



# August 2025

## Collaboration Learning Meeting

*This project is supported by State Opioid Response funds through the Iowa Department of Health and Human Services, Bureau of Substance Use (IowaHHS) via a subaward from the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services (HHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, IowaHHS, SAMHSA/HHS, or the U.S. Government.*

Support for the Iowa Collegiate Recovery Network is provided by:



**IOWA STATE UNIVERSITY**  
**Collegiate Recovery Program**



New Attendees?

# Recovery Ally Training



Designed to increase awareness, sensitivity, and support for individuals living with addiction.

Varies from 1-2 hours long

Offered by a wide variety of institutions and formats.

# Recovery Ally Training

- The Iowa State University Recovery Ally Training is a 90-minute session offering insights into substance use recovery, how to foster a supportive environment for students in or seeking recovery, and how connect them to resources.
- Since launching in January of 2022, over 250 faculty, staff and students at ISU have been trained to date.
- Training was influenced by similar programs offered by several institutions, including Virginia Commonwealth University and Ohio State.





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# Advancing Addiction Recovery Support Through Implementation of an On-Campus **Recovery Ally** Training

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## INTRODUCTION

- The Iowa State University Recovery Ally Training is a 90-minute session offering insights into substance use recovery, how to foster a supportive environment for students in or seeking recovery, and how connect them to resources.

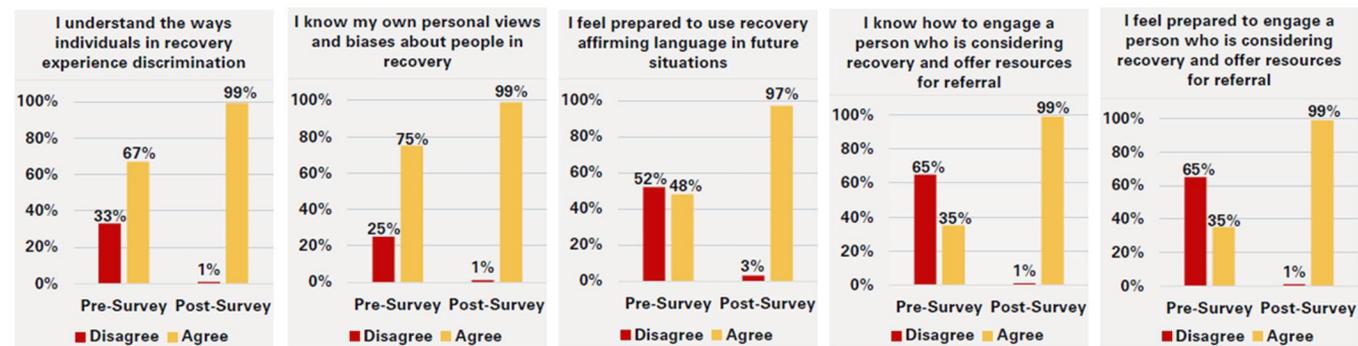
## THE PROGRAM

- Since launching in January of 2022, over 250 faculty, staff and students at ISU have been trained to date.
- Program design was influenced by similar programs offered by several institutions, including Virginia Commonwealth University and Ohio State.



## METHODS AND ANALYSIS

- Participants are offered a pre- and post-survey to measure their understanding and abilities related to the content of the 90-minute training.
- This analysis examines data from 105 surveys collected during the 2022-2023 academic year. A total of 145 surveys were administered, with 105 returned making the response rate 74.15%.



## KEY FINDINGS

- The Recovery Ally Training has shown to be extremely effective in increasing a participant's knowledge related to the stigmatization around those in recover and the ability to recognize their own biases about people in recovery.
- The data collected shows striking improvements in awareness, skills and confidence in supporting students in recovery or seeking recovery.

## MOVING FORWARD

- The Recovery Ally Training is currently only offered synchronously, development of an asynchronous virtual training could expand the trainings availability to more campus members, including remote students, faculty, and staff.
- Training additional facilitators to deliver the training would also expand program reach.
- Pursue integrations with existing training opportunities, such as faculty retreats, regular staff trainings, or orientation sessions to allow for tailoring group trainings to target audiences.

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Student Wellness

# Purpose



The purpose of this Recovery Ally Training is to expand

Recovery Awareness

Sensitivity

Support

to any individual on campus.

# Purpose



Recovery is not linear or universal.

This training aims to provide basic understanding and skills, to foster an environment of empathy and safety, and to empower you to support those in need.

# Learning Objectives

- Review the nature of addiction via substance use disorder
- Confront stigma regarding addiction and recovery and recognize how it is perpetuated.
- Be able to effectively listen and respond to those who express needs using supportive language
- Define the multiple pathways to achieving wellness in recovery
- Know available recovery support resources and how to access them



# Guidelines



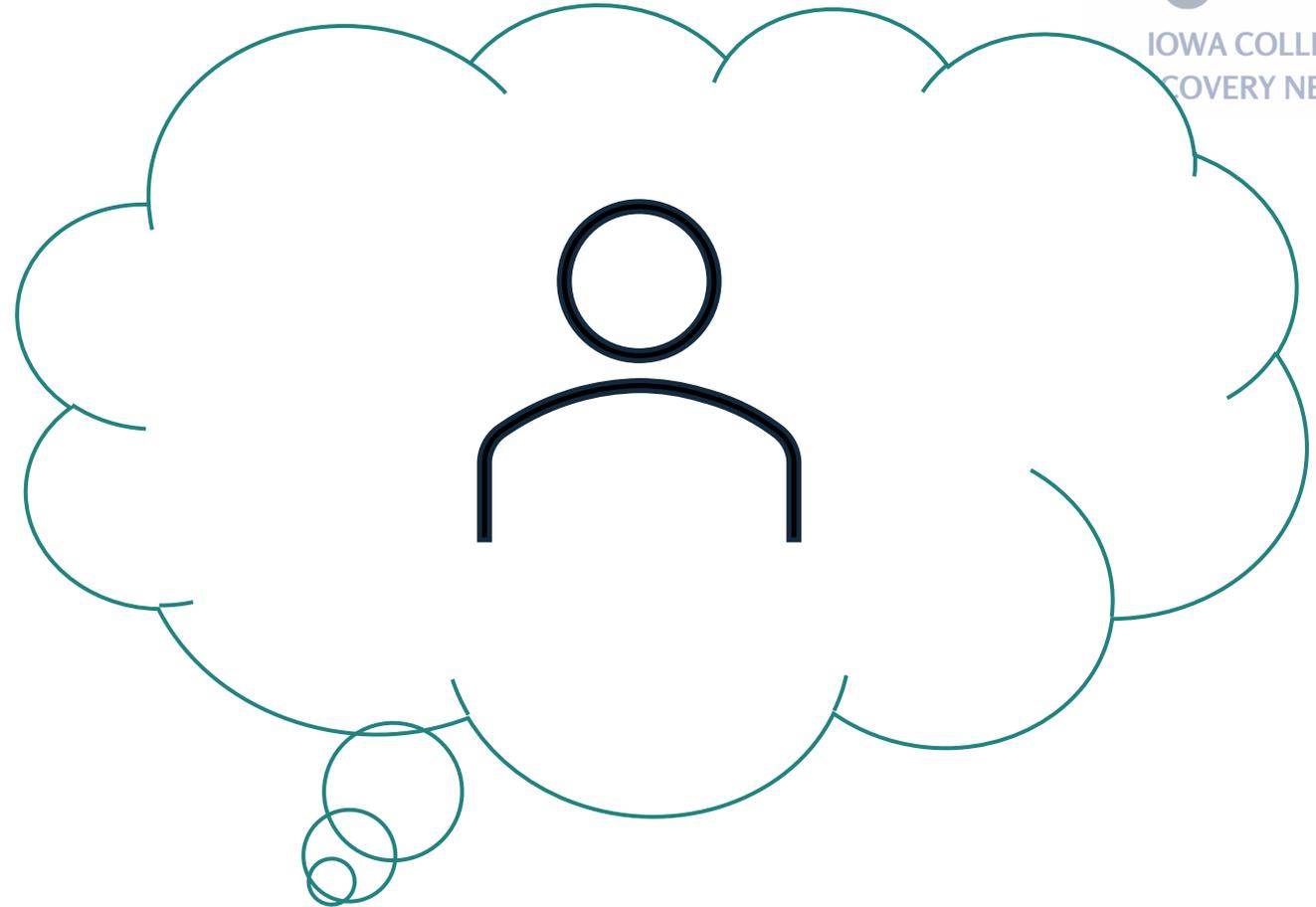
**Confidentiality**

**Assume  
positive intent**

**Generalizations**

# Stereotypes of Addiction

- Unhoused persons
- Unemployed or underemployed
- Assumptions about their:
  - Education Level
  - Personal History / Trauma History
  - Criminal History



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Why do people engage in substance use?

# First Use



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First impressions are rarely negative, nor do they generally make the user feel out of control

Tolerance begins to build, which often corresponds to withdrawal.

The brain's rebalancing can cause changes which make other activities less enjoyable.

# Understand addiction through substance use disorder



**A chronic relapsing brain disease triggered by the presence of a given substance in the brain.**

It is a brain disorder that involves changes to the brain and how it functions in terms of stress, rewards, and self-control

# Addiction is a Disease

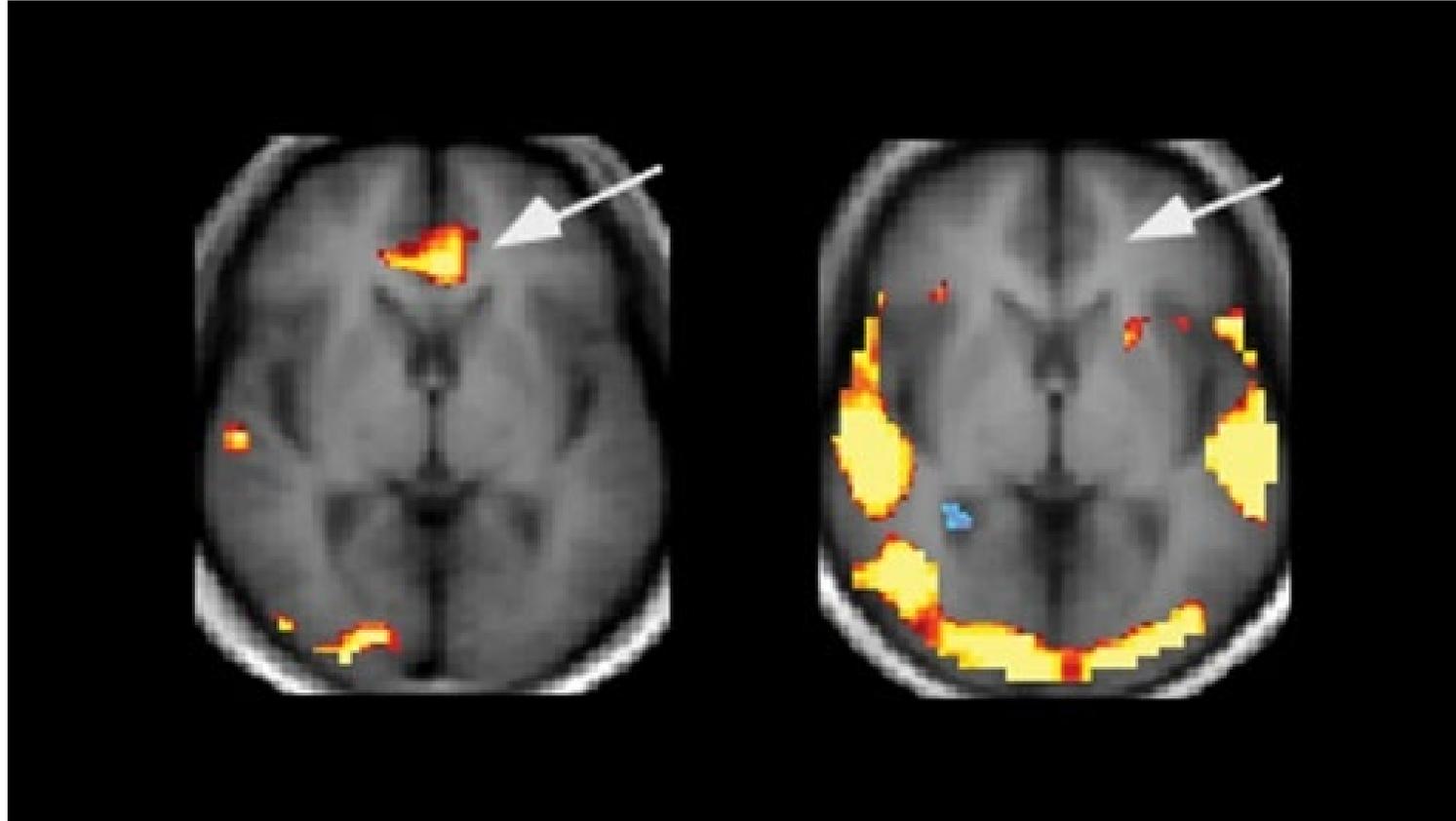


Addiction changes how the brain responds in situations involving rewards, stress, and self-control.

These changes are long-term and can persist well after the person has stopped using alcohol or other drugs.



# Triggers



(Wexler et al., 2001).



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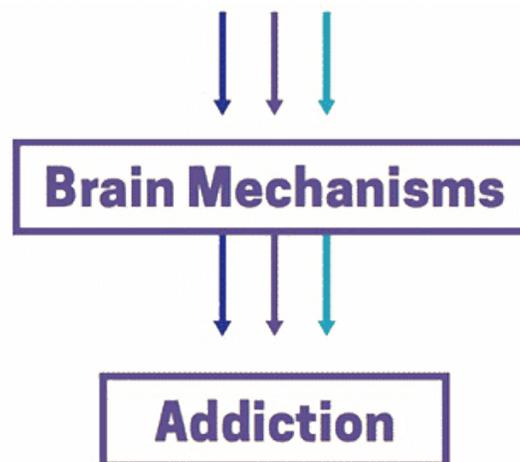


Genetics  
Gender  
Mental disorders

Chaotic home and abuse  
Parent's use and attitudes  
Peer influences  
Community attitudes  
Low academic achievement

# DRUG

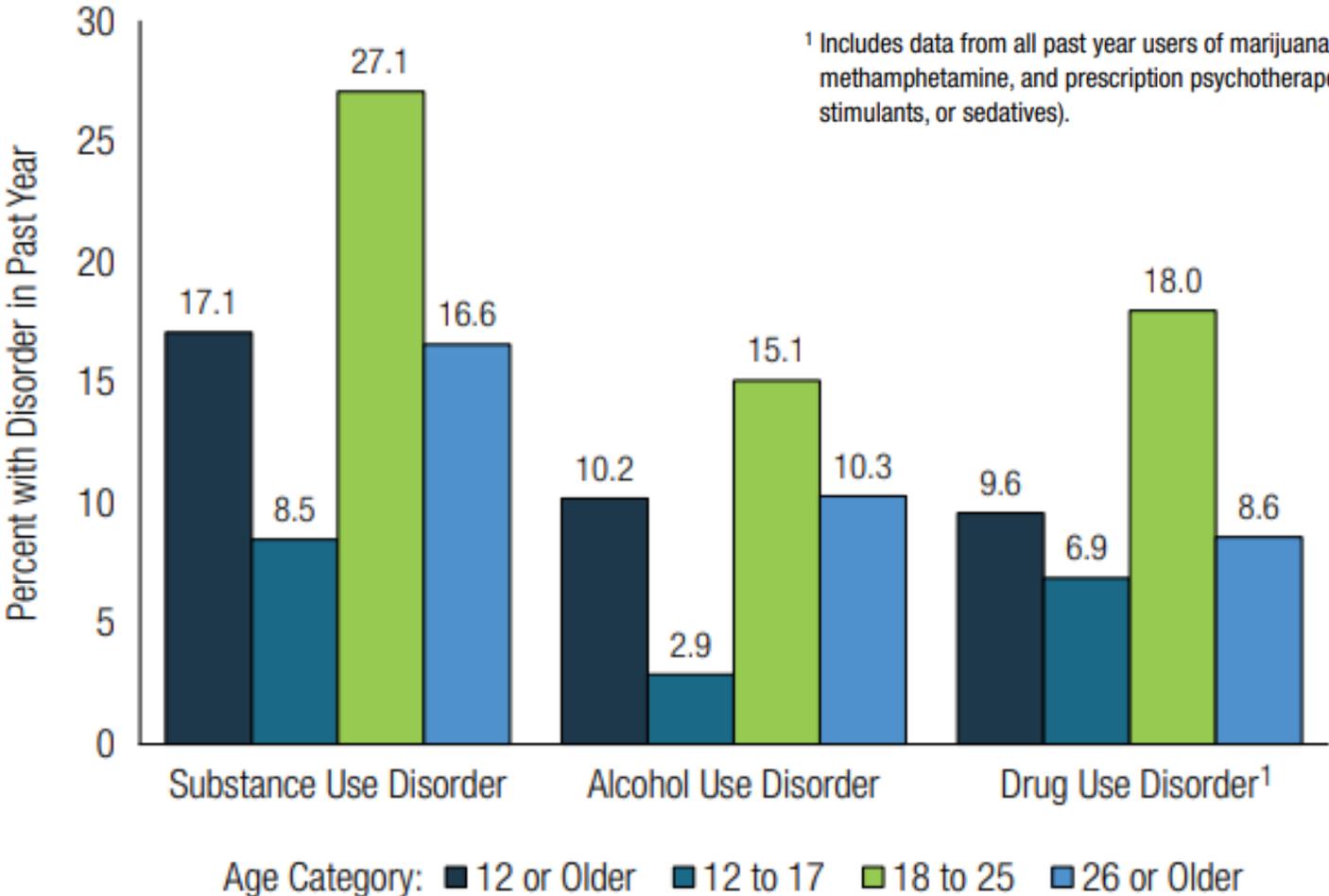
Route of administration – Effect of drug – Early use – Availability - Cost



**Figure 30. Substance Use Disorder, Alcohol Use Disorder, or Drug Use Disorder in the Past Year: Among People Aged 12 or Older; 2023**

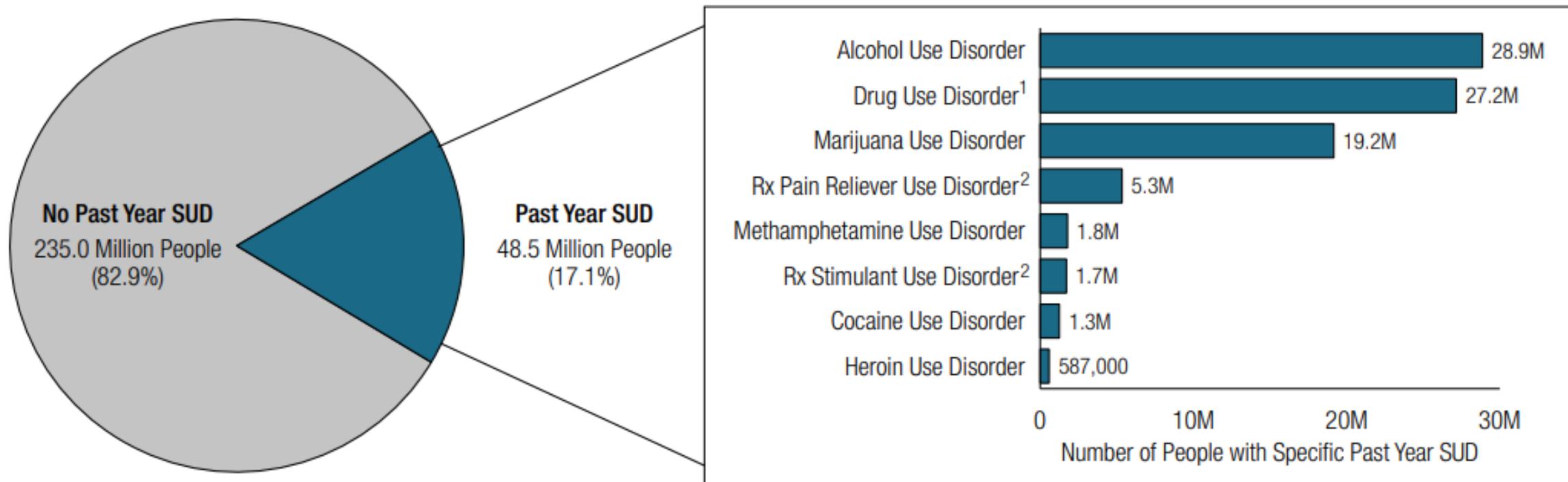


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Source: 2024 - Key Substance Use and Mental Health Indicators in the United States: Results from the 2023 National Survey on Drug Use and Health

**Figure 28. Past Year Substance Use Disorder (SUD): Among People Aged 12 or Older; 2023**



Rx = prescription.

Note: The estimated numbers of people with SUDs are not mutually exclusive because people could have use disorders for more than one substance.

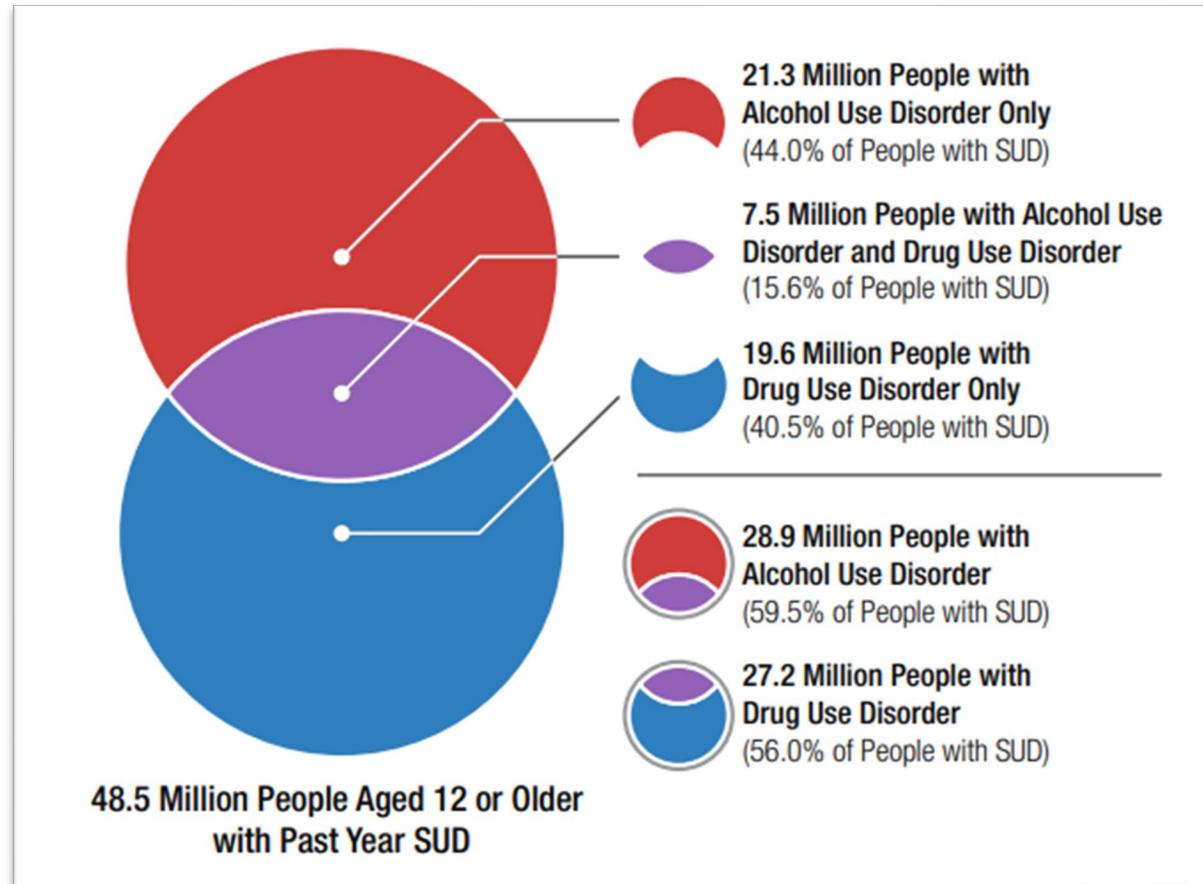
<sup>1</sup> Includes data from all past year users of marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, and prescription psychotherapeutic drugs (i.e., pain relievers, tranquilizers, stimulants, or sedatives).

<sup>2</sup> Includes data from all past year users of the specific prescription drug.

Source: 2024 - Key Substance Use and Mental Health Indicators in the United States: Results from the 2023 National Survey on Drug Use and Health



**Figure 29. Alcohol Use Disorder or Drug Use Disorder in the Past Year: Among People Aged 12 or Older with a Past Year Substance Use Disorder (SUD); 2023**



Note: Drug Use Disorder includes data from all past year users of marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, and prescription psychotherapeutic drugs (i.e., pain relievers, tranquilizers, stimulants, or sedatives).



# Fall 2023 National College Health Assessment

1.8%

of college students surveyed indicated they were in recovery from alcohol or other drug use



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# Spring 2024 National College Health Assessment

2.6%

of college students surveyed indicated they were in recovery from alcohol or other drug use

University of  
Iowa  
(Spring  
2023)  
**1.6%**

ISU  
(Fall  
2023)  
**1.3%**

UNI  
(Spring  
2024)  
**1.2%**

# Reducing use



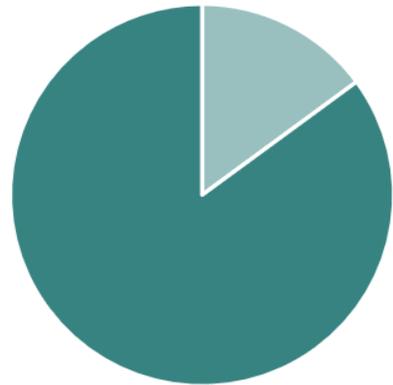
**8.5%**

Have you ever tried and failed to control, cut down or stop using the following substance(s)?  
(only includes students who have ever used this substance)  
Alcoholic beverages (beer, wine, liquor, etc.)

**13.4%**

Have you ever tried and failed to control, cut down or stop using the following  
substance(s)?  
(only includes students who have ever used this substance)  
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.)

Among people, who in the last year had a substance use disorder, 14.9% received treatment.



Source: Results from the 2022 National Survey on Drug Use and Health, P.52



# Stigma

# Depictions of Addiction



- TV shows
- Movies
- News reports

If someone feels that all persons dealing with addiction look a certain way, or act a certain way, that can prevent them from feeling as though what they are dealing with is really addiction.



## Stigmas can cause a person to:

- Put distance between themselves and that person/group
- Discriminate against them
- Support harmful activities or policies that affect them

## Stigmas are fueled by:

- Stereotypes
- Prejudice
- Discrimination



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- **Stereotypes:** "All college students drink alcohol."
- **Prejudice:** "Using drugs makes you a bad person."
- **Discrimination:** "I can't allow them in my office because they might steal something to sell for drugs."

## The Real Stigma of Substance Use Disorders



In a study by the Recovery Research Institute, participants were asked how they felt about two people  
*“actively using drugs and alcohol.”*

One person was referred to as a  
**“substance abuser”**



The other person as  
**“having a substance use disorder”**



No further information was given about these hypothetical individuals.

**THE STUDY DISCOVERED THAT PARTICIPANTS FELT THE  
“SUBSTANCE ABUSER” WAS:**

- less likely to benefit from treatment
- more likely to benefit from punishment
- more likely to be socially threatening
- more likely to be blamed for their substance related difficulties and less likely that their problem was the result of an innate dysfunction over which they had no control
- they were more able to control their substance use without help



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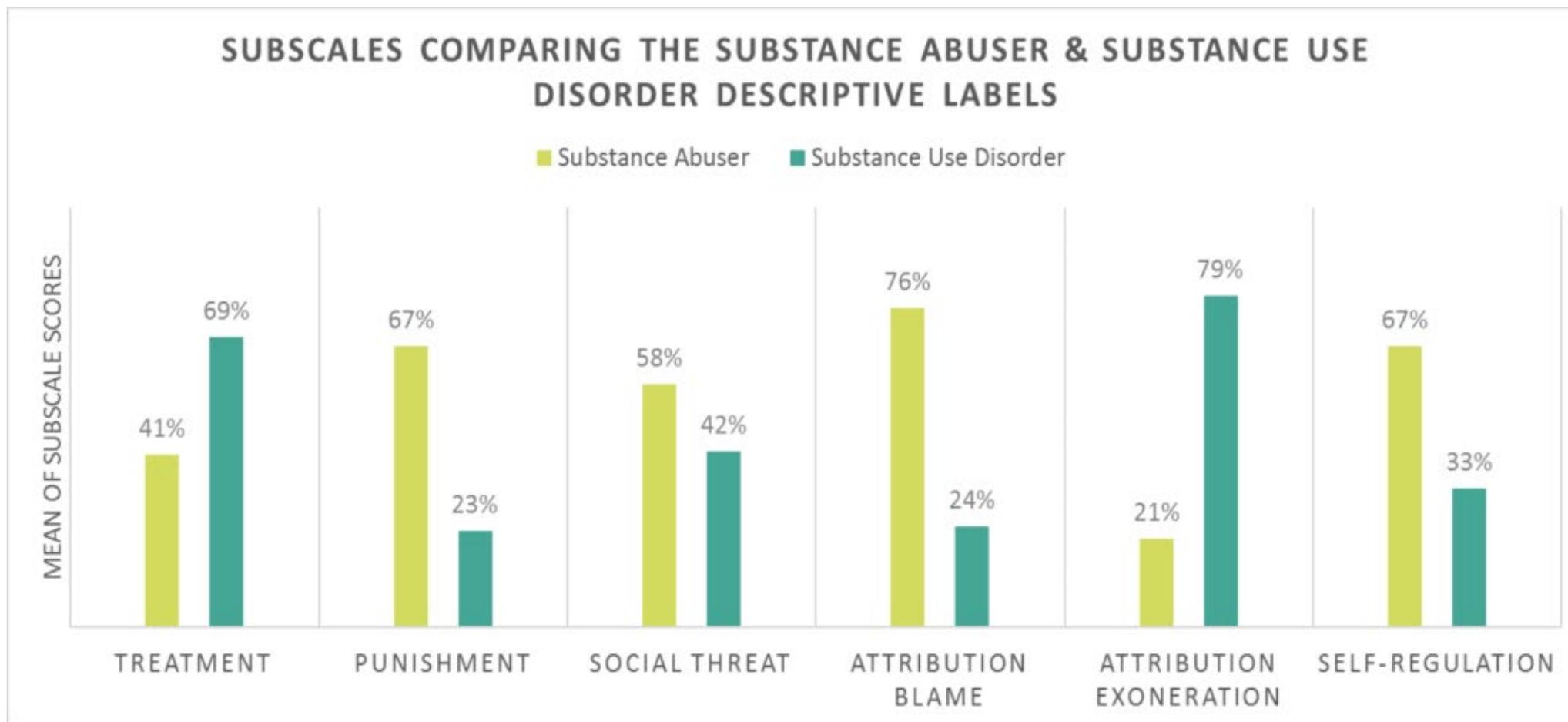


Kelly, J. F., Dow, S. J., & Westerhoff, C. (2010). Does Our Choice of Substance-Related Terms Influence Perceptions of Treatment Need? An Empirical Investigation with Two Commonly Used Terms. *Journal of Drug Issues*, 40(4), 805–818. <https://doi.org/10.1177/002204261004000403>

Source: <https://www.recoveryanswers.org/research-post/the-real-stigma-of-substance-use-disorders/>



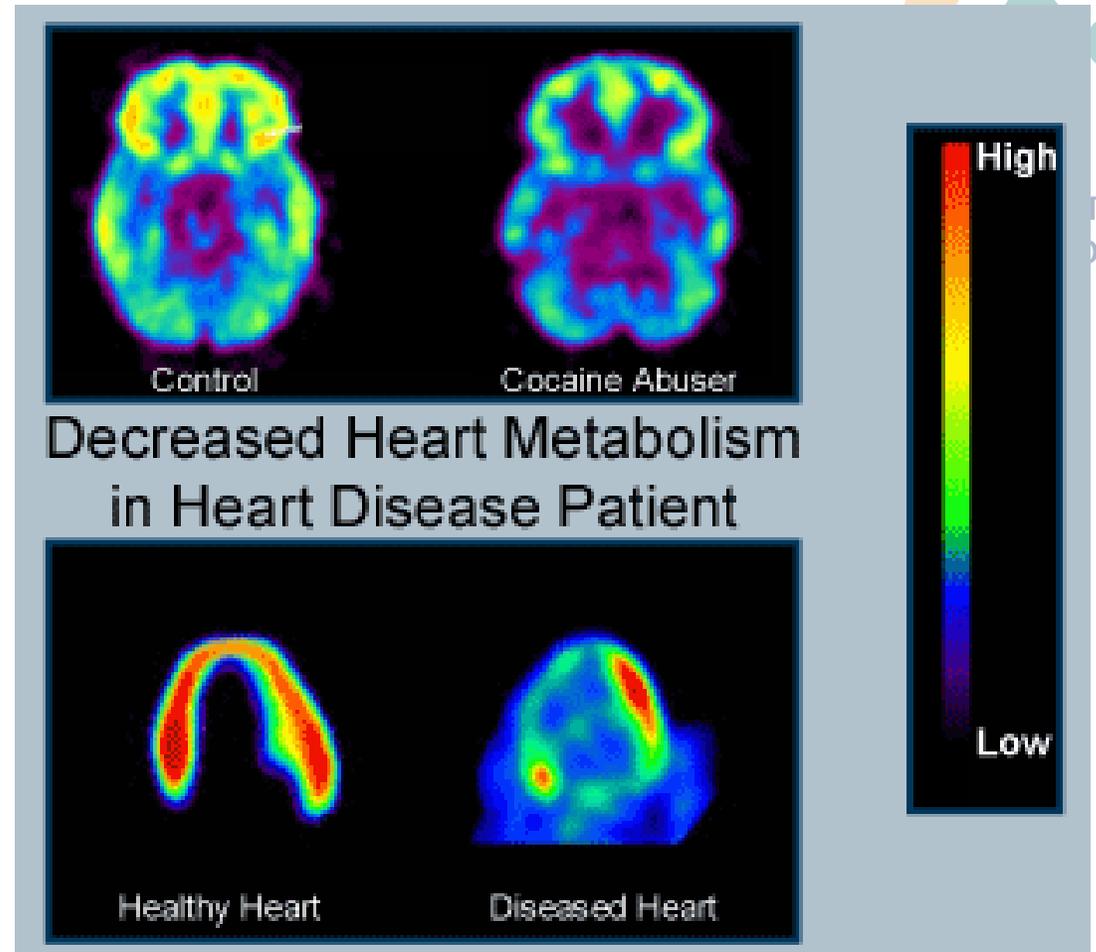
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Source: <https://www.recoveryanswers.org/research-post/the-real-stigma-of-substance-use-disorders/>

Addiction is a chronic disease like other chronic diseases such as:

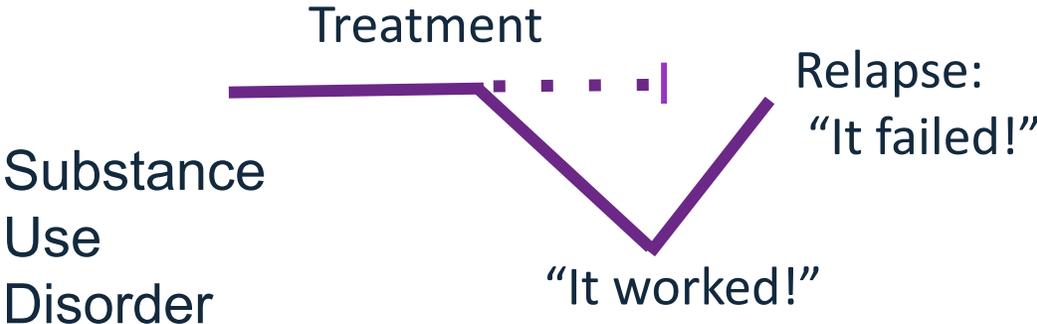
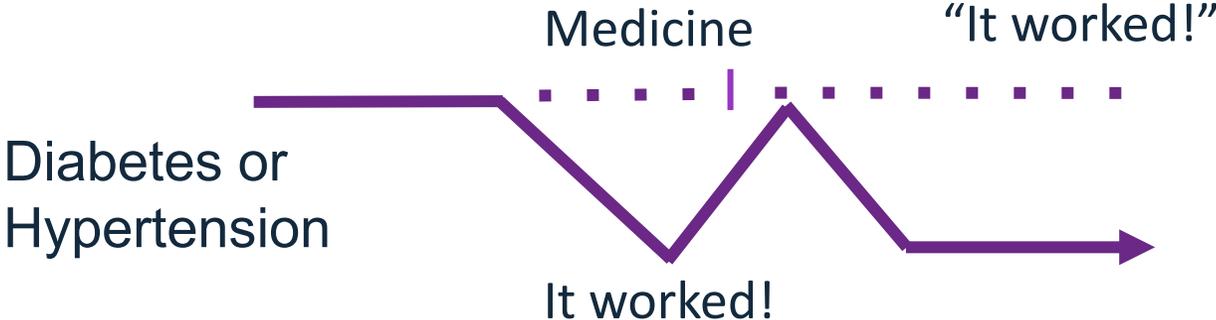
- Cancer
- Type II diabetes
- Cardiovascular disease



# How do we evaluate chronic disease treatment?



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Chronic diseases  
require long-term  
treatment

# Person first language is recovery friendly



- Helps you to see the person, not their disease
- Communicates that you are an ally
- Promotes an atmosphere of dignity, respect, and hope
- Is more factually accurate and not a character judgement

# Language Matters



They shared they  
were an addict.

They shared their  
recovery story.

# Language Matters



Former drug addict

Person in recovery  
from substance use  
disorder

# Language Matters



Alcoholic / Addict \*

Person with a  
substance use  
disorder

# Language Matters



Drug habit

Substance use  
disorder or drug  
addiction

# Language Matters



That party will have  
adult beverages

That party will be  
serving alcohol

# Language Matters



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Why aren't you  
drinking?



Alcoholic

Drug Addict

Substance Abuser

Drunk

Junkie

Person with alcohol  
use disorder

Person with a  
substance use disorder

Person in recovery

Person with lived  
experience of addiction

<b>Victim of [addiction]</b>	<b>Person diagnosed with [addiction]</b>
<b>Junkie / Addict / Drunk / Tweaker / [Substance]-head</b>	<b>Person in active substance use disorder</b>
<b>Clean / Clean Time</b>	<b>Substance-free / In Recovery</b>
<b>Dirty UA / Failed Drug Test</b>	<b>Tested positive for: _____</b>
<b>Slip / Falling off wagon</b>	<b>Return to use</b>
<b>Substance Abuse</b>	<b>Substance Use / Misuse*</b>

# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

**IDPH**  
IOWA Department  
of PUBLIC HEALTH

Bureau of Substance Abuse

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National Institute on Alcohol  
Abuse and Alcoholism



National Institute on Drug Abuse  
*Advancing Addiction Science*

STATE OF IOWA DEPARTMENT OF  
**Health** AND **Human**  
SERVICES

Disability and Behavioral Health:  
Addictive Disorders

# Iowa's Collegiate Recovery Network

- Funding Opportunities



# Iowa's 3<sup>rd</sup> Annual Recovery Conference



REGISTRATION OPEN

SEPTEMBER 3, 2025

Iowa's 3<sup>rd</sup> Annual Recovery Conference

The 3<sup>rd</sup> annual event will be held at the West Des Moines Marriott. The day will consist of local and national speakers providing content appropriate to anyone working with individuals seeking or in recovery.

#### Who Should Attend?

- ▶ Recovery Coaches or Peer Support Specialists
- ▶ Collegiate Recovery Staff
- ▶ Recovery Café Staff
- ▶ Recovery Housing Providers
- ▶ Social Workers
- ▶ Alcohol and Drug Counselors
- ▶ Mental Health Clinicians
- ▶ Prevention Specialists
- ▶ Medical Personnel
- ▶ Anyone who wants to learn more about RECOVERY



Registration is Now Open! 

Information on sponsorship and vendor tables can be found on the website!

[www.regcytes.extension.iastate.edu/recovery/](http://www.regcytes.extension.iastate.edu/recovery/)

For questions regarding registration,

✉ [Registrations@iastate.edu](mailto:Registrations@iastate.edu)

☎ 515-294-6222

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Health and  
Human Services



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# Monthly Topics



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