

# BARRIERS AND SOLUTIONS FOR STUDENTS IN RECOVERY



*Recovery is a journey, not a destination.*

Students in recovery encounter barriers that make academic success and personal wellbeing more difficult. Collegiate Recovery Programs (CRPs) provide the supportive solutions needed for students to thrive.

## Common Barriers

Lack of supportive networks

Long delays for treatment and not knowing where to seek help

Stigma and worry about what others think, leading to concealment

Pressure to drink and party in the campus culture

Fear among faculty and staff of job, reputation, or status loss if they disclose recovery

(Recovery on Campus Toolkit, 2023; (ARHE, 2025)

## CRP Solutions

Recovery-focused spaces and events that provide safe alternatives

Peer support networks that build belonging and accountability

Substance-free housing for stable recovery environments

Sober role models and mentors who inspire resilience

Opportunities for meaningful connection and leadership