

THE UNIVERSITY OF IOWA COLLEGIATE RECOVERY PROGRAM

The Collegiate Recovery Program (CRP) provides an environment that supports the therapeutic and educational needs of students in recovery from addiction. The CRP is a collaboration between the University Counseling Service and Student Wellness through the Division of Student Life. The CRP offers a supportive community, professionally trained staff, a dedicated recovery space, recovery meetings, and Recovery Ally training for students and departments on campus.

IT'S A GROUP EFFORT

Success, Not Excess

A safe and supportive group for UI students hoping to make changes in their alcohol or other drug use. This is a drop-in group that meets Thursdays at 4:00 p.m. via Zoom.

Recovery Ally Training

This training provides an overview of addiction and recovery, teaches participants how to use people-first language, and demonstrates how to use empathy to cultivate skills for supporting students looking to make changes to their substance use.

Student Advisory Board

The CRP student advisory board is group of students who are interested in leading recovery efforts on campus. Students involved make the CRP a student-led initiative, and advocate for students in recovery on campus.

ALCOHOL HARM REDUCTION PLAN

The CRP is part of the larger university-wide plan to reduce high-risk drinking. High-risk undergraduate drinking has decreased significantly at the University of Iowa due to its 10-year commitment to alcohol harm reduction.

Metrics of Success 2009-2019

32%
DECREASE

Students engaging in high-risk drinking in past two weeks

30%
DECREASE

Average number of drinks per occasion

50%
DECREASE

Students drinking 10 or more days per month

CONTACT US

Contact us with questions about our services, referrals, or other support.

Our staff are available to provide trainings and presentations for your agency on the services we have available and ways we can support your clients who attend or may want to attend the University of Iowa.

✉ UI-CRP@uiowa.edu
📷 [@uiowacrp](https://www.instagram.com/uiowacrp)
f [@UICRP](https://www.facebook.com/UICRP)

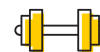
The UI Division of Student Life supports students in a variety of ways that encourage both community and healthy coping strategies that can help with their recovery. Examples include:



Student Wellness
KORU MINDFULNESS WORKSHOPS



Student Engagement and Campus Programs
STUDENT INVOLVEMENT



Recreational Services
INTRAMURAL SPORTS AND FITNESS PROGRAMMING



University Counseling Service
INDIVIDUAL AND GROUP THERAPY



Campus Activities Board
LATE NIGHT ALCOHOL-FREE EVENTS

IOWA

Division of Student Life

mentalhealth.uiowa.edu/collegiate-recovery-program

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact University Counseling Service at (319) 335-7294.