

Collegiate Recovery Programs (CRPs) are an innovative and growing model of peer-driven recovery support delivered on college campuses.

The UVM Catamount Recovery Program is a supportive environment within campus culture that reinforces the decision to engage a recovering lifestyle. The CRP provides a supportive community for students in recovery to further their education within a social environment that supports this lifestyle. Collegiate Recovery Programs are the most successful means for supporting college students in recovery. They do so through various processes that function within the campus culture.



Alleviate: CRPs alleviate pressure to use substances by creating a norm around recovery as an identity and a way of life on the college campus.

Foster: CRPs foster a sense of community around a recovering identity so that students feel a part of a community which inspires investment and engagement in the full college experience.

Support: CRPs provide support for the transition to the college experience. Whether a student is an in-coming first year, a transfer student, or a graduate student, the collegiate environment can feel terrifying to a person in recovery.

Combat: CRPs combat stigma associated with addiction and recovery by putting a new face and concept to what recovery looks like and confronting the accepted culture of substance use on the college campus.

Current Work:

- The Vermont Department of Health is currently designing a survey for all Vermont Colleges and Universities to assist them to recognize how they can strive to better support students in recovery, challenge the stigma associated with addiction and recovery, and recognize current actions that may serve to perpetuate current culture.
- The Association of Recovery in Higher Education and/or the UVM Catamount Recovery Program are interested in working with the Department of Education to craft legislation that would encourage the development of cultures and communities on Vermont College Campuses that are supportive of students in recovery/

Take-aways

- The importance of language in shifting a culture.
- Recruitment and retention – realizing unconscious bias and stigma
- Development of support for recovering communities.



92%
UVM CRP graduation rate



90+%
Sobriety rate

