

Office of the President

TO MEMBERS OF THE ACADEMIC AND STUDENT AFFAIRS COMMITTEE:

DISCUSSION ITEM

For Meeting of July 17, 2024

UNIVERSITY OF CALIFORNIA COLLEGIATE RECOVERY PROGRAMS

EXECUTIVE SUMMARY

This item provides an overview of the University of California's Collegiate Recovery Programs (CRPs) supporting students in recovery from substance use and addiction. Through a variety of campus and community services, CRPs provide emotional and practical support for abstinence and harm reduction models. Components include group recovery meetings (e.g., Alcoholics Anonymous and Narcotics Anonymous), coaching, and peer support, which play a pivotal role in fostering a supportive environment that is conducive to recovery and personal growth. Since 2012, CRPs in the UC system have continued to expand and their significance and effectiveness recognized. This item provides a broad overview of the support and staffing that is available to students, highlighting campuses that have established and sustained CRPs through peer and community support.

BACKGROUND

The establishment of recovery services is still developing on many college campuses compared to other student life programs. The first Collegiate Recovery Program (CRP) was created in 1977 at Brown University and the Substance Abuse and Mental Health Services Administration (SAMHSA) began funding programs like Brown University's in 2005. Recognizing the pressing need for support and intervention, institutions of higher education have begun to implement substance use recovery programs aimed at aiding students in their journey towards maintaining sobriety and academic success.

According to a national survey conducted by SAMHSA in 2019, the prevalence of substance use disorders is greater among full-time college students and young adults regardless of enrollment status than it is among any other age group, and about 600,000 U.S. college students are in recovery.¹ SAMHSA also reported that three percent of students nationally are in recovery from alcohol and other drug use. In comparison, the American College Health Association, National College Health Assessment III (ACHA NCHA III) Spring 2023 data reports 1.6 percent of UC

¹ Key Substance Use and Mental Health Indicators in the United States: Results from the 2019 National Survey on Drug Use and Health, available online at: <https://www.samhsa.gov/data/sites/default/files/reports/rpt29393/2019NSDUHFFRPDFWHTML/2019NSDUHFFR1PDFW090120.pdf>

students surveyed indicated they were in recovery from alcohol and other drug use. The ACHA NCHA III data also indicates that students at every UC campus are using substances, creating a high-risk environment for students to maintain their recovery and sobriety (see Appendix A).

UC Campus Programs and Services

Many UC campuses have been at the forefront of the collegiate recovery movement with established CRPs on five campuses; the remaining campuses have assigned staff to continue assessing the feasibility of establishing programs, which is dependent on the local campus context. Table 1 provides an overview of Collegiate Recovery Program and Service by UC Campus, including students served in academic year 2022-23. Students served includes all students who received direct support from CRPs as reported by their campus.

Table 1: Collegiate Recovery Program and Service by UC Campus, AY 2022-2023

Campus	CRP Status	Program Stage	Staffing	Students Served
Berkeley	Established 2021	Provides permanent on campus services and off campus referrals	Full time CRP Coordinator	669
Davis	Developing	Provides permanent on campus services and off campus referrals. Registered Student Organization (RSO) in 2014.	Hiring Full time CRP Coordinator Fall 2024	443
Irvine	Developing	Developing on campus services, individual clinical support and off campus referrals provided.	Support group efforts temporarily supervised by Full Time Health Educator	382
Los Angeles	Established 2014	Provides permanent on campus services and off campus referrals	Associate Director of Bruin Resource Center supports program, no FTE dedicated staff	513
Merced	Developing	Developing on campus services, individual clinical support and off campus referrals provided.	Assigned staff to support development.	191
Riverside	Developing	Developing on campus services, individual clinical support and off campus referrals provided.	Underground Scholars Director, Full-time	298
San Diego	Established 2020	Provides permanent on campus services and off campus	Full time CRP Coordinator	433
San Francisco	Developing	Developing on campus services, individual clinical support and off campus referrals provided.	Assigned staff to support development.	N/A
Santa Barbara	Established 2012	Provides permanent on campus services and off campus referrals	80% FTE CRP Manager 50% FTE Assistant Program Manager	484
Santa Cruz	Established 2014	Provides permanent on campus services and off campus referrals	Full time Health Educator	518

Each UC campus provides alcohol and other drug prevention education and clinical treatment for addictive behaviors and co-occurring disorders. The development of CRPs, specifically the provision of a full-time staff member and dedicated space, remains an essential component of the holistic student well-being continuum of care and a promising practice as indicated by the Association of Recovery in Higher Education.

Some campuses have achieved these promising practices. For instance, UC Santa Barbara has a dedicated Alcohol and Drug Program that resides in its Student Health Center. The Alcohol and Drug Program established a CRP—the Gauchos for Recovery Program—in 2012, which includes staffing, paid peers, and dedicated space to support students in recovery. As many campuses face financial barriers to support CRP programs, UC Santa Barbara identified strategies to utilize County funding, grants, partnerships with external agencies, and State mental health funds to assist with stewarding and sustaining their program. In 2021, State-appropriated mental health funds were directed to the student health services department to support one new full-time social worker to provide post-crisis support and one half-time behavioral health staff member to provide after-hours and weekend care for students in recovery housing.

UC Berkeley has also made strides to become an emerging leader in recovery services. UC Berkeley currently has an established CRP called Recovery at Cal. Recovery at Cal, resides within the UC Berkeley Center for Support and Intervention and supports students in recovery from substance use as well as those who are currently struggling with alcohol and drug use. They offer student-led mutual aid meetings, 12-step, and non-12-step options in addition to community sober events that are free of charge. UC Berkeley has also expanded its overdose prevention program and co-sponsored a harm reduction program with FentCheck and PartySafe, companies that manufactures test strips. Overall, the program seeks to grow an inclusive community for students struggling with alcohol and drug use regardless of financial, cultural, or social barriers.

Campuses have also taken different approaches to partnering with local community resources for support. For example, in addition to prevention education and clinical services, UC Irvine has established a partnership with Welltrack Connect to offer off-campus community collegiate substance use recovery services to its students. Welltrack Connect is a Health Insurance Portability and Accountability Act (HIPAA)-compliant online referral service designed to assist students in locating and connecting with therapists and substance use services in the community that align with their mental health needs. This collaboration enables UC Irvine students to access a network of qualified professionals conveniently and confidentially.

Student Perspectives

Students in or seeking recovery at UC face unique challenges and boundaries navigating their recovery identity in a collegiate setting. Stigma continues to create recovery-hostile experiences for students, as substance use is often a normative part of the social experience in collegiate settings and used as a mode of connection between peers. It can be difficult to find substance-free activities and connect to community without alcohol and/or other drugs. In addition, seeking services not offered on campus can be challenging with a busy course schedule (e.g., Alcoholics Anonymous, Narcotics Anonymous, intensive outpatient services, suboxone treatment).

Research demonstrates that CRPs on college campuses have contributed towards measures of student success including graduation, retention, and a sense of belonging.

The development of collegiate recovery programs is of particular interest to student advocates. In 2023, the UC Student Association expressed interest in the establishment of a systemwide baseline standard for CRPs that would be institutionalized at every campus, whereby CRPs would be professionally staffed by at least one full-time coordinator and to be allocated dedicated physical space that is private and accessible. Student senate resolutions have been passed at all nine undergraduate campuses over the past academic year urging such action, indicating that this is a priority that students across the system wish to see implemented.

Campus Barriers

Staffing at CRPs have been limited across the system. Programs have often relied on a staff member or a student's willingness to take on or develop a CRP as an additional role and responsibility in addition to their existing program and work. Identifying funds to sustain operating budgets amidst competing campus priorities is challenging. Currently, there are two opportunities to leverage external State funding, but each come with their own barriers.

The California Youth Behavioral Health Initiative (CYBHI) is a statewide initiative established in 2021 as part of Governor Newsom's Master Plan for Kids' Mental Health, which is meant for children and youth up to age 25. Within CYBHI is an opportunity to leverage a multi-payer fee schedule, which establishes a fee-for-service structure that would enable UC students, regardless of insurance carrier, to cover reimbursable behavioral health services, including those provided by CRPs. Services would be reimbursed at the campus level, which could provide sustainable funding for the provision of these services. Currently, campus student health centers do not bill for Medi-Cal. The UC Office of the President has proposed to convene a workgroup in 2024–25 in collaboration with the California Health and Human Services Agency to assess the feasibility of campuses joining the multi-payer fee schedule, which would enable campuses to bill and be reimbursed for services.

In addition, California Proposition 1, Behavioral Health Services Program and Bond Measure, was passed by voters in March 2024. Proposition 1 amended Proposition 63, the Mental Health Services Act (MHSA), which was approved in 2004. Proposition 1 expands MHSA to include the treatment for substance use disorders, among other critical strategies to support mental health. It changed how County mental health plans are required to spend revenue from the one percent state tax on incomes above \$1 million and it includes a \$6.38 billion bond allocation for the establishment of 10,000 new treatment beds and supportive housing units, benefiting over 100,000 youth and adults annually. UC campuses would need to develop partnerships with their local Counties to leverage prevention, early intervention, treatment, and innovative programs aimed at addressing mental health and substance abuse challenges and to ensure continuity of care and that programs are designed to serve the student population.

Lastly, State legislation has also recently expanded available resources to support overdose prevention and recovery efforts. For example, the California's Naloxone Distribution Program

aims to reduce opioid overdose deaths through the provision of free naloxone and test strips. UC is working with the State to provide naloxone and test strips on campuses.

CONCLUSION

Currently, the University provides alcohol and drug prevention, early intervention, and clinical treatment options for students with substance use challenges and other addictive behaviors. While many campuses with a higher risk of substance use have established Collegiate Recovery Programs, the remaining campuses continue to assess the feasibility of developing dedicated programs. Student advocacy for these services requests that each campus follow promising national practices, calling on UC to establish a baseline for the provision of these services, including one full time staff and dedicated space. Given the current statewide efforts to strategically advance behavioral health services, resources, and supports for children and youth, it is essential to consider opportunities for campuses to partner with local Counties to support students in recovery.

KEY TO ACRONYMS

BHSA	Behavioral Health Services Act
CRP	Collegiate Recovery Programs
CYBHI	Children Youth Behavioral Health Initiative
MHSA	Mental Health Services Act
SAMHSA	Substance Abuse and Mental Health Services Administration

Appendix A

Spring 2023 American College Health Association National College Health Assessment III,
(ACHA-NCHA III)

Percent of undergraduate students who indicated they were in recovery for alcohol or other drug use by campus location.

Campus	Percent
Berkeley	2.4
Davis	1.4
Irvine	1.0
Los Angeles	1.4
Merced	3.3
Riverside	1.0
San Diego	1.1
Santa Barbara	1.4
Santa Cruz*	2.9

Percent of undergraduate student substance use by campus location.

Campus	Alcohol	Cannabis	Cocaine	Stimulants	Opioids	Methamphetamine	Heroin
Berkeley	72.3	47.1	9.9	8.6	3.2	1.9	0.9
Davis	55.0	35.0	2.4	3.6	1.9	0.9	0.8
Irvine	55.4	29.1	2.5	3.1	0.6	0.6	0.5
Los Angeles	73.2	45.6	8.4	7.1	1.6	1.3	0.2
Merced	58.7	38.6	2.9	4.4	2.5	0.9	0.7
Riverside	54.2	32.2	3.5	4.0	3.8	1.1	0.3
San Diego	64.9	37.6	4.4	5.0	1.6	0.8	0.4
Santa Barbara	70.2	49.8	9.0	9.0	3.0	1.3	0.7
Santa Cruz*	73.3	56.4	12.5	12.6	5.8	2.0	1.0

*Data pulled from the 2021 administration of the ACHA-NCHA III

Note: The summary data in each table are results from students who participated in the American College Health Association: National College Health Assessment, Spring 2023. The survey is administered every two years at most UC campuses.