

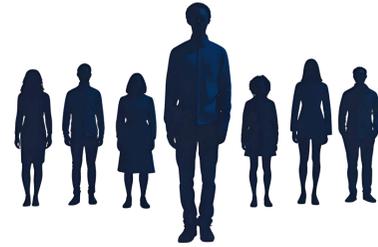
What is recovery?

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. This process includes four dimensions:

*purpose, community
home, and health*



1 in 7 young adults between the ages of 18–24 met criteria for a substance use disorder and needed treatment



Substance Abuse and Mental Health Services Administration. (2017).

MULTIPLE PATHWAYS OF RECOVERY

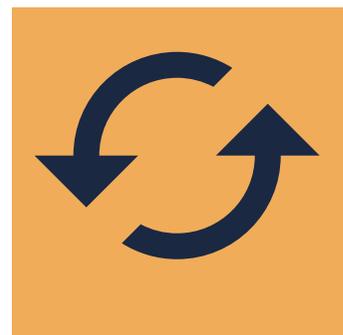
- Support meetings
- Workshops
- 12-step programs
- Detox
- Peer and campus-based support
- Collegiate Recovery Programs (CRPs) among others

RECOVERY IN UNIVERSITIES

- Peer-to-peer support Mutual-aid meetings Substance-free social events Peer coaching
- Inclusive environments that respect diverse recovery pathways

RECOVERY IS A PROCESS, NOT AN ENDPOINT

Recovery is a non-linear change process.



Long-term recovery often requires multiple attempts due to its chronic nature.



It takes about three years for relapse risk to drop and stability to set in.

West Virginia Collegiate Recovery Network. (2023)

Learn more by visiting:

<https://recovery-iowa.org/collegiate-recovery-network/>

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Sources: West Virginia Collegiate Recovery Network. (2023). Resources. Retrieved August 4, 2025, from

<https://www.wvcollegiaterecovery.com/resources>; Substance Abuse and Mental Health Services Administration. (2017). Getting Started: What You Need to Know About Building a Collegiate Recovery Program Retrieved August 4, 2025 from <https://collegiaterecovery.org/wp-content/uploads/2021/08/Collegiate-Recovery-Best-Practice-Guide.pdf>