

Prevention Services

Collegiate Recovery Community Agreement

Pack Recovery is a voluntary program offered to currently enrolled NC State students in recovery that assists students in maintaining their recovery from substance use disorders while attaining their degree. This document details the expectations of participation in Pack Recovery at NC State. Compromising any of the membership requirements may result in becoming an inactive member of Pack Recovery. Re-entry to Pack Recovery is provided after meeting with a staff member on a case-by-case basis.

Active Membership Requirements:

1. Thirty days minimum of abstinence.
2. Attend weekly Pack Recovery group meetings. Two excused absences permitted each term.
3. Engage in one hour of recovery development each week (additional meetings, holistic practices, faith, self-care).
4. Engage in one service project and one educational seminar each semester.

Conduct Expectations:

1. Conduct oneself in a respectful nature to all individuals (ideas, beliefs, identifications, “isms” etc.) and Pack Recovery space (room, GroupMe, events, gatherings, etc.).
 - a. Please refrain from displaying any and all substance-encouraging messages (clothing, pins, cases, etc.).
 - b. Please refrain from using any tobacco products, including smokeless tobacco products (chew, dip, etc.) and e-cigarettes, in Pack Recovery spaces.
2. Maintain abstinence (ceasing use of psychoactive substances, legal or otherwise). Prescription medications must be taken consistent with medical providers instructions.
 - a. Release of information to coordinate care with medication prescribing professional is requested. Strict adherence to medication regime is required.
 - b. Relationships with other mental health and addiction professionals should be maintained as recommended; release of information to coordinate care is requested.
 - c. Disclosure of recovery status with all healthcare professionals is encouraged.
 - d. Understand that the Pack Recovery Relapse Policy exists, which provides specific information concerning students who resume use of psychoactive substances.
3. Maintain responsibility and accountability for recovery; personally and amongst Pack Recovery members.
 - a. Refrain from enabling or encouraging others to engage in addictive/relapse behaviors.
 - b. Refrain from, through action or inaction, allowing another Pack Recovery member to conceal their use of psychoactive substances or to engage in addictive behavior.
4. Adherence and commitment to a recovery lifestyle inside and outside of the community. Recovery lifestyle is defined as:
 - a. Refraining from possessing psychoactive substances and/or any drug paraphernalia for self or others.
 - b. Refraining from illegal activity.
 - c. Adhering to the recovery legacy of honesty, open-mindedness and willingness to change.
 - d. Living with integrity, character, and leadership.
 - e. Provide/develop and engage in recovery plan that outlines weekly “recovery work” i.e.: meetings, sobriety “coach”/sponsor, spiritual development practice, personal growth activities.

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- 5. Understand that there are tiers of membership in Pack Recovery that correlate with member involvement. Each tier has specific benefits. Involvement is key to attain benefits of membership. See Tiers of Membership document for details.
- 6. Understand that programmatic communication will be conducted via Google Groups using your university email address, unless otherwise specified (FERPA protected). Be aware that this communication is not guaranteed confidentiality; therefore, clinical information should be communicated in person or over the phone if at all possible.
- 7. Pack Recovery understands the recovery tradition of anonymity and also works to remove the stigma associated with substance use disorders. At times, this group includes public association with the university (social media, outings, seminars, trips, conferences, etc.); however, members will have the option to engage at their own discretion. When in public with members, please honor their privacy as a group member.

Inactive Membership:

We aim to create a respectful sense of community and accountability. Upon not fulfilling active membership requirements or conduct expectations, the following actions will take place:

- Not fulfilling active membership requirements:
 - At 30 days of no participation, you will be contacted via email to be reminded of your membership requirements and provide an opportunity to re-engage appropriately.
 - At 45 days of no participation, you will be moved to Inactive status. This will result in removal from GroupMe, membership emails, any recurring appointments and Pack Recovery activities.
 - Should you be interested in reactivating your membership, contact Pack Recovery staff to schedule a meeting to devise a plan.
- Not fulfilling the conduct expectations: Our community aims to foster growth, yet is understanding of the learning process. Pack Recovery staff has discretion over actions taken, but as a general rule, the following can be expected:
 - Warning 1: Verbal warning provided, meet with staff to identify a growth assignment.
 - Warning 2: Meeting with staff to create an action plan.
 - Warning 3: Inactive status for a minimum of 30 days.

Physical harm will not be permitted. Such acts will results in inactive membership. Pack Recovery staff has discretion to take this same action for mental/emotional harm.

By signing this document, students acknowledge that they have read, understand, and agree to abide by its terms. Once signed, failure to abide by these expectations may result in disciplinary action or dismissal from Pack Recovery. Pack Recovery reserves the right to amend the terms of this document at any time in accordance with the best interests of the university and Pack Recovery.

Student signature

Date

Staff signature

Date