

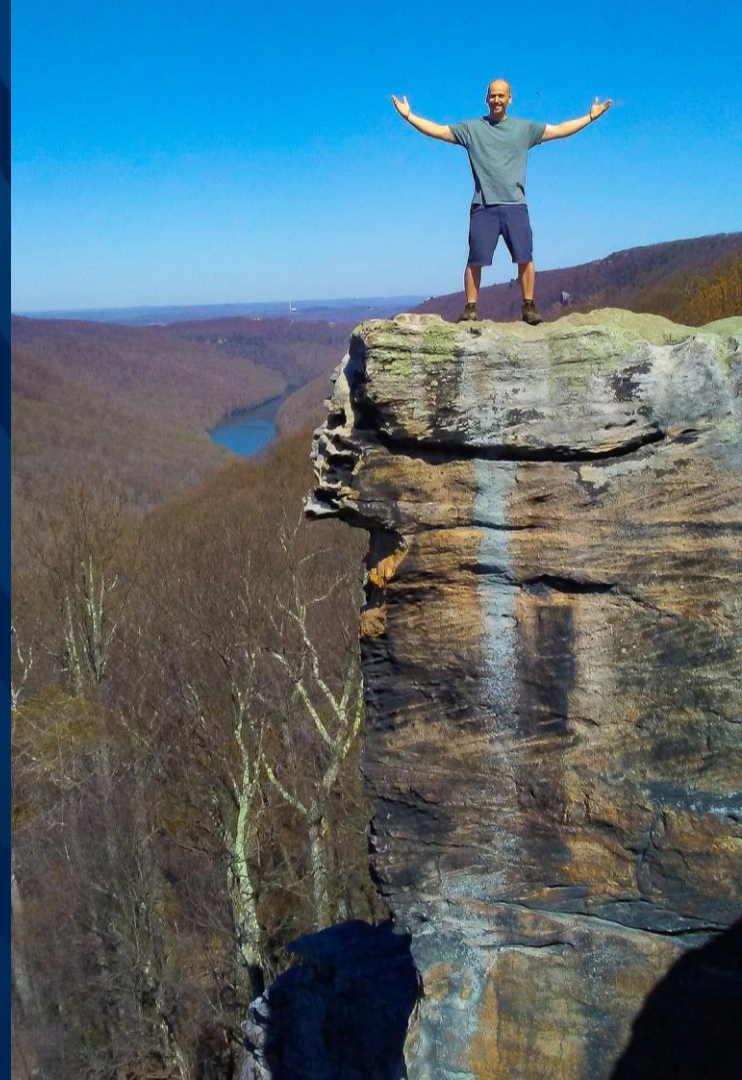
WVU Collegiate Recovery

A program to support students in their recovery and promote a healthy lifestyle on campus.



What is Recovery?

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”
(SAMHSA, 2012)



Four Dimensions that Support Recovery



Health

“Overcoming or managing one’s disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem— and **for everyone in recovery**, making informed, healthy choices that support physical and emotional wellbeing.” (SAMHSA, 2012)

WVU CRP & Health

- Recovery meetings (wide variety)
- Professional and peer support staff
- Abstinence-supportive environment
- Holistic wellness-oriented programming
- Referrals to treatment/support resources



Home

- “A stable and safe place to live.” (SAMHSA, 2012)



Serenity Place: A Home on Campus

- Welcoming and supportive atmosphere
- Comfortable setting
- Quiet spaces for studying
- Fun!!



Purpose

“Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society”
(SAMHSA, 2012)

WVU CRP & Purpose

- Service opportunities
- Leadership opportunities
- Adventure and Wellness
- Education/Training
- Purpose-oriented programming (e.g. future authoring workshops)



Community

“Relationships and social networks that provide support, friendship, love, and hope”
(SAMHSA, 2012)



WVU CRP & Community

- Diverse group of students, staff, faculty, alumni, & community members
- Celebrations
- Adventure trips
- Sober social events
- Comprehensive network of support resources



Serenity Place

- 628 Price St. (in front of Arnold Hall)
- Hours: M-F 9am-8pm, Sat/Sun open for events/activities (check social media/website for event schedule)
- All students are welcome!

Serenity Place

- Comfortable living room (big screen tv, video games)
- Kitchen with snacks and refreshments
- Yoga/meditation studio
- Study room
- Game room
- Patio/courtyard
- Art room



Weekly Events & Activities

Monday

- Start Your Day Right – 9am
- Creative Monday 12pm
- Meditation – 1pm
- Narcotics Anonymous Meeting – 6pm

Tuesday

- Start Your Day Right – 9am
- Meditation – 1pm
- Ted Talk Tuesday – 2pm
- Yoga – 545pm

Wednesday

- Start Your Day Right – 9am
- Song Study 12pm
- Liberating the Healthy Me – 1pm
- Adult Children of Alcoholics Meeting – 630pm

Thursday

- Start Your Day Right – 9am
- Smart Recovery – 12pm
- Meditation – 1pm
- Ecstatic Dancing – 4pm

Weekly Events & Activities

Friday

- Body Movin – 9am
- Meditation – 1pm
- TGIF Meditation – 5pm

Saturday

- Sober Tailgates
- Adventure Trips

Sunday

- Hiking – 9am
- Refuge Recovery – 2pm
- Alcoholics Anonymous Meeting – 7pm

Special Events & Activities

- Sober Social Events
- Nutritional Cooking Classes
- Adventure Trips
- Future Authoring Workshops
- Mindfulness Events
- Celebrations



Ways to get Involved

- Come out and participate!!
- Volunteer
- Capstone/Internships
- Graduate Assistantships



Check us out!!



- Website: **recovery.wvu.edu**
- Social Media:
 - On Facebook: **WVU Collegiate Recovery**
 - On Instagram: **serenityplacewvu**
- 628 Price St. (In front of Arnold Hall)