



Why be an Ally?

The transition to college is an exciting time for students, full of new experiences and many learning opportunities. However, college can also be a time when some students experiment with alcohol and other drug use. Alcohol and other drug misuse occur on college campuses, with about 9.6% of full-time college students ages 18-22 meeting criteria for alcohol use disorder. Additionally, approximately 5.1 million young adults age 18-25 battle substance use disorders each year, which is why it is vital to create recovery friendly campuses that support students in maintaining their recovery.

Know the signs of substance use disorders

- Using more than intended (higher quantity, more frequently or over a longer period of time than intended)
- Increasing tolerance (i.e., needing more of the substance to feel the same effect)
- Withdrawal symptoms
- Wanting to reduce use or stop use, but not being able to
- Craving for the substance
- Giving up important activities because of substance use
- Continuing to use despite danger
- Inability to manage commitments due to substance use
- Spending lots of time obtaining, using, and/or recovering from use
- Continuing to use despite negative consequences in relationships
- Continuing to use despite making physical or psychological problems worse

What to Do

Express concern while showing that you care. Emphasize behaviors that have changed, not the person themselves.

Ex: "I care about you and I notice that you've been drinking along more."

Ask and listen. Use open-ended questions and be an active listener.

Ex: "How has your substance use changed in the past semester?"

Offer support and share resources. Even if the person is not ready to seek help, you can share what you know.

Ex: "I want to make sure you're OK. If you want to take steps to change your use I can share some resources."

Again, make sure to be an active listener and support whatever decision they make. If they are not ready to make a change, that's alright, but you have opened a line of communication by showing that you care.

Collegiate Recovery

An estimated 840,000 college students nationwide are in recovery from alcohol or other drug use disorders. While other college students may be engaging in alcohol and other drug use, students in recovery are:

- Learning how to maintain abstinence
- Restructuring their daily lives to avoid behaviors and triggers that may lead to use
- Balancing the demands of recovery and academics
- Making new friends and finding a sense of belonging

Do you know how to support students in recovery on campus?

- Recognize that students in recovery exist on campus
- Avoid normalizing substance use, or assuming that everyone uses
- Be knowledgeable about local and campus recovery resources
- Avoid and discourage stigmatizing language and behaviors
- Learn more about how to be a recovery ally!

Why Take the Training?

This training is a way for you to visibly show your support for students in recovery. Our campus understands the importance of recognizing the risk factors and signs of substance use disorders, along with creating a campus that is friendly and empathetic towards students in recovery. The Collegiate Recovery Ally Training program is designed to help you understand substance use disorders and recovery among college students. **This 15-20-minute interactive training program can be found at mopiptraining.org/MACRO**

Resources

- Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator: 1-800-662-4357 or samhsa.gov/find-treatment
- Missouri Department of Mental Health (MDMH): dmh.mo.gov
- Missouri Alliance of Collegiate Recovery Organizations: macro.missouri.edu
- Recovery Connection: recoveryconnection.org
- SMART Recovery: smartrecovery.org

Apps and Online Meetings

- AA Online Meetings: aa-intergroup.org/directory.php
- NA Online Meetings: na.org/meetingsearch
- Connections Recovery App: addictionpolicy.org/connections-app
- Recovery Link - Digital Recovery Support: myrecoverylink.com/digital-recovery-support
- Sober Grid: sobergrid.com
- I am Sober: iamsobers.com

Want to learn more? Visit the Collegiate Recovery Ally Training website at mopiptraining.org/MACRO