

# THE PEER-TO-PEER RECOVERY SUPPORT MODEL

CRPs are built upon the principle of peer-to-peer recovery support. This is a proven model where individuals in recovery connect with and support one another outside traditional clinical settings. CRPs create supportive environments that reinforce a lifestyle of recovery and highlight the value of peer-based services.



## Core Components

- **Working a Program of Recovery:** Structured engagement to maintain sobriety and personal growth.
- **Social Engagement:** Activities that build fellowship and connection.
- **Service:** Opportunities to contribute and share experiences.
- **Academic Support:** Coupling recovery with tailored academic assistance.

### Fostering a Strong Community

- **Social Network:** Close-knit peer groups provide encouragement during challenges.
- **Staff Facilitation:** Staff organize inclusive, low-cost events (lunches, sober tailgates, hikes, bowling, kickball) and model positive outreach.
- **Diverse Age Groups:** Traditional undergrads and older students form a balanced, mixed-age community that strengthens recovery outcomes.

(Center for Students in Recovery, 2018).

### Service & Mentorship Opportunities

- **Sharing Experiences:** Students present their “experience, strength, and hope” to high schoolers, university peers, and treatment center residents.
- **Peer Mentorship:** Students at different stages of recovery support each other through sponsorships, mentorship, and peer guidance.

(ARHE, 2021)

### Impact on Student Success

- **Sustained Recovery:** 92% of CRP students remain in recovery; ~90% of alumni sustain long-term recovery (vs. 40–60% in the general population). (West Virginia Collegiate Recovery Network, 2023)
- **Academic Achievement:** CRP students hold higher GPAs than the general student body.
- **Safety & Inclusion:** Anonymity ensures safety and access to support, affirming inclusion, reducing stigma, and creating refuge from microaggressions. (Center for Students in Recovery, 2018).