#### Welcome!!

- Olivia Pape, Director
- Andrew Caryl, Program Coordinator
- Marissa Mangione, Student Worker



# BEGON

## WVU Collegiate Recovery

- The WVU Collegiate Recovery Program (CRP) supports students in recovery by promoting a healthy, balanced, and meaningful life on campus.
- Our goal is to provide resources to help students thrive in their recovery and develop meaning and connections as they move forward in life.

# What do we mean by *RECOVERY?* Who do we serve?

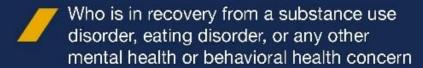
- "A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."
- We support students regardless of what they are in recovery "from" - we aim to help them to move towards what they want to recover "to"
  - Substance use disorders
  - Eating disorders
  - Mental health or behavioral disorders
- All pathways to recovery welcome here.
- Students in, seeking and supporting recovery.

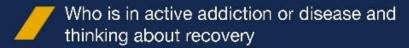


# COLLEGIATE RECOVERY For ME?

Can you answer yes to any of these questions?

I am a person...







Who has been impacted by addiction

Who might one day meet someone who is in recovery or active addiction

Who is interested in learning more about

#### Who is welcome?

Students in recovery

Students who have been impacted by addiction

**Recovery Allies** 

Students interested in sober social activities

Students interested in a particular event

Pretty much any student is welcome!

Faculty, staff, and alumni also welcome!

# Serenity Place

**Serenity Place at Arnold House** 

M – F, 9am – 5pm

628 Price St.

(304) 293-2547

**How to get to Serenity Place** 



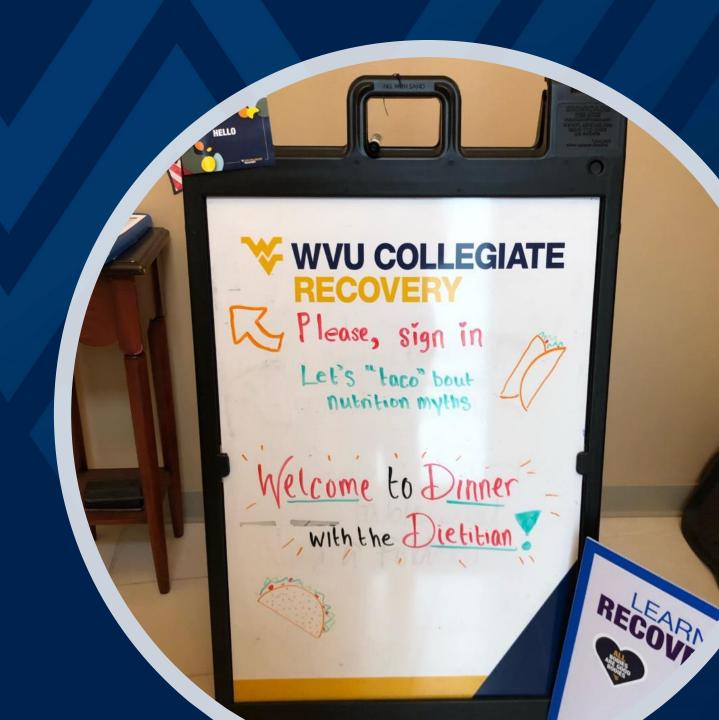
# A Home On Campus

- Comfortable space with couches and big screen tv
- Fully stocked kitchen with snacks and refreshments
- Exercise equipment
- Study room with computers
- Yoga/meditation room



# Support offered at Serenity Place/Virtual Serenity Place

- Recovery Meetings
- Start Your Day Right
- Meditation & Mindfulness
- Sober Social Events
- Health & Wellness Programming
- Peer Support
- Fun ©





Recovery meetings offered by Collegiate Recovery

12-Step (NA)

**Nourish Community** 

All Recovery

Mindful Recovery

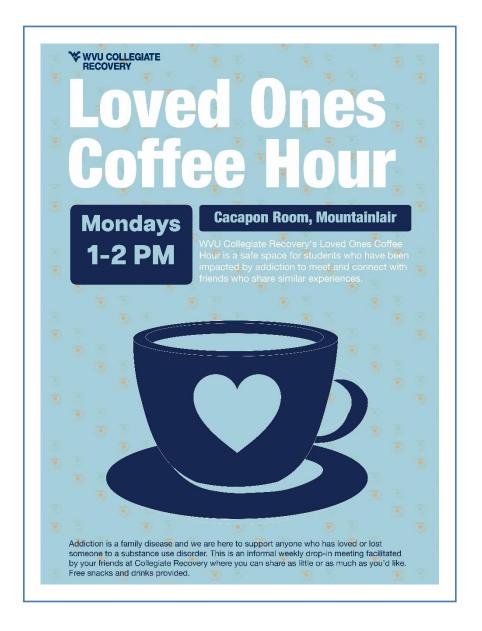
Well-Being Support Group

**Loved Ones Coffee Hour** 



#### Featured Programming

- Loved Ones Coffee Hour Mondays at 1pm (Cacapon Room in Mountainlair)
- Nourish Community (Mon at 12pm)
- All Recovery (Wed & Fri at 12pm)
- Start Your Day Right (M-F at 9am)
- Mindful Recovery (Tues at 12pm)
- Well-Being Support Group (Thurs at 12pm)
- Color Me Mindful (Wed at 3pm)
- Unplugged Gaming (Fri at 3pm)





### Special Events

- Pumpkin Spice Lattes and Mug Painting (11/9, 5-7pm)
- Friendsgiving (11/16, 5-7pm)
- Recovery Open House (11/30, 5-7pm)

# Recovery Ally Training

- Hour-long training to better understand the process of recovery, help confront stigma related to addiction and utilize recoverysupportive language.
- Learn about recovery resources in the greater Morgantown area.
- Upcoming Training: 11/29 (10am)
- More information and signup links available at <a href="https://recovery.wvu.edu/recovery-ally-training">https://recovery.wvu.edu/recovery-ally-training</a>





### Scholarships

- Cathy Yura Scholarship \$1,000
- George Daugherty \$500
- More info at <a href="https://recovery.wvu.edu/scholarships">https://recovery.wvu.edu/scholarships</a>

### Service Opportunities

- Volunteer Opportunities
- Capstone and Field Placement Opportunities
- Email
   <u>olivia.pape@mail.wvu.edu</u> for more info.



### For more info:

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- Join our weekly newsletter→

