

what is recovery?

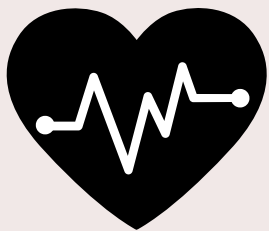


Center for Students in Recovery  
*Division of Student Affairs*

**SHIFT**  
THE CAMPUS CULTURE

"Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential."

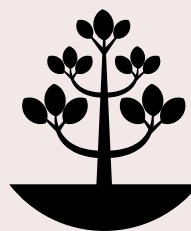
*four dimensions of recovery*



health



home



purpose



community



# UNDERSTANDING

## *recovery as a process*

recovery is unique to the individual

social networks help support recovery

recovery involves a person's physical,  
mental, and spiritual needs

recovery is not a linear path

# CENTER FOR STUDENTS IN RECOVERY

## *campus resources*



### **Campus Open Recovery**

Open 12-step meetings to connect with those in recovery/ maintaining a recovery lifestyle



### **Longhorns for Recovery**

Relaxed weekly community check-in for people in recovery and allies



### **Seminar on Addiction and Recovery**

Monthly speaker series on addiction and recovery



### **Creative Recovery**

A weekly online social event in which students bring their art/craft projects to the Virtual Lounge on Zoom



The University of Texas at Austin

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