



**Collegiate Recovery Programs ,
promoting educational excellence and
positive health related outcomes:
A review of the Literature**

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What is a Collegiate recovery programme ?

A collegiate recovery program is an on campus service designed to support students in addiction recovery, to preserve and enhance their recovery while also supporting their academic journey.

History and Origins

Collegiate recovery communities first emerged in the U.S in the late 1970s and have grown steadily since then. CRPs were formed with an awareness and understanding that college campuses and student life in general is associated with high levels of drinking and drug use. Abstinence hostile environments particularly challenging for students in recovery.

Variation in size and stature of CRP

Collegiate recovery programs range in terms of size from being small student led groups with very little support, to CRPs with the full support of Administration

Educational Success of Collegiate Recovery program students

Research has shown that when people in recovery enter higher education, they tend to flourish as evidenced by high GPA scores, graduation and retention numbers (Laudet et al., 2013; Hennessy 2021).

Studies have shown that CRP students have higher GPA and graduation numbers students in the general population (Laudet et al 2013).

Research on alumni students demonstrates success continues after college as evidenced by successful career trajectories and entrance and success in Graduate School (Brown Ashford 2018).

Most recently, evidence of academic success among collegiate recovery program students was reported in a national study whereby CRP students attained GPA scores of 3.60 which is higher than the national GPA average of 3.15 (Smith et., al 2023).



Positive recovery and health related outcomes

One standout health related outcome associated with collegiate recovery program students shows once individuals enter CRPs, return to use figures drop as low as 4.4% (Laudat et al 2014).

A web of social support which enables constant contact with peers in recovery, promotes healthy coping mechanisms (Cleveland et al 2010) .

Education plays a direct role in increasing recovery capital (Hennessey et al 2022).

Membership of a CRP facilitates the important process of identity (Russel ,Cleveland and Wiebe 2010) .

Hoping and Coping (Kimball et., al)

Reduces self – stigma and fosters healthier self-concept (Watts et al 2018).



My lived experience of being in a CRP

A safe and supportive space on campus , an anchor on campus.

Peer support and Staff support / Camaraderie

Supports and strengthens my recovery by being immersed in a recovery ready community.

Opportunities to help younger students in recovery.

Service opportunities to give back.

Alumni network and mentorship.

Scholarships and Research opportunities within the emerging CRP community internationally .

Fun in recovery



Q and A

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