

## Why is a recovery group important to the WashU Community?

- WashU is home to students in recovery for substance use. Approximately 315,000 college students across the nation are seeking help for substance dependency.
- Collegiate Recovery Communities (CRCs) help fill the gap in the recovery journey by supporting students to maintain their recovery while pursuing their academic goals. WashU is not alone, more than 150 universities in the U.S. have established programs. Students active in CRCs have higher rates of retention, graduation, and grade point average.
- CRCs provide a community of support in a sometimes "abstinence-hostile" environment.

### To learn more or to join the group, contact:

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Habif Health and  
Wellness Center

STUDENT AFFAIRS AT WASHINGTON UNIVERSITY



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



**MACRO**  
Missouri Alliance of Collegiate Recovery Organizations

# Washington University Recovery Group

Fostering a community of support



**Building a judgment-free recovery group** that connects current Washington University undergraduate and graduate students to each other as well as to campus and community resources.

**T**he WashU Recovery Group was founded in Spring 2018 after the university received a grant from Transforming Youth Recovery, an organization that promotes and funds substance use recovery programs in colleges and universities across the nation.

## What is WashU Recovery?

The WashU Recovery Group provides a safe place for students in recovery to connect with others with similar experiences on campus. The group provides local resources, support, meetings, and activities. The group is not a recovery program, but is a resource that students can add to their support system while attending the university.



"WashU is a big part of my life and my recovery is a big part of my life. For the first time, because of this group, these two important areas of my life get to merge."

– Member of WashU Recovery

## Is this group for me?

- Are you a current WashU student in recovery from substance use?
- Are you a WashU student thinking abstinence may be an option for you?
- Are you looking for support around abstinence on campus?

Did you answer yes to any of the above?  
Then this group is for you!

## What can I expect?

- Judgement-free environment
- Supportive staff and group members
- Optional weekly on-campus meetings (Not 12-step)
- Access to a private space dedicated to the group 24/7
- Fun, substance-free social activities
- Resources on and off campus



To learn more, contact  
**[recovery@wustl.edu](mailto:recovery@wustl.edu)**