RETURN TO USE POLICY

We acknowledge that there is a possibility of return to use for persons in recovery.

“Return to use” is defined by the CRC as the unintentional or intentional resumption of substance use after an attempt to stop using that substance. “Substance” refers to, but may not be limited to, mind altering drugs such as alcohol, marijuana, illicit drugs, synthetic drugs (that may or may not be legal), over the counter substances/medications and prescription medications (when not prescribed, or when prescribed but taken in a manner inconsistent with medical providers’ instructions). The CRC does not routinely drug test members. Therefore honesty and behaviors will be utilized to determine a return to use.

Thus, this policy is to provide guidelines and procedures for active student members of the Collegiate Recovery Community (CRC) who experience an alcohol or other drug return to use so as to ensure the safety and wellbeing of the student and the integrity of the CRC program (i.e., all members are abstaining from alcohol and other drug use and taking actions to ensure continued active recovery).

Our expectation is that for anyone who suspects a member who has return to used, to follow one of the reporting measures below:

PROCEDURES

REPORTING RETURN TO USES TO CRC

In this section (“Reporting Return to uses to CRC”), the following terms will be defined as below:

- “Student” refers to a CRC student member who may know of, or suspect, the return to use of a peer in the CRC
- “Peer” refers to the CRC student member who has, or is suspected of, return to use
- “CRC staff member” specifically refers to the CRC Professional Staff, though may include any member of the Center for Wellness Promotion staff.

Procedure for Students Aware of, or Suspecting, a Peer’s Return to use
Should the return to use of a peer become known or suspected by a student, the student needs to decide if it is more appropriate to (a) approach their peer directly about a known or suspected return to use, and/or (b) discuss the known or suspected return to use with a CRC staff member.

a. If the student is comfortable approaching a peer, the encounter should be done so in a respectful, non-judgmental way and supporting manner and offer appropriate options (e.g., help schedule meeting with CRC Coordinator, attend 12-Step meeting with student, help student get into detox, etc.). The student should also notify a CRC staff member about the encounter as soon as possible.

b. CRC members are expected to assist in whatever ways possible in taking appropriate actions with their peer. (ex: calling their sponsor, network, etc).

We acknowledge and appreciate the traditions of the 12 step community, if suspected, or known return to use occurs within CRC events, locations, conferences, ect, we expect the student or peer to alert the CRC staff. The CRC staff expects to be notified to protect the CRC community in its entirety.

Procedure for Self-Reported Return to use

Should a student in the CRC experience a return to use, they are expected to report this return to use to a CRC staff member as soon as possible. The CRC Staff who holds an LCAS, will evaluate the circumstances surrounding the return to use and the health and safety of the student. If the student is determined to be in danger to himself/herself or others, he/she will need to be taken to detox or a behavioral health unit.

PROCEDURES ONCE A RETURN TO USE HAS BEEN REPORTED

Considerations for Post-Return to use Detox and/or Treatment for Students who Return to use

If a Student has Return to used and Refrained from Subsequent Use

- The student who has return to used will schedule a meeting with the CRC Professional Staff as soon as possible to discuss the situation and take appropriate actions.
- Evaluation of whether detox and/or if post-return to use treatment is necessary and/or beneficial will be facilitated by the CRC Professional and likely in consultation with an appropriate treatment provider. The following considerations should be noted for whether post-return to use detox and/or treatment is necessary:
  o The return to use protocol for any given student’s return to use will be substance-specific to a degree, depending on the danger of withdrawals and dosage amount. Regardless of the substance, a return to use is a return to use, and structure and support will need to be put in place to support the student’s recovery.
  o At the discretion and recommendation of CRC Professional Staff and/or other substance use professionals, detox/withdrawal services at an appropriate off-campus treatment facility may be necessary and may depend upon:
    ▪ What substance was taken
    ▪ How long the substance was used
    ▪ How it was ingested
• How much of it was consumed
• How much time from ingesting the substance to disclose of return to use to CRC Coordinator
• Contingent upon completion of detox (as above, if applicable) and active and successful adherence to the provisions in the forthcoming “Remaining in the CRC Following Return to use” section of this policy, the student will retain membership in the CRC and will move into the Bronze Level of CRC membership (i.e., < 6 months sobriety) and be subject to all conditions and privileges of this category.
• The CRC Professional Staff will document pertinent information relevant to the return to use.

**If a Student has Return to used and is Continuing Use**

• The student who has return to used will be encouraged to meet with the CRC Professional Staff as soon as possible to discuss the situation and appropriate actions:
  o Options for further evaluation/diagnosis, detox, and/or treatment (as appropriate to the specific situation) will be discussed with the student, strongly encouraged, and coordinated by the CRC Professional Staff in consultation with an appropriate on and/or off-campus treatment provider.
  o The CRC Professional Staff will liaise with the Dean of Students Office should the student require any accommodations or assistance that their office can provide. If the student needs to withdraw from the University for Medical Reasons, the CRC Professional Staff will liaise with the Dean of Students Office Withdrawal Services ([http://unccdso.uncc.edu/org/withdrawalservices](http://unccdso.uncc.edu/org/withdrawalservices)) to help successfully facilitate the process.
• Whether or not the student meets with the CRC Professional Staff (as above), the student will immediately be suspended from the CRC program as a member and all privileges will be revoked (e.g., card access to the CRC room, participation in CRC events, etc.). If/when the student is again in recovery, she/he may reapply for admission to the CRC program.
• The CRC Professional Staff will document pertinent information relevant to the return to use.

**Remaining in the CRC Following Return to use**

Though a return to use may not automatically remove a student from CRC membership, they will need to comply with one or more of the following conditions in order to remain in the CRC in good standing. Please note that for options listed below where the CRC Professional Staff is not directly involved, appropriate documentation or verification of the activity must be provided to the CRC Professional Staff.

• A discussion will be had with student who return to used and CRC Professional Staff to determine which of the following options will be required, the successful completion of which will be necessary to maintain membership in the CRC:
  o For students who participate in Alcoholics Anonymous or Narcotics Anonymous, complete 60 verified 12-step meetings in 60 days, and seeking support from a sponsor. ([http://www.charlotte-na.org/index2.html](http://www.charlotte-na.org/index2.html); [http://www.charlotteaa.org/](http://www.charlotteaa.org/))
  o Complete an IOP (Intensive Outpatient Program) with an appropriate community treatment provider.
Develop a seminar activity (e.g., presentation, skit, role-play, etc.) and present it to CRC members. This could be a safety plan, triggers, getting complacent in recovery, warning signs, etc. The CRC Professional Staff must approve the topic and activity in advance.

For students who participate in SMART Recovery, attend a verified SMART Recovery meetings for one month: [https://www.smartrecovery.org/local/](https://www.smartrecovery.org/local/)

Obtain a social mentor from a Silver Level or Gold Level CRC member who is in good standing. The number of hours and mentor must be approved by CRC Professional Staff and documented/logged.

Do volunteer service at the CRC, or community as large, for a verified amount of hours.

Schedule a counseling appointment at the UNC Charlotte Counseling Center or other mental health provider and participate in individual and/or group counseling as indicated in order to address any mental health needs/concerns as it correlates directly with recovery.

Schedule a counseling appointment at the UNC Charlotte Student Health Center or other medical provider and in order to address any physical health needs or concerns as it correlates directly with recovery.

Utilize campus resources as appropriate (e.g., Office of Disability Services, University Center for Academic Excellence, etc.)

Increase frequency of meetings with the CRC Professional Staff to once per week for an amount of time deemed appropriate by the CRC Professional Staff.

Engage in any other activities as deemed appropriate by the CRC Professional Staff and/or others providing care.

**Other Considerations**

- If the student is misusing a prescription medication prescribed to them (e.g., not using prescribed medication in the way it was prescribed, such as taking improper doses and/or frequencies), this is considered a return to use by the CRC — even if the substance for which the student is in recovery is not the medication being abused. Unless further evaluation or treatment is deemed necessary, the student will be encouraged to schedule an appointment with his/her medical provider to discuss options, which may include but are not limited to using alternate medications or therapies. After discussion with the CRC Coordinator, the student will also be required to complete all applicable conditions in the “Remaining in the CRC Following Return to use” section of this policy.

Contingent upon adherence to the provisions in the “Remaining in the CRC Following Return to use” section of this policy, the student will retain membership in the CRC and will move into the Bronze Level of CRC membership (i.e., < 6 months sobriety) and be subject to all conditions and privileges of this category.

Please note that students taking prescriptions as prescribed are not considered to be in return to use.

- Misuse of over the counter medication or substances is also considered a return to use by the CRC.
- The CRC Professional Staff and Director of the Center for Wellness Promotion may exercise discretion and judgment to any return to use-related circumstances not directly addressed in this policy or that may otherwise be considered a unique or special circumstance.
I, _________________________ have read and understand the Return to Use Policy.

______________________________      _______________
Signature         date

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