

**Recovery**  
connections



[www.recoveryconnections.org.uk/recovery-friendly-pledge/](http://www.recoveryconnections.org.uk/recovery-friendly-pledge/)



## Collegiate Recovery Programmes (CRPs)

- Active in the US for 30+ Years
- Now present in 150+ Universities

## Winston Churchill Fellowship

- Completed in 2017
- 6 Universities Visited & 1 Recovery High School

## Dr Thomas Kimball & Texas Tech

- Technical Support from Center for Collegiate Recovery Communities Director
- Established model at Teesside University

the  
CHURCHILL  
fellowship



## Progress in the UK

- Started at Teesside University in 2018, Sunderland in 2022.
- Supported Development at Universities of Birmingham & Chester



## Key Elements

University & College life can be abstinence hostile for students in recovery



Campus recovery support is aimed at students who identify as being in recovery from addiction (of any kind)



It is centred around connectivity, common purpose & peer support.



An essential component is recovery space & sober social activity



## Benefits to the Campus

Students in recovery are an asset



Visible recovery offers the opportunity for students problematically using alcohol and other drugs to gain peer support.



Students in recovery achieve academically



Students in recovery are attracted to a University with a CRP



# How do we influence and inform Universities about Recovery?



**VISIBILITY**



**ADVOCACY**

Student Support, Senior Leaders,  
Student Union, Students themselves,  
Student & University Organisations



**TRAINING**

Recovery Ally Award



**RECOVERY FRIENDLY UNI  
PLEDGE**

#RecoveryFriendlyUni

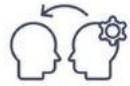
**CPD  
CERTIFIED**  
The CPD Certification  
Service





# Recovery Ally Training

A workshop that guides anyone towards a deeper understanding of what recovery means, and how to champion it.



**Training accessible for anyone**

This training programme is available for anyone who wants to learn more about recovery, whether in a personal or professional capacity.



**Mixed modes of training available**

The training is designed to be delivered flexibly, with both remote and face-to-face learning available, depending on your needs or those of your organisation.



**Embrace Live Experience to challenge stigma**

Through co-facilitation, learners will develop the ability to listen, support, without judgment, creating positive social and work environments for others.

## Who is the training for?

Organisations, and individuals from many different backgrounds, have undertaken this training programme. From family members who wish to develop a deeper understanding of what a person in recovery may experience, to employers looking for support, the knowledge acquired in this training programme holds value for anyone. People who are considering work in, or already employed in, the health and social care sector, can all benefit from the knowledge gained, and acquired via this workshop.



**CPD CERTIFIED**  
The CPD Certification Service

# Training created to empower



**Build the conversation**

Learn to start and facilitate the right conversations, using powerful questions, develop listening skills, and understand the needs of the individual.



**Acquire knowledge to pass on to others**

A Recovery Ally isn't just an asset to people they already know. The example they set demonstrates the value of compassion and understanding across a much wider network.



**Learn to ask the right questions**

Addiction, and therefore recovery, is heavily stigmatised. By learning where to use certain language, and ask the right questions, Recovery Allies can contribute to reduction in stigma.

## at the training includes:

Recovery Ally Training guides learners through four key elements of supporting a person in recovery:  
• Discussion around the unique and individual journey a person in recovery experiences  
• The language surrounding addiction and recovery, and how to use it positively  
• Ways in which anybody can challenge stigma and help others to understand it  
• Active listening skills to listen to and support others without judgment

## Recovery Allies are able to:

- Improve the ways in which they support people in their personal and professional lives
- Communicate in ways that make a person in recovery more comfortable
- Highlight the positives of recovery and challenge the stigma around it
- Support self-efficacy and understand behaviour changes
- Use active listening and motivational interviewing skills to support people



Training is delivered either in person by Haines, a vastly experienced coach and trainer.

## Contact us to become a Recovery Ally

Please write to the address below to find out more about our CPD (Certified Professional Development) training programme.

Remote-learning workshops can accommodate up to 10 people at once, making it an ideal platform for businesses and organisations.

**Find out more**



[training@recoveryconnections.org.uk](mailto:training@recoveryconnections.org.uk)



H.E.A.R.T.

HOME

ABOUT

AMBASSADORS

COLLEGIATE RECOVERY

USEFUL LINKS

HEART FORUM

LOGIN

REGISTER ACCOUNT

Support

[www.heartoncampus.co.uk](http://www.heartoncampus.co.uk)



10 March, 2023

# University of Chester Signs The Recovery Friendly Pledge



Support

10 March, 2023

## University of Chester Signs The Recovery Friendly Pledge

At the start of March, 2023, the



Support

14 December, 2022

## Collegiate Recovery Programmes in the UK: Making Plans



Support

16 Dec

## Collegiate Recovery Programmes in the UK: Making Plans

Dr To



Support

14 Dec

## What Recovery Programmes in the UK: Making Plans (From

# The Recovery Friendly Pledge

## Has pledged to

- Ensure that there are opportunities to increase the visibility of recovery within our university and to ensure that recovery is valued and celebrated
- Ensure that there are recovery friendly events at our university
- Promote and support opportunities for people in recovery to support others in recovery
- Ensure that barriers to our university for people in recovery are addressed
- Provide a recovery hub within the university, which will be regarded as a safe space for people in recovery, which will be the focal point for people in recovery to build community
- Actively address and challenge the stigma of people in recovery
- Ensure that accommodation options meet the needs of people in recovery
- Ensure that we increase our awareness of the needs of families and loved ones of people in recovery
- Ensure that our Wellbeing and Student Support Teams are aware of the needs of people in recovery and have the appropriate knowledge and referral information for onward signposting and support to meet the needs of people in recovery

Recovery Connections



The University of Chester



Developed in partnership with 4 Universities

Signed by Sunderland in 2022

Signed by Chester in 2023

Featuring 10 commitments to making campuses Recovery Friendly

Designed to support students, and help staff to understand the needs of people in recovery

**I'm supporting the campaign to encourage all UK universities to sign up to be a #RecoveryFriendlyUni**



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