



## Membership Contract

The UAB Collegiate Recovery Community is a peer-driven community of support for students in recovery from addictions and other co-occurring mental health disorders. The community seeks to support and protect students' long-term recovery through programming focused on peer support, recovery coaching, academic guidance, health and wellness activities, and leadership and service opportunities. The students, staff, and alumni of the UAB Collegiate Recovery Community hold the following values:

1. We value long-term recovery based on the principles of the 12-Step model and other abstinence-based models of recovery;
2. We value integrity, personal responsibility, and a balanced lifestyle;
3. We value educational excellence;
4. We value community, service, leadership, and diversity in every dimension of life;
5. We value lifestyles and environments that are free of alcohol, drugs or addictive behaviors. We strive to protect our own and each other's recovery by avoiding and refusing involvement in any activity or situation that may pose a threat to our recovery principles.
6. We value and pursue health and wellness in every dimension of our lives.

The UAB CRC accepts and encourages open participation from all UAB students, staff, and alumni. To become a CRC member, however, one must meet the following criteria:

- Be an actively enrolled student of The University of Alabama at Birmingham in good standing;
- Be able to demonstrate *at least* six (6) months of sobriety;
- Be able to demonstrate continued involvement and active participation in a community recovery program of one's choice;
- Agree to be an active participant in the CRC by:
  - Attending at least one (1) CRC recovery support meeting per month;
  - Attending at least one (1) CRC business meeting per month;
  - Devoting at least two (2) hours per month to community leadership and/or service;
  - Completing one (1) recovery check-in meeting with CRC staff every Spring and Fall semester.
- Make a sincere commitment to living a substance-free lifestyle based on principles of long-term recovery and the values we share as a community.

Although our program borrows extensively from the 12-Step model, we are not a 12-Step program. We welcome people in recovery from all programs of recovery so long as they agree to uphold our values and are committed to living a life of sobriety and recovery. Because the CRC is not a treatment program,



we require that all members be active in communities of support and programs of recovery outside the CRC. Every effort will be made to honor and collaborate with each individual member's choice of program of recovery.

Students who do not yet meet all these criteria or who do not wish to apply for membership are encouraged to remain engaged with the community by attending open CRC meetings, participating in CRC-sponsored social outings and activities open to the greater community, and by connecting with community members and leadership who can offer support and mentoring until eligibility criteria have been met.

Membership in the UAB CRC affords the following privileges:

- Free access to the community's dedicated space (i.e. the Wellness House) and its shared resources;
- Access to CRC members-only activities;
- Consideration for any available sponsorship or financial support for participation in paid activities (e.g. regional CRC retreats, conferences, etc);
- Leadership training to support participation in the CRC Student Leadership Body.

The following issues constitute grounds for membership cancellation. Every effort will be made to negotiate an individualized remediation plan that would allow continued program participation:

- Behavior that threatens the integrity of the program and its dedicated space, including but not limited to behavior that can constitute a threat to one's own and others' sobriety and long-term recovery;
- Irresponsible, inappropriate, or damaging use of program space and resources;
- Failure to fulfill the requirements for continued membership laid out in this contract;
- Failure to uphold the values of the community and the University's code of conduct;
- Dismissal or withdrawal from the University for academic or non-academic reasons.

Disciplinary action and remediation plans are designed and considered on a case-by-case basis, as a joint effort between program staff and the student in question.

I have read, understand and agree to follow the terms of this agreement for my own wellbeing and the wellbeing of the community. I also understand that future revisions to this agreement will warrant my renewed signature to maintain my membership in the community in good standing.

Name (Print): \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ BOO#: \_\_\_\_\_



### Member Information Form

Student's name: \_\_\_\_\_ Preferred name: \_\_\_\_\_

Pronouns: \_\_\_\_\_ Blazer ID: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Preferred phone number(s): \_\_\_\_\_

Major: \_\_\_\_\_ GPA: \_\_\_\_\_ Projected Graduation: \_\_\_\_\_

How did you learn about the CRC? \_\_\_\_\_

Time in recovery: \_\_\_\_\_

Have you ever been through treatment for a substance use disorder or other addictive disorder? Y or N

If so, check all that apply:  IOP;  30-day inpatient;  90-day inpatient;  Sober housing

Residential/Wrap-around;  Other: \_\_\_\_\_

What program of recovery do you participate in (e.g. 12-Steps, Smart Recovery, Refuge Recovery, etc.)?

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Sponsor or Other Recovery Support (\*\*Get signed ROI for coordination of services):

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone number: \_\_\_\_\_