



## National Conference for Hidden Student Populations

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<https://nchp.okstate.edu>

## Current Hidden College Student Populations

May include those who have foster care histories, justice-involved experiences, who are survivors of sexual violence or sex workers, recovering substances addicts, who face housing insecurity, who are considered Third Culture Kids/Individuals, or who have sought/seeking abortion care.

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**The Scholar-Practitioner** is a monthly publication of research summaries that target the research-to-practice gap for U.S. scholar and practitioner advocates for hidden college student populations.

This publication reinforces the work of the **National Conference for Hidden Student Populations (NCHP)** by providing a space to share research applications for practice. NCHP was the first research conference dedicated to this multidisciplinary area of study. **The NCHP 4th conference will be held February 28 - March 1, 2024, at University of Texas—San Antonio.** Conference presentations can be attended online. **Call for presentation proposals now open.**

## Collegiate Recovery Programs and Social Identity Changes Influencing African American Students

Leptic, M. (2023). How collegiate recovery programs and social identity changes influence African American students: A case study [Doctoral dissertation, Northcentral University]. <https://www.proquest.com/dissertations-theses/how-collegiate-recovery-programs-social-identity/docview/2842705095/se-2>

The prevalence of illicit substance use among individuals worldwide has increased significantly over the past decade, increasing fatal overdoses among African American students aged 18 to 25. Safeguards, including Collegiate Recovery Programs (CRP), provide students with an outlet for recovery; however, program availability is limited. The problem of fatal overdoses among minority populations prompted additional research to determine if participating in CRP programs helps students improve their academic performance, deter school dropout rates, and prevent relapse and overdoses among African American students attending college in the United States.

The purpose of this qualitative research was to explore the perceptions of African American students about the long-term influences of CRP availability, participation, and social identity changes on academic performance, school dropout rates, and relapse and overdose prevention in collegiate settings. There were six research questions to be addressed by this study:

- 1) What are the students' perceptions of how CRP influences academic performance?
- 2) What are the students' perceptions of how CRP influences school dropout rates?
- 3) What are the students' perceptions of how CRP influences the reduction of relapse and overdoses?
- 4) What are the students' perceptions of how CRP participation influences the necessary social identity changes to affect their addiction recovery process positively or negatively?
- 5) What are the students' perceptions of the availability of CRP at their selected university?
- 6) What is the overall long-term influence of CRP?

The study employed a holistic, multiple-case design. Forty-one individuals from minority backgrounds and multiple universities were recruited. They were enrolled in or had participated in a CRP within the past five years of graduation. The findings indicated that CRP participation effectively increased the participant's academic performance, deterred school dropout rates, deterred reduction of relapse and overdose vulnerability, positively changed their social identity, and influenced their long-term recovery by aiding their transition from an academic setting to their professional career. Several implications for practice were identified from this study.

First, joining a CRP program decreased students' illicit substance use and increased their overall academic performance. This poses critical information to collegiate leadership and practitioners at colleges and universities across the United States, emphasizing the need to advocate for the expansion of these programs. Most importantly, students who join a CRP decreased their overall substance use, which may encourage colleges and universities to lead and expand substance abuse deterrence campaigns to reach students who need immediate cessation.

Second, program participation enhanced students' desire to remain enrolled and follow through with their degree programs by renewing their confidence and motivation to graduate, which is extremely

important to bridge students needing recovery to academic success. Moreover, since dropout rates are higher among African American students, expanding programs at colleges and universities with higher black student populations is even more essential.

Third, CRP participation did not reduce participants' overall cravings or desires to use illicit substances, it worsened them. This information is essential for the overall planning and execution of CRP development, including factoring a person's biological brain functioning and development of addictive-related dependence. Moreover, leadership committees and practitioners must consider this finding to effectively address these cravings and desires from a physiological standpoint at the program's start to prevent lack of participation, program dropout, and continued drug use from the student population.

Fourth, African American participants effectively changed their social circle, including making the necessary social identity changes by transitioning to a mindset focusing on academia and then a professional mindset bridging them from their current schooling to their professional career.

Fifth, the consensus among participants indicated that the overall program availability and promotion of CRP programs were adequate at their universities, providing these universities with positive feedback about their membership process, including creating a more simplistic

membership format for students.

Sixth, individuals who enter treatment must change their identity by changing their social circle to transition them into a supportive social network, including the long-term benefits of participating.

In conclusion, the perceptions of students who participated in a CRP provided important information for practitioners and college leadership to implement plans for CRP expansion. Future research can examine the perceptions of other racial populations with a larger sample, using quantitative methodology, and focusing on smaller, larger, or private academic institutions. Using statistical analysis from quantitative methodology could provide correlational and factorial relationships of the data.

## NCHP

**Register now! Hybrid Conference  
Feb 28—March 1, 2024**

Call for proposals for research and practice presentations **NCHP**

For more information, go to:

<https://nchp.okstate.edu>



# NCHP

NATIONAL CONFERENCE FOR  
HIDDEN STUDENT POPULATIONS

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