

# BECOMING A RECOVERY ALLY: FOSTERING A SUPPORTIVE CAMPUS



Allyship refers to the ongoing and intentional practice of unlearning and re-evaluating one's beliefs and actions to act in solidarity with marginalized groups.

(Recovery on Campus Toolkit, 2023)



## Why is Allyship Important on Campus?

Many collegiate environments can be recovery-hostile. Creating a culture that embraces recovery requires active support. Recovery ally trainings aim to raise consciousness of recovery and equip campus community members to better support students in recovery or struggling with substance use.

(ARHE, 2021)

## Key Practices of a Recovery Ally

Reflect on Your Biases

Listen Actively

Engage in Advocacy

Educate Yourself

Follow Lived Experience

Practice Empathy

Create Safe Environments

Use Recovery-Supportive Language

This reduces stigma, makes it easier for individuals to seek help, and contributes to a recovery-ready community where students are supported at every turn!