

Carolina Recovery Program



What is Recovery?

"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential." (SAMHSA, 2012).

The Carolina Recovery Program holds multiple weekly meetings, information on where and how to attend meetings can be found in the "Meeting Information" tab.

Mission

The Carolina Recovery Program strives to create an inclusive and accepting environment where students in recovery can build community, thrive personally, shine academically, and develop enduring resiliency for continued success. The Carolina Recovery Program's mission is to build and maintain a community that supports continued recovery, academic excellence, and a commitment to serving the greater UNC community. The Carolina Recovery Program provides each student a customized success plan, staff and peer support, and proactive recovery focused programming. Our goal is to enable our students to enjoy a normal substance-free collegiate experience while excelling at UNC-CH. We believe this recovery program experience will reconnect emerging leaders with their passion to make a difference in the world.

What We Do

We help students establish and maintain recovery through meetings, social outings (e.g., game nights, trips, trampoline park, the NC State Fair), and community support. We also work with students who are struggling with substance use to maintain their wellbeing and academics by providing individual support and advocating for their individual needs. We provide a safe and private place for students, faculty, staff, and community members regardless of where they are in their recovery journey.

To provide a direct *tax deductible donation* to the Carolina Recovery Program, please click [here](#) [1]. [1]

Source URL: <https://studentwellness.unc.edu/programs/alcohol-drug-programs/carolina-recovery-program>

Links

[1] <https://give.unc.edu/donate?f=605067>