SECOND CHANCES & NEW PATHWAYS
OPENING DOORS AND CREATING POSSIBILITIES FOR COLLEGE STUDENTS IN RECOVERY

Becki Elkins, Ph.D.
Sept. 20, 2021
OLC Accelerate

TODAY'S PLAN

- About me
- College and Substance Use Disorders
- College Students in Recovery
  - Challenges
  - Needs
- Online Education as Second Chances and/or New Pathways
LAND ACKNOWLEDGEMENT

The University of Wisconsin-La Crosse (my institution) is physically situated in the original ancestral homelands of the Ho-Chunk people. Iowa City, Iowa (my residence), is physically situated in the original ancestral homelands of the Kiikaapoi (Kickapoo), Sauk and Meskwaki, Báxoje (Ioway), and Očeti Šakówin (Sioux). Consider the land you occupy and the peoples for whom it was and is home. Let us pause to pay respect to the Ho-Chunk, Kiikaapoi, Sauk and Meskwaki, Báxoje, Očeti Šakówin and Indigenous peoples – past, present, and future – and their continuing presence in the homeland and throughout their historical diaspora.
KEY EFFORTS

- Prevention
- Treatment
- Recovery
An additional 2 in 5 college students are at risk, based on regular heavy drinking (Hanke, 2020, citing Grant et al., 2015).

Ø 25% AUD within 12-month period
Ø 37% AUD lifetime

1 in 10 college students have a diagnosable substance use disorder (Shadley, 2020, citing 2017 SAMHSA data).

DEFINING SUBSTANCE USE DISORDER

- Drinking/using more or longer than intended
- Attempting to cut down / stop without being able to
- Spending a lot of time using, being sick from using, dealing with after affects of using
- Cravings to the point of being unable to focus on other items
- Having using or consequences of using interfere with family, work, school
- Continuing to use even when use is causing problems with family / friends
- Letting go of interesting/important/pleasurable activities to use instead
- Experiencing increased chances of getting hurt
- Continuing to use even in spite of health problems, depression/anxiety, blacking out
- Having to increase use (frequency, amount) to get the same effect
- Experiencing withdrawal symptoms

DSM-5
INVISIBILITY

Campus culture
Beliefs about drinking
Recognizing SUD
Stigma

WHAT IS RECOVERY

Ours
“...the process of improved physical, psychological, and social well-being and health after having suffered from a substance-related condition.”

Recovery Research Institute

Theirs
- ? = abstinence
- ? = reduction
- Evolving

Elkins & Hanke (2021)
COLLEGIATE RECOVERY PROGRAMS

![Image of students smiling](image)

<5%

COLLEGIATE RECOVERY PROGRAMS

![Bar chart showing growth in recovery campuses](chart)
COLLEGE STUDENTS IN RECOVERY

CHARACTERISTICS

- Recovery:
  - Ongoing effort
  - Returns to use
  - Obligations
  - Relationships

- College:
  - Transition
  - Prior attempts
  - Relationships
  - Obligations
CHALLENGES

Early Recovery
Late College
Early College
Stable Recovery

OPENING DOORS AND PATHWAYS
ONLINE EDUCATION – OPENING DOORS AND PATHWAYS

CREATE ACCESS

- Multiple life demands
- Preparation / acclimation
- Support
- Demonstrating capacity for success
- Realistic / flexible / creative advising
- Online / virtual Collegiate Recovery Programs
COUNTER COLLEGE CULTURE AND STIGMA

- Side-stepping
- Assumptions about what is “developmentally” expected
- Topic presentation
- Caveats
  - Isolation
  - Subtle stigmatizing

BUILD COMMUNITY / RELATIONSHIPS

- Recovery community
- Collegiate community – faculty, peers, staff
- Belonging
- Personalized and genuine presence
ACTION STEPS

CONTACT ME

Becki Elkins, PhD
she/her/hers

University of Wisconsin-La Crosse
Associate Professor and Ed.D. Program Director
Student Affairs Administration
College of Arts, Social Sciences, & Humanities

belkins@uwlae.edu
REFERENCES

Hanke, E. (2020). Asdfdasf
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CREDITS

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SLIDES NOT BEING USED

CHALLENGES

- Stigma
  - Others
  - Selves
- Campus culture
- Imposter syndrome or self-doubt
- Previous attempts (and “failures”?)
- Belonging
THE SCHOLARSHIP

- Frequency and characteristics of student drinking
- Binge drinking / heavy-use
- Consequences of alcohol misuse
- Environmental factors contributing to student use
- Strategies for addressing the problem