THE COLLEGIATE RECOVERY COMMUNITY
EXPECTATIONS

The Collegiate Recovery Community (CRC) is a voluntary program offered to currently enrolled UNC Charlotte students in recovery. The CRC that assists students in maintaining their recovery from primarily substance use disorders while attaining their degree. While the CRC is supportive to students experiencing processing addictions, it is not the primary focus. Additional supports will be coordinated as needed. This document details the expectations of participation in the CRC at UNC Charlotte. Compromising any of the membership requirements may result in becoming an inactive member of the CRC. Re-entry to CRC is provided after meeting with clinical staff member on a case by case basis.

Active Membership Requirements:
1. Two weeks minimum of abstinence.
2. Attend 1 event per month
   a. Engage in 1 service project and one educational seminar each semester
   b. CRC Fundraiser and N.O.P.E Vigil is required
3. Engage in 1 hour of recovery development each week (meetings, holistic practices, faith, self care).
4. Engage in clinical sessions with Licensed Clinical Addiction Specialist no less than once every 30 days. For those with less than six months of sobriety, additional clinical contact will be required. These sessions are HIPAA protected.

Conduct Expectations:
5. Conduct oneself in a respectful nature to all individuals (ideas, beliefs, identifications, “isms” etc.) and CRC space (room, GroupMe, events, gatherings etc.).
   a. Please refrain from displaying any and all substance-encouraging messages (clothes, pins, cases etc.)
   b. 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.
6. Maintain abstinence (ceasing use of psychoactive substances, legal or otherwise). Prescription medications must be taken consistent with medical providers instructions.
   a. Release of information to coordinate care with medication prescribing professional is requested. Strict adherence to medication regime is required.
   b. Relationships with other mental health and addiction professionals should be maintained as recommended; release of information to coordinate care is requested.
   c. Disclosure of recovery status with all healthcare professionals is encouraged.
   d. Understand that the CRC Relapse Policy exists, which provides specific information concerning students who resume use of psychoactive substances.
7. Maintain responsibility and accountability for recovery - personally and amongst CRC members.
   a. Refrain from enabling or encouraging others to engage in addictive/relapse behaviors.
   b. Refrain from, through action or inaction, allowing another CRC member to conceal their use of psychoactive substances or to engage in addictive behavior.
8. Adherence and commitment to a recovery lifestyle inside and outside of the community.
   Recovery lifestyle is defined as:
   a. Refrain from possessing psychoactive substances and/or any drug paraphernalia for self or others.
   b. Refrain from illegal activity
   c. Adhere to the recovery legacy of honesty, open-mindedness and willingness to change.
   d. Living with integrity, character and leadership.
   e. Provide/develop and engage in recovery plan that outlines weekly “recovery work” ie: meetings, sobriety “coach”/sponsor, spiritual development practice, personal growth activities etc.
9. Understand that there are tiers of membership in the CRC that correlate with member involvement. Each tier has specific benefits. Involvement is key to attain benefits of membership. See Tiers of Membership document for details.
10. Understand that programmatic communication will be conducted via university email unless otherwise specified (FERPA protected). Be aware that this communication is not guaranteed confidentiality. Therefore, clinical information should be communicated in person or over the phone if at all possible.
11. CRC understands the recovery tradition of anonymity and also works to remove the stigma associated with substance use disorders. At times, this group includes public association with the university (social media, outings, seminars, trips, conferences etc.). However, members will have the option to engage at their own discretion. When in public with members, please honor their privacy as a group member.

Inactive Membership
We aim to create a respectful sense of community and accountability. Upon not fulfilling active membership requirements or conduct expectations the following actions will take place.

- Not fulfilling active membership requirements:
  ○ At 30 days of no participation, you will be contacted via email to be reminded of your membership requirements and provide an opportunity to re-engage appropriately.
  ○ At 45 days of no participation, you will be moved to Inactive status. This will result in removal from GroupMe, membership emails, any recurring therapy appointments and CRC activities.
  ○ Should you be interested in reactivating your membership, contact your clinician to schedule a meeting to devise a plan.

- Not fulfilling the conduct expectations: Our community aims to foster growth, yet is understanding of the learning process. Licensed clinical staff has discretion over actions taken, but as a general rule of thumb, the following can be expected:
  ○ Warning 1: Verbal warning provided, meet with clinician to identify a growth assignment.
  ○ Warning 2: Meeting with licensed clinician to create an action plan.
Warning 3: Inactive status for a minimum of 30 days.

Physical harm will not be permitted. Such acts will result in inactive membership. Licensed clinical staff has discretion to take this same action for mental/emotional harm.

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.

__________________________________________
SIGNATURE OF CRC MEMBER                      PRINT NAME
Date: ____________

__________________________________________
SIGNATURE of CRC STAFF MEMBER                  PRINT NAME
Date: ____________