

**Center for the Study of Addiction and Recovery**  
**Applied and Professional Studies**  
**College of Human Sciences**

---

**STRATEGIC PLAN**  
**Spring 2006**

**MISSION STATEMENT**

The Center for the Study of Addiction and Recovery provides a nurturing, affirming environment in which students recovering from addictive disorders can successfully pursue academic, personal, and professional goals for the purpose of enhancing their quality of life and becoming productive members of society.

**VISION STATEMENT**

To create a comprehensive educational, social support, and recovery service network for students in higher education who are recovering from addictive disorders or who have grown up in families impacted by addiction.

The Center for the Study of Addiction and Recovery will:

- Provide recovering students with all of the available resources to assure academic success;
- Conduct research that contributes to the improvement of prevention, intervention, and treatment strategies that are involved in the study of addictive disorders;
- Contribute to social and community development through service projects;
- Empower students to use education as a means of improving self-confidence, decision-making skills, and interpersonal relationships;
- Be recognized in higher education for its unique Collegiate Recovery Community.

**Section 1      Goals and Accomplishments**

**Goal 1:**            Student Support. Provide financial and personal support to eligible recovering persons who are currently enrolled in the Center.

**Benchmarks (measures of the degree of success over the next 5 years):**

- Increase the number of students receiving substance abuse scholarships to 40%.
- Provide three or more Licensed Chemical Dependency Counselors or nutritionists to assist students in improving their overall physical and mental well-being.

**Center for the Study of Addiction and Recovery  
Applied and Professional Studies  
College of Human Sciences**

---

**STRATEGIC PLAN  
Spring 2006**

- Provide 12-step support groups on campus to meet the needs of an expanding and diverse student population.

**Objectives**

- While increasing our student enrollment, an effort will be made to increase the number of students receiving substance abuse scholarships.
- Make counseling available for all students in need.
- Increase 12-step based support groups to meet the needs of underrepresented recovering.

**Strategy**

- Increase the Center for the Study of Addiction and Recovery endowment to a level that allows increasing scholarships for students.
- Provide access to a licensed counselor on staff with the Center when the student feels his or her recovery is threatened, or has other concerns.

**Goal 2:** Academic Excellence. Maximize academic support services to achieve 100% passing rate of all students associated with the Center for the Study of Addiction and Recovery.

**Benchmarks (measures of the degree of success over the next 5 years):**

- Achieve 100% passing rate per semester for all students enrolled in the Center for the Study of Addiction and Recovery.
- Graduate 100% of all students within 5 years.
- Raise the average G.P.A. of scholarship recipients from 3.4 to 3.7.
- Increase average G.P.A of all students enrolled to 3.4.

**Objective**

- Expecting all students to pass each semester and graduate after 5 years reinforces the idea that academic success is a critical goal for each student.
- Increasing the G.P.A of scholarship recipients sets a strong example for all students involved in the Center.

**Center for the Study of Addiction and Recovery  
Applied and Professional Studies  
College of Human Sciences**

---

**STRATEGIC PLAN  
Spring 2006**

**Strategy**

- Increase student awareness of University academic assistance programs such as the Writing Center, the Missouri Club, the Techniques Center, and Computing Services.
- Maintain a database to track students' academic progress.
- Assess each student's academic progress using a Midsemester Grade Report to accurately provide them with opportunities to improve performance in the classroom.

**Goal 3:** Maintained Student Recovery: Create an environment for quality, long-term recovery for the student population through the creation of a Collegiate Recovery Community.

**Benchmark (measures of the degree of success over the next 5 years):**

- Continue to host student led Celebration of Recovery meetings once a week that are open to all students on campus.
- Decrease relapse rates for all students from 10% to 7%.
- Host student led group sessions on campus to help students dealing with a diverse range of addictions.

**Objective**

- Establishing a collegiate recovery community that is flexible enough to encompass a large amount of students while still maintaining historically low levels of student relapse rates.
- Continue to provide meetings for a diverse array of addictions for students to attend.

**Strategies**

- Make attendance at group counseling and celebration meetings mandatory.
- Provide opportunities for student service projects.

**Center for the Study of Addiction and Recovery  
Applied and Professional Studies  
College of Human Sciences**

---

**STRATEGIC PLAN**

**Spring 2006**

**Goal 4:** Institutional Advancement: Increase funding to support the Center for the Study of Addiction and Recovery and demonstrate responsible stewardship.

**Benchmarks (measure of the degree of success over the next 5 years):**

- Secure operating funds through line item in university budget each year.
- Increase endowments by 50%.
- Continue to pursue grant opportunities at the institutional, state, and federal levels to account for 50% of the operating budget.

**Objectives**

- Securing operating funds from the university allows the Center to use funds for other endeavors including scholarships, program enrichment, and facility improvement.
- Pursue awards from foundations and other charitable giving.

**Strategies**

- Developing a public relations platform to increase national exposure.
- Maintain a staff position for an experienced grant writer.
- Continue active involvement at the federal level by pursuing Congressional and Department funding.

**Goal 5:** Research: Increase the Center for the Study of Addiction and Recovery's participation in research that impacts the way addiction is viewed from the individual, familial, and societal perspective.

**Benchmarks (measures of the degree of success over the next 5 years):**

- Increase undergraduate and graduate student participation in research in research to 75%.
- Publish two peer reviewed studies in top academic journals.

**Center for the Study of Addiction and Recovery  
Applied and Professional Studies  
College of Human Sciences**

---

**STRATEGIC PLAN  
Spring 2006**

**Objectives**

- Research improves the understanding of the Collegiate Recovery Community.
  
- Our student population provides a unique opportunity to measure outcomes of a recovering community in a higher education environment.

**Strategies**

- Construct detailed databases to track students' academic progress and success in recovery.
- Continue longitudinal diary studies to measure trippers that influence relapse among students.

**Section 2. Universal Quantitative Data**

**Information not required**

**Section 3. Area/Unit Specific Information**

**Information not required**

**Section 4. Strategic Planning Update**

**Goal:** Student Support. The Center for the Study of Addiction and Recovery will provide the financial, academic, and personal support needed to help student in recovery.

**Commentary:** The Center for the Study of Addiction and Recovery is committed to providing assistance to recovering students in the areas of financial, academic, and personal support. While the numbers of students increases, the Center must be able to continue to provide the support needed to ensure a positive Collegiate Recovery Community experience of all students.

**Implementation Plan:** The Center for the Study of Addiction and Recovery will maintain a full-time staff position available to help student with academic and financial issues. Also, professional and licensed counselors will be available to help students in the areas of personal support.

**Goal:** Academic Excellence. The Center for the Study of Addiction and Recovery will maximize academic support services.

- 100% passing rate per semester of all students.
- 100% graduation rate for all students within 5 years.

**Center for the Study of Addiction and Recovery**  
**Applied and Professional Studies**  
**College of Human Sciences**

---

**STRATEGIC PLAN**  
**Spring 2006**

**Commentary:** The Center for the Study of Addiction and Recovery is committed to maintaining a quality undergraduate program through careful monitoring of grades and frequent audits of student's degree plans. Continued efforts will be made to achieve 100% passing rate of all students associated with the Center. Internship opportunities and career counseling are also encouraged to provide guidance and opportunities after graduation.

**Implementation Plan:** The need exists for the Center for the Study of Addiction and Recovery to have a specified staff position assigned to help students with enrollment, monitor grades, and audit degree plans. Also, plans are in place to have midsemester grade reports that measure student academic achievement during the course of the semester. Additional tutoring and other university provided academic services can be assigned to give the student any help needed.

**Goal:** Maintained Student Recovery. The Center for the Study of Addiction and Recovery will create an environment conducive to the successful recovery of all students.

- Maintain a 7% or lower relapse rate for the student population.

**Commentary:** The Center for the Study of Addiction and Recovery is committed to the recovery success of all students at Texas Tech University. The Center will continue to create an environment for quality, long-term recovery for the student population through a Collegiate Recovery Community. Also, the Center will continue to host Celebrations of Recovery meetings and other student led meeting on campus. With an expected increase in student enrollment, additional emphasis should be placed on creating a Collegiate Recovery Community that strives to create an environment where students can thrive without threatening their recovery.

**Implementation Plan:** The primary focus for the Center for the Study of Addiction and Recovery is to create an environment where students dealing with recovery issues may operate in an academic, personal, and professional way for the pursuit of growth and life enhancement. The need exists for a strong Collegiate Recovery Community to help facilitate maintained recovery for students. A staff position should be delegated to facilitate addictive disorder meetings, service projects, and personal development activities. The Center should maintain a commitment of having licensed counselors on staff to help with student issues that might threaten recovery.

**Goal:** Institutional advancement. Increase funding to support the Center for the Study of Addiction and Recovery and demonstrate responsible stewardship.

- Increase endowment.
- Remain competitive for grants and other funding sources.

**Center for the Study of Addiction and Recovery**  
**Applied and Professional Studies**  
**College of Human Sciences**

---

**STRATEGIC PLAN**

**Spring 2006**

**Commentary:** The Center for the Study of Addiction and Recovery largely relies on grants, foundation support, and private donations for operating funds. To demonstrate responsible stewardship of these funds, the Center is committed to excellence in all facets of our operation. The Center is in the process of increases in student enrollment, facility upgrades, and levels of funding. Student enrollment has increased substantially percent over the past 5 years. It needs to remain a priority that while enrollment numbers increase, the quality of service does not decrease.

**Implementation Plan:** The Center for the Study of Addiction and Recovery is committed to offering as many students as possible the opportunity to participate in the program. The Center currently attracts students from across the geographic spectrum, thus establishing a nation-wide reputation of quality program development. Resources should be directed to implement a public relations platform to increase national exposure. Additionally, a staff position should be reserved or created for an experienced grant writer. The Center should maintain a presence with the federal government, including the congressional and agency levels.

**Goal:** Research. Increase the Center for the Study of Addiction and Recovery's participation in research that impacts the way addiction is viewed from the individual, familial, and societal perspective.

- Increase exposure in peer reviewed academic journals.
- Maintain data on current and previous students.

**Commentary:** The Center for the Study of Addiction and Recovery is in a unique position to measure recovery issues within a university population. Research will help the Center to better understand the effectiveness of a Collegiate Recovery Community. Continued efforts should be made to measure outcome within this community. The Center is dedicated to increasing exposure in academic journals. The Center is also committed to tracking current and past student's academic success, which would help to provide the best educational experience for our students.

**Implementation Plan:** The Center for the Study of Addiction and Recovery is involved in research that may help better understand recovery issues within particular environments and cohorts. The Center is currently engaged in research that measures social support and substance triggers within a Collegiate Recovery Community. Better understand of aspects that effect recovery helps the Center provide a nurturing environment for our students. Thus, research that explains facets of recovery allows the Center to improve services for students.