



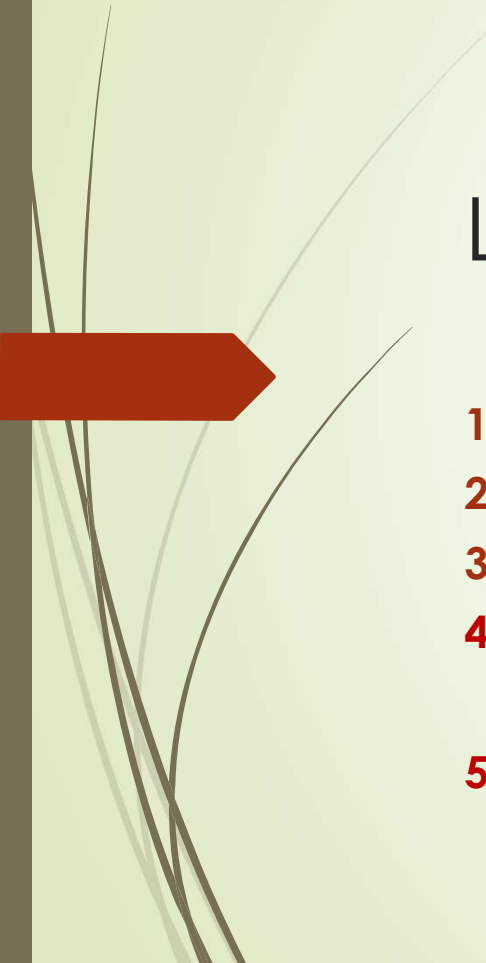
Collegiate Recovery :

A Perspective on a SPECIAL POPULATION



Ross's Biography

Ross is a native of Saratoga County, NY. At the age of 18, he attended ECU (East Carolina University). To cope with college life, he began to drink alcohol which lead to his flunking out of school. After years of drinking and abusing alcohol, he finally became sober and has been sober for 31 years. While being sober, he received his BSW degree from UNCW (University of North Carolina at Wilmington) and his MSW degree from USC (University of South Carolina). He became a Licensed Master Social Worker (LMSW) and a Licensed Alcohol and Drug Abuse Counselor-Level II (LADAC II) who works for Generations Behavioral Health in Morrison, TN. He loves God, his wife, family, friends, and Camaros.



Learning Objectives

1. Define collegiate recovery.
2. Explain what ARHE is.
3. List and discuss the 4 major domains of ARHE.
4. Give examples of past, present, and possible future community resources.
5. Identify and discuss resources for collegiate recovery.

Collegiate Recovery Definition



Collegiate recovery is deciding to live a sober lifestyle while in college.



What Is ARHE?

- **ARHE stands for The Association of Recovery in Higher Education.**
- **The focus of ARHE is to serve as a national support for propagating and supporting the vision of collegiate recovery.**
- **ARHE is the central authority on the modeling and tailoring of Collegiate Recovery Programs (CRP's) and how best to integrate them into the institution.**
- **ARHE exclusively represents Collegiate Recovery Programs (CRP).**
- **ARHE exclusively represents Collegiate Recovery Communities (CRC) and the faculty and staff who support them.**

2024 Collegiate Recovery Programs

The icon key below explains various symbols that can be found next to each collegiate recovery program and community. These indicate resources, options or benefits specific to each program that those using this guide may find beneficial when searching for programs that best match what they are looking for in a CRP. Additional characteristics of each program are also listed with each entry. For more detailed information about each program, please contact the primary contact person listed under each program directly.



Naloxone Access

The CRP has ready access to Naloxone either through a prescribing entity on campus or directly in the program.



Graduate Programming

CRP includes Master's or Doctoral program/students and programming.



Dedicated Space

There is a dedicated physical space for students in recovery to gather and offer peer support to one another.



Non-institutional Recovery Housing

Provides recovery-oriented housing options through an external resource.



Institutional Support

Is housed within an institution of higher education that financially supports paid, unpaid, trained and dedicated professionals who support students in recovery.



Peer Support Services

Offers recovery programming and peer support services that enhance recovery capital and foster a sense of connection and belonging.



Institutional Recovery Housing

Provides recovery-based housing options through residential life that are located on campus.



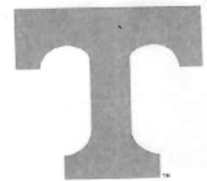
Scholarships Available

Offers scholarships to eligible students in recovery.

Tennessee

2024 Collegiate Recovery Programs

University of Tennessee at Knoxville Center for Health Education & Wellness Rocky Top Recovery

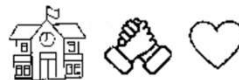


Year Established: 2022
4 Year Institution
Size of Institution: 33,805
Size of your CRP/CRC: Small (1-14)

Contact Info

Program Email (if different than primary contact): wellness@utk.edu
Program Address: 1600 Volunteer Blvd., Knoxville, TN 37920
Website: <https://wallness.utk.edu/rockytoprecovery/>
Instagram Handle: <https://www.instagram.com/rockytoprecovery/>

Characteristics of CRP:



- Support Services: Offers recovery-protective programming, such as seminars related to recovery or relapse prevention, mutual aid meetings, case management, advising, and teaching activities
- Provides inclusive support and programming for specific populations and/or recovery areas including (check all that apply): Faith-based, Eating Disorders, Other process addictions and Substance Use Students not in abstinence-based recovery

We are currently preparing for the second year of this pilot program, funded by the Tennessee Department of Mental Health & Substance Use. This 1-year contract with TDHHS will start on July 1st, 2023. Our contractual agreement includes hiring a full-time CRP Coordinator and securing dedicated space for the CRP. The dedicated space will need to be secured within the first 6 months of the contract start date.



Tennessee



University of Tennessee at Chattanooga MOCS Recovery



Year Established: 2022
4 Year Institution
Size of Institution: 12,000 students
Size of your CRP/CRC: Medium (15-45)

Contact Info

Primary Contact Name and Title: Megan McGrath
Phone Number: 423-415-5285
Email Address: megan-mcgrath@utc.edu
Program Address: 615 McCallie Ave, Dept. 1.646 Chattanooga, TN 37405
Website: <https://www.utc.edu/recovery>
Instagram Handle: @mocs-recovery

Characteristics of CRP:



- Support Services: Offers recovery-protective programming, such as seminars related to recovery or relapse prevention, mutual aid meetings, case management, advising, and team-building activities.
- Provides inclusive support and programming for specific populations and/or recovery areas including (check all that apply): Eating Disorders, Other process addictions and Supports students not in abstinence-based recovery

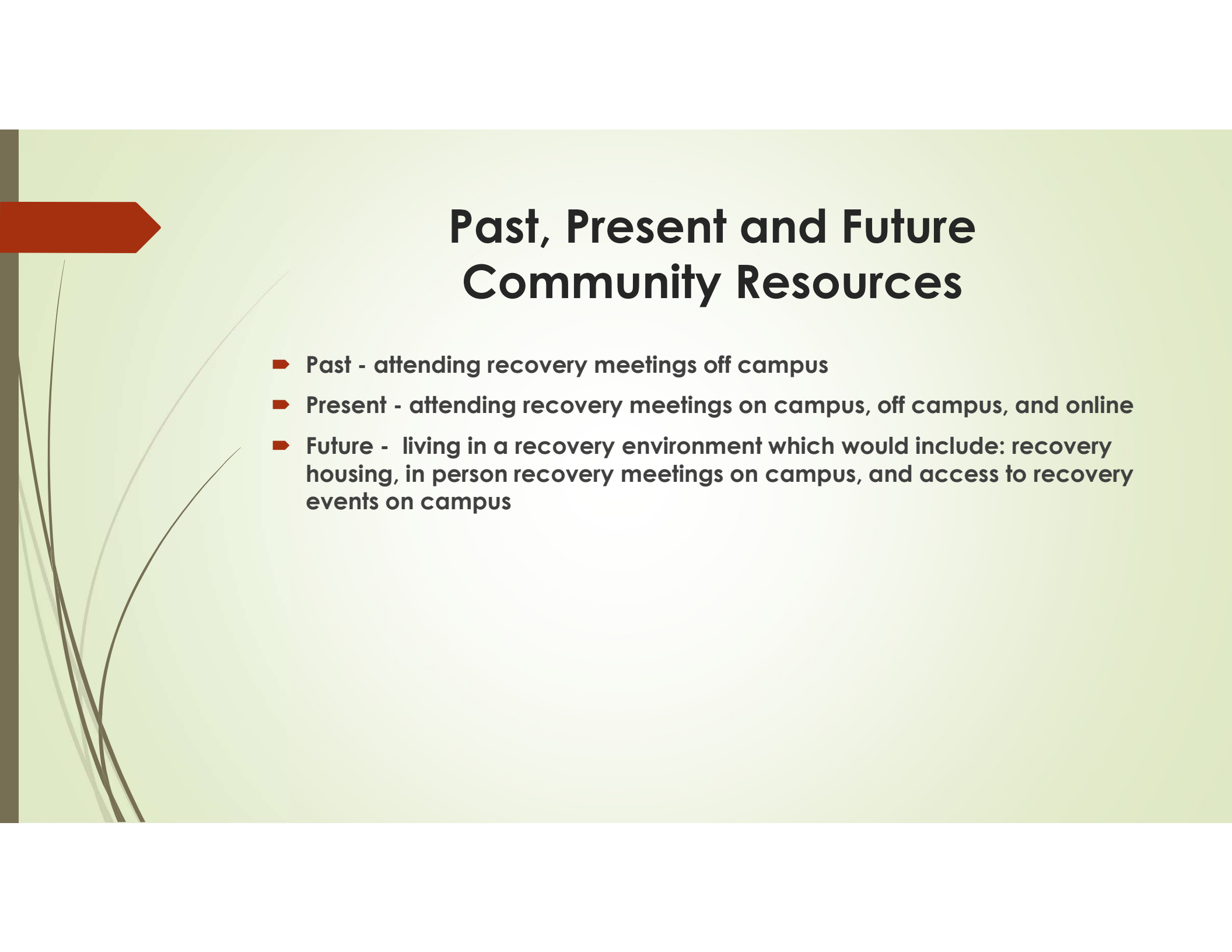


What Are the 4 Domains of Recovery?

- Health – being mentally, physically, and spiritual healthy
- Home- living in a positive environment for recovery
- Purpose – becoming a sober contributing member of society
- Community- participating in recovery meetings and recovery events

Needs and Preferences

- 
1. Accessibility
 2. Language
 3. Members like me
 4. Additional Characteristics



Past, Present and Future Community Resources

- Past - attending recovery meetings off campus
- Present - attending recovery meetings on campus, off campus, and online
- Future - living in a recovery environment which would include: recovery housing, in person recovery meetings on campus, and access to recovery events on campus

TN

Department of
**Mental Health &
Substance Abuse Services**

Collegiate
Recovery Initiative

COLLEGIATE RECOVERY

The initiative aims to create supportive environments within colleges and universities that promote the academic success and personal recovery of students.



Goals:

Create and sustain recovery friendly campuses across Tennessee.

Destigmatize the conversation around mental health and substance misuse.

Uplift those in recovery and educate partners so we can be in community together.

RECOVERY IS POSSIBLE.

WE WORK WITH 35 CAMPUSES ACROSS THE STATE.
FOR MORE INFORMATION, REACH OUT TO DIRECTOR SAM MCINTYRE
SAMANTHA@TAMHO.ORG

<https://www.tn.gov/behavioral-health/faith/collegiate-recovery.html>

TN

Department of
Mental Health &
Substance Abuse Services

Go to T

Search Mental Health



Collegiate Recovery Initiative

The social norms around the "college experience" often involve misconceptions around binge drinking, drug experimentation, and other potentially dangerous behaviors. TDMHSAS and its partners are working to redefine these norms in a fashion that recognizes and supports the recovery needs of students. Through the Tennessee Collegiate Recovery Initiative, we are working to connect allies with training, resources, and contacts to support the recovery needs of students.



Our Goals:

- Inform and equip campus leaders to take proactive roles in curbing the addiction epidemic
- Encourage campuses and students to leverage available resources
- Assist campus leaders in assessing for a Collegiate Recovery Community or Collegiate Recovery Program and getting their programs off the ground
- Reduce stigma through peer sharing and roundtable discussion
- Understand the continuum of care and collaborate with it

Recovery Ally Training

The Recovery Ally Training is designed to equip participants with the appropriate knowledge needed to better address problems with substance misuse that may exist on campus. Our primary purpose is to raise awareness, increase understanding, and build confidence in those eager to help people who may be struggling on campus.

TN
Tennessee
Department of
Mental Health &
Substance Abuse ServicesOn Campus
Recovery Initiative

Certified Recovery Friendly Campus

College campuses ready to take the next step in supporting their students, faculty, and staff can



Collegiate Recovery in the State of Tennessee

- TN Collegiate Recovery Programs
 - A. Certified Recovery Friendly Campus
 - B. Recovery Ally Campus
- TN Certified Peer Recovery support specialist
- TN faith-based initiatives

Slide 14

RS2

Ross Sparboe, 6/17/2025



Resources for Collegiate Recovery

- Celebrate Recovery meetings
- Young People's AA conferences such as ICYPAA 67, TCYPAA, GCYPAA, NCCPYAA, and SCCYPAA
- IPS (Individual Placement and Support) teams for TMHCA (Tennessee Mental Health Consumers Association)



RECOVERY MINISTRIES

4023 Smithville Hwy.
McMinnville, TN 37110
www.freedomlifechurchtn.org

Mondays - Celebrate Recovery for adults
The Landing for teens
Meal begins at 6:00 PM, service begins at 6:30 PM

Thursdays - The Refuge
Meal begins at 6:00 PM, service begins at 6:30 PM

Fridays - Living Free/Transformation Project
Meal begins at 6:00 PM, service begins at 6:30 PM

All recovery programs at Freedom Life Church are court approved.



to Contact Us with any questions! Please consider bidding for TCYPAA. The young people of AA in Tennessee need you!

Yours in service,

TCYPAA Advisory Council

Murfreesboro 2027



8/19/26, 4:54 PM

TCYPAA – Tennessee Conference of Young People in Alcoholics Anonymous

Reader

Howdy, friedcollective60d06bf442



A hand-drawn poster for a TCYPAA Hosts Committee Meeting. The poster features a folding chair with a TCYPAA logo on the backrest that says "TCYPAA CARRY THE MESSAGE". To the right of the chair is a calendar icon. The text "EVERY FIRST MONDAY OF THE MONTH" is written below the chair. To the right of the chair is a clock icon showing 7:00 PM. The text "7:00 PM" is written below the clock. To the right of the clock is a location pin icon. The text "800 PARK AVENUE SUITE N (MURFREESBORO, TN 37129)" is written below the location pin. The main text of the poster reads "TCYPAA HOSTS COMMITTEE MEETING" in large, bold, hand-drawn letters. Below this, it says "Help us plan an AMAZING CONFERENCE!" in a mix of script and bold fonts. A megaphone icon is drawn to the right of the text. The poster is decorated with stars, radiating lines, and small squares.

TCYPAA
HOSTS
COMMITTEE MEETING

Help us plan an
AMAZING
CONFERENCE!

EVERY FIRST
MONDAY
OF THE MONTH

7:00 PM

800 PARK AVENUE
SUITE N
(MURFREESBORO, TN 37129)



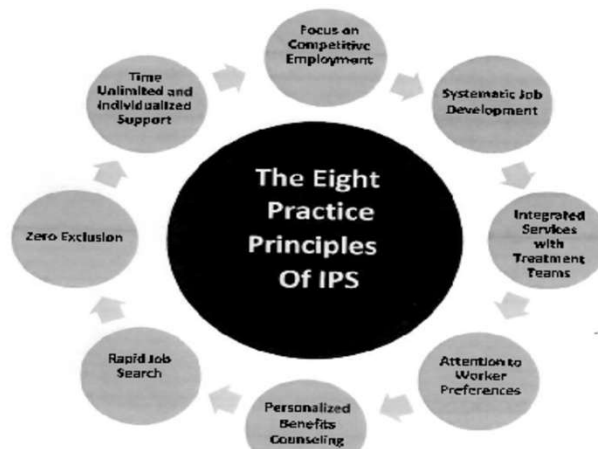
Individual Placement and Support Recovery through Employment

Tennessee
Mental Health
Consumers'
Association

INDIVIDUAL PLACEMENT AND SUPPORT IS AN EVIDENCE-BASED PRACTICE FOR HELPING PEOPLE WITH SERIOUS MENTAL ILLNESS GAIN COMPETITIVE EMPLOYMENT

Work is one of the best treatments for individuals living with serious mental illness and co-occurring disorder. 60% of people with serious mental illness want to work but only 15% are employed. Our IPS program works to bridge that gap. Many individuals see work as an essential part of recovery. Being productive is a basic human need, and employment can be a way out of poverty improving a person's overall quality of life. Work has a positive impact on self-esteem, life satisfaction, and reducing symptoms (Luciano, Bond, & Drake, 2014). IPS continues to have proven success in Tennessee and beyond.

Studies show that people in IPS attain employment faster, hold their jobs for longer, and work more hours. In 4 randomized controlled trials, over an 18-month period, approximately 3 times as many people receiving IPS services achieved employment and worked more hours, and people receiving IPS services worked overall four times as many hours compared to controls.



TMHCA IPS Proudly Serves the Following Counties: White, Putnam, Warren, Grundy, DeKalb, Cannon, Coffee, VanBuren, Maury, Marshall, & Bedford

For more information contact:

Jordan Young (Regional Manager)
(615) 920-2349

jyoung1@tmhca-tn.org

or

Elizabeth Fredericks (IPS Team Leader)

(931) 254-1017

epedg@tmhca-tn.org

IPS in Tennessee:

- IPS began in Tennessee in October 2013
- Fourteen community providers across the state have IPS Supported Employment Programs and they serve 52 counties collectively.
- TN IPS programs served 1,167 individuals statewide in fiscal year 2022 with a successful employment rate of 57%
- Tennessee is a member of the International IPS Learning Collaborative.
- TMHCA IPS assisted over 90 individuals work toward their employment and education goals in fiscal year 2022. These individuals earned an average wage of \$11.04/hour and worked approximately 29 hours/week.



INQUIRING CONCERNS



Question 1: If your college administrator?

How do you Identify a student in trouble?



Question 2: As a college administrator, what programs do you implement to help?



Question 3: If your college administrator?

A campus club or counseling center approach ?



Question 4: If your college administrator?

Paid staff versus voluntary staff or even peer recovery specialist?



➡ **QUESTIONS or COMMENTS**



Ross Sparboe, LMSW, LADACII

**Generations Mental Health Center
5736 Manchester Hwy
Morrison, TN 37357**



**rsparboe@generationsgaither.com
931-815-3871, Ext 1108**