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Home > Printer-friendly PDF > CRP Parent and Family Resources

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Pre-Contemplation
No intention on changing behavior

Contemplation
Aware a problem exists. No commitment to action.

Preparation
Intent on taking action

Maintenance
Sustained change; new behavior replaces old.

Action
Active modification of behavior

Relapse
Fall back into old pattern of behaviors

Upward Spiral
Learn from each relapse
Upward Spiral: Learn from each relapse.

1. Pre-contemplation (no intention on changing behavior)
2. Contemplation (Aware that a problem exists. No commitment to action)
3. Maintenance (Sustained change - new behavior replaces old)
4. Action (Active modification of behavior)
5. Preparation (Intent on taking action)
6. Relapse (Fall back into old pattern of behaviors)

Prospective Tarheel Parents and Families:

Whether your student is currently in recovery from a substance use disorder or he or she is struggling with problematic use, the Carolina Recovery Program (CRP) can assist you. We acknowledge all paths to recovery, while embracing the 12 step, abstinent based model of recovery. We understand that parents and families of students who suffer from substance use disorders are weary of sending their loved ones into a recovery hostile environment. Additionally, we understand how challenging it can be if a student continues or develops problematic use patterns and may need to pause their education for treatment. The CRP engages with students, parents and their families at every point along their journey to recovery. Some students we work with welcome recovery, while others are not capable or ready to acknowledge their destructive use patterns.

Over the years we have come to utilize the Stages of Change Model developed by James Prochaska and Carlo DiClemente to inform our work with students. The bulk of students who are in recovery and active in the CRP are in either the action or maintenance stages of change. Students who are struggling, or denying the existence of problematic use tend to be in the pre-contemplation or contemplation stages. Students at different stages of change require varying levels and types of recovery supports. For instance, we have learned that when a student transitions from a stable recovery environment like a transition or half way house back to the university setting, extra supports are strongly suggested for optimum success potential.

If your student seeks treatment for a Substance Use Disorder, and or has had a medical hold placed on their account, then clearance by Counseling and Psychological Services (CAPS) personnel must be obtained prior to returning to school.

Staff from the Carolina Recovery Program (CRP) in Student Wellness will inform CAPS regarding the students? readiness to return to school.
**Requirements to return:**

- Minimum of 6 months of continuous post treatment abstinence based recovery is required prior to returning to university.
- The student in question must complete an adequate primary treatment phase, 45-60 days, and if recommended a secondary phase 30-90 days, and if needed a transitional living phase.
- Student must agree to follow all post treatment recommendations and recovery plans.
- The student must agree to reside in a sober living environment such as the on campus **Recovery House** [1], the off campus Collegiate **Oxford House** [2], or a suitable sober residence.
- The student will need to provide a letter from the treatment provider that includes: a brief treatment summary including dates of visits, any recommendations for ongoing care, and a clear statement of their sense of your readiness to return and engage with school.
- Student will need to write a personal statement that describes the events that led to entering treatment and the changes that have taken place that allows him or her to know that they are ready to return. This statement needs to include a recovery plan.
- Participation in a transformative, mutual aid support group or process.
- A commitment to attend 4 CRP meetings in the first month of returning to the university.
- Local ongoing consultation with a Licensed Addiction Specialist
- Abstinence verification urinalysis testing.
- **Soberlink** [3] abstinence technology.
- Utilizing Recovery Coaching 3-5 times per week.
- Release of information for student, parents, CRP staff, recovery coach, and clinician for added accountability and transparency.

Once these requirements have been met or agreed to, the CRP staff will make a recommendation to CAPS regarding re-admission using these factors for consideration. Willingness and compliance of a mixture of these highly recommended post treatment recovery supports will be assessed and used to determine the students' fitness to return to the University. To this end, the CRP developed the following recovery recommendations and supports. We suggest you review the Stages of Change Model (See attachment section right side of page) and determine which of these supports your student may need, and then contact the CRP to discuss these options and your students' success.

**Off Campus Partners:**

The Carolina Recovery Program partners with **Bluefield** [4] a University Recovery
Community, who offers a wide array of recovery support services. Becky and Jeff Georgi have combined well over 50 years in the addiction recovery and higher education fields.

Becky Georgi: 919-616-8245

Services provided:

- Addiction Counseling
- Academic Counseling
- Family Counseling
- Recovery Monitoring
- Recovery coaching

Off Campus housing:


Paula Harrington - Special Projects Outreach Program Coordinator: 919-616-3020

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Links