

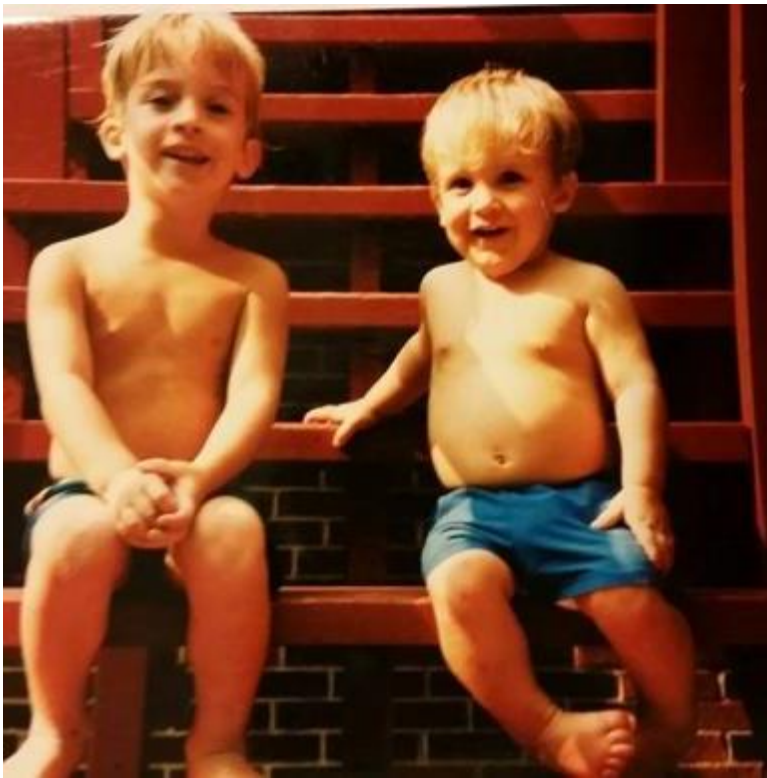


Stigma, Millennials and Collegiate Recovery

Brett Watson

+ My story...the early years

Brett



Ggregg



+ What I do now

Student Advocate

The logo for the Collegiate Recovery Community (CRC) features the letters 'CRC' in a large, bold, dark grey sans-serif font. The letters are contained within a white rectangular area that is framed by a thick orange border.

Collegiate Recovery Community

Intake Manager





Fighting stigma by addressing addiction as a disease



- Chronic long term health condition requiring immediate medical intervention treated by a team of specialists, continued monitoring and maintenance and eventually remission with continued monitoring and maintenance
- Cancer? Diabetes?
- Nope, Addiction
- Stigma is inherently attached to the narrative of moral failing

+ Stigma = Shame and Secrecy



- Shame keeps the addict in the shadows
- Secrecy leads to lies, deceit and manipulation
- Shame and secrecy prevent the affected individual from asking for help



Addiction is a treatable disease



- With immediate medical intervention from a team of specialists
- With continuing monitoring and maintenance
- Remission is possible
- People can live the full life they deserve
- Sobriety is just one gift.....Freedom is what we want

+ Who does stigma affect?

- The addict – creates a vacuum of fear, shame and secrecy
- The family – creates confusion, fear and misunderstanding
- The helper – incites bias among those treating or helping the suffering
- Stigma is not just what we say out loud, it's the images in our heads, the stories we overhear and the narratives fed to us from a bygone era





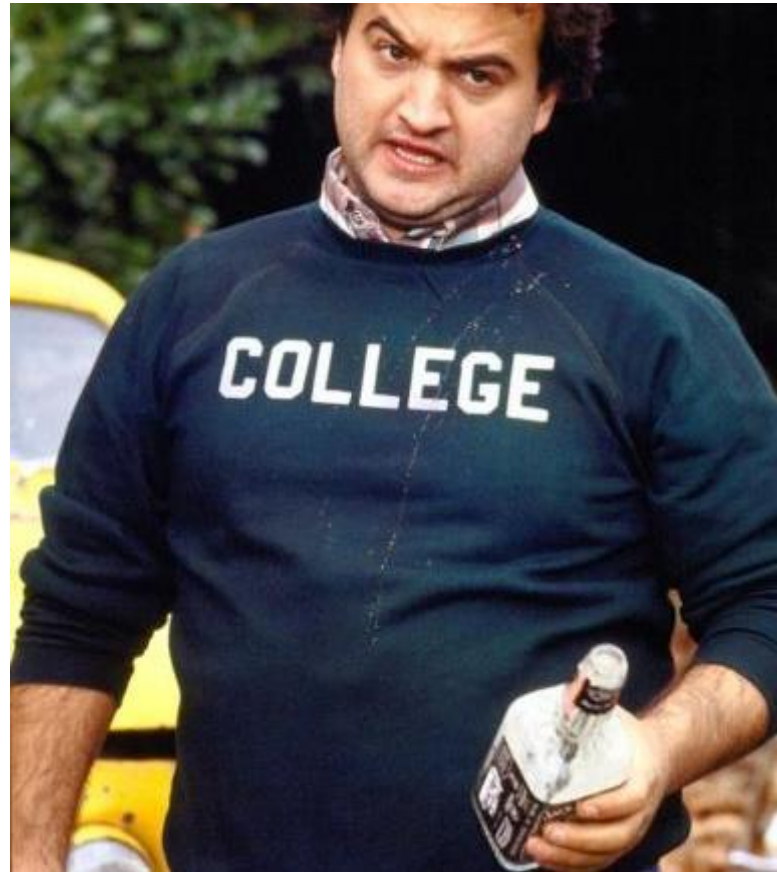
Stigma can be self imposed



- My irrational fears based on stigma prevented me from getting help
- Fear of 12-step fellowships and therapy
- Perceived stigma of a life without alcohol
 - No fun = not true
 - No social life = not true
- Self imposed stigma can be a form of self sabotage

+ Stigma and College Students

- The culture of college is inherently stigma producing
- Fear of being different from your peers - ego
- “Experimentation” is part of the so-called experience
- Good news – help is available



+ What is a Collegiate Recovery Community?

- Student led initiative to create a centralized space for students in recovery
- What it is vs What it is not
- Community, Connection, Collaboration
- Education, Prevention, Harm Reduction
- Open Dialogues = Less Stigma



+ Why a Collegiate Recovery Community?

- Measurable outcomes
- Addressing the issue head on
- Stigma reduction
- Community Partnerships with treatment providers
- ARS + UCF CRC example



+ What now?



- Create better conversations and narratives
- Addressing addiction for the disease that it is
- Open dialogues and out of the shadows
- Research – “The Brain: The Final Frontier”
- Less Shame and More Compassion
- Less Fear and More Community and Connection



Thank you and Happy Ending

There is hope.....

