



IMPACT REPORT

2021

collegiaterecovery.org



Letter from the Interim Executive Director



Dear ARHE Members,

Our ability to support our students and staff who hold marginalized identities is directly related to our commitment to personal transformation, radical imagination, and recovery. This personal work runs parallel to our sustained efforts to dismantle systemic racism within ARHE and the field of collegiate recovery.

In 2020, we released a statement committing to the following:

ARHE will be an active participant in a recovery movement that speaks up, educates, and, most importantly, listens and questions injustice. We must recognize the racism that is deeply embedded in the American soul and continues to embed itself within every area of society: not just with policing and the justice systems, but throughout government, in our institutions, and within our Collegiate Recovery Programs. We must see that racism is inextricably tied to stigma, unprecedented rates of incarceration and overdose, and inequitable access to healthcare that dehumanize people who use substances. We also recognize that the larger recovery community often reinforces and fails to stand against those inequities.

Since ARHE made that initial statement, we set out to initiate several action items with regards to equity, inclusion, and anti-racism and are still working to embolden our commitments in these areas. Those action items, along with updates, are listed below:

- Each board and staff member is committed to individual and institutional work examining and dismantling individual bias and systemic racism.
 - a. Both board and staff members continue to do their own internal work, check in with each other, and hold each other accountable for continual learning. In addition, we have developed an Equity & Justice Committee that is working to develop initiatives for the continued institutional work necessary within ARHE as an organization to focus on the importance of the intersectional work necessary in our field.
 - b. In 2021, our Board of Directors participated in a DEI training with an external consultant to focus on ARHE's goals as an organization regarding Equity and Justice. In addition, we are also working on our organizational Equity & Justice Values Statement. You can expect it to be published in the coming weeks. Both board and staff members are committed to sustaining funding for internal institutional Anti-Racism work and funding shared healing spaces for students and staff who hold marginalized identities. One example of our commitment to this is ensuring the continuation of the funding of the Soul Circle program through fundraising efforts.
 - c. ARHE committed a budget line item for the Equity & Justice Fellow position. The Fellow position was originally grant-funded and has since ended. We have also dedicated sustained funding for Equity & Justice programming, including the Equity & Justice Webinar series that began in 2020. More details on a cohort program can be expected in the Fall of 2022.
 - d. In 2020 and 2021, the ARHE fellows and interns organized student-led recovery support meetings for Trans and Gender Nonconforming Students and BIPOC students. We will continue to support these shared spaces for students as requested.

- We seek to align ourselves with individuals and groups actively doing liberation, anti-racist, and anti-oppression work.
 - a. This alignment is an area where we recognize the need for continued work and we are working to seek out and learn from those individuals and groups doing this work. For example, we have partnered with Sober Voices, a growing community of over 6,000 voices representing a diverse community of people in recovery. We believe that their mission, “To amplify and celebrate all voices and all experiences on the journey of recovery and mental health,” is directly in line with the work we are committed to doing. We look forward to a long partnership with the amazing leadership of Sober Voices and Sourcing Voices to elevate and center marginalized voices in our field, as well as to provide resources to our members.
- We will set policy around representation at events hosted by our organization and those events to which we are invited to participate.
 - a. While the official policy is still in the process of being drafted, we have adopted an Equity & Inclusion Statement for the Annual Conference. We have also integrated equity and justice themes throughout the conference by requiring all sessions to address an area of equity, justice, diversity, or inclusion.
- We will add a standard to our Standards and Recommendations focused on Equity and Justice.
 - a. ARHE is in the process of revising the Standards and Recommendations through an equity and justice lens. The addition of a new Standard and Recommendation focused on Equity and Justice was discussed, especially as we continue to work on the development of accreditation standards for CRPs. Ultimately, it was decided that simply adding a new Standard and Recommendation for the sake of adding one would not be in line with the work we are committed to doing. This year, we have a goal to take a look at ALL of the current Standards and Recommendations through an Equity and Justice lens to ensure that the next iteration of those Standards and Recommendations center Equity, Justice, & Inclusion throughout.
- We will conduct an annual internal review of our Anti-Racist work and continuously recommend progress towards an equitable and just organization.
 - a. A culmination of updates will become a regular section of the Annual Impact Report for the ARHE membership.

ARHE continues to be committed to listening to feedback from those impacted by systems of oppression and individuals and organizations committed to anti-racism work. If you have any questions or feedback, please never hesitate to reach out to me at kristina.canfield@collegiaterecovery.org.

Sincerely,



Kristina M. Canfield, M.Ed.
Interim Executive Director

Mission & Vision

Our mission is to champion, develop, and sustain excellence in collegiate recovery. Our vision is a collegiate culture that embraces recovery.

Purpose Statement: With recovering students at the heart of what we do, ARHE fosters the growth of collegiate recovery through the provision of institutional standards, support, and professional development.

ARHE Responsibilities

- Support and advocate for the continued growth, expansion and accessibility of collegiate recovery.
- Act as the accrediting body for collegiate recovery.
- Provide professional community and development opportunities for collegiate recovery leadership and staff.



CORE VALUES



In support of our mission and responsibilities, the ARHE will model the following values:

Integrity: As individuals and as an Association, we are honest, trustworthy, transparent and responsible. We adhere to the highest professional standards, and we advance the values and ethical obligations associated with our work with students.

Inclusion: As individuals and as an Association, we value diversity and the worth of all people, respecting individual differences that bring richness to the students and constituents we serve.

Student-Centered: As individuals and as an Association, we recognize our role in supporting student success and strive to act in the best interests of the students we serve in all decisions.

Service Excellence: As individuals and as an Association, we utilize our knowledge and skills to improve our programs, services, facilities and activities in ways that demonstrate our commitment to student success.



Goals

Goal 1: Growth and Expansion of Collegiate Recovery Objectives:

- Advocate for the creation of new collegiate recovery programs.
- Cultivate material and intellectual assets to facilitate start-ups.
- Create a resource toolkit to provide to start up programs.
- Provide educational and development opportunities for all stakeholders.

Goal 2: Develop Accreditation Standards and Process Objectives:

- Establish universal accreditation standards for CRP's.
- Develop and outline the model of accreditation.
- Establish the process by which ARHE evaluates and determines accreditation requirements are met.

Goal 3: Development of Professional Collegiate Recovery Workforce Objectives:

- Establish roles and competencies pertinent to collegiate recovery work.
- Provide continuing education opportunities based on established competencies.
- Provide opportunities for collaboration and the sharing of best practices.

Goal 4: Assemble and Disseminate Best Practices and Relevant Recovery Research Objectives:

- Publish ARHE best practice recommendations.
- Collaborate with key stakeholders regarding advancing, housing and disseminating recovery research.

Goal 5: Develop funding sources and policies that create organizational sustainability Objectives:

- Develop sustainable and diverse revenue streams from ethical sources that support the guiding principles of our membership.
- Improve financial systems and develop policies that support sustainability.
- Improve operational systems and develop procedures and policy manual.
- Mitigate organizational challenges through the recruitment of board members, amendment of by-laws, and addressing liabilities.

Goal 6: Coordinate Membership and Stakeholder Engagement and Outreach Objectives:

- Create a consistent brand and communications platform.
- Regularly collect membership feedback, solicit input and needs.
- Expand membership participation through unique and engaging programs and services.
- Ensure the conference contains relevant, timely and dynamic learning opportunities.

Board of Directors

Senior Co-Chair: Jarmichael Harris

Junior Co-Chair: Ahmed Hosni

Secretary: Waltrina DeFrantz-Dufor

Treasurer: Alexander Ronzino

Members at Large: Jessica Boynton

Regional Rep, Northeast: Lindsay Garcia

Regional Rep, Mid-Atlantic: Dominique "CJ" Clemmons-James

Regional Rep, Southeast: Hillary Hardie

Regional Rep, Midwest: Jonathan Lofgren

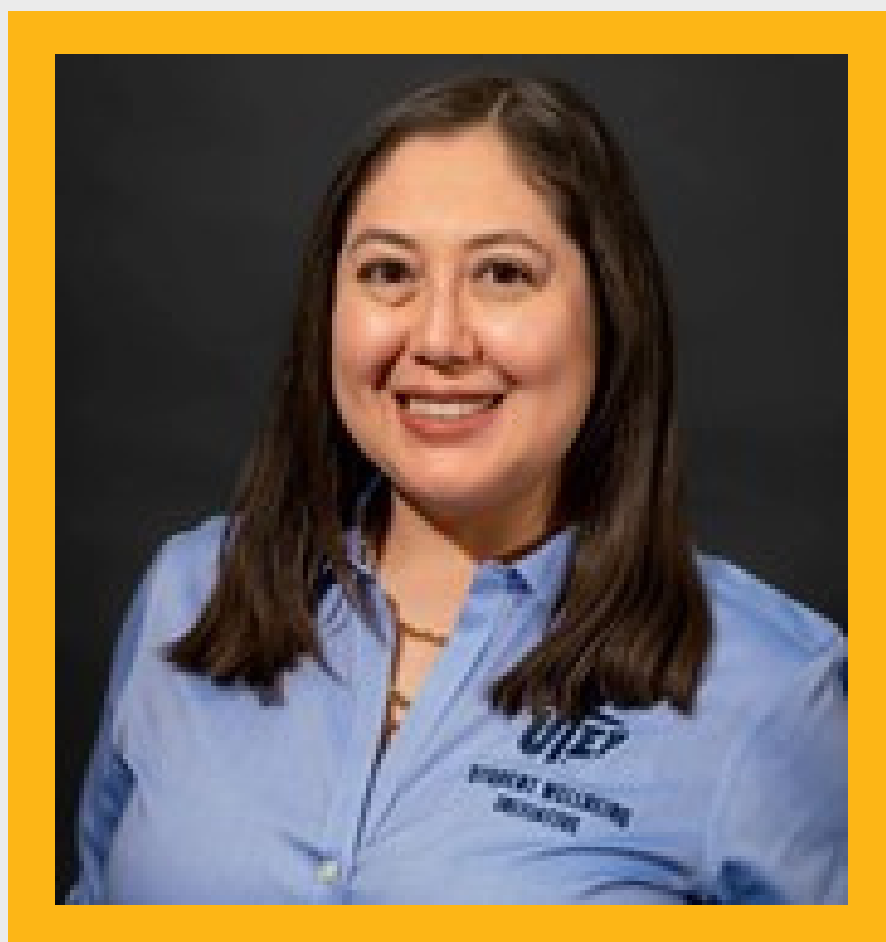
Regional Rep, Southwest: Valerie Barela

Regional Rep, Mountain: Jordan Baez

Regional Rep, Pacific: Jorge Bru

Students Reps: Ali Clements

Board Member Spotlight



Valerie Barela (she/her): Ms. Valerie Barela grew up in El Paso, Texas and appreciates the unique junction of cultures afforded by the U.S. Southwest as well as by the U.S./Mexico border. She received her Bachelor's Degree in Psychology at Claremont McKenna College, and her Master's Degree in Counseling, Specialty: Clinical Mental Health from University of Colorado Denver. She has worked in multiple mental health-related environments, such as community mental health management, a private psychiatric hospital, and community counseling services. She has also worked in multiple roles in relation to mental health service provision including administrative development, case manager, utilization review, and clinical mental health counselor. For the past four years, her work as program coordinator at The University of Texas at El Paso (UTEP) has joined her administrative and clinical experiences for the UTEP Collegiate Recovery Program and the UTEP Student Wellbeing Initiative. She was honored to be nominated for the election to the ARHE Board of Directors and strives to further ARHE's vision of fostering collegiate cultures that embrace recovery.

2021 Advisory Council

Co-Chair: Kristine De Jesus

Co-Chair: Jessica Estok

Secretary: Bret Frazier

Southwest Delegate: Lilly Ettinger

Southeast Delegate: Allison Smith

Mid-Atlantic Delegate: Jennifer Cervi

Midwest Delegate: Mackenzie Hogan

Pacific Delegate: Stephanie Lake

Mountain Delegate: Rob Shearon

Canadian Delegate: Sara Fudjack

UK Delegate: Dot Smith

Members At Large:

Anna L. Treviño

Jason Whitney

Sazha Ramos

Lance Crawford

Susie Mullens

Noel Vest

Students:

sylvia ildsjel

Shantel Lagard

Advisory Council Spotlight



Dr. Kristine De Jesus (she/they): Dr. Kristine De Jesus is an activist, educator, writer and higher education professional with over 20 years experience in addressing systemic oppression using the lens of intersectionality. She is the Founder of The Wellness Cooperative, a coaching and consulting firm dedicated to education related to issues of justice, equity, diversity, inclusion and decolonization. Kristine holds a Bachelors of Arts degree from Rutgers University, where she majored in Psychology and minored in Puerto Rican Studies. She completed a Masters of Arts degree in Organizational Behavior from Alliant International University, and a Doctorate of Psychology from the California School of Professional Psychology, where she specialized in Health and Cross Cultural Psychology. Kristine has spent her career serving people who are members of marginalized populations and is a passionate social justice advocate. Prior to founding The Wellness Cooperative, she worked at Montclair State University as the Coordinator of the Alcohol and Other Drugs program, and at Tuttleman Counseling Services at Temple University as the Educational Coordinator of the Campus Alcohol Substance Awareness (CASA) program. Before getting her doctorate Kristine worked as an Employment Consultant helping people with Autism Spectrum Disorders and other mental health issues enter (or return) to the workforce. Kristine prides herself in working with diverse populations including people with disabilities as well as the LGBTQ, Latinx, and African American/Black communities. Kristine is a social justice advocate. She works diligently to ensure that the voices of people from marginalized groups are amplified and heard by those who possess the power facilitate change. Kristine is a vocal ally for the recovery community and is involved with local and national recovery advocacy movement. She is currently writing a book about the intersection of recovery and social justice.

2021 Interns & Fellows

Meagan Park



Dharma Mirza



Katie Hennen



Sam Kozlowski



Shantel Lagard



Sarah Pike



sylvia ildsjel



Naomi Gonzalez



2021 Events & Highlights

Grants

In 2020, the Independence Blue Cross Foundation and the Association of Recovery in Higher Education (ARHE) partnered to expand CRPs in Southeast Pennsylvania. Part of this partnership led to a new best practices guide, *Getting Started: What You Need to Know About Building a Collegiate Recovery Program*. The guide is intended to help higher education professionals to get started on the planning process for building a CRP. The first cohort of schools received their grant monies in 2021 and the project welcomed its second cohort of grantees in late 2021, bringing the total number of schools in the program to seven thus far.

Professional Development Projects

ARHE teamed up with The Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery (HECAOD) to produce an online course for new collegiate recovery staff. Work on this project was completed in late 2021 and the 8-hour online course is expected to be available in 2022.

Collegiate Recovery Day

On April 15, 2021, ARHE celebrated a successful Collegiate Recovery Day. Those involved were encouraged to wear purple and show their support of the field, CRP/CRC staff, and students/alumni in recovery. ARHE hosted a successful Hour of Power Chat where students could sign up to verbally or visually express what recovery meant to them.

Annual Conference

ARHE hosted the 12th annual collegiate recovery conference in conjunction with the Association of Recovery Schools and the Association of Alternative Peer Groups. Delivered in a completely virtual format for the second consecutive year, the conference attracted nearly 700 attendees from 4 countries and 37 US states. 70+ Sessions were delivered via Zoom over the course of four days. 5 pre-recorded and 62 live-recorded sessions were made available with transcriptions for ongoing access. 66.5 live CE credits were offered, with 58 enduring CEs available to attendees.

2021 Events & Highlights

Blogs

January:

Perspective: Justice & Equity During Uncertain Times
 Leading Collegiate Recovery, and Their Families:
 Insight from Moms in CRCs

February:

ARHE Board Member Spotlight: Angie Tozier Bryan
 ARHE Fellow Spotlights: Dharma Mirza

March:

ARHE Fellow Spotlights: Sarah Pike
 Sober Voices Summit: An Insight
 International Women's Day 2021

April:

Stress Awareness Month 202
 ARHE Fellow Spotlights: Katie Grace Hennen
 Recovery Space in Educational Settings by William L.
 White
 2021 Collegiate Recover Day: All You Need to Know
 Collegiate Recovery Awardees 2021
 ARHE Board Member Spotlight: Hillary Hardie
 ARHE Fellow Spotlights: Meagan Park

May:

ARHE Fellow Spotlights: Shan Lagard
 ARHE Board Member Spotlight: Ahmed Hosni

June:

ARHE Fellow Spotlights: sylvia ildsjel
 Happy Pride Month
 ARHE 2021 Digital Conference Overview
 (Unpublished)
 LGBTQIA+ Support Groups
 Transgender & GNC Specific Support Groups
 ARHE Fellow Spotlights: Naomi Gonzalez
 ARHE Board Member Spotlights: Thomas Bannard
 #ARHE2021 Monday Schedule Highlights
 #ARHE2021 Tuesday Schedule Highlights
 #ARHE2021 Wednesday Schedule Highlights
 #ARHE2021 Thursday Schedule Highlights

July:

ARHE Hires Kristina Canfield to Oversee
 Membership, Programs, and Field Efforts

September:

ARHE Executive Director, Tim Rabolt, Resigns

October:

ARHE Board of Directors Announces Interim
 Executive Director



2021 Events & Highlights

Webinars

ARHE Webinar: Including Trans and Gender Non-Conforming Communities in Collegiate Recovery

ARHE Webinar: Spotlight on NC A&T

ARHE Webinar: The Recovery Legacies of Frederick Douglass & Malcolm X

ARHE Webinar: Interview with Jarmichael Harris

ARHE Webinar: Black Students in Recovery Panel

ARHE Webinar: Collegiate Recovery Spotlight Series - Minneapolis College

ARHE Webinar: Collegiate Recovery Spotlight Series: University of Alabama

ARHE Webinar: The Secret Flywheel - A New Paradigm for Greater Momentum Effortless Impact with Student Programming

ARHE Webinar: Collegiate Recovery Spotlight Series: Tritons in Recovery, UCSD

Equity and Justice Series Webinars

Including Trans and Gender Non-Conforming Communities in Collegiate Recovery

Understanding Equity, Diversity, and Inclusion in Collegiate Recovery Using an Intersectional Lens
Recovery, HIV/AIDS, and the Origins of Harm Reduction

For the Culturally Competent: Curating Inclusive Spaces for Black Women in Collegiate Recovery

Cultural Adaptations of 12 Step Recovery Programs

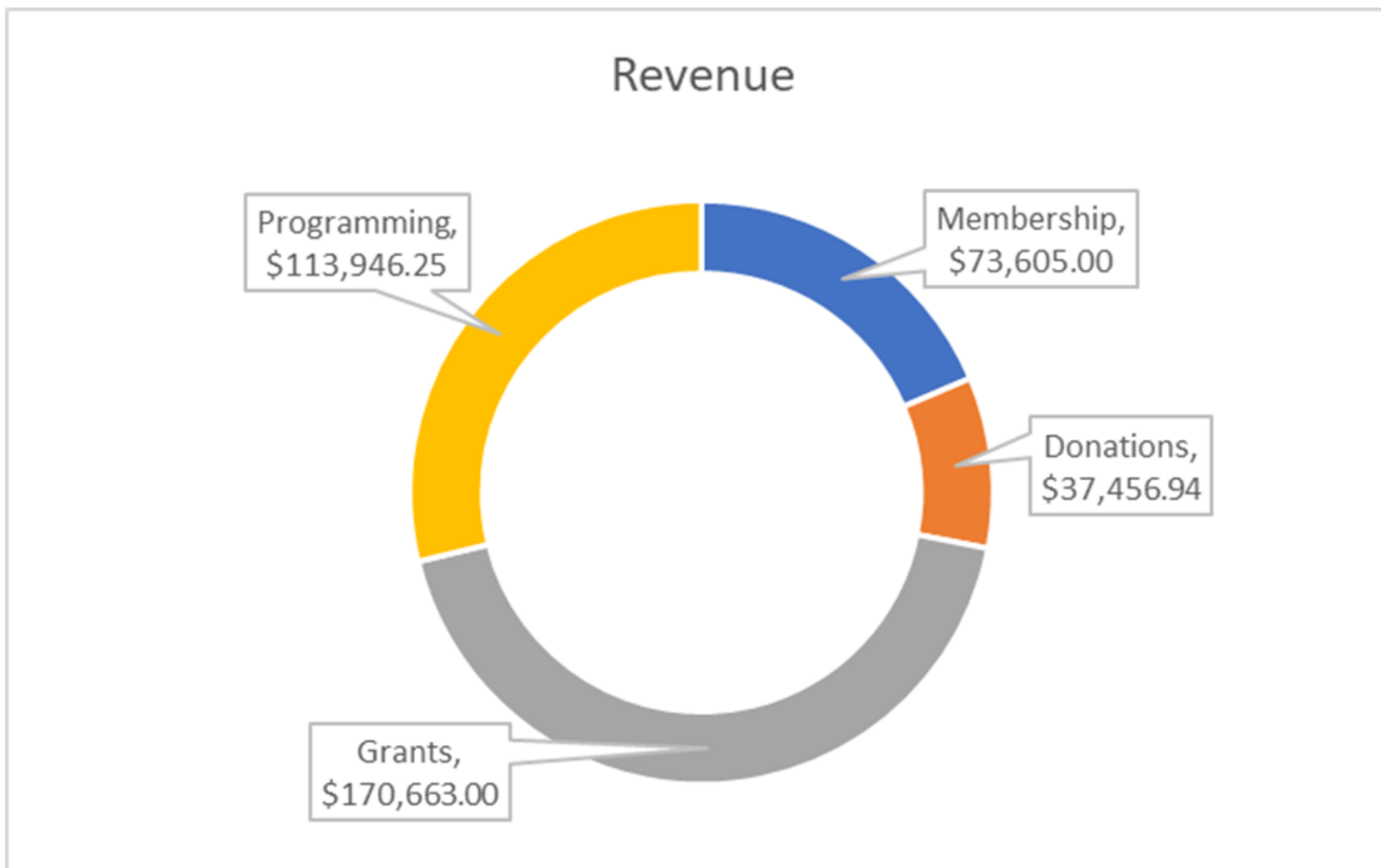
For the Ummah: A Panel on Supporting Muslim Students in Collegiate Recovery

Exploring BIPOC Inclusion and Student Leadership in Collegiate Recovery, An Interview



Our Financials

Revenue



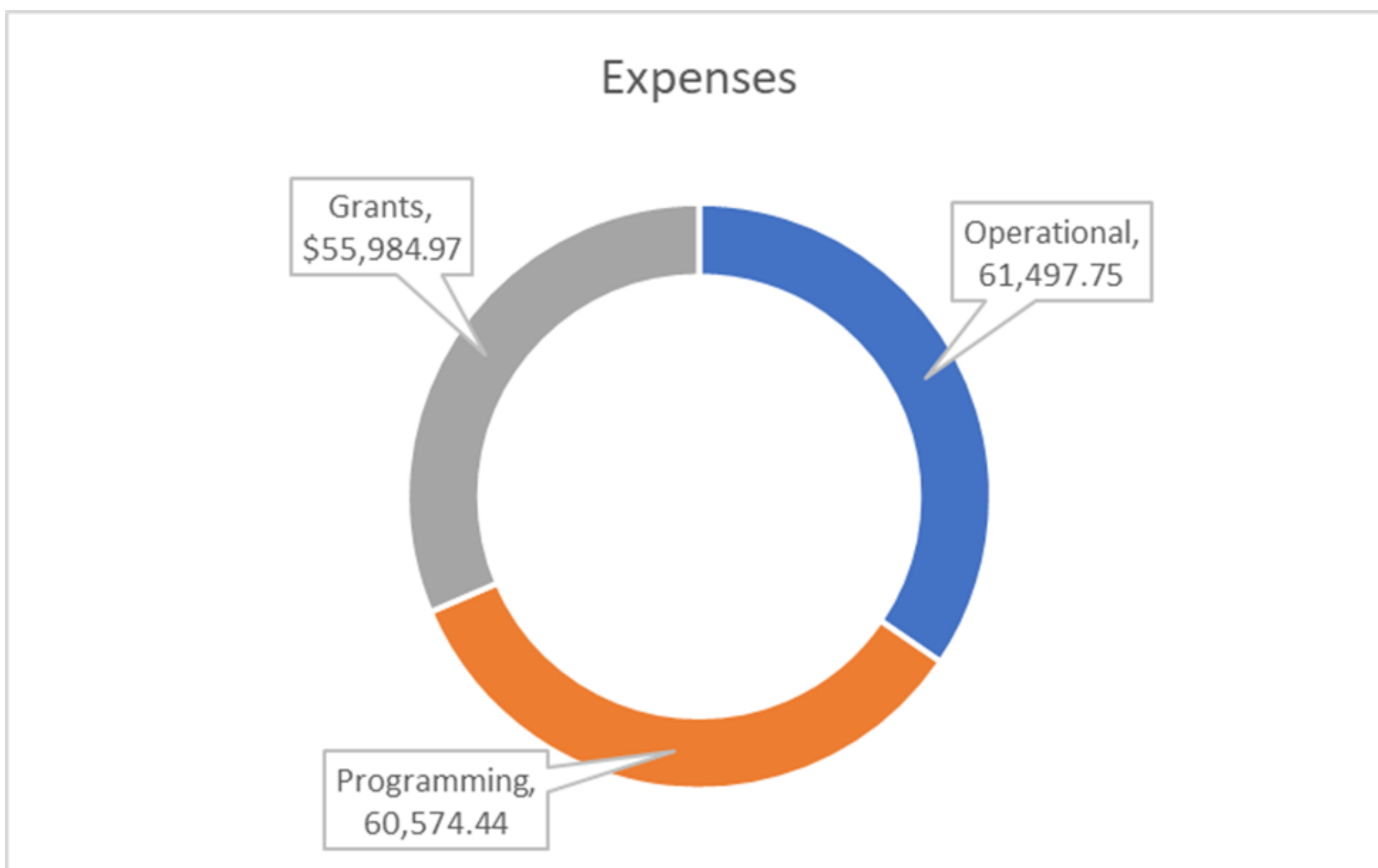
Membership:
\$73,605.00

Donations:
\$37,456.94

Grants:
\$170,663.00

Programming:
\$133,946.25

Expenses



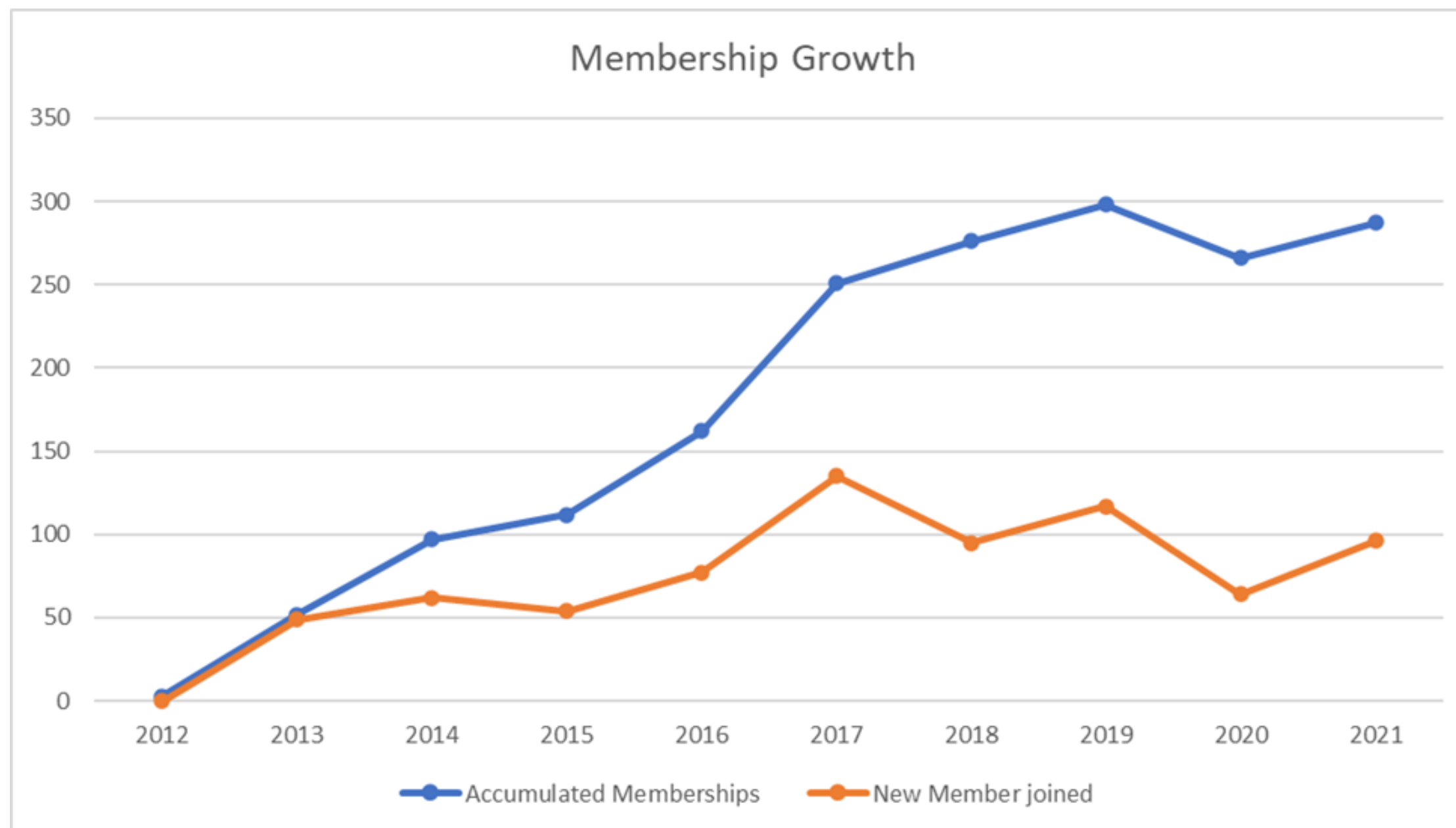
Operational:
\$61,497.75

Programming:
\$60,574.44

Grants:
\$55,984.97

Building Collegiate Recovery

Membership Numbers



Year	Accumulated Memberships	New Member joined
2012	3	
2013	52	49
2014	97	62
2015	112	54
2016	162	77
2017	251	135
2018	276	95
2019	298	117
2020	266	64
2021	287	96

Institutional Members

Appalachian State University
 West Virginia State University
 Cape Cod Community College
 Northeast State Community College
 Marquette University
 Syracuse University
 University of Colorado at Denver
 University of Mary Washington
 University of Tennessee at Chattanooga
 Tompkins Cortland Community College
 Ramapo College of New Jersey
 Tufts University
 Sacred Heart University
 North Carolina State University
 BridgeValley Community & Technical College
 University of Texas at El Paso
 Ferris State University
 The University of Texas Permian Basin
 Fairmont State University
 Southeastern Louisiana University
 University of Texas Rio Grande Valley
 Rutgers University - Newark
 University of Minnesota - ROC
 Longwood University
 University of North Texas
 Washington County Community College
 University of Richmond
 Southwest Minnesota State University
 Elon University
 University of Birmingham
 University of California at San Diego
 Washington State University
 Georgia State University
 Ocean County College
 University of New Mexico
 University of Windsor
 Florida State University
 Whitman College
 Coastal Carolina University
 Texas A&M University
 Concord University
 Metropolitan State University

Fayetteville State University
 Stony Brook University
 Florida Atlantic University
 College of the Holy Cross
 Stanford University
 University of California - Berkeley
 Cabrini University
 Temple University
 Green River College
 Anne Arundel Community College
 Berkshire Community College
 Mid Michigan Community College
 University of California at Los Angeles
 Hazelden Betty Ford Graduate School of Addiction
 Studies
 Cheyney University of Pennsylvania
 Southern CT State University
 University of California at Santa Cruz
 University of North Texas at Dallas
 University of Mississippi
 Mott Community College
 University of Akron
 Allen University

Corporate & Non-Profit Members

Pavillon
 Newport Healthcare
 Workit Health
 Stages of Recovery, Inc.
 PursueCare
 All Sober
 PRN for Families

Institutional Members

University of Vermont
 Kennesaw State University
 Ohio University
 Baylor University
 University of California at Santa Barbara
 University of North Carolina at Wilmington
 University of Georgia
 Vanderbilt University
 Georgia Southern University
 Texas Tech University
 Rutgers University - New Brunswick
 Fairfield University
 Oregon State University
 The University of Alabama
 University of Michigan - Univ Hlth Srvc Wolverine
 Wellness
 Penn State University
 Southern Oregon University
 University of Nevada at Reno
 University of Florida
 University of North Carolina at Chapel Hill
 Mississippi State University
 The University of Texas at Dallas
 University of Colorado at Boulder
 The Ohio State University
 University of Oregon
 The University of Texas at Austin
 The College of New Jersey
 Gonzaga University
 University of North Carolina at Charlotte
 University of Houston
 Indiana University-Purdue University Indianapolis
 Washington and Lee University
 University of Nebraska at Omaha
 University of Alabama at Birmingham
 University of Delaware
 The University of North Carolina at Greensboro
 North Carolina A&T State University
 Michigan State University
 Georgia Institute of Technology
 West Virginia University
 Loyola Marymount University
 University of Connecticut
 University of Utah - College of Social Work
 Virginia Commonwealth University Wellness
 Resource Center
 University of Southern Maine
 Monmouth University
 Brown University
 Southern Methodist University
 East Carolina University
 Jacksonville State University
 University of Virginia
 University of Central Florida
 Virginia Tech
 Rowan University
 Saint Joseph's University
 University at Albany at SUNY
 Northampton Community College
 Santa Clara University
 Montclair State University
 University of South Carolina
 Indiana University - Bloomington
 Illinois State University
 Minneapolis Community and Technical College
 Texas Christian University
 College of Charleston
 University of Tampa
 Radford University
 Montgomery County Community College - Power
 Program
 California University of Pennsylvania
 Community College of Philadelphia
 The University of Texas at San Antonio
 Towson University
 University of Denver - Health & Counseling Center
 The University of Iowa
 Boston University
 DePaul University - HPW
 University of Wisconsin at Madison
 Central Michigan University
 Pratt Institute
 Iowa State University
 Kent State University

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Junie Welsh
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 Erica Ray
 Threepio Hadassah
 Helen Gallego
 Maryjean Casas Onglao
 Sfiso Ngwenya
 Danica Raro Balde
 Jong Kook
 Michelle M Ned
 Scott Emery





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