What is Ram Recovery and whom does it serve:

Colorado State University’s Ram Recovery community was founded in February of 2017. This is an inclusive community designed to provide support to enrolled and aspiring students pursuing a college degree. This community provides support for students on all paths and in all phases of recovery including substance use disorders, eating disorders, as well as process and other mental health disorders. Ram Recovery is a registered student organization within CSU’s Student Leadership, Involvement, and Community Engagement Office. It is also affiliated with Young People in Recovery, a national non-profit organization designed to offer recovery support and advocacy through community-led chapters.

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines recovery as “a process of change through which individuals improve their health and wellness, live self-directed lives and strive to reach their full potential” (2012). Ram Recovery adopted this working definition of recovery.

The Ram Recovery Leadership Team is comprised of CSU graduate student advisor, Ashley Wheeler, and CSU Residence Director, Amy Gooch, as well as CSU Counseling senior staff members, Jim Weber, LCSW, and Ainara Echanove, PsyD, who assist with the recovery community.

Ram Recovery is currently mid-size, with roughly twenty active members participating in recovery supportive programs. Members hold two weekly, hour-long, General Recovery meetings per week in the CSU Health & Medical Center. This community also offers peer mentorship and sponsor social events, group trips, informal social opportunities and referrals for additional recovery support. Ram Recovery will continue building out their programming based on the needs of the students in the community.

Requirements for membership:
Current CSU student or prospective student
Current Front Range Community College Student
Twenty-four hours of sobriety from alcohol or other drugs prior to attending a meeting or event.

Questions to ask when considering Ram Recovery:

1. Are you wondering about or questioning your substance use, relationship with food, or mental health concerns?
2. Have others expressed concern about your substance use, relationship with food, or mental health concerns?
3. Do you feel supported in your recovery?
4. Are you interested in learning more about CSU’s recovery-focused community for support in your recovery?
5. Would you benefit from a place with like-minded others who also struggle with self-harm behaviors or eating concerns?
6. Are you curious about recovery and looking for a space other than or in addition to a 12-step-based group?
7. Would you benefit from a recovery-friendly support network?
8. Are you trying to define recovery for yourself?

What Ram Recovery is NOT:

- Ram Recovery is not a replacement for clinical care.
- It is not exclusively 12-step-based community, although some members do follow a 12-step and other recovery programs.
- This community is not a substitute for court/disciplinary-required sanctions.
- Students who are at immediate risk for harm to self or others will need other supports prior to attending meetings/events.
- Students who are actively experiencing psychosis will need other supports prior to attending meetings/events.

How to learn more or get in touch with Ram Recovery:

Please refer to the Ram Recovery e-mail or social media for details on meeting times and locations: recoveringrams@gmail.com and facebook.com/Recovering Rams.

Peer mentorship is a significant component of the Ram Recovery Community. This type of support provides a way of connecting with peers who share lived experiences in recovery and demonstrate that recovery is possible. Peer mentors are different from professional staff in that they share personal stories, build friendship and, together, build a social support community that is essential to the recovery process.