



Transforming Youth Recovery  
One Community, One School, One Student At A Time

Building  
Blocks  
Toolkit



[transformingyouthrecovery.org](http://transformingyouthrecovery.org)



# Collegiate Recovery Program Building Blocks Toolkit

## Capacity Building

Network, network, network! Build relationships that span the university and local community. Find key stakeholders and recovery champions, and enlist them to help. Sometimes this looks like the formation of a coalition or board. Generate a database of assets (people, places, services, etc.) that you can refer your students to, and that can refer students in recovery to you!

## Organization

Maintain a system of communication for folks to get involved and stay involved. Build consistency with regular meetings. This is critical in the beginning stages in order to sustain a core group of interested students. **Outreach**

Continue to talk about what you are doing. Whether you have 2 students or 200, you should always be focused on letting people know you exist. There are new students in recovery on your campus every year, so make sure they can find you. This takes on many forms, and there isn't a silver bullet to making your program known, so try everything you can and see what works best for your campus.

## Purpose

Develop a unifying mission for the emerging program, from the students. Have an ongoing conversation about what the students need and what they envision for the future. What are some short- and long-term goals?

## Resources

Use your resources! There are many staff and students around the country that have come before you and many more doing it alongside you. Attend collegiate recovery conferences. Utilize the conversations forum and shareables on [collegiaterecovery.capacitype.com](http://collegiaterecovery.capacitype.com).

## Staff Advocates

It's important to have at least one staff person who can dedicate time each week to help - getting the word out, mentoring the students, and leveraging relationships within the university to garner institutional support. Staff advocates empower the students to take a leading role.

## Students in Recovery

Students are the most important asset in starting a collegiate recovery program. We see a growing number of collegiate recovery efforts spearheaded by a student or student group. They may be volunteers, paid interns, student assistants, peer educators, or allies.





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