

A Program of Student Wellness

Fostering Student Learning and Success

The Carolina Recovery Program Commitment Agreement

THIS AGREEMENT specifies the expectations of a student's participation in the Carolina Recovery Program at the University of North Carolina at Chapel Hill, a program located within Student Wellness.

By endorsing this agreement, you acknowledge that you have read and understand the values and principles that UNC-H’s CRP staff and faculty have created as a direct result of practical experience, student input, best practices, and the application of scholarly research. The guidelines set forth within this body, are intended to create a culture of understanding, commitment to recovery, integrity and respect. UNC-H’s CRP strives to help students strengthen their recovery, achieve academic success, and thrive in a community of support and accountability. While we are grateful to have you be a part of our community, please be aware that your participation in our program is a privilege. Your Recovery is your responsibility; your time here is what you make of it. Once you have endorsed this document, you are agreeing to be a committed member of the CRP. The CRP reserves the discretion to revise, amend or change the terms of this Agreement at any time without notice in accordance with the best interests of the University of North Carolina at Chapel Hill, Student Wellness, and the CRP.

The values and principles of the Carolina Recovery Program:

Recovery-

Recovery is similar to a bicycle. For a bicycle to work it needs wheels, tires, a chain, and a frame. No one can ride a bike safely without brakes, a handle bar, and a helmet, either. In our journeys to recovery, we have tried different things along the way until we found what worked. Typically this is a 12-Step group, step-work, sponsorship, service, meditation and spiritual understanding. And while this may not be the case for everyone, we recognize that people come into and maintain their recovery in different ways. We learn from one another. We encourage one another. We offer ourselves to one another and we share our experience. We also know that nothing, absolutely nothing happens in our lives unless we are in recovery. Recovery is our number one priority for from it stems all the other abilities we have in life, in our academics, and in our relationships. We do whatever it takes to maintain our recovery, even if those decisions may be painful. We honor above all else, our recovery and the components of our own recovery that help us navigate our lives. Much like a bike, we have found the components that work for us, and we keep them in good working order as we ride through life in Recovery.

I will place my recovery above other concerns and honor myself in doing so. ______(Initial)

Academic Excellence-

Those of us in recovery understand what it means to be honest and honesty is key to our academics. Honesty in academics means that not only do we adhere to all the ethics and standards of the university, but that we go above and beyond the expectations. We are honest about our shortcomings. We are honest with ourselves about our strengths. We are honest with ourselves about our motives. When we feel we are not in our comfort zone academically, we honestly face this. We ask for help if we are struggling. So too do we offer assistance to our fellows who may be struggling in an area where we have strength. We agree that in dividing our time between social life, recovery, academics, and service, there will always be a balancing act. We honor the importance of academics, and agree to prioritize our academics accordingly.

I agree to honor my academic commitment and offer my strengths to my fellows. ______ (Initial)
**Community Building**

We are committed to building our community. This means that we agree that CRP membership is about more than just the occasional free dinner. We are committed to one another, and we are committed to sobriety. This means we foster healthy relationships within our community. This means we exercise the principles of altruism and harmony in all of our relationships. We are honest with others and ourselves. We lift each other up when we interact, and we look out for one another on campus, in the community, and in the classroom. We ask each other for help, whether that is academic help, or help in our recovery. We lead by example. We are pillars of our communities. If we do harm, we set right our mistakes. We avoid excess drama, intrigue, and gossip. We know that the community element of our CRP is our greatest resource and we honor this is language and action.

I agree to be connected to my community and to honor those connections ________

**A commitment to Service**

Service is the cornerstone of our recovery. We must constantly be thinking of others and how we may meet their needs. So too do we look at our community, and ask what we can do to be of assistance. We offer our story, our experiences, both in and outside of recovery, to help people. We are service oriented and we regularly offer our time to enterprises that do good. So too is our service to the future fellows of our recovery groups, our CRP, and our communities a key factor in all of the decisions we make and actions we take. We leave a legacy of hope through our service, no matter how big or small. We are the agents of hope, and through service, we offer the action of hope.

I agree to be of service to whoever may need what I can freely give. _____ (Initial)

**Awareness Advocacy**

We know that the recovery movement is becoming a more common subject in the public realm. We know that unless we speak up about recovery, that those outside of recovery will shape the policies, standards, treatments, and ideologies of recovery in the absence of our voice. We see the need for our voice to be heard. We want to know how to be most effective in this capacity and we capitalize on opportunity to shape our message and tailor it to various audiences. We engage in the dialogue of recovery. We advocate for the healing and transformative power of recovery. We tell the world that recovery works. We honor our social commitment to the public discourse of recovery. We also protect our affiliations and memberships. We study, understand, and utilize anonymity when it is in the best interest of our groups or our associates. We know where the line between advocacy and anonymity is and we honor both.

I agree to honor both anonymity and advocacy through the knowledge of what both these ideas mean. ________ (Initial)

**Recovery Intent Statement**

1. I will not use or possess mood-altering substances (either on or off campus) not directly prescribed for me and continually monitored by a physician.
2. I will be completely sober from using any mood-altering substances a minimum of 12 hours prior to attending any CRP function.
3. I am committed to a life in Recovery; therefore, if I relapse I will honestly and courageously admit this to my fellow community members and the staff of the CRP. I understand that relapse is not a requirement for recovery, however if it does occur, the CRP punishes no one for relapse!
   a) Every situation will be considered individually;
   b) Your willingness to recommit to your recovery will be assessed;
   c) If appropriate, a higher level of care (IOP or in-patient) may be suggested;
   d) A revamp of your recovery plan will be necessary
   e) The CRP staff will be engage in discussion regarding the use, and its impact on the community;

I agree and will abide by the Recovery Intention Statement above and honor myself in doing so. _____ (Initial)
**Anonymity Intent Statement:**

1. I understand and respect that only an individual has the right to self disclose their Recovery status.
2. I will never disclose anyone’s Recovery status to any individual.

I agree and will abide by the Anonymity Intention Statement above and honor myself in doing so. ______(Initial)

However, if I become concerned about a fellow member, I pledge to access confidential support from CRP staff.

I have read the above expectations of the Carolina Recovery Program at the University of North Carolina and understand that my signature below indicates my agreement to abide by all expectations and statements contained in this agreement.

_________________________   ____________________________
Student Signature          Date

_________________________   ____________________________
Staff Member Signature      Date

On behalf of the Staff of the CRP and Student Wellness, Welcome to the Carolina Recovery Program!