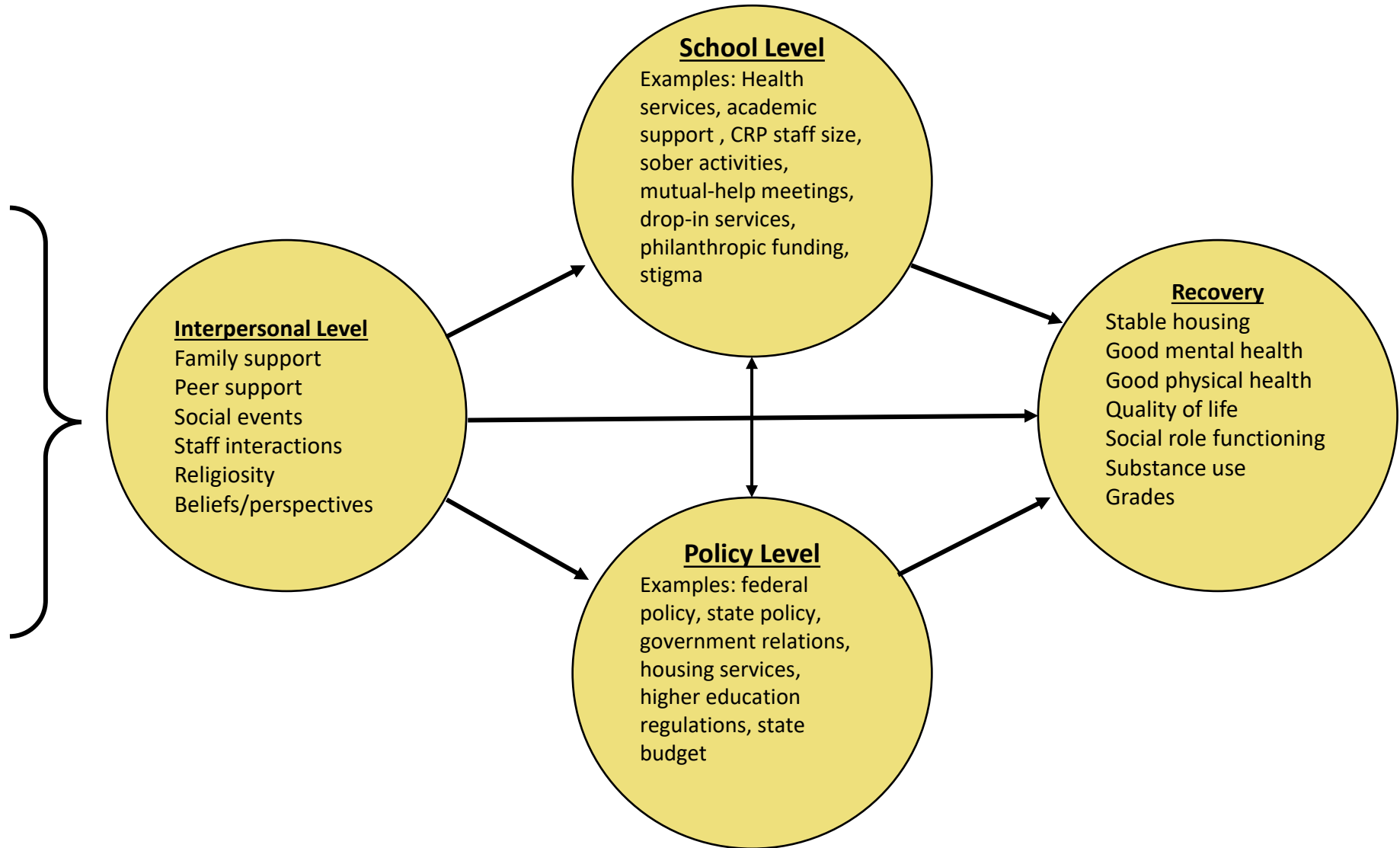
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