

UNC Chapel Hill
Recovery House Guidelines



The Recovery House, part of the Carolina Recovery Program (CRP), provides recovery-oriented housing located within the Balance residential learning program for students in recovery from alcohol or other drug (AOD) addiction. The CRP is committed to providing an abstinence-based recovery environment that helps to protect individual recovery and foster a community for the Recovery House residents. The following guidelines are in place so that the Recovery House can fulfill its mission of reconnecting emerging leaders with their passion to make a difference in the world, and ensure the safety and wellbeing of all residents.

Recovery Maintenance

Residents will:

1. Have at least six months of continuous abstinence prior to moving in to the Recovery House (exceptions, including people utilizing Medication Assisted Treatment (MAT), made with CRP staff approval).
2. Remain consistently abstinent from AOD while living in the Recovery House
3. Meet at the beginning of each semester with CRP staff to develop an individualized recovery plan.
4. Attend at least 2 abstinence-based mutual-help organization meetings per week (12-step, SMART, Women for Sobriety, etc.).
5. Attend at least 4 CRP groups or social gatherings per month.
6. Participate in Balance events and meetings as necessary.
7. Develop and maintain a regular relationship with a sponsor, recovery mentor, and/ or a professional counselor as set forth in the recovery plan.

Community Living Standards

Residents will:

1. Abide by all rules and regulations set forth in the UNC-CH Housing Contract and Community Living Standards agreement (attached).
2. Support other Recovery House residents in maintaining their recovery, and will report any returns to AOD use (self or other) to CRP staff immediately.
3. Respect the boundaries of their peers and celebrate the spectrum of diversity. The CRP will provide culturally competent seminars or workshops to Recovery House residents as needed to maintain an inclusive environment for all residents.
4. Participate in community meetings when scheduled in order to maintain a culture of accountability and respect within the Recovery House.

Academic Achievement

Residents will:

1. Attend all classes unless medical or psychological conditions make it impossible to do so, in which case prompt communication to CRP staff is required.
2. Strive to meet or exceed the all-campus undergraduate grade point average (3.1 – 3.2). Extra academic support is available for all students.
3. Utilize academic mentoring or advising when necessary, or as set forth in the individual recovery plan

Returns to AOD Use and Re-intervention – The CRP views AOD addiction as a chronic medical condition and does not punish Recovery House residents for returns to AOD use. In order to maintain a recovery-oriented environment for the whole community, the CRP will quickly re-intervene if a resident returns to AOD use. It is imperative for the wellbeing of the community that Recovery House residents notify CRP staff of any return to AOD use that occurs (self or other). The CRP re-intervention actions will be determined on a case-by-case basis and will account for the safety of the community and the healthiest plan for the individual. In the event of a return to AOD use, the CRP reserves the right to:

1. Contact the resident’s family in order to discuss supportive options
2. Remove the student from the Recovery House in order to maintain a safe environment for other residents.
3. Provide students with a recovery-oriented plan and contract that must be completed prior to re-admittance to the Recovery House.

Recovery House Resident

I have read, understand, and agree to adhere to these guidelines for my own wellbeing and for the wellbeing of the community. If I feel that the CRP has not upheld its mission or has in any way failed to help you protect your recovery, please report this promptly to the Director of Student Wellness.

Printed Name _____

Date _____

Signed Name _____

CRP Staff

The Carolina Recovery Program hereby commits to providing Recovery House residents with a safe and recovery-oriented living environment. We will ensure that all residents adhere to these guidelines so that each individual may have the opportunity to achieve the best possible quality of life as a student in recovery at UNC-CH.

Printed Name _____

Date _____

Signed Name _____