

State of Washington Collegiate Recovery Initiative Virtual Learning Community

Cultivating Campus and Community Partnerships
for Recovery Support Sustainability Planning

Jarmichael Harris, MS, LCAS (He/Him), East Carolina University

Susie Mullens, MS, LPC, ALPS, (She/Her) Licensed Psychologist,
AADC-CCS, MAC, West Virginia Collegiate Recovery Network

Elizabeth Weybright, Ph.D. (She/Her) Washington State University

Thursday, March 4th, 2021 | 11:00 am – 12:00 PM PT



State of Washington Collegiate Recovery Initiative Team

Washington State University –
Initiative/Contract Admin

Patricia Maarhuis, PhD (she/her)
Health Promotion Specialist
Cougar Health Services

Paula M. Adams, M.A. (she/her)
Director, Health Promotion
Cougar Health Services

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C4 Innovations – Sub-contractor

Kristen Harper, M.Ed. (she/her)
Recovery Specialist

Marsha Kubyshko, (she/her)
Project Coordinator



Community & Behavioral Health | Recovery | Social Change



Introduction to Plenary Series



- ❖ **Plenary sessions are part of State of WA-HCA Recovery Support Initiative contract/grant awarded to WSU.** Initiative includes:
 - ❖ Statewide Recovery Services Asset Mapping project
 - ❖ Statewide Evaluation of Collegiate Recovery services and funding
 - ❖ Public dissemination of RS initiative findings and materials for ongoing use: WSU Collegiate Recovery Grant page: <https://cougarhealth.wsu.edu/collegiate-recovery/>

- ❖ **Acknowledgments:**
 - ❖ Representatives L. Davis, J. Schmick, and colleagues for their work on the initiative and funding source, House Bill 1528
 - ❖ HCA Contract Manager Liz Venuto, Supervisor - Transition Age Youth Focus
 - ❖ **Six plenary sessions**, December 2020 through April 2021

- ❖ **Collegiate Recovery Virtual Summit**, May 20th - 21st, 2021



Virtual Learning Community Schedule

- April 1st, 2021: **Multiple Pathways of Recovery and the Intersection of Harm Reduction**
Speakers include Ahmed Hosni (Ohio State University), Aaron Kirk (Skagit Valley College), special guest.
- April 29th, 2021: **Student Recruitment & Retention**
Speakers include Olivia Pape (West Virginia University), Jonathan Lofgren (Minneapolis Community & Technical College), and Seth Welch (Interagency Academy).
- May 20th & 21st: **Washington State Collegiate Recovery Virtual Summit**
Seed grant recipient presentations and more!

*All events are scheduled from 11:00am – 12:00 pm PT



Jarmichael Harris, MS LCAS (He/Him)
East Carolina University's Collegiate
Recovery Community Program Coordinator
& ARHE President @East Carolina
University



Lessons we have learned and are still learning

- Managing reoccurrence of use
- **Ensuring sustainability**
- Integrating Collegiate Recovery into a campus culture
- The challenges of integrating Collegiate Recovery into the structure of Health and Wellness and Student Affairs
- **Removing “silos” in addiction and mental health care**
- Addressing co-occurring disorders and disabilities in a recovery community
- Improving campus awareness and knowledge of addiction and recovery
- Campus activities and supportive services-separate or integrated?
- **Diversity and Inclusion**

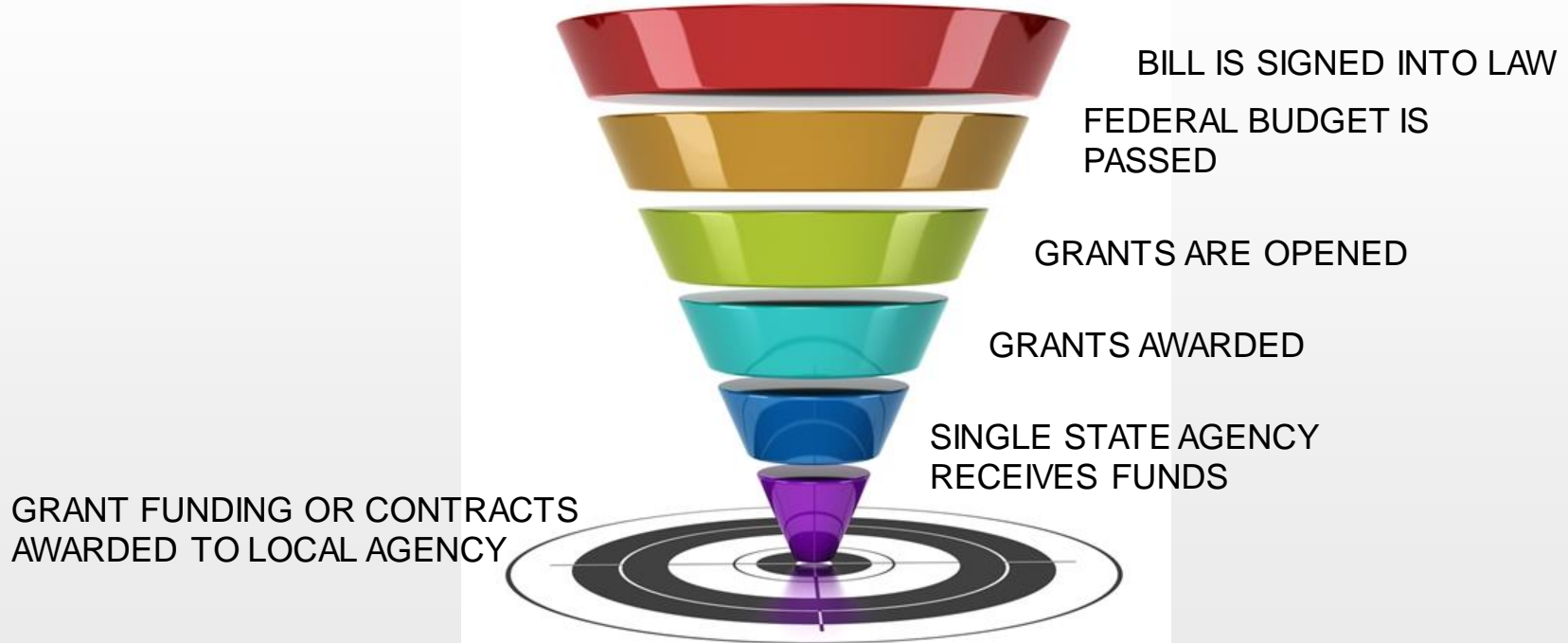


Ensuring Sustainability

- “Texas Tech Model”
- Public versus Private Funding
- State Sponsored Collegiate Recovery (Texas, West Virginia, NC)
- Comprehensive Addiction and Recovery Act (CARA 2.0)



FEDERAL FUNDING LIFECYCLE





Removing “silos”

- Department of Health and Human Services/MHDDSU
 - State Opioid Response Grant (SOR)
- Campus Collaborations
- Individual Advocacy (Students)
- North Carolina Recovery Alliance Initiative



Diversity and Inclusion

- Removing Barriers to Access
- Embracing Multiple Pathways of Recovery
- Empowering Marginalized Voices (BIPOC)
- Equity and Justice



ECU Equity & Inclusion Statement

Beyond diversity, we seek to create an environment that fosters the learning and celebration of various cultures, embracing the very things that make us different – race, sexual orientation, ability, religion, creed, socioeconomic status, gender expression, criminal justice history, or immigration status – for in these differences live unique perspectives. In pursuit of true equity, we engage in conversations of social and restorative justice that liberates the humanity in us all.



ARHE 2020 In Review

- Quick Numbers:
 - **10** – ARHE celebrated its 10th anniversary on April 15, 2020.
 - **75** – ARHE published 75 webinars and blogs throughout the year.
 - **155** – *There are 155 total ARHE Institutional Members going into 2021.*
 - **500+** – ARHE published over 500 hours of digital content throughout the year.
 - **750** – The annual National Collegiate Recovery Conference hosted a record number of **750** attendees.



Susie Mullens, MS, LPC, ALPS, Licensed
Psychologist, AADC-CCS, MAC (She/Her)
Program Coordinator, Marshall
University @West Virginia Collegiate
Recovery Network



ALLIANCE FOR THE
ECONOMIC DEVELOPMENT
OF SOUTHERN WEST VIRGINIA
Higher Education Means Jobs

WV Collegiate Recovery Network



West Virginia Southern Alliance Partners

- *Bluefield State College*
- *BridgeValley Community & Technical College*
- *Concord University*
- *Marshall University*
- Mountwest Community & Technical College
- New River Community & Technical College
- *Southern West Virginia Community & Technical College*
- *West Virginia School of Osteopathic Medicine*
- *West Virginia State University*
- West Virginia University Institute of Technology



Alliance for the Economic Development of Southern West Virginia





Current Projects of the Alliance

- Small Communities, BIG Solutions Conference – November 2021
 - Yearly Update from Government Leaders
 - Breakout Sessions on Various Topics – Build Your Own Track
 - Networking with Hundreds of West Virginians
- Project within four working groups:
 - **Entrepreneurship**
 - **Tourism**
 - **Workforce**
 - **Addiction & Recovery**
- Quarterly Presidents & Operations Council Conversations
- Operations Council Call (one contact from each High Ed Institution) speaks twice a month

Vision, Mission & Values



ALLIANCE FOR THE
ECONOMIC DEVELOPMENT
OF SOUTHERN WEST VIRGINIA
Higher Education Means Jobs

Vision:

We envision every student in or seeking recovery will have a supportive community and array of resources at any institution of higher education in West Virginia

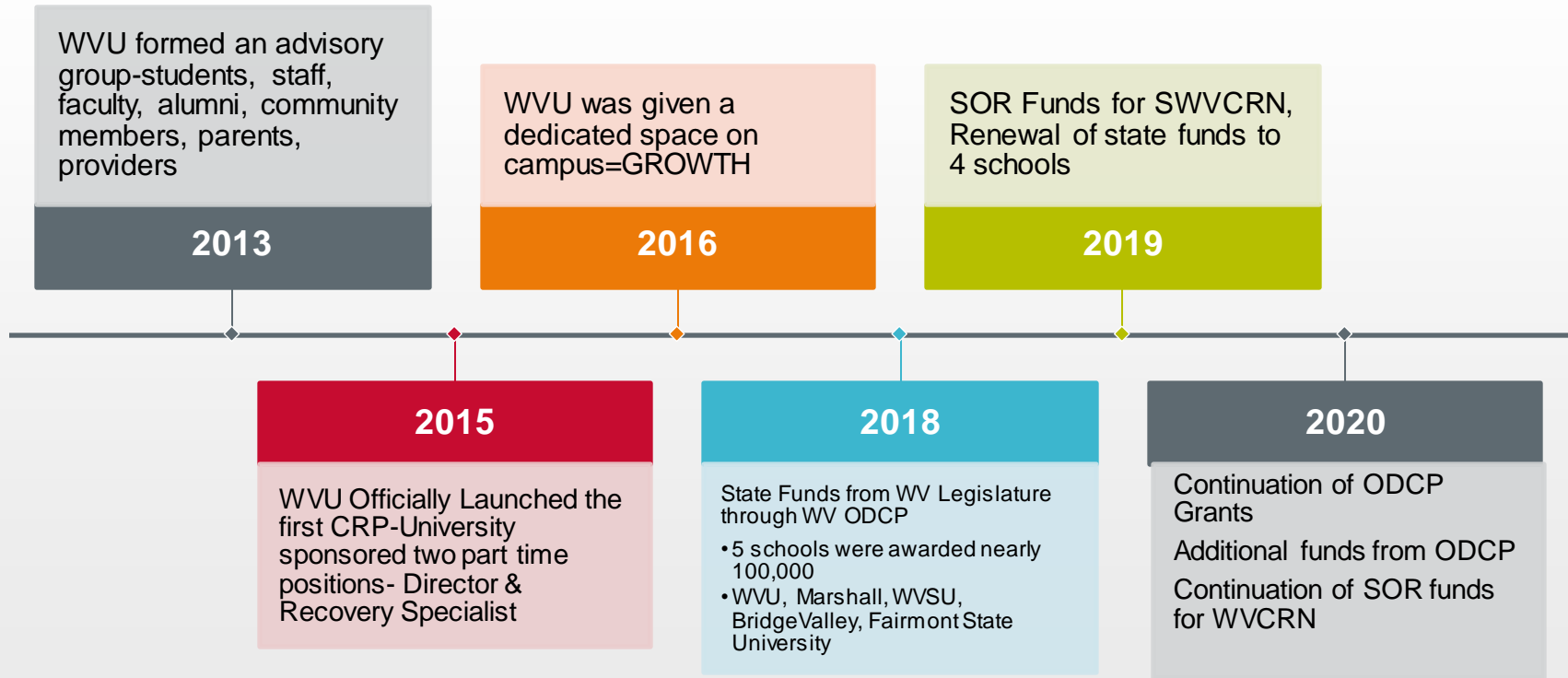
Mission:

- To create a culture on campuses across WV that promotes recovery, inspires hope, and values diversity & equity for all.
- To empower institutions to embrace and promote a recovery supportive college experience for any student in or seeking recovery.
- To make recovery a norm for WV higher education institutions, resulting in greater access to resources for students in or seeking recovery.
- To affirm and inspire hope among students living and thriving in recovery to reach their fullest potential in an environment that values diversity & equity.

Values: Respect for multiple pathways, inclusion, diversity, equity



Development of Collegiate Recovery in WV



RECOVERY IS THE EXPECTATION NOT THE EXCEPTION WHEN INDIVIDUALS HAVE A COMMUNITY AND SUPPORTIVE ENVIRONMENT

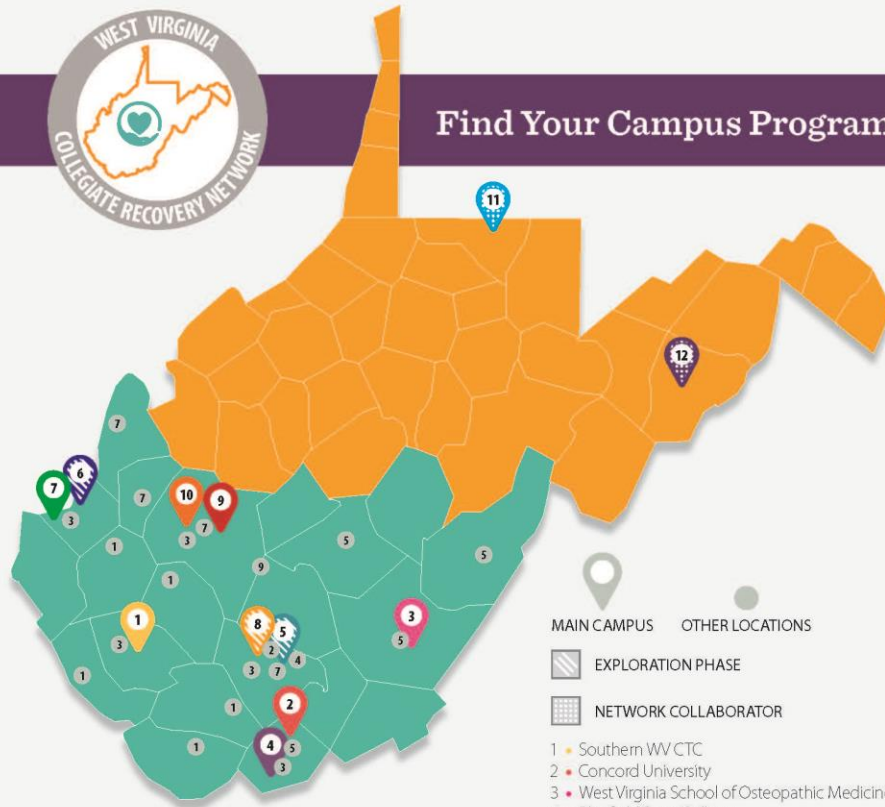
The West Virginia Collegiate Recovery Network (WVCRN) is a resource for information, training and technical assistance for any West Virginia college or university that wants to create a recovery community. **WVCRN is a grant funded innovative partnership, offering peer recovery support services on seven higher education campuses.** Through support, education and campus advocacy, we aim to create an inclusive environment and supportive community to help students, faculty and staff thrive.

This network is a project of the Alliance for the Economic Development of Southern West Virginia, a joint venture among 10 higher education institutions in southern West Virginia, to promote economic and community development across the region. Learn more about the Alliance at www.marshall.edu/aedswv.



The Alliance's network provides funding to support collegiate recovery at the following institutions: BridgeValley Community and Technology College, Bluefield State College, Concord University, Marshall University, Southern West Virginia Community and Technical College, West Virginia Osteopathic School of Medicine and West Virginia State University, working with the following behavioral health centers: Prester Center, Seneca Health Services and Southern Highlands Community Mental Health.



Find Your Campus Program



 Alliance Indicated in Teal

- MAIN CAMPUS OTHER LOCATIONS
-  EXPLORATION PHASE
 -  NETWORK COLLABORATOR
 - 1 • Southern WV CTC
 - 2 • Concord University
 - 3 • West Virginia School of Osteopathic Medicine
 - 4 • Bluefield State College
 - 5 • New River CTC
 - 6 • Mountwest CTC
 - 7 • Marshall University
 - 8 • WVU Tech
 - 9 • BridgeValley CTC
 - 10 • WV State University
 - 11 • West Virginia University
 - 12 • Eastern West Virginia CTC

COMMUNITY SUPPORT SERVICES:

Available to community residents, students, faculty, staff, friends and family members.

- Individual Peer Support Services
- Ally Training
- Naloxone Training

GROUP SUPPORT SERVICES:

- Mindfulness & Meditation
- SMART Recovery
- SMART Recovery for Friends and Family
- Depression and Bipolar Support
- All Recovery Meetings

VISION:

We envision every student in or seeking recovery will have a supportive community and array of resources at any institution of higher education in West Virginia.

MISSION:

- To create a culture on campuses across West Virginia that promotes recovery, inspires hope and values respect.
- To empower institutions to embrace and promote a recovery supportive college experience for any potential or current student in or seeking recovery.
- To make recovery a norm for West Virginia higher education institutions, resulting in greater access to resources for not only for students in or seeking recovery, but also for faculty, staff and area residents.
- To affirm and inspire hope among students living and thriving in recovery to reach their fullest potential. Values: Respect for multiple pathways, inclusion, diversity and equity.



Like Any Successful Collaboration



IT STARTS WITH
"WHAT CAN WE DO
FOR YOU"



BUILDS ON PAST
SUCCESSSES



EMPLOYS THE
STRENGTHS OF AN
INSTITUTION



OFFERS THE
OPPORTUNITY FOR
ASPIRATIONAL
DEVELOPMENT



HOW did we do it? Partnerships & Collaboration

- Funded by State Opioid Response grant through WV DHHR BBH (SAMHSA)
- In addition to the 7 schools we have partnered with:
 - Prestera Center
 - Southern Highlands Community Mental Health Center
 - Seneca Health Services Inc.
 - The BH Centers hire and provide clinical supervision for the PRSS Staff
 - Each school designated a point of contact
 - With oversight of the project provided by program coordinator experienced in collegiate recovery program development

WV Key Partners & Champions



WVDHHR BBH

WVDHHR ODCP

WV Higher Education Policy Commission

WV Community and Technical College System

First Choice Services

WV Drug Intervention Institute

WV Reentry Councils

WV Department of Education

Prevention

WVCIA

WVASPA

WV Recovery Advocacy Project



WV Higher Education SUD Continuum of Care Collaborative

The purpose of the WV Higher Education SUD Continuum of Care Collaborative is to increase communication, partnership and collaboration to improve access to evidence informed/based practices across the continuum of care (prevention, early intervention, treatment, recovery) services for higher education stakeholders (students, faculty, staff, administrators, government partners, legislators, policy makers).

Investment



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ODCP Funds Established 2018 as recommended in the WV DHHR Opioid Response Plan

	2018	2019	2020-Part 1	2020- Part 2
WVU	20,000	20,000	20,000	20,000
Marshall	20,000	20,000	20,000	20,000
WVSU	20,000	20,000	20,000	20,000
BridgeValle y	20,000	20,000	20,000	20,000
Fairmont	20,000			
Concord				40,000
WVUTech				40,000



**\$500,000 Total
Investment**

SOR Investment



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West Virginia Collegiate Recovery Network

Year 2 \$583,000

Year 3 \$643,000

Year 4 \$643,000

\$1,869,000

West Virginia Collegiate Initiative To Address High Risk Alcohol Use (WVCIA)

\$ 60,000

(Annual Award Amounts)





West Virginia Collegiate Recovery Network

Serving Communities, College Students, Faculty and Staff across West Virginia

Impact from Feb 2020 to Feb 2021 ...

**Four Statewide Events-
350+ attended**

*Provided 262
individuals with
individual or
group support.*

**258 West Virginians
trained to be
Recovery Allies.**

Recovery Ally training includes an overview of substance use disorders and recovery pathways, provides recovery supportive language training and strategies to reduce stigma and promote recovery.

Hosted nearly
300 West Virginians
for Naloxone Trainings & distributed
these overdose prevention kits.

Provided support to countless
friends and families who are
impacted by someone's
substance use or behavioral
health conditions.

West Virginia Higher Education Substance Use Disorder Continuum of Care Collaborative

The purpose of the WV Higher Education SUD Continuum of Care Collaborative is to increase communication, partnership and collaboration to improve access to evidence informed/based practices across the continuum of care (prevention, early intervention, treatment, recovery) services for higher education stakeholders (students, faculty, staff, administrators, government partners, legislators, policy makers).

Promoted prevention & recovery support for tobacco and stimulate use, gambling and eating disorders.



Learn more at: @CRNWW
www.marshall.edu/crn



This is a project by:
ALLIANCE FOR THE
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OF SOUTHERN WEST VIRGINIA
Higher Education Means Jobs



Interview with
Brian Weingart and Sarah Musgrave,
West Virginia Higher Education Policy Commission

**Overcoming Higher Education Barriers:
FASFA & WV Invests Deadlines**

TUNE IN ON OUR FACEBOOK PAGE
WEDNESDAY, FEB. 10 AT NOON

 @HIGHEREDWV

<https://youtu.be/Cpf5qqOEf4o>

<https://www.youtube.com/channel/UCpNzlyMpuSAIzmtRcZmq14A>

Re-Entry Day

RE-ENTRY to
Education

✦ **Streaming Live** ✦

March 1 *from* 9a - 1p est

www.facebook.com/WVRecoveryAdvocacyProject/

BROUGHT TO YOU BY

WV RECOVERY ADVOCACY PROJECT R.E.A.C.H.
WV FAMILIES OF CONVICTED PEOPLE
American Friends Service Committee **Jobs and Hope WV**
WV Council of Churches **WV COLLEGIATE RECOVERY**



Recovery Matters

Interview with

Brandon Whitehouse

Peer Recovery Support Specialist,
Concord University



TUNE IN LIVE ON OUR FACEBOOK PAGE

FRIDAY MARCH 5TH AT NOON



#WomenInRecoveryAre...



STRONG,
FEARLESS,
CONFIDENT,
GRATEFUL,
BOLD.



REBECCA TOMBLIN

Join us for

**WOMEN
IN RECOVERY DAY**



in honor of International Women's Day

brought to you by:

WEST VIRGINIA RECOVERY
ADVOCACY PROJECT

and

WOMEN'S ALLIANCE FOR
RECOVERY MOVEMENT

MARCH 8TH

10 a.m. to 2 p.m. EST

A Day of **LIVE STREAMED** Inspirational
Stories of Women in Recovery

@ www.facebook.com/WVRecoveryAdvocacyProject

"When Women Support each other
incredible things happen."

- International Women's Day 2018




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**REDUCING
RISK
IN
HIGHER
EDUCATION**

MARCH 17
9 A.M. TO 12 NOON

**EXPERTS
SERVICES
RESOURCES
POLICIES
NETWORKING**



<https://www.eventbrite.com/e/140647553619>

Opening Keynote Tom Coderre,
Acting Assistant Secretary SAMHSA



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“No one should have to choose between recovery and a college education.”

Patrice Salmeri-Augsburg University

For more information:
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Elizabeth Weybright, Ph.D. (She/Her)
WSU Youth and Families Program Unit
Interim Director, Associate Professor &
Adolescent Extension
Specialist @Washington State University



Center for Rural Opioid Prevention, Treatment & Recovery

Leveraging Community Partnerships to Address Rural Opioid Misuse



Center for Rural Opioid Prevention, Treatment & Recovery



SAMHSA

Substance Abuse and Mental Health
Services Administration



NIFA



Elizabeth Weybright, PhD (WSU
CAHNRS/Extension); Michael McDonell,
PhD (WSU College of Medicine)



Center for Rural Opioid Prevention, Treatment & Recovery

To develop and disseminate training and technical assistance to rural communities throughout Washington State for prevention, treatment, and recovery from opioid misuse/use/abuse.

To build capacity for using trauma-informed approaches and mental health promotion among rural communities in Washington State to prevention opioid misuse/use/abuse.

CROP+TR AIMS

Provide public, on-demand training through the [CROP+TR website](#).

Build on existing WSU Extension prevention programs.

Develop new treatment and recovery focused TTA.



Conduct a needs assessment process to inform priority areas for training and technical assistance (TTA).

Coordinate efforts with other regional efforts (SAMHSA technical assistance teams, Region 10 Technology Transfer Centers).

WHY RURAL?

Barriers

- Access
- Availability
- Distance
- Stigma
- Overlapping roles

Opioid Use

- ↑ Prescription drug misuse
- ↑ Stimulant use
- ↑ Overdose death

Prevention & Treatment of Substance Use Disorders in Rural Communities Toolkit



Module 2: Evidence-Based and Promising Substance Use Disorder Program Models

Rural communities are implementing a variety of evidence-based and promising models to treat substance use disorders. No one treatment program works for every person or community. In this section, we organize models into four categories: prevention, harm reduction, treatment, and recovery.



KHN

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Conservative Indiana Adopted Needle Exchanges But Still Faces Local Resistance

By Giles Bruce
FEBRUARY 12, 2020
[REPUBLIC THIS STORY](#)

Rural Health Systems Challenged By COVID-19 Surge

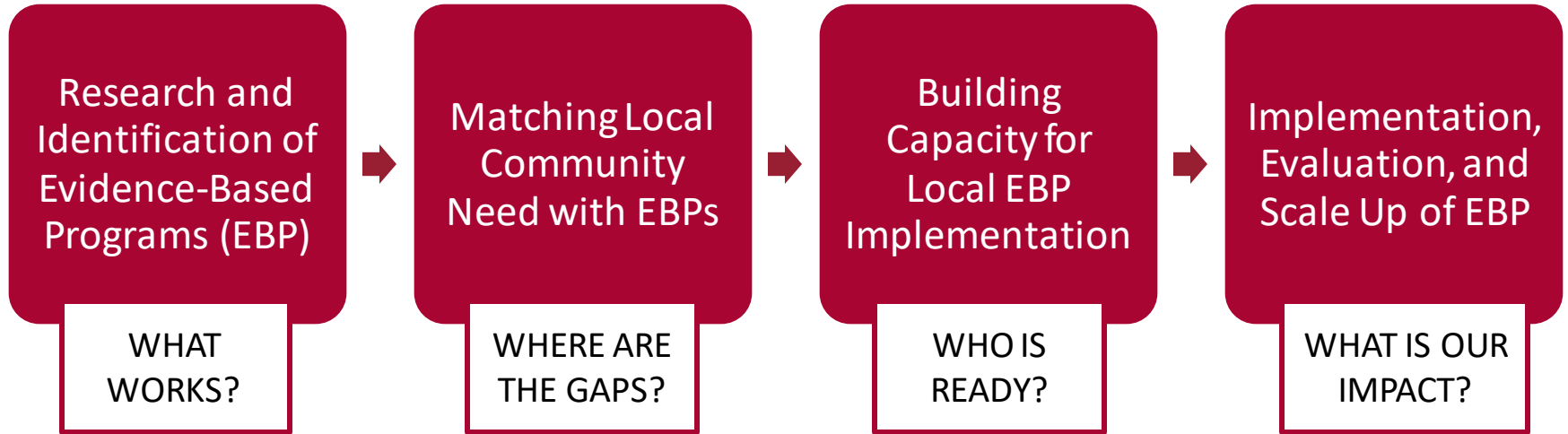
December 12, 2020 · 7:01 AM ET
Heard on Weekend Edition Sunday

FROM NORTHWEST NEWS NETWORK

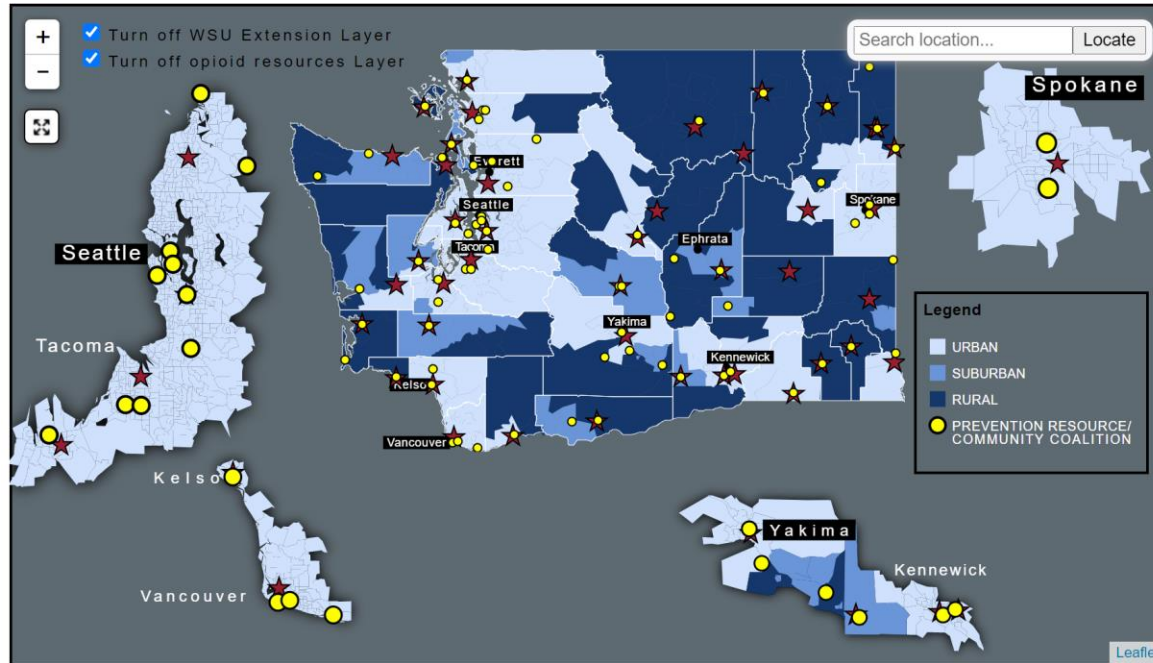
Listen [+ PLAYLIST](#) [↓](#) [↔](#) [☰](#)

A photograph showing a group of people in a public setting, possibly a parking lot or a street. Many of the people are wearing face masks. The scene is outdoors, and there are cars parked in the background.

COOPERATIVE EXTENSION



IDENTIFY EXISTING PREVENTION EFFORTS



Map available at www.croptr.org/preventionresourcemap

BUILD ON EXISTING PREVENTION EFFORTS

CROP+TR Goal: Create model prevention programs that are tailored for opioid prevention and provide linkages to opioid treatment and recovery resources.

1. Adapt **Strengthening Families Program (10-14)** to an opioid context.
2. Use **4-H Youth Participatory Action Research** in an opioid context.
3. Close the gap between prevention and treatment by providing resources on opioid treatment and recovery to teens and parents.
4. Offer TTA on other prevention interventions through webinars, virtual and in-person training, and online Communities of Practice.



CONNECT AND COORDINATE WITH OTHERS

- Benton-Franklin Recovery Coalition
- Eastern Washington Area Health Education Center
- The Health Commons Project
- Jefferson County Community Health Improvement Plan
- National Alliance on Mental Illness—Washington
- Northwest Prevention, Mental Health, and Addiction Treatment TTCs
- Northwest Rural Health Network
- Tribal Opioid Response Workgroup
- University of Washington ITHS WWAMI Region Practice and Research Network
- Washington Department of Health Opioid Response Workgroup
- Washington Healthcare Access Alliance
- Washington State Hospital Association
- WSU Collegiate Recovery Support Project
- WSU Social and Economic Sciences Research Center State Opioid Response Survey
- WSU Opioid Treatment Grants (HRSA)

PROVIDE RELEVANT TRAINING



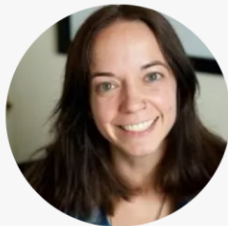
- 1) Neurobiology of Opioid Misuse and Addiction
- 2) ACES, Complex Trauma, and Risk Associated with Opioid Misuse
- 3) SBIRT for Prevention Specialists
- 4) Pharmacotherapy for Opioid Use Disorder
- 5) Role of Peer Support in Recovery from Opioid Use Disorder
- 6) Youth Participatory Action Research (YPAR) for Substance Use Prevention
- 7) Co-occurring Substance Misuse and Mental Health Conditions, a Peer Perspective with NAMI

[FIND COVID-19 SPECIFIC RESOURCES](#)[For Providers](#)[For Community](#)

Recorded
CROP+TR
webinars are
available on
our website
for on-demand
viewing

ON-DEMAND TRAINING

Below is a list of on-demand CROP+TR training available for viewing at any time. To view recorded trainings, you will be required to register prior to viewing.



Introduction to Harm Reduction Principles and Practice

Recorded Webinar | Duration 71 min | Original Date 2/16/2021

Speakers: Rebeka Lawrence-Gomez

Shift your understanding of harmful behaviors and the approach you take in serving people engaged in substance use and self-harm. In this training we will explore the universality of self-harm, identify behaviors as survival tools, and focus on empathy and connection with individuals utilizing substances and self-harm.

Rebeka Lawrence-Gomez has been with Pathways Vermont since its inception in 2009 and serves as the Director of Operations. She is committed to human rights, opportunities for everyone, and individual choice. Prior to her work with Pathways, she served as a Peace Corps volunteer and work with Disability Rights Vermont.

[REGISTER & VIEW](#)



UPCOMING CROP+TR WEBINAR:

Promoting Health of People in Recovery Through Inclusion: Creating a Welcoming Washington State

Mark Salzer, Ph.D.

Professor of Social and Behavioral Sciences
College of Public Health, Temple University

WELCOMING SPACES

Save the Date!
March 23rd, 11am-12pm PST

- Background on the theory and research underlying the Welcoming Spaces/Communities philosophy.
- Importance of community spaces (e.g., colleges/universities, libraries, parks) that are welcoming and embracing of these individuals to support their ability to participate in meaningful ways.



**Welcoming Places
in the Community:**
Perspectives from Individuals
with Serious Mental Illnesses



Rebecca Neergaard,
Kyra H. Baker,
Gretchen Snethen,
& Mark Salzer



Temple University
Collaborative
On Community Inclusion of Individuals with Psychiatric Disabilities

2019–2020
CROP+TR
ANNUAL REPORT



THANK YOU

Website: www.croptr.org

Facebook: www.facebook.com/CROPTR.WSU

Twitter: www.twitter.com/CROP_TR

Listserv: www.croptr.org/subscribe

Email: croptr.contact@wsu.edu

Elizabeth Weybright: elizabeth.veybright@wsu.edu



Questions?



April 1st, 2021 Plenary Session

Multiple Pathways of Recovery and the Intersection of Harm Reduction

What role does **harm reduction** play in an individual's recovery process and how can collegiate recovery successfully support the community while respecting individual practices? Regardless of how we enter recovery, building relationships and finding the pathway (s) that work for us, is critical to the sustainability of our newfound life.

Speakers include: Ahmed Hosni (Ohio State University), Aaron Kirk (Skagit Valley College), special guest.

Registration link in the chat and coming soon to your email inbox!



**For more information
please contact:**

Jon Wallis, Project Coordinator
Jonathan.wallis@wsu.edu