



DIVISION OF STUDENT AFFAIRS
Recovery & Intervention Support
& Education Center



RISE Center Overview

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Director

Student Support Services

PROGRAMS

SURE PROGRAM

- Alcohol and drug prevention education
- Harm reduction strategies
- Peer Education

COLLEGIATE RECOVERY PROGRAM

- Peer support groups
- Peer mentoring
- Community activities



72%

**OF STUDENTS
DO NOT
DRINK TO GET DRUNK**



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National College Health Assessment 2023



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KNOW YOUR LIMIT!

62%

**OF STUDENTS
LIMIT
CONSUMPTION TO**



2 OR LESS DRINKS



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National College Health Assessment 2023

83%

OF STUDENTS
DO NOT DRIVE
AFTER DRINKING

HAVE A GAME PLAN

DESIGNATE A SOBER
DRIVER



USE RIDESHARE
WITH THE UNT LYFT CODE



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National College Health Assessment 2023

67% of students have **NEVER** USED MARIJUANA





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69%

OF STUDENTS HAVE

NEVER

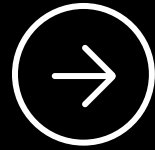
VAPED OR USED TOBACCO
IN THEIR LIFETIME



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National College Health Assessment 2023



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PREVENTION

OUTREACH

The RISE Center hosts a variety of events through the long semesters to educate students on alcohol and drugs and resources available if they are in need of additional support for themselves or a friend or family member.

INDIVIDUAL

MEETINGS



Students can schedule to meet with a trained staff member in person or virtually to discuss their concerns regarding substance use and/or recovery.

RISE Center staff use a goal focused, student centered approach to when meeting with a student. Goals will be made to help the student be successful in and out of the classroom.

If a student needs clinical support, we will provide resources on and off campus depending on the needs of the student.

To schedule a student can visit Chestnut 301 or call 940-565-3177 or email risecenter@unt.edu.





Collegiate Recovery Program

Peer driven support

Non-clinical support for students in or seeking recovery from mental health concerns, substance use concerns, and/or process addictions .



SPRING 2025 PEER SUPPORT GROUPS

Student-led support groups hosted by the
UNT Collegiate Recovery Program under the R.I.S.E. Center

MONDAY

SMART Recovery

6:30 p.m. -7:30 p.m. /Chestnut Hall room 324A

Self management & recovery training to help those with addictions design a recovery plan & use smart tools to manage challenges to recovery.

WEDNESDAY

SMART Recovery: Family and Friends

5:30PM - 6:30 PM / Chestnut Hall room 301c

Smart recovery family and friends meeting is a space for those with loved ones who are struggling with addiction.

AA 12 STEP NEW COMER MEETING (OPEN MEETING)

6:30PM-7:30pm /Chestnut Hall room 324a

Members will learn about the 12 steps of AA, read passages from the big book and discuss how the big book connects to their recovery

FRIDAY

Recovery Dharma

4:00pm -5pm/Chestnut Hall room 301c

A peer support group for individuals navigating addiction, process disorders and mental health. Recovery dharma is based on buddhist principles.



CONTACT US!

Phone: (940)-565-3177

Chestnut Hall 301

Email: recovery@unt.edu

Instagram: [@untrecovery](https://www.instagram.com/untrecovery)

If you need an accommodation because of a disability to fully participate in a meeting, please contact us at 940-565-3177 or recovery@unt.edu. Please make the request as soon as possible to allow sufficient time to arrange the accommodation. Thank you!
No registration is required to attend meetings!

Talking with your Student

KNOW THE FACTS

Most students are making healthy choices most of the time.

DISCUSS VALUES & EXPECTATIONS

Help your student understand their decisions should align with their values and goals.

Remind your student alcohol and drugs are not a healthy coping strategy.

STAY CONNECTED

Listen and look for signs and symptoms of anxiety or depression

Regularly check in with your student

KNOW RESOURCES

SAMHSA

UNT Dean of Students

UNT Counseling and Testing



Contact Us



940-565-3177



risecenter@unt.edu



www.rise.unt.edu



