



## COMMUNITY EXPECTATIONS

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The Collegiate Recovery Community (CRC) is a voluntary program offered to currently enrolled UNC Charlotte students in recovery that assists them in maintaining their recovery from addictive disorders. This document details the expectations of participation in the CRC at UNC Charlotte. By signing this document, students acknowledge that they have read, understand and agree to abide by its terms. Once signed, failure to abide by these expectations may result in disciplinary action or dismissal from the CRC. The CRC reserves the right to amend the terms of this document at any time in accordance with the best interests of the University and the CRC. Should amendments be made to this agreement, all CRC members will be notified, given the opportunity to review the changes, and discuss any concerns with the CRC Coordinator.

### Participation Expectations:

CRC members are expected to:

1. Understand that the use of any mood altering substance(s) by CRC members is expressly prohibited. "Mood altering substances" refer to, but may not be limited to, mind altering substances such as alcohol, marijuana, illicit drugs, synthetic drugs (that may or may not be legal), and prescription medications (when not prescribed, or when prescribed but taken in a manner inconsistent with medical providers' instructions). Understand that the *CRC Relapse Policy* exists, which provides specific information concerning students who resume use of mood altering substances.
2. Attend all mandatory CRC Program meetings, activities, and events.
3. Attend routinely scheduled Seminar meetings/events.
4. Attend all routinely scheduled meetings with the CRC Coordinator, or otherwise immediately communicate with the CRC Coordinator to reschedule meetings as needed.
5. Understand that there are tiers of membership in the CRC, each with specific expectations and benefits, and commit to being a member in good standing according to my membership tier.
6. Commit to active participation in the CRC (including activities that are not required) because the CRC is only as strong as its community and each and every member is a valuable part of the community.

## **Recovery Expectations:**

CRC members are expected to:

1. Regularly attend any 12- step meeting, Holistic practice, religious practice or one hour towards abstinence based recovery. \*
2. Develop a strong, honest relationship with sponsor/ spiritual guide/ or mentor.
3. Adhere to the recovery legacy of honesty, open-mindedness and willingness.
4. Encouraged to disclose status as a person in recovery at my first meeting with any physician and other health care professionals.
5. Take all medication prescribed in strict adherence with prescriber's instructions.
6. Take responsibility for own recovery, and make a daily effort to work specific program to maintain sobriety.
7. Refrain from possessing substances and/or any drug paraphernalia.
8. Make and keep appointments for maintaining mental health care relationships with psychologists, therapists, or psychiatrists when therapy and medication have been recommended as a part of my recovery plan. Similarly, make and keep appointments with medical providers for physical health issues relevant to one's recovery plan.

*\*As there may be different paths to recovery, the expectations in this section may be amended in partnership with the CRC Coordinator and CRC member as appropriate to the student's situation and should be documented and appended to this document.*

## **Community Expectations:**

CRC members are expected to:

### ***Respect***

- Respect CRC members and program staff when participating in any CRC activity (use respectful behavior, avoid inappropriate language and action, etc.).
- Respect others' race, ethnicity, sexual orientation, gender identity and/or expression, religious beliefs, and any other identities that may be different.
- Respect the CRC space by keeping it clean and presentable at all times.
- Please refrain from using any tobacco products, including smokeless tobacco products (chew, dip etc.) and e-cigarettes, in the CRC room and Student Health Center building.

### ***Privacy and Confidentiality***

- Honor the privacy and confidentiality of others.
- Understand that confidentiality and anonymity are traditions of a recovery community but may not always be guaranteed by CRC staff members. Staff members will follow all FERPA guidelines, which prohibit the improper disclosure of students' education records.

**Relapse Prevention and Accountability**

- Refrain from enabling or encouraging others to engage in addictive behaviors.
- Refrain from conduct that may contribute to the relapse of an individual known to suffer from an addictive disorder.
- Refrain from, through action or inaction, allowing another CRC member to conceal his or her use of addictive substances or to engage in addictive behavior.
- Understand that if any member of the CRC relapses, they must adhere to the terms of the *CRC Relapse Policy* and consult with the CRC Coordinator.
- Understand that the CRC Coordinator and the *CRC Relapse Policy* are available to provide guidance on relapse-related issues and concerns.

**Honesty and Integrity**

- Understand that CRC members' behavior on and off campus is a reflection of the CRC program. Thus, members should conduct daily activities with honesty, integrity, leadership, and character.
- Refrain from engaging in any illegal conduct, including making alcohol accessible to minors and illicit substances available to others.
- Support other CRC students and hold them accountable to the commitment and expectations outlined in this document, as well as other CRC policies and procedures.

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The Collegiate Recovery Community works best when people come together to support each other. By signing this document, I agree to honoring the expectations listed in this document, and commit to being an integral and active member of the CRC at UNC Charlotte.

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*SIGNATURE OF CRC MEMBER*

*PRINT NAME*

Date: \_\_\_\_\_

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*SIGNATURE of CRC STAFF MEMBER*

*PRINT NAME*

Date: \_\_\_\_\_