

RECOVERY RESOURCES AND PROGRAMS

COLLEGIATE RECOVERY PROGRAM (CRP)

The CRP is a program of Student Wellness. It is a peer support-based community to provide and connect folks in recovery or seeking recovery from chemical and/or behavioral addiction (such as substance use, gambling, gaming, and more) to the necessary services, resources, and opportunities to help them thrive at ISU.

On-campus students can participate in the CRP All-Recovery Meetings which meet weekly at 6 pm Tuesdays on the second floor of the Student Services Building.

Students can meet with a CRP Staff by scheduling a meeting in Navigate by using this link: go.iastate.edu/MeetCRP

Other CRP services include Recovery Coaching, Peer Social Events, and Recovery Ally Training.

For more information about the program visit: go.iastate.edu/Recovery or reach out by emailing recovery@iastate.edu

WELLBEING COACHING

Wellbeing Coaching programs are confidential programs facilitated by students, for students. Wellbeing coaching is NOT counseling or medical treatment. Rather, it is a student-to-student program focused on providing a safe, confidential space for you to learn about areas of wellbeing that may be affecting you, to learn about resources of support available, and to help you generate some next steps you can do.

Alcohol and Cannabis Wellbeing Coaching are harm reduction programs for college students to help you work toward a better relationship with alcohol and/or cannabis. These is a 2-session program and use an empathetic, non-judgmental style to help meet students where they are at with their alcohol and/or cannabis use. The focus is to help you uncover what is important to you and how you can be successful in reaching those goals.

Get started by completing the Self-Assessment here:

go.iastate.edu/WellbeingAssessment

Email wellbeingcoach@iastate.edu if you have any questions.

12 STEP MEETINGS

Ames Alcoholics Anonymous (AA)

Approximately 26 meetings per week in Ames, more in local communities and online options.

www.amesaa.org/meetings

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Narcotics Anonymous (NA)

Approximately two meetings per week in Ames, more in local communities and online options.

iowa-na.org/hana/

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. It is suggested that you keep an open mind and give yourself a break. The program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

ONLINE RESOURCES

ECheckup-To-Go

This online tool is a personalized, evidence-based, prevention intervention program based on your alcohol use. You will receive some personalized feedback and learn more about your alcohol use.

ECheckup-To-Go for Alcohol

go.iastate.edu/alcoholcheck

ECheckup-To-Go for Cannabis

go.iastate.edu/cannabischeck

TAO

taoconnect.org/what_is_tao/us/

This is a FREE self help app available to all ISU students, faculty and staff.



OTHER COMMUNITY RECOVERY SUPPORTS

SMART Recovery

In Des Moines or Online Meetings available daily.

smartrecovery.org/meeting

SMART Recovery is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies or problem behaviors to: Build and maintain motivation; cope with urges and cravings; manage thoughts, feelings, and behaviors; Live a balanced life.

Al-Anon

Seven meetings per week in Ames, and more in local communities and online.

al-anon.org/al-anon-meetings/find-an-al-anon-meeting/

Al-Anon is a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. It is not group therapy and is not led by a counselor or therapist. This support network complements and supports professional treatment.

Alateen

Two meetings per week in Ames

al-anon.org/al-anon-meetings/find-an-al-anon-meeting/

Alateen is a peer support group for teens who are struggling with the effects of someone else's problem drinking. Many Alateen groups meet at the same time and location as an Al-Anon group. Alateen meetings are open only to teenagers. Alateen is not a program for young people seeking sobriety.

NAMI Connection Recovery Support Group

One Ames meeting per week and Two Ames meetings that meet virtually.

namicentraliowa.org/support-and-education/support-groups/nami-connection-recovery-support-group/

NAMI Connection is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there. By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

OTHER SUPPORT RESOURCES

Recovery Iowa

recovery-iowa.org

An on-line resource to support Iowans in their recovery journeys. The website connects people with resources to enhance their overall well-being and relationships with the people they love. Includes a recovery meeting finder, evidence-based tips for recovery, recovery resources and well-being resource finders, recovery community reports and real stories from people with lived experiences.

Your Life Iowa

yourlifeiowa.org

Live Chat

Call (855) 581-8111 or

Text (855) 895-8398

24/7 confidential support and connection to resources

We walk beside you so you're never alone. When you don't know who to turn to about a problem with alcohol, drugs, gambling, suicidal thoughts or mental health, Your Life Iowa is here for you 24/7. We provide free, confidential support and connect you to resources meant to help you get your life back on track.

988 Suicide and Crisis Lifeline

988lifeline.org

Just dial 988 on your phone for 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

SAMHSA National Helpline

samhsa.gov/find-help/national-helpline
800-662-4357

Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

211 Iowa

Call 211 or go to 211iowa.org

211 is a free, comprehensive information and referral system linking Iowa residents to health and human service programs, community services, disaster services and governmental programs.

IOWA STATE UNIVERSITY
Student Health and Wellness