

# Paving the Way for Collegiate Recovery

Jack Russo, BS, MSW Trainee  
Institute on Disability, College of Health & Human Services,  
University of New Hampshire: Wildcats for Recovery



## Introduction

Wildcats for Recovery (WFR) is a collegiate recovery and harm reduction initiative working in collaboration with UNH Health and Wellness at the University of New Hampshire. Services include family support, educational programming, one-on-one peer support, weekly peer recovery meetups and substance free social events.

67% of WFR students report attending for help navigating their own substance use, 5% report attending due to family use, 5% attend as allies, and 24% chose not to answer.

## Methods

The University System of New Hampshire Collegiate Recovery is funded through the Bureau of Drug and Alcohol Services to implement harm reduction education and recovery supports for college students in four regions of NH: Durham, Plymouth, Manchester, and Concord.

- Conducted five in-depth interviews in one region of the state with staff, a physician, and a former student to examine current trends and needs around drug and alcohol use
- Analyzed results and presented to Archways Community Resource Center to better inform collegiate recovery programming at Plymouth State University (PSU)

## Other Leadership Activities



- Tabling and harm reduction education on Durham & Manchester campuses
- Harm reduction research
- Developed harm reduction material
- Completed Mindful Choices Training
- Attended 2024 NH Suicide Prevention Conference

## Results

### Most common alcohol and drug trends on campus

- Overconsumption of alcohol
- Recent increase in cannabis use

### Intersection of alcohol and drug consumption and other behavior

- Hospitalization
- Decline in academic performance
- Lack of community engagement

### Preventative efforts

- Online orientation modules for first-year students
- Limited harm reduction education

### Student needs and challenges

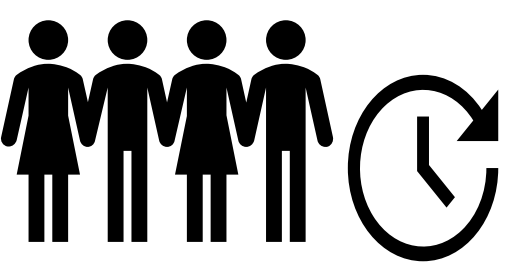
- Unhealthy coping mechanisms
- Access to harm reduction education
- Counseling accessibility
- Alcohol and drug free spaces
- Limited understanding of the conduct process

### Staff needs and challenges

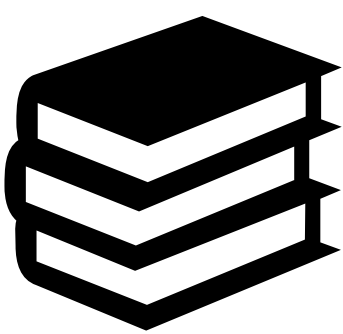
- Difficulty reaching students
- Limited resources: staff, harm reduction, community partnerships

## Conclusions

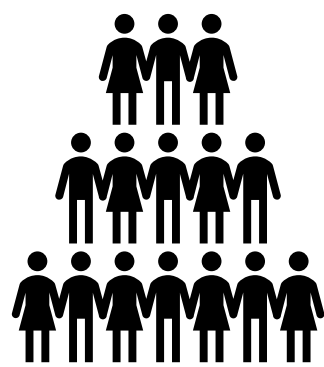
Interview trends demonstrated a need for...



Support alongside and awareness of resource limitations



Universal and proactive harm reduction education and dissemination

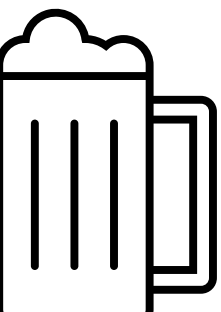


A social model of conduct emphasizing an integration of university faculty and staff


## How Collegiate Recovery Helps

Substance Use	Community Collaborations	Skill Development	Peer Oriented
<ul style="list-style-type: none"><li>Normalizing moderate and non-use</li><li>Harm reduction</li></ul>	<ul style="list-style-type: none"><li>Partner across community, state, and university systems</li></ul>	<ul style="list-style-type: none"><li>Coping Skills</li><li>Health &amp; wellness</li><li>Recovery capital</li></ul>	<ul style="list-style-type: none"><li>Recovery Ally Training</li><li>Individual and group support</li></ul>


## What is Harm Reduction?



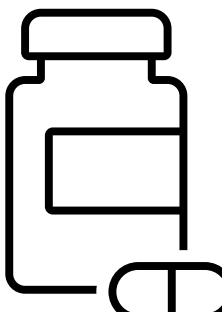
Substances in moderation



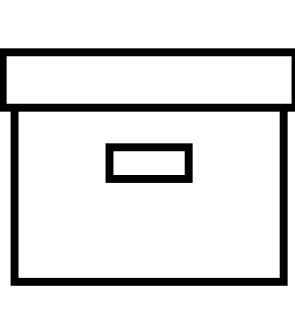
Use the buddy system



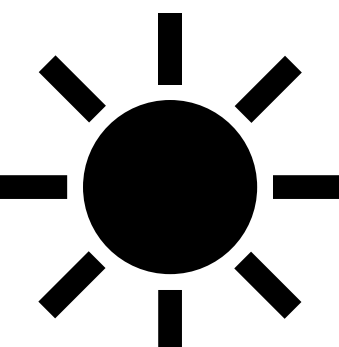
Carry Narcan or Naloxone



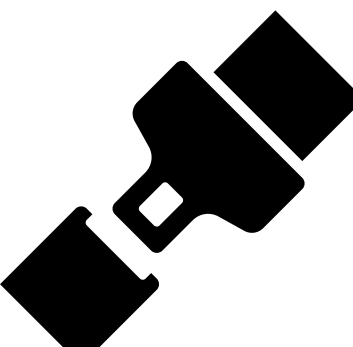
Take medications only as prescribed



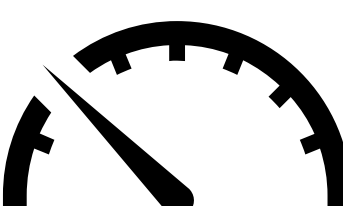
Dispose of materials safely



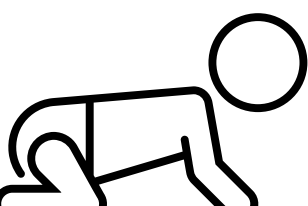
Sun screen



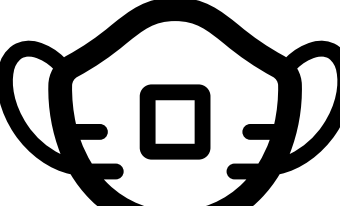
Seat belts



Speed limit



Birth control



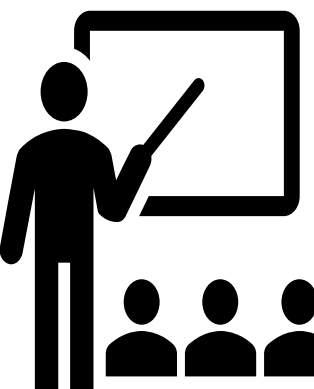
Medical masks

## Moving Forward

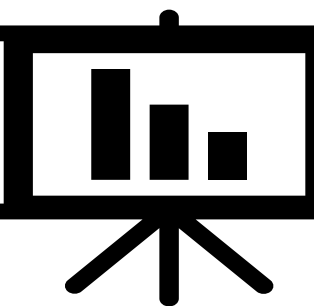
Next steps include...



Continue open communication and collaboration with Archways and PSU faculty and staff



Allow route for students to be trained as peer leaders through Recovery Ally Training



Continue conducting qualitative assessments across USNH institutions to inform program needs

