



Dear Parents,

A recovery-friendly support network is crucial to your potential students' recovery. Offering the right kind of recovery support to your son or daughter is so important to their academic and life success. The Texas Tech Center for Collegiate Recovery Communities is where students flourish in the miracle of recovery. We know that choosing a collegiate recovery program is sometimes difficult and offer the following items to consider as you and your student make this important decision.

1. **Ownership and Autonomy.** Your student is the one that will be a CRC member, be supportive, but let them ask the questions, fill out their own applications, and see what program they think would be best for their recovery. Allowing your student to take care of some of the footwork provides a sense of autonomy and ownership of their experience.
2. **Healthy Compromise.** What works for you, may not work for your son or daughter. Discussing all options and possibilities together may help guide you to a compromise that works best for your family.
3. **Support.** CRPs are not designed as treatment programs, they are designed to offer extended recovery support on college campuses so your student has a safe harbor and a community of likeminded others to be with.

After discussing the possibility of finding a CRP for your student, there are several things to ask when talking to different CRPs. While sharing the goals of providing support, preventing relapse, and promoting academic performance, individual CRPs can vary greatly. Here are some important questions to ask:

What about housing? Here at Texas Tech, we offer recovery-living dorms through Talkington Hall. We have a dedicated floor for just our students in recovery. Our staff coordinates student living assignments so we can ensure that all students living on our dorm floor are in recovery. For more information about housing contact our staff member Anna Trevino at (806)742-2891 or at alee.trevino@ttu.edu.

What kind of staff do we have? We have 8 full time staff person who work with our students. We also have graduate student assistants and undergraduate assistants to augment and provide peer-to-peer support. We also consider the 125 students we support as part of the wonderful community and peer-to-peer support offered at our CRC.

What kind of space does the CRP have? We are fortunate enough to be housed in our own 16000 square feet building in the middle of campus. Our CRC students have access to our basement, dedicated just for them, that provides study space, a computer lab, a meditation room, a TV lounge, a game room and a break room.

Does the CRP offer scholarships? The Texas Tech CRC offers scholarships to all members of our community. Our competitive scholarships waive out-of-state tuition and help with admittance into Texas Tech.

What are the criteria for admittance to the program? Each student applying to the Texas Tech CRC must have a year of continuous recovery before or will have a year of continuous sobriety during the first semester they start as a CRC student. Each student must also have earn their high school diploma or their GED before they enter Texas Tech.

How are the students involved in our program? Students are required to attend weekly seminars, be an active member of our service organization, the Association of Students About Service (ASAS), attend three to four mandatory CRC events throughout each fall and spring semester, to be present in our community, and maintain a 3.0 GPA at Texas Tech.

What services are offered as part of our program? We offer many resources at the Texas Tech CRC. We offer weekly seminars, eating disorder support, nutrition seminars with our dietitian (LD/RDN), academic advising, academic counseling, scholarships, summer study aboard opportunities, accountability, staff mentoring, and referrals for community health professionals.

With all of these things considered, moving forward and making the best decision as an informed family should be easier. CRPs offer a great support system to students as they pursue higher education while growing in recovery. Remember if you have further questions you can always contact us at (806)742-2891.

All our best,

The Faculty and Staff of the Center for Collegiate Recovery Communities