

C·R·E·W

COLLEGIATE RECOVERY EDUCATION WELLNESS

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TEN16

recovery network

Live fully. Free and clear.

www.1016.org

HELPING STUDENTS GROW IN RECOVERY, WELLNESS AND ACADEMIC SUCCESS.

Ten16 Recovery Network, in partnership with local universities, created the CREW Program, focused on Collegiate Recovery, Education and Wellness. This project offers a comprehensive response to the issues of alcohol and other drugs on a campus and to students living in the community. It integrates a menu of peer support, early intervention, prevention and referrals into treatment services. These are open to any student, whether they struggle with problems of misuse or addiction; in early or established recovery. CREW also offers a range of drop-in services to anyone with questions, is concerned about a friend or is in need of a safe place to strengthen their recovery and maintain their academic performance.

"CREW let me meet students from all walks of life, enhanced my ability to communicate with others & helped me build effective support resources for not only myself but also others. Being a part of this community helped me grow personally & has allowed me to actualize visions of my educational and professional goals for the future."

- Cat B., CMU 2018



OUR PARTNERS

Central Michigan University

139 Robinson Hall
Mt Pleasant
989.774.2739

Ferris State University

201 Birkham Health Center
Big Rapids
231.591.3614

Mid Michigan College

2600 S Summerton, Mt Pleasant
1375 S Clare, Harrison
989-773-6622 ext 156

Ten16 is an equal opportunity provider. Collegiate services are generously supported with local, state & federal funding.

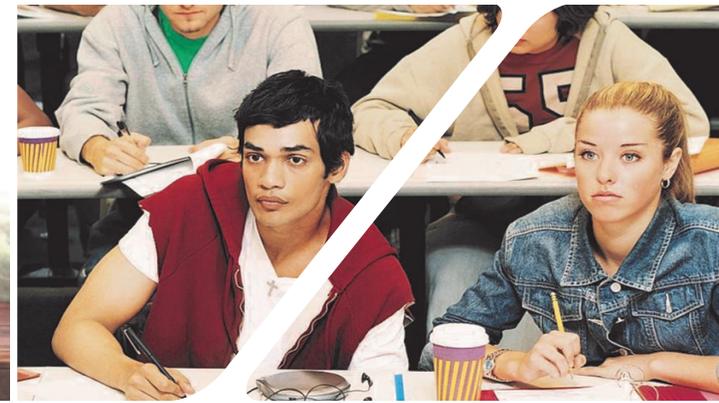


MSHN
Mid-State Health Network



MOVING FORWARD





FOR STUDENTS IN OR SEEKING RECOVERY

A collegiate recovery program (CRP) supportive environment that reinforces the decision to engage in a lifestyle of recovery from substance use. It is designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other. We offer one-on-one coaching, peer support groups, and social events. Drop in any time to study, hang out or chat!

Initial research showed students participating in a CRP have a higher GPA than the general undergraduate population at those universities. Students active in a CRP also graduated at a higher rate than the national average for college students.

FOR STUDENTS CONSIDERING A CHANGE

No one will try to force you to stop using. This is a safe place to explore your options about your substance use. We offer the chance to visit the goals for your life & how your current relationship with alcohol and other drugs is impacting them. CREW can help get things in the right perspective, and work a plan to thrive in college.

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THE STAFF

The CREW staff put an emphasis on empowering students; meeting where they are at and helping them move forward toward a better way of living. Professionals with lived experience themselves, it is their passion to equip students and help them achieve their personal and academic goals.



SERVICES OFFERED:

STUDENT EVALUATIONS

A one-on-one evaluation with a CREW staff member to evaluate a student's alcohol and drug use. Based on their results, students will receive feedback and recommendations for additional services.

WELLNESS / RECOVERY COACHING

One-on-one meetings with a certified Coach, a recent grad with their own lived recovery, to help a student manage the social and academic challenges that come with college living.

SUPPORT GROUPS / SOCIAL EVENTS

Facilitated by CREW staff, an informal gathering of students sharing experiences effective strategies with one another. Events allow students to enjoy the college experience in a fun, safe way.

EDUCATION / EARLY INTERVENTION

Classes for students whose behaviors may show a developing problem. The classes are an early intervention for students at risk; providing skills for better decisions, by mixing both education and experience.

REFERRAL TO TREATMENT

CREW staff help connect students who are struggling with a substance use disorder, and may benefit from outpatient counseling or a higher level of care as well as other community resources.