

## RSRC 2018

**Monday, November 12**

Welcome and summary of the goals of the RSRC- Teresa Johnston

Bo Cleveland welcomed everyone to Penn State

Introduction of attendees:

Teresa Johnston, Kennesaw State

Austin Brown, Kennesaw State

Jessica McDaniel, Kennesaw State

Jason Whitney, Penn State

Tiffany Brown, University of Oregon

Thomas Kimball, Texas Tech

Collin Speciale, The Arbor

Chris Hart, SR4

Kyler Knapp, Penn State

Hobart Cleveland, Penn State

Andy Finch, Vanderbilt

Tim Rabolt, ARHE

Anne Heller, UConn

Brandon Bergman, Massachusetts General Hospital (Boston)

Robert Ashford, University of the Sciences

Kristen Harper- Recovery Cube

Research Agenda- Austin Brown

- Review of the work done to this point
  - CRP lit review
  - Data tracking in CRPs
  - Alumni study
  - Empirical data review
  - Tiffany's efforts to farm past data
  - All of which sets the stage for the database and the CRP4E study to empirically assess academic progress and substance use outcomes in CRPs, as well as student perceptions of their CRP
- Andy Finch- the single R1 (not renewed) study on recovery high schools may help inform the focus and methods of the CRP studies
- Andy Finch- there is also a need to compare CRP students to control groups (i.e. general population, students in recovery not in CRPs, etc.)
- Brandon Bergman- noting that this time period is an interesting window where there is interest/attention toward recovery support services, so now is the opportunity for grant funding
- Brandon Bergman- in terms of comparison groups, it may be helpful to prioritize potential comparison group sources, and that potential sample size is an important factor in making that decision

- Bo Cleveland- it may not be wise to select students in recovery not involved with the CRP on their campus for the control group because there is likely an inherent difference between the students who opt for the CRP vs. against the CRP
- Bo Cleveland- what happens for students who go from treatment to a university with a CRP vs. a university without a CRP; does it reduce the likelihood of re-entering treatment?
- Bo Cleveland- in general, we should be mindful in designing studies because there is inherent and pervasive self-selection bias
- Andy Finch- an issue with that proposed study does perpetuate issues based because it is restricted to individuals who receive treatment
- Bo Cleveland- we may be able to expand it to RCOs as well, which might help us capture the experience of individuals who do not go to college
- Robert Ashford- it is important to assess recovery engagement in general (broader than just those who receive treatment)
- Tiffany Brown- added that it is important to study the long term results from individuals who go from recovery high schools through CRPs as well to determine impact
- Bo Cleveland- there is a lot of work potential, but we should start with a solidly designed study that can start as an R21 and then move to an R1, and then we can expand to start looking at the additional components
- Brandon Bergman- it is important to really settle on what are the questions we are asking
- Andy Finch and Tom Kimball- a complication is that in recovery schools there is no singular model from the schools, and presumably that will be the case at the CRP level
- Robert Ashford- we also have to consider who is even eligible for an R grant; have to be strategic in this

- Teresa Johnston- the point of this is for us to be strategic, and there is also always the possibility of private funding
- Anne Heller- noted that these preliminary collections of basic general data are critical to developing any further

#### Setting the Foundation: Theory Formulation in Recovery Science- Austin Brown PowerPoint

- Andy Finch- How flawed is the concept of standardized scoring, and does it indecently return to an overly reductionist view, or an impossibly expansive view that may become too cumbersome to be effective?
- Austin Brown- Well that is part of the metric development process to hash out how these components interact and consolidate
- Robert Ashford- This is more intended to guide the components we review, it's not an actual mathematical equation so much as a guide to deciding what measures are most relevant for the group being studied so that we don't fixate on a single aspect
- Tiffany Brown, in reiteration of Anne Heller- What makes this theory the reasonable theory?
- Andy Finch- This needs to get published as a hashed out theory rooted in other theory development methodology
- Finished the PowerPoint with an extended conversation about the difference between theory, paradigm, framework and the general semantics around each

#### National Database conversation, development, preliminary view- Chris Hart

#### Working lunch and presentation of technology recovery supports (WearIT for Recovery)- Bo Cleveland and colleagues

#### Updates on Current Projects, Standards, and Definitions- Full group

- Robert Ashford- TYR deployed an environmental scan survey with community colleges
  - Have a paper under review about the cause of SUD from responses to that survey
- Robert Ashford- CRP4E, 4 year study about CRP from 10 (approx.) universities
  - Observational, longitudinal study of demographics, services received, perceptions of services, self-esteem, self-efficacy, domain specific hope, recovery capital, stigma experience, GPA (self-report), etc. largely useful for CRPs to utilize in terms of reporting about their programs; also helps us determine what data CRPs should be collecting
- Robert Ashford- There is also a Slack channel if you would like to join
- Robert Ashford- SheRecovers, female only recovery community
- Robert Ashford- Possibly developing a lateral violence in recovery scale
- Robert Ashford- Catharsis and identity, language and labels that people use and their potential utility
- Robert Ashford- RCO and hybrid RCO analyses
- Tom Kimball- We should author a white paper as justification for CRPs to take to their administrations
- Everyone- Maybe we should add recovery high schools to our survey projects
- Tom Kimball- PFC study about family members of those with SUD
- Tom Kimball- Looking for collaborators for an article about family members of CRP students
- Tom Kimball- Has qualitative data about remaining 4 domains for recovery (other than hope and coping skills) that can be assessed
- Tom Kimball- potential study about CRPs and study abroad
- Tiffany Brown noted the need to expand the diversity within the RSRC
- Brandon Bergman reported on a colleague's project reviewing recovery support access disparities for people of color

- Brandon Bergman- study about emerging adult social media use while engaging in outpatient treatment
- Tiffany Brown- Developing a pilot for a grant that is compiling CRP archival data from 5 sites and will analyze what data currently exists
- Jason Whitney- Assessed student discourse about interaction with their CRP and experience in recovery (UC Boulder, Penn State, Michigan)

### **Tuesday, November 13**

Deidre O'Sullivan (Penn State) joined

#### Final remarks of current projects

- Anne Heller- objective and subjective experiences in CRPs and how they impact development; would love to time it well around the CRP4E, and would like support and collaboration on this
  - Wants to develop some evidence around the exact impact of certain programmatic components in terms of student outcomes
- Deirdre O'Sullivan- Is there an empirically-based stage model of recovery?
  - Consensus is generally no
- Deidre O'Sullivan- Employability should be a component of our research in development within recovery
- Deidre O'Sullivan- Has a current CRP data set that she is interested in collaborating on
  - GPA, connection to the CRP, major, limited family info, largely non-traditional

#### Future Directions- Jessica McDaniel

- White paper series about RCOs (RSSs in general), CRPs, and recovery high schools for university administrators or other school superintendents, policy-makers, and the general community members (essentially 9 potential white papers)
- Tim Rabolt- students have been asking how they can get involved with the research
  - Let's make a list of people willing to talk to students who are interested
  - Jessica McDaniel will follow up with everyone in 2 weeks (11.27.18)
- Everyone- conversation about the difference between CRC and CRP; does it matter, what exactly does it mean, etc.