

# UNM

## Addiction and Recovery



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# Basics in Addiction Counseling



- UNM Department of Psychology was requested by the state to create a program to feed qualified Licensed Substance Abuse Associates into the field
- Designed for a select group of undergraduate psychology majors who are interested in a career in the alcohol and drug counseling field
- In addition to the standard psychology major requirements, the BAC involves a series of specialized addiction courses and a 2-semester internship (300 hours)
- Graduates who have successfully completed the BAC will meet requirements to become a Licensed Substance Abuse Associate in the state of New Mexico

# Basics in Addiction Counseling



- Funded 20 hours per week
- Highly selective program (capped at 16 students)
- Relationships with over 20 treatment facilities in Albuquerque, Rio Rancho, Santa Fe, Laguna Pueblo, and Taos
- 60 graduates in the last 5 years (97% have stayed in the field)

# Collegiate Recovery



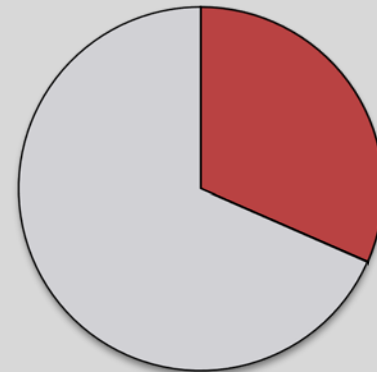
- ❖ Department of Psychology
- ❖ Women's Resource Center
- ❖ Grand Challenge (CASAA and COSAP)

# UNM Needs



- ❖ Estimated that 31.6% (7,023 out of 22,225) of UNM students would meet criteria for substance abuse (COSAP, 2019)
- ❖ Of the 31.6%, we estimate that 6% (1,333 UNM students) would meet the criteria for substance dependence
- ❖ We anticipate 4% (344 students) will seek help

## Estimated Students Meeting Criteria for Substance Abuse



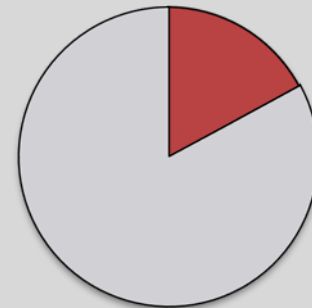
# UNM Needs



❖ 17.1% of all students reported doing poorly on a test due to consuming alcohol.

- 15% of those students are moderate drinkers,
- 17.5% are occasional binge drinkers,
- 41.5% are frequent binge drinkers (COSAP, 2019)

## Students Who Perform Poorly on Tests Due to Alcohol Use



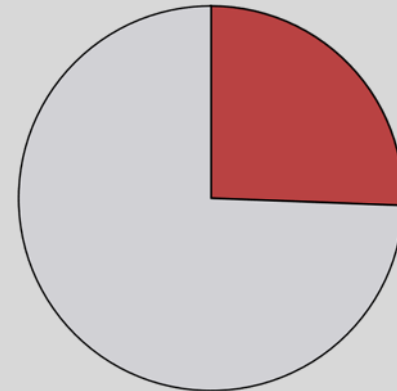
# UNM Needs



❖ 25.6% of all students have missed a class due to alcohol use

- 21% of those students are moderate drinkers,
- 29.8% are occasional binge drinkers,
- And 57.8% are frequent binge drinkers (COSAP, 2019)

**Students Who Missed Class Due to Alcohol Use**



# UNM Needs



- ❖ Substance abuse is associated with a decreased likelihood of continuous enrollment in college, independent of several other possible risk factors (Arria, et. Al, 2013).
- ❖ This means that the 31.6% of UNM students who meet the criteria for substance abuse are at risk of discontinued enrollment in college.



# Collegiate Recovery Center



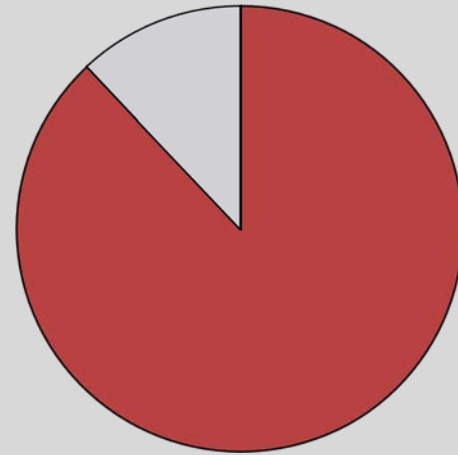
- ❖ A collegiate recovery center (CRC) is a College or University–provided, supportive environment within the campus culture that reinforces the decision to engage in a lifestyle of recovery from substance use.
- ❖ It is designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other.
- ❖ The goal of a CRC is to offer the chance for students in recovery from addiction to experience the opportunities that higher education offers both in the college environment and after by providing support, preventing a return to use, and promoting academic performance.

# CRC Research



- ❖ 88% of students in recovery maintained abstinence through CRC Programs
- ❖ 68% felt prepared from CRCs for their career
- ❖ 90% felt a CRC helped their academic performance
- ❖ 36% of students in recovery reported that they would not attend a school without a CRC program

**CRC Abstinence Success Rates**



# CRC Financial Benefits



- ❖ If the 344 students who are seeking help can be helped...
  - Direct tuition savings over one year would be \$2,523,704 and
  - Direct tuition savings over five years would be \$12,618,520

# What CRC Can Do



- According to the President's Commission on Combating Drug Addiction and the Opioid Crisis, CRCs are relatively small and inexpensive, and provide significant benefits to schools by encouraging degree completion, reducing dropouts, and promoting the health and safety of students.
- CRC programs transform the lives of recovering students, diversify the student population, provide innovative programming for the campus and contribute to serving and connecting the university and local community. They also increase retention of students and direct tuition revenue.
- Although there are fewer CRPs than higher education institutions (3%), preliminary data suggest that they effectively promote recovery, prevent relapse, and improve educational outcomes for the individuals participating in them.

# What CRC Looks Like



- ❖ A community of students in recovery from addiction
- ❖ Recovery-supportive programming
- ❖ Dedicated space
- ❖ Committed staff

# Where We Are Now



- ❖ Grand Challenge
- ❖ CASAA/COSAP Grant
- ❖ Dedicated space
- ❖ Program plan

# Our Goals



- ❖ The WRC, BAC, Department of Psychology and Grand Challenge members are aware of the increasing needs of a significant number of UNM students who are attempting to maintain their recovery and those who have the hope of starting on a path to recovery. The members of this collaboration have developed a CRC as a way of providing advocacy for those students who currently have no representation or recognition on this campus.

# Our Needs



- Collegiate Recovery Center began as a special project of Marni Goldberg and graduate students, during her time as Program Specialist at the Women's Resource Center. While the WRC was able to provide seed funding through December 2019 for staffing, and Psychology and the Grand Challenge are covering our first year of space, we are actively looking for financial investments from our community to continue this vital work.



# Why We're Here



“The opposite of addiction isn’t sobriety, it’s connection”.

–Johann Hari

# Reach Out



If you are interested in hearing more about this project or would like to support it, please contact:

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**505-277-0560**