

UNT CRP STUDENT COMMITMENT CONTRACT

This agreement specifies the expectations of a student's participation in the University of North Texas Collegiate Recovery Program (UNT CRP), a program located within the Department of Disability and Addiction Rehabilitation (DDAR) at the University of North Texas. (UNT).

By signing this contract, you acknowledge that you have read and understand the values and principles that UNT CRP's staff, faculty and students have created as a direct result of practical experience and the application of scholarly research. The guidelines set forth within this body are intended to create a culture of understanding, commitment to recovery, integrity and respect. While we are grateful to have you be a part of our community, please be aware that your participation in our program is a privilege. *Your recovery is your responsibility; your time here is what you make of it.* Once you have signed this document, you are agreeing to be a committed member of the UNT CRP. The UNT CRP reserves the discretion to revise, amend or change the terms of this Agreement at any time without notice in accordance with the best interests of the University of North Texas, DDAR, and the UNT CRP.

PARTICIPANT AND PROGRAM GOALS

The UNT CRP is a voluntary, peer based program offered by the University of North Texas through DDAR, and is designed to provide an environment of nurturing support and peer connections for students recovering from substance use disorders, behavioral and process addictions, mental health conditions, and students choosing a substance free lifestyle. Students who wish to become a member of the UNT CRP must be enrolled in at least one class at UNT. Acceptance into the program is a privilege to being accepted into UNT as a student; yet, being a student at UNT does not guarantee acceptance into the UNT CRP program and vice versa.

By choosing to participate in the UNT CRP, you recognize that the support the program provides augments your efforts to sustain recovery while attending to your university studies. You agree to the terms and conditions of the UNT CRP knowing that the program benefits you by enhancing your ability to achieve academic success, to complete degree requirements, to sustain recovery, and to continue your individual development and leadership skills.

Students in recovery from behavioral addictions/disorders (e.g. Disordered eating, self-harm, etc.), as well as PTSD (post-traumatic stress disorder), will be asked to follow the same guidelines as students living in recovery from a chemical addiction. This means:

1. Although you may not identify as being in recovery from a substance use disorder, I will refrain from the use or possession of chemicals including alcohol and/or drugs.
2. If you identify as a student recovering from anything other than substance use disorder, you will commit to utilize resources when you feel that it is necessary to help you maintain a healthy, balanced lifestyle.

COMMITMENTS

These are suggestions that have been found to be beneficial to healthy living and the well-being of others within the UNT CRP community. This means that if you cannot uphold our core values and commitments as explained below, you will take the responsibility to remove yourself from the organization or be subject to consequences regarding your membership as determined by the UNT CRP staff and Peer Review Board until you can sustain that commitment again.

Commitment to Core Values

I agree to the following core values:

Gratitude & Service	Promote a recovery oriented lifestyle to individuals, families, and my community through service activities and providing support.
Personal Recovery	Work on my recovery so that I may be beneficial to those who depend on me for recovery support.
Use of Self	Be a good example of recovery for those I serve; I will tell my story when needed and work daily on understanding and improving myself.
Capability	Give my best every day and try my hardest.
Honesty	Tell the truth and when wrong, promptly admit it.
Authenticity	Promote a recovery oriented lifestyle in word and in deed.
Credibility	Walk my talk.
Fidelity	Keep my promises.
Humility	Work within my limitations, handle disagreements respectfully, and seek help when I need it.
Loyalty	Serve others as others serve me.
Hope	Focus on the positive and help others focus on their assets, strengths, and recovery possibilities.
Dignity and Respect	Honor the imperfections of others and myself and treat others with dignity.
Tolerance/Acceptance	Accept all pathways to recovery however diverse, even those opposite my own.
Recovery Integrity	Promote a recovery oriented lifestyle and help others by empowering the recovery of others.
Discretion	Maintain confidentiality, unless someone is in danger of hurting themselves or others.
Protection	Respect the privacy of others and refrain from gossiping or spreading gossip.
Advocacy	Confront injustice when necessary on behalf of those who have not been empowered but never do for others what they can do for themselves.
Stewardship	Use or create resources in the wisest way possible to provide benefits others need to achieve recovery.
Self-Improvement	Foster self-improvement.

Adopted from White, W.L., 2007, Ethical Guidelines for the Delivery of Peer-based Recovery Support Services Great Lakes Addiction Technology Transfer Center.

Commitment to Self

I agree to:

1. Take responsibility for my mental, physical, emotional and sexual health.
2. Commit to recovery for any developing or co-occurring process addictions (e.g. eating disorder, self-mutilation, gambling, etc.), keeping the UNT CRP staff informed of any developments or concerns.
3. Acknowledge my status as a person in recovery when beneficial to my health and recovery.
4. If taking medication follow doctor's orders as prescribed.
5. Be responsible for securing and keeping appointments and for maintaining ongoing mental health care relationships with peer recovery coaches, case managers, psychologists, dieticians, primary care physicians, therapists, or psychiatrists when therapy and medication have been recommended as a part of my recovery plan.
6. Take responsibility for my actions, knowing that they represent the UNT and the UNT CRP Community.
7. Consciously monitor my relationships and preserve those that are beneficial to my recovery and bring me happiness.
8. Reach out to another person in the UNT CRP Community, a staff member, a family member, or friend when I feel like I am struggling.
9. Work on improving myself every day.

Commitment to Academics

I agree to:

1. Attend all of my classes, unless medical conditions or emergencies make it impossible to do so.
2. Contact my instructor if I am unable to attend class to alert them of my absence and complete additional assignments, if necessary.
3. Be attentive and respectful to my instructors while in class, not using my cell phone, tablet, or computer for anything distracting, other than class work and taking notes.
4. Approach my teacher and ask for help if struggling with a class and if necessary, seek tutoring through the appropriate channels.
5. Do my best in all of my classes and put forth effort in my reading, assignments, and tests, remembering that my purpose at UNT is to complete my degree in higher education.
6. Turn in mid-semester evaluations in a timely manner as requested by the case manager.

All tenets listed under the "Commitment to Academics" are expected while participating in and attending events conducted and sponsored by the UNT CRP (e.g. attendance, respecting the UNT CRP staff, asking for help)

Commitment to Community

I agree to:

1. Attend at least two support groups a week of my choice.
2. Attend the CRP seminar meeting each week.
3. Support other UNT CRP students and hold them accountable to the values of the Commitment Contract.
4. Act as a supportive peer to other students in the UNT CRP, keeping them connected socially to the organization and maintain a supportive relationship outside of the center.

5. Not engage in acts or threats of violence, destruction of property, and any physical, emotional, and/or sexual harassment toward others
6. Make a commitment to be involved in service events hosted through the UNT CRP, my home group, the student organization, and other recovery oriented organizations in the community.
7. Attend all mandatory UNT CRP programming to support my recovery and the recovery of students.

POSSESSION, USE, RELAPSE

As a recovery community we support recovery from substance related issues and abstinence from substances. Additionally, we also understand lapses may occur during the process of recovery. Our goal is to prevent relapse whenever possible. When a lapse does occur, it is our goal to support the student, along with the recovery community as a whole. If a student lapses and wishes to return to abstinence and recovery, we will attempt to support their efforts. We do not punish lapses in recovery, but support the student and the recovery community through the process of returning to abstinence and a recovery oriented lifestyle. The UNT CRP was initiated to support healthy living for college students at the University of North Texas. We understand that all who sought out the UNT CRP did so to support a healthy lifestyle. To assist in maintaining this effort for all within the community, I agree to:

- Not use or possess mood altering substances (either on or off campus) not directly prescribed to me by a physician.
- Not assist, enable or encourage another UNT CRP student to use, or to assist by my action or inaction with another participant to conceal his or her use or addictive behavior.

If I learn or suspect that an UNT CRP student has gone back to substance use, my goal is to assist them to recover quickly from the lapse while simultaneously protecting the recovery of myself and other UNT CRP members. To assist in this goal, I agree to:

- First, speak directly to the other student encouraging them to seek appropriate assistance for a speedy return to a clean and sober lifestyle.
- Second, encourage the other student to disclose to the UNT CRP staff so that staff may assist in preventing further lapse.
- Third, contact the UNT CRP Peer Advisory Committee if the student member does not do so in order to assist in protecting against further relapse by the individual or other members of the UNT CRP.

I understand that failure to address lapses in abstinence by a member of the UNT CRP creates an environment of secrecy. Such secrecy endangers the individual, other students, the Center, and the UNT CRP as an organization of support for sober/clean and healthy living. I appreciate that my willingness to report a member student who is suspected of using or who is using a mood-altering substance, or engaging in a behavioral addiction that endangers their recovery shows my agreement to protect all members and the organization. Openness and appropriate support, not secrecy or enabling behavior is my goal. I accept that secrecy and/or enabling behavior on my part may result in my being subject to sanctions as determined by the UNT CRP Peer Advisory Committee.

PARTICIPANT AGREEMENT/ACKNOWLEDGEMENT:

I have read, understand and agree to follow the terms outlined in this contract for my own well-being and the well-being of the UNT CRP community at large. I understand that not following the terms outlined in this contract may result in a Peer Review to discuss the violations. The Peer Review Advisory Committee is comprised of student peers and CRP staff members. Decisions made by the Peer Review Advisory Committee may include program probation, immediate dismissal from the UNT CRP or other actions deemed appropriate by the Peer Review Advisory Committee. A two-thirds vote is needed and is subject to final approval by the CRP Program Director.

Name of Participant: _____

Signature of Participant: _____ Date: _____