



A MISSING LINK: NUTRITIONAL HEALING IN RECOVERY

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ABSTRACT

The journey of students in a Collegiate Recovery Program (CRP) begins with early recovery and continues towards a well-developed mental, spiritual, emotional, and physical state. Much emphasis is placed on mental, emotional, and spiritual healing through traditional recovery programs. Though all of these aspects are vital to flourishing in recovery, nourishing the physical state is often overlooked. The “missing link” within CRPs, the role of nutrition, can significantly impact physical well-being in recovery and a student’s reconnection with their body. Delivering information to CRP staff and students on the many aspects impacted from nutritional deficiencies and imbalances (neurobiological, gastrointestinal, emotional, mental), particularly in early recovery, will provide a means to evaluate inclusion of nutritional and physical health emphasis at their CRP. Appropriate implementation, not only knowledge, of resources to support this “missing link” is also crucial in a student’s journey to flourishing in recovery.

RECOVERY-INFORMED EDUCATION AS A MEANS OF INSTITUTIONAL SUSTAINABILITY FOR CRPS

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ABSTRACT

CRPs are uniquely positioned to be valuable assets for universities to address substance-related issues in the collegiate environment. Utilizing the experience of students and staff members engaged in recovery support services empowers CRPs to implement alcohol and other drug (AOD) programming for the general student population. This presentation will outline how CRPs can implement education programs within their university in order to provide wider support and resources as well as challenge injunctive norms on campus. By employing various education initiatives, CRPs can reach a broader range of students while also attaining sustainability within the university structure.

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