





"Recovery 101" topics:

addiction and recovery definitions

myths and norms

Recovery
Rising at ASU

supporting students



## what is addiction?



### addiction



"Primary, chronic disease of brain reward, motivation, memory and related circuitry.

Dysfunction of these circuits leads to characteristic biological, psychological, social and spiritual manifestations.

This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors"



### why is addiction a problem?

91 people died each day from opioid overdose in 2015

Total Drug overdoes death rates have increased over 211% since 1999

**CDC**: Center for Disease Control



## what does it mean to be in recovery?

"Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness and quality of life."

Substance Abuse and Mental Health Administration (SAMHSA)



## knowing the difference...

what's the difference between someone who is in recovery and someone who isn't in recovery but chooses not to drink or use substances?



## barriers for students in recovery

# social norms common myths



## social norms

#### Alcohol Use in last 30 days within general student population



American College Health Association. American College Health Association-National College Health Assessment (ACHA-NCHA). Unpublished internal document, Arizona State University, 2016.



## social norms

### Marijuana Use in last 30 days within general student population



American College Health Association. American College Health Association-National College Health Assessment (ACHA-NCHA). Unpublished internal document, Arizona State University, 2016.

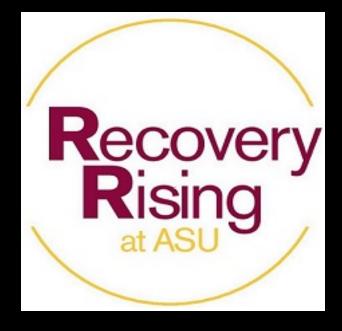


## common myth

adolescents and young adults may have a problem, but its not really addiction...right?

# how is ASU supporting students in recovery?





## **Recovery Rising at ASU:**

a Collegiate Recovery Program for students

in recovery from alcohol or other drug

addiction and their allies



# Recovery Rising aims to:

increase visibility of recovery lifestyle

connect students in recovery to each other

educate and support students, faculty, and staff to be allies

provide programs and support across departments





## what can you do?



## recovery allies:

listen without judgement

do not diagnose

refer

ask questions



## how to talk to someone about their recovery

build understanding: trust takes time, patience, encouragement

recognize the individual's responses and notice triggers

"what happened" instead of "why did that happen?"

build empathy, not a solution

## how to talk to someone about their recovery

### ask questions

- what does it mean to them to be in recovery?
- what do they do to support their recovery, and who else supports them?
- what makes it difficult to be in recovery?
- what do they wish people understood about addiction and recovery?
- what has been made possible as the result of being in recovery?



ASU Disability Resource Center

## **ASU Counseling Services**

**ASU Health Services** 

newsletter

"Living Life on Life's Terms: Recovery Discussion"

## resources

Treehouse: off-campus recovery housing

thefaithfulcity@asu.edu

**AA/NA** meetings

recoveryrising@asu.edu

facebook.com/RecoveryASU



# let's make ASU recovery ready!

