

# The Recovery Oriented Campus Center at USM

We welcome to The ROCC all individuals who are in recovery, who seek recovery, and who identify as recovery allies. We offer peer support for individuals seeking recovery from mental health and/or substance use conditions.

The ROCC offers peer led groups, peer meetings, events and activities. We do not provide therapeutic counseling at the center, however we are connected to University Health and Counseling to provide this service.

<b>Table of Contents</b>	<b>Page</b>
Welcome to the ROCC.....	2
Our Mission and Values.....	2
Visiting the ROCC.....	3
Building Community.....	3
Supportive Groups.....	5
Recovery Planning.....	6
Counseling.....	6
Being a Peer at the ROCC.....	6
Leadership Team.....	8
Reoccurrence of substance use and mental health conditions.....	8
Confidentiality.....	8
Emotional Crisis—Mental Health, Substance Use conditions.....	9
Student Code of Conduct.....	10
Volunteers at the ROCC.....	11
Alumni.....	12
Resource Book.....	12
Phone a Friend.....	12
<b>Forms:</b>	
Group Commitment.....	13
The ROCC center guidelines.....	16
Letters to Student, Friend, Ally, Faculty, Staff and Parent.....	17
Amendments to the ROCC Guidelines.....	Inside Back Cover

## Welcome

The Recovery Oriented Campus Center (ROCC) at the University of Southern Maine is about establishing peer support to build a supportive community for students in recovery from substance use and other mental health conditions. The **ROCC** is a place where students enter to reconnect with themselves, each other, and their community; while also exploring their academic potential and the boundless opportunities that await them in a life of recovery.

This peer driven community will be the foundation of growth to prepare students for the larger community **where they will use their valuable experiences and education to lead fulfilling lives, to enrich the lives of people in the community, and to make a vital difference in the world.**

## Our Mission

We are an empowerment based peer support center that fosters the possibility of personal growth by EMBRACING ALL PATHWAYS TO RECOVERY and BUILDING CONNECTIONS TO THE COMMUNITY.

## Our Values

USM's Recovery Oriented Campus Center embraces:

- Recovery
- Community
- Academics
- Service
- Advocacy
- Personal and spiritual growth
- Personal Dignity

## Visiting the **ROCC**: Everyone is welcome

We invite everyone to visit our center and explore the options the **ROCC** offers.

Upon your initial visit, we will ask you to sign the **ROCC** welcome letter. This letter explains the value of a safe environment and outlines the expectations for you while you're at the center: confidentiality, courtesy, and respect for each other.

Anyone can come to the center to explore their comfort level in the community. If you are in or seeking recovery and feel like this place is for you, we hope you will become a Peer (regular visitor).

The **ROCC** Guidebook and CRC Calendar of events (groups and activities) are available for everyone.

The Collegiate Recovery Program (CRP) Coordinator and/or trained Senior Peer(s) are available to answer any questions or concerns you may have.

## Building Community

Building Community is essential at the **ROCC**. The **ROCC** is a place for students to connect with others, build community, and recreate and define their college experience. There are many ways we build community at the **ROCC**. We support social recovery and engage in this through service opportunities, leadership, coaching, mentorship, supportive groups, and fun! We invite your thoughts, ideas and participation as you are comfortable.

### • **Service Opportunities: To serve others through volunteering**

*Service Opportunities in the local community:*

- Local social service providers, including food pantries, church groups, and homeless shelters.
- Local animal shelters and the Humane Society

*Service Opportunities to outreach and participate in presentations:*

- Local high schools
- Outpatient treatment centers
- Adolescent and adult treatment programs
- Juvenile justice, probation officers, local Police Departments
- Community centers, including New Beginnings (i.e., Boys & Girls clubs)
- Recovery residences (i.e., 12-Step and non-12-Step sober living)

*Trainings, Promotion and Prevention:*

- Work with "The Well" to identify mental health and substance use needs on Gorham and Portland campus.
- Assist CRP Coordinator and Coordinator of Clinical Substance Use Services to provide educational trainings for Residential Aides and Directors on the Gorham campus that address prevention, intervention, treatment, and recovery.
- Participate in campus and local committees that address prevention and intervention.

## The RECOVERY ORIENTED CAMPUS CENTER at USM

### • **Community Collaboration**

- Students at the ROCC will work with the local recovery community to network and expand student support beyond the Center.
- Senior Peers and staff will support student transitions from campus to the community (during recesses, graduation, transfers).
- Students at the ROCC may conduct outreach to individuals in the surrounding recovery communities who may be seeking the support of a CRC to return to college and pursue their education.

### • **Academic Support**

*Assist Peers with their academic needs:*

- Peer led study groups
- Computers
- Introduce Peers to the Learning Commons on the Portland campus
- Connect Peers with resources such as Health and Counseling services, TRIO, Disability Services, Student Support Services, Student Groups, Financial Services, and more

### • **Life Skills Support**

*Assist Peers with life skills:*

- Time management
- Money management
- SMART Goals
- Organizational skills
- Help seeking behaviors
- Healthy behaviors such as good nutrition and physical activity
- Self-efficacy, empowerment and advocacy
- FUN!

*Monthly social outings:*

- Bowling
- Dinner
- Lunch
- Picnic
- Hike
- Concerts
- Charitable Events
- Cycling
- Dinner and a movie

- Theater
- Sporting Events

### *Weekly Social activities:*

- Back Cove walks
- Indoor and outdoor exercise groups
- Video Games
- Movies
- Board Games
- Evening or morning jogs
- Couch to 5K
- Gym activities
- Frisbee
- Other events as created and established by Peers
- ***Experiential Learning Programs and Annual Retreat***
- ***Recovery Graduation***

## Supportive Groups

The **ROCC** will hold a weekly **Community Meeting** for all Peers. This community check in group will be led by a Senior Peer.

The **ROCC** will be home to our weekly **Students And Recovery** group. The **Mindfulness/Meditation Group**, and the **Young People in Recovery (YPR-Portland, ME)** group will also be available to students weekly.

*Other groups may include: Twelve Step groups, SMART recovery groups, men's groups, women's groups, and other groups to serve the needs of a diverse population.*

You will find all groups and activities on the **ROCC Calendar** on the **ROCC's** web site.

Please check frequently as these groups may change and new groups will be added based on student input.

## Group Commitment agreement

We want our groups to be safe environments for Peers to share and support one another. We developed a Group Commitment letter for the benefit of all who attend various groups at the center. These agreements will be kept in a locked confidential file by the CRP Coordinator of our center. You can find the Group Commitment at the back of this guidebook.

## Recovery Planning

As a Peer in the center, you have the opportunity to arrange a meeting with the CRP Coordinator or the Coordinator of Clinical Substance Use Services at any time, to develop your own Personal Recovery Plan or Personal Protection Plan (low risk plan) based on your unique needs and goals. Trained Recovery Coaches (CCAR certified) are also available for additional support and recovery planning.

## Counseling Services

If you think meeting with an individual counselor would be helpful, and you would like assistance with this, the CRP Coordinator or the Coordinator of Clinical Substance Use Services or the Senior Peers can support you to access this service.

Please Note that if you choose to engage in Counseling services, this is a confidential therapeutic relationship and is separate from your engagement at The ROCC.

## Being A PEER at the ROCC

Everyone is welcome at the **ROCC**. We invite you to attend a group or a meeting and to talk with Peers at the **ROCC** to explore how becoming a Peer can support your personal and academic goals at USM.

### The Peer

A Peer is checking out the possibility of recovery or has made a decision to stop using. As a Peer, you are ready to protect your sobriety and advance your recovery. There is no minimum time in abstinence, only that you have decided that you no longer want to use alcohol or drugs and that you are striving to protect your sobriety.

### Peer Privileges

- Attend different groups at the Center
- Receive peer support
- Participate in weekly and monthly activities at the center
- Participate in choosing activities for the center
- Free towel service at USM gym
- Recovery Graduation

### Peer Responsibilities

- Give Peer support
- Be active in ROCC weekly Community Meetings
- Be active in planning activities and events
- Volunteer for weekly service involvement which may include:
  - Center greeter
  - Make coffee for meetings

## The RECOVERY ORIENTED CAMPUS CENTER at USM

- Keep Center neat and organized
- Create written materials for student awareness campaigns
- Volunteer at local organizations such as Preble Street Resource Center
- Experiential annual trip
- Explore other ideas and opportunities with Senior Peer(s)

### **Senior Peer (Active Leadership Role)**

A Senior Peer must have a minimum of 6 months of continuous recovery and be willing to take an active leadership role within the **ROCC** and the larger USM Community.

A Senior Peer must have completed at least one of the following leadership trainings: Recovery Coach training, USM's Student Support Network training, Peer Support Specialist training, Prevention Specialist training, Yes Plus training and/or other educational opportunities that support the Recovery Community.

### **Senior Peer Privileges**

- Personal Trainer at USM gym
- Free of charge-Towel Service at USM gym
- Receive peer support
- Weekly and monthly activities at the center
- Participate in choosing activities for the center
- Experiential annual trip
- Various training opportunities as available
- Attend different groups at the Center
- Recovery Graduation

### **Shared Responsibilities with Leadership Team**

- Lead weekly **ROCC** Community meetings
- Recovery Engagement Meeting
- Lead peer support groups
- Participate in service opportunities
- Provide Prevention, Intervention, Education, and Outreach to students with the support of Staff (CRP Coordinator/Coordinator of Clinical Substance Use Services)

## Leadership Team

The **ROCC** leadership team consists of the two Coordinators who oversee the day to day operations of the center (Collegiate Recovery Program Coordinator and the Clinical Substance Use Services Coordinator) and two Senior Peers who are selected each academic year based upon exemplary leadership abilities.

Safety at the **ROCC** is paramount to our community. Our leadership team adheres to the USM Code of Conduct. We will review complaints, concerns, confidentiality and other issues related to community concerns at the **ROCC**.

The Team will additionally review commendations, attributes and contributions by **ROCC** Peers (i.e.: Volunteer of the Month) The Leadership Team will manage group and staffing schedules, the center's calendar, budgetary needs, fund raising, and programming for the center.

The Director of Counseling, the Dean of Students and the Coordinator of Conduct Services will advise the Leadership Team.

## Reoccurrence of substance use and/or mental health condition

We understand that reoccurrence of mental health conditions, substance use and/or alcohol use can happen.

If you come to the Center under the influence of a substance, you will not be able to participate in programming. A Senior Peer or staff member will support you in accessing the supportive services you want and need.

If you are a Peer who has had a recurrence and would like to return to the Center, you may contact the CRP Coordinator to set up a Recovery Engagement Meeting with a Coordinator or a Senior Peer.

In the meeting, the Senior Peer or the Coordinator will present you with a Recovery Engagement Package that includes:

- Senior Peer's phone number for support
- New blank Recovery Plan that you can work on with one of the Coordinators
- Resources and information to support your continued recovery

In addition to reoccurrence of substance use, if you are experiencing a reoccurrence of mental health symptoms as well as issues related to a co-occurring condition, we recommend that you receive additional supportive mental health services. We can help you access services.

## Confidentiality in the Center

As a community we want to support each other and hold each other in high regard. We can do this by respecting each other's right to confidentiality.

It can be healing when we share our journey with others. Each person's unique experience can inspire others, generate hope, expand vision and create opportunity.

The **ROCC** cannot guarantee confidentiality due to its group setting. As a student attending the Center, you are not required to share any information that you are not comfortable sharing.



Your attendance and commitment at the **ROCC** is not shared publicly, unless you choose to share your involvement.

You are not required to have a substance use disorder to attend the **ROCC**. Some students who attend the **ROCC** have been affected by family members and friends who have a substance use and/or mental health condition, and other students attend the **ROCC** because they have friends and/or family members who are in recovery and are involved in the **ROCC** community.

There are some instances when we will need to break confidentiality;

- If you are at risk of harming yourself or harming another person
- If you disclose child abuse, elder adult physical abuse, or the abuse of an incapacitated adult
- If there is a court order or a subpoena by a judge in a court of law

## Emotional Crisis—Mental Health, Substance Use conditions

If you present at the **ROCC** experiencing emotional, mental health or medical crisis, the **ROCC** will act in your best interests. Your confidentiality will be maintained but could be breached under the following circumstances:

- If you are at risk of harming yourself or harming another person (as stated above)
- If you are acutely intoxicated or experiencing an overdose

We will contact the appropriate services to support your health and well-being.

### Counseling

University Health and Counseling

**Portland** - 105 Payson Smith Hall - (207) 780-4050

**Gorham** - 125 Upton Hall - (207) 780-5411

Hours of Operation

- Monday-Friday: 8:00 a.m. - 4:30 p.m.
- Closed Saturday and Sunday

### Crisis Response

Call **774-HELP** - Opportunity Alliance

**911** or go to the closest emergency room.

- Mercy Hospital Emergency Room in Portland - 879-3000
- Maine Medical Center Emergency Room in Portland - 662-0111

### After Hours medical care

- Mercy Urgent Care at Gorham Crossing-839-9101 until 8P
- Brighton First Care in Portland-662-8111 until 8PM

## The RECOVERY ORIENTED CAMPUS CENTER at USM

### Campus Police

**Dial 911** from any campus phone

**Emergency call boxes:** Calls placed from the Emergency Call Boxes around the campus and elevators will come into our dispatch center on the 911 line and will be answered immediately. An officer will be dispatched to your location.

**PORTLAND - 207-780-5211**

Sullivan Gym, 21 Falmouth Street

**GORHAM - 207-780-5211**

Public Safety Building, 28 Husky Drive

### Student Code of Conduct

The **ROCC** is expected to be a safe environment.

While not common, some behaviors that would fall under the Student Code of Conduct include:

- Harassment, assault or Intimidation of another person including verbal threats, threats of violence and or intimidating behaviors such as posturing, swearing, and scare tactics
- Disturbance resulting in substantial disruption of authorized activities
- The theft, unauthorized acquisition, removal, or use of property
- Misuse or destruction of any academic material or property
- Misuse, destruction, or defacement of University property as defined above or the property of other people while located on University property

We adhere to the University of Maine System Student Conduct Code. You may find more information at; <http://usm.maine.edu/deanofstudents>

## Volunteers at the ROCC

- A. **A private individual (i.e., not a USM employee) may volunteer and we may accept his/her services as long as the following three conditions are met:**
1. Services are performed for civic, charitable, or humanitarian reasons
  2. There is no promise, expectation or receipt of compensation. (Note: Volunteers may be reimbursed for certain limited expenses and/or paid nominal fees. This could include such things as out-of-pocket expenses incurred during volunteering, such as meals and transportation. Please check with Employment Services first if anything of this nature is contemplated since there are a number of factors to consider in determining whether an amount is nominal).
  3. There must be no real or perceived coercion to volunteer. There must not be any manipulation or abuse of minimum wage or overtime requirements by coercion. The services must be offered freely and without pressure, direct or implied.
- B. **A USM employee may volunteer to work at USM if he/she meets the above conditions as well as the following:**
1. The volunteer position must be substantially different from his/her paid work. Individuals may not volunteer to do what they are otherwise paid for. The volunteer service may not be closely related to the actual duties performed by or responsibilities assigned to the employee. (Note: Please check with Employment Services for clarification in any specific instance if there is any doubt as to whether the work is substantially different).
  2. Student workers, both work-study and department-funded, are also covered by this provision. The concept of “once paid, always paid” applies if the work is similar to that performed as a paid student worker. Students as well as USM employees may not volunteer to do what they are otherwise paid for.

**Please also note the following:**

1. If you are contacted by a third-party agency asking to place a disabled volunteer with you (as opposed to being contacted directly by a volunteer with a disability) please contact our office before proceeding further.
2. Provide the same screening of prospective volunteers that you would do for an employee performing similar work. If the nature of the work calls for things such as a background check or a post-offer physical exam when hiring a regular employee, do the same for volunteers.
3. Volunteers working at USM are covered under our general liability policy. Proper applicant screening and safety training will help reduce the likelihood of claims. Special diligence should be exercised where volunteers could cause damage to property, transmit communicable diseases, or cause litigation against the University.
4. Departments are responsible for obtaining and paying for parking stickers for volunteers. To obtain, send Police & Safety a photocopy of the car registration, a completed form (Parking Decal Registration), and a signed IDT form.
5. Departments should complete the Volunteer Statement form on all volunteers and retain on file as evidence of compliance with the legal distinction between employee and volunteer.

(University of Southern Maine policy on volunteers)

## The RECOVERY ORIENTED CAMPUS CENTER at USM

### **Alumni**

We value our Alumni's experiences and wisdom and invite them to share their stories of success with students at the **ROCC**.

Please see University of Southern Maine Alumni and Community;

<https://usm.maine.edu/alumni-community>

### **Resource Book**

The **ROCC** has a resource book outlining community resources available for students in the Portland and Gorham communities. Please see the Recovery Center Coordinator.

### **Phone a Friend**

The **ROCC** will provide Peer approved phone information for Peers who request additional support.

This is peer support and should not be understood as sponsorship in a 12-step program. Please see CRP Coordinator or Senior Peer for further Information.

Telephone Recovery Support is offered through Portland Recovery Community Center

**Portland Recovery Community Center (PRCC)** will provide Telephone Recovery Support for students who would like this service.

There is no charge for this service and no obligation for membership at PRCC.

To obtain this service, please complete the Telephone Recovery Consent form and drop it off at PRCC. The Portland Recovery Community Center is located at 468 Forest Ave, Portland, ME 04101. The phone number is 207-553-2575

# The ROCC~ Group Commitment

## Confidentiality

Anything said between any two or more group members at any time is part of the group and is confidential. I understand that everything said in group is confidential. I agree to keep the names of other members of the group and what is said in the group confidential. I agree to keep anything which occurs between or among group members confidential. I understand that there is an exception to this confidentiality which applies to the group leader.

- If the group leader believes that someone is in danger (danger to self or others), the leader has an obligation to take direct action in order to keep everyone safe.
- Medical Emergency- In the event of a medical emergency a group member's confidentiality may be broken

*Note: If a group member believes someone is in danger (danger to themselves or threatens to harm another), they may inform the group leader, Health and Counseling and/or campus authorities.*

I agree not to keep secrets from the group about anything which occurs within the group. Anything which occurs between or among any members of the group is not shared with anyone outside of the group. This also applies to any individual meetings you may have with a group leader. I understand that if I violate this confidentiality I could be removed from the group and can set up a time to meet with Coordinator of Clinical Substance Use services/ Collegiate Recovery Program Coordinator and the group leader to discuss a plan to return to the group once reparations/productive behaviors have been established.

## 2. Privacy (The Stop Rule)

No group member is ever required to answer any question, to participate in any activity, or to tell anything. If I am asked questions or asked to participate in an activity which makes me feel uncomfortable, I understand that I have the right to pass, that is, the right to refuse. I agree that I will never pressure other group members to participate in any discussion or activity after the member has passed or refused. I understand that the group leader is obliged to protect this right. I also understand that I will benefit more from group, the more I am able to take risks in sharing and participating.

## 3. Dignity

No group member is ever humiliated, hazed, or abused in any way. I agree to avoid this destructive behavior.

## 4. Violence or intimidation

Violence or intimidation toward other group members is never tolerated. I understand that I must never be violent or intimidating toward other group members and that if I threaten to harm persons or property I will be asked to leave the group.

I understand I will not be permitted to return to the group until I have met with the Coordinator of Clinical Substance Use services/ Collegiate Recovery Program Coordinator and the group leader to discuss a plan to return to the group once reparations/productive behaviors have been established.

If necessary this meeting will include the Director of Health and Counseling and/or the Dean of Students.

I understand this may be considered "threat of harm/harm to another" and in this case the individual's identity will not be kept confidential. The group member(s) and group leader will inform

## The RECOVERY ORIENTED CAMPUS CENTER at USM

Health and Counseling or campus authorities and this will be considered a conduct issue and a violation of University of Maine System Code of Conduct.

### **5. Alcohol and Other Drugs**

Group members cannot participate in the group under the influence of alcohol or other mind altering drugs. When under the influence of chemicals, persons do not have access to their emotions and have less control over their behavior. I understand that if the leader believes that I am under the influence of alcohol or other drugs, I will be asked to leave the group. You may return to the group following a supportive check in with the Coordinator of Clinical Substance Use Services or the Collegiate Recovery Program Coordinator and the group leader.

### **6. Prescription Medications**

There are two types of medication sharing.

- Recreational sharing is the sharing of prescription medication to get high, relax or experiment with the effects of the drug.
- Non-recreational sharing is when the sharing of prescription medication is for medical use or altruistic reasons.

Both of these types of medication sharing represent nonprescribed use of medication.

Prescription drugs can be harmful and sometimes life threatening to an individual. A drug taken in a manner other than the way it was prescribed can lead to dangerous outcomes that the person did not anticipate.

As a member of this group I will not engage in medication sharing and acknowledge this can risk the safety of other group members. I understand if I engage in medication sharing I may be asked to leave the group. I may contact the Coordinator of Clinical Substance Use Services/ Collegiate Recovery Program Coordinator and the group leader to discuss a plan to return to the group once reparations/productive behaviors have been established.

*Please also note that while in group we will refrain from sharing non-prescription medications (i.e. Advil, Tylenol, cough syrup, aspirin etc.)*

### **7. Illicit Drug Use / Distribution**

I understand if it is discovered that I am using or distributing illicit drugs while at the group or within the group, I will be asked to leave the group. I may contact the Coordinator of Clinical Substance Use Services/ Collegiate Recovery Program Coordinator and the group leader to discuss a plan to return to the group once reparations/productive behaviors have been established.

### **8. Exclusive relationships**

Dating and other exclusive relationships between or among group members can sometimes cause difficult dynamics within the group. Some groups include members who are involved in relationships prior to beginning the group process. It's good to be sensitive that relationships can sometimes cause awkwardness between group members; i.e., sometimes a member may feel left out.

Sometimes within a group, a couple breaks up, and this can be most painful and may make it impossible for these people to continue in the group.

Since anything which occurs between or among group members is part of the group, members who are dating or in very exclusive relationships may experience embarrassment when or if their intimate moments are brought up in the group.

## 9. Sexual Harassment

The group will not tolerate sex discrimination, sexual harassment, sexual assault, dating violence, domestic violence, stalking, or retaliation in any form. I understand if I engage in any of these behaviors, I will be asked to leave the group. This will be considered “threat of harm/harm to another and the matter and individuals identity will not be kept confidential. The group member(s) and group leader will inform Health and Counseling or campus authorities and this will be considered a conduct issue and a violation of University of Maine System Policy on Sex Discrimination, Sexual Harassment, Sexual Assault, Relationship Violence, Stalking and Retaliation

## 10. Gossip

Gossip and secret grudges can be very destructive in a group. I agree that if I have something to say to another group member, I will try to say it to the member directly rather than talk about him/ her behind his/her back.

## 11. Do Not Talk about Group Members who are not present

Members who are not present do not have the opportunity to defend themselves, offer opinions or clarity. Talking about or for members who are not present undermines trust.

## 12. Attendance

I agree that I will do my best to attend every meeting for the sake of continuity within the group. If I am unable to attend, I will notify the group leader prior to the meeting to let them know of my absence. I understand we are a community and the group leader may inform the group of my inability to attend.

## 13. Internet Connectivity

The members of the group should form and participate in an online group limited to the group members. Of course, the same cautionary notes apply to internet communications in terms of both confidentiality and inter-group sharing.

## 14. Responsibilities

I understand that it is the group leader’s responsibility to enforce these procedures and guidelines. When appropriate and for the safety of the group, the group leader will seek consultation through USM Health and Counseling and the Collegiate Recovery Center leadership team.

The group may, when it wishes, propose other procedures and guidelines which will be up to the group to monitor.

## 15. Termination

Usually, group members decide, within the group, with the leader, when it is time to leave the group. Sometimes it is necessary for a group member to leave the group unexpectedly. This can cause group members to wonder if they have harmed the leaving member. I promise that if I must leave the group unexpectedly, I will come to a last group meeting and tell the members that I am leaving and say goodbye. I agree to announce this at the beginning of the last meeting so that the group has time to ask questions and say goodbye. If I decide to leave the group the group members may express their concerns but also respect the decision of the person wishing to leave.

I have read the procedures and guidelines for group and agree to be bound by them while I am a member of the group

\_\_\_\_\_

Group Member

\_\_\_\_\_

Date

I promise to faithfully enforce procedures and guidelines for this group.

## Welcome to the ROCC

We are an empowerment based Collegiate Recovery Community that fosters the possibility of personal growth by embracing all pathways to recovery and building connections to the community.

We invite you to explore the **ROCC**, chat with a Peer, a program coordinator, or a Senior Peer, or attend a group, check out a meeting or join us for one of our weekly activities.

We ask that during your time at the center, you sign in by first name only at the reception desk and follow the **ROCC's** Guidelines.

## The ROCC GUIDELINES

- 1. The purpose of the ROCC is to support your recovery and your personal and academic goals.**
- 2. Please maintain the privacy of others at the center. Anything you see, hear, read or already know about another individual/student must be kept confidential**
- 3. Please treat everyone here with dignity and respect, in action and word.**
- 4. The ROCC honors ALL PATHWAYS TO RECOVERY. We welcome everyone in recovery and recovery allies.**
- 5. We offer a variety of recovery meetings**
- 6. Please keep the center clean by picking up after yourself.**
- 7. If you see these guidelines not being upheld, please talk to a coordinator or senior peer.**
- 8. Safety is number one priority. We will take action to ensure the safety of all persons.**

Please note: The **ROCC** abides by all USM policies including the Code of Conduct. USM is a non-smoking campus and we cannot provide childcare at the center. Pets are only allowed if they are registered therapy animals.



## Letter to Student in Recovery

Dear Student,

The Recovery Oriented Campus Center (ROCC) at the University of Southern Maine would like to take this time to thank you for your commitment to our school. At times, have you felt overwhelmed with the stress of adjusting to college life, and all of its demands and challenges in the classroom and outside of it? Have you struggled with emotional and/or behavioral concerns, or been affected by someone who has? Were you looking for a supportive environment to pursue a college education? As a student, you are empowered to make healthier choices that will promote wellness and provide assurance that you are not alone in this incredible journey. The ROCC is a valuable resource available to you, that can provide support as we work together to build a stronger and safer recovery-friendly community for you.

The ROCC is about establishing Peer Support to build a supportive community for students in recovery from substance use and other mental health conditions. We are located on the Portland Campus of the University of Southern Maine. It is a place where students enter to re-connect with themselves, each other, their community, their academic potential, and the boundless opportunities that await them in a life of recovery. This peer driven community will be the foundation of growth to prepare students for the larger community where they will take their valuable experiences and education to lead fulfilling lives, enrich all our lives, and make a vital difference in the world. We believe that individual recovery and social recovery are both equally important, that recovery depends on a strong community, and that intervention saves lives. We are all essential to both the intervention and recovery process of everyone.

Studies show that there have been significant increases in the number of college students with both substance use and mental health conditions. Colleges are struggling with providing students the necessary supports and services. The ROCC was developed in response to the needs of college students at the University of Southern Maine.

We welcome you to visit our website in order to gain more awareness of helpful tools and resources to invest in your success. Recovery depends on community support and the ROCC depends on you.

Thank You,

## Letter to Friends

Dear Friend,

The Recovery Oriented Campus Center (ROCC) at the University of Southern Maine would like to take this time to thank you for your commitment to our school. As a friend you may have encountered peers whose behaviors or attitudes concern you. Your relationship and daily interaction with the peers allow you a unique position to recognize behavioral changes that indicate a need for intervention. The ROCC is a valuable resource available to you, that can provide support as we work together to build a stronger, safer community for everyone.

The ROCC is about establishing Peer Support to build a supportive community for students in recovery from substance use and other mental health conditions. We are located on the Portland Campus of the University of Southern Maine. It is a place where students enter to re-connect with themselves, each other, their community, their academic potential, and the boundless opportunities that await them in a life of recovery. This peer driven community will be the foundation of growth to prepare students for the larger community where they will take their valuable experiences and education to lead fulfilling lives, enrich all our lives, and make a vital difference in the world. We believe that individual recovery and social recovery are both equally important, that recovery depends on a strong community, and that intervention saves lives. We are all essential to both the intervention and recovery process of our peers.

Studies show that there have been significant increases in the number of college students with both substance use and mental health conditions. Colleges are struggling with providing students the necessary supports and services. The ROCC was developed in response to the needs of college students at the University of Southern Maine.

We welcome you to visit our website in order to gain more awareness of helpful tools and resources to invest in your friend's success. Recovery depends on community support and as an ally the ROCC depends on you.

Thank You,

## Letter to Faculty and Staff Members

Dear Faculty and Staff Members,

The Recovery Oriented Campus Center (ROCC) at the University of Southern Maine would like to take this time to thank you for your service to our school. As faculty and staff member you may have encountered students whose behaviors or attitudes concern you. Your relationship and daily interaction with the students allow you a unique position to recognize behavioral changes that indicate a need for intervention. The ROCC is a valuable resource available to you, that can provide support as we work together to build a stronger, safer community for the students.

The ROCC is about establishing Peer Support to build a supportive community for students in recovery from substance use and other mental health conditions. We are located on the Portland Campus of the University of Southern Maine. It is a place where students enter to re-connect with themselves, each other, their community, their academic potential, and the boundless opportunities that await them in a life of recovery. This peer driven community will be the foundation of growth to prepare students for the larger community where they will take their valuable experiences and education to lead fulfilling lives, enrich all our lives, and make a vital difference in the world. We believe that individual recovery and social recovery are both equally important, that recovery depends on a strong community, and that intervention saves lives. We are all essential to both the intervention and recovery process of our students.

Studies show that there have been significant increases in the number of college students with both substance use and mental health conditions. Colleges are struggling with providing students the necessary supports and services. The ROCC was developed in response to the needs of college students at the University of Southern Maine.

We welcome you to visit our website in order to gain more awareness of helpful tools and resources to invest in the student's success. Recovery depends on community support and as an ally the ROCC depends on you.

Thank You,

## Letter to Parents

Dear Parents/Guardians,

The Recovery Oriented Campus Center (ROCC) at the University of Southern Maine would like to take this time to thank both you and your student(s) for your commitment to our school. We understand that the transition to college living can be rewarding and challenging for both parent and student. The ROCC is a valuable resource available to you, that can provide support as we work together to build a stronger community for your loved one(s).

The ROCC is about establishing Peer Support to build a supportive community for students in recovery from substance use and other mental health conditions. We are located on the Portland Campus of the University of Southern Maine. It is a place where students enter to re-connect with themselves, each other, their community, their academic potential, and the boundless opportunities that await them in a life of recovery. This peer driven community will be the foundation of growth to prepare students for the larger community where they will take their valuable experiences and education to lead fulfilling lives, enrich all our lives, and make a vital difference in the world. We believe that individual recovery and social recovery are both equally important, that recovery depends on a strong community, and that intervention saves lives. We are all essential to both the intervention and recovery process of our students.

Studies show that there have been significant increases in the number of college students with both substance use and mental health conditions. Colleges are struggling with providing students the necessary supports and services. The ROCC was developed in response to the needs of college students at the University of Southern Maine.

We welcome you to visit our website in order to gain more awareness of helpful tools and resources to invest in the success of your loved one. Recovery depends on community support and as an ally the ROCC depends on you.

Thank You,