



**Recovery
Rising**
at ASU



“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 overdoses death rates have increased over **211%** since 1999



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 Unpublished internal document, Arizona State University, 2016.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 Unpublished internal document, Arizona State University, 2016.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



RecoveryASU



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

Students For Recovery



**let's make ASU
recovery ready!**

