

# UNIVERSITY of HOUSTON

## COUGARS IN RECOVERY

### Program Agreement

Thank you for your interest in Cougars in Recovery! Cougars in Recovery (CIR) is comprised of various walks of life and recovery. As such, we celebrate **all recovery** and are an **abstinence based program**. This means that our program does not follow a particular approach to recovery, as a means to make our community **inclusive** to the various approaches leading to and maintaining recovery.

Being a member of Cougars in Recovery comes with access and eligibility to:

- |  |   |  |
|--|---|--|
| - 24/7 lounge space, exclusive to members only | - Cougars in the Community student organization | - Leadership program*                    |
| - Study space with free printing               | - On-campus AA meetings                         | - Professional development               |
| - Priority registration*                       | - Sober fellowship                              | - Attendance to national conferences*    |
| - Recovery housing*                            | - Recovery tailgating                           | - Volunteering opportunities             |
| - Recovery scholarships*                       | - Monthly community gatherings                  | - Individualized support from CIR staff  |
| - Hiking and camping activities*               | - Mentorship initiative*                        | - Liaison to on and off campus resources |
|  |   | - Recommendation letters*                |

\*Includes eligibility requirements. Please connect with CIR staff.

Membership to CIR is a privilege that is earned by those who are fearlessly dedicated to their wellness in recovery. As such, the only requirements to being a member of the CIR community includes a *commitment to yourself* to maintain abstinence and a *commitment to the CIR community*. **This commitment looks like attending a weekly Community Check-In meeting. There are seven offered and held at the same time each week. We ask that you commit to one of these seven meetings throughout the semester. Members are expected to attend 85% of their Community Check-In held throughout the semester. Extenuating circumstances should be discussed with CIR staff. Also, 85% of Community Check-In attendance grants you priority registration for the following semester.**

### Expectations of Participants

Please initial each statement to indicate you have read and understand the agreement. By enrolling in Cougars in Recovery, I acknowledge that:

\_\_\_\_ I commit to **community** within CIR by:

- Understanding that if I become aware of another community member's relapse I will hold him/her accountable by:
  - Speaking directly to the other student encouraging him/her to disclose the relapse to a CIR staff member.
  - Speaking directly to a CIR staff member to notify him/her that I have knowledge of a community member's relapse
  - Understand that my failure to report a community member who is suspected of using or who is using mood-altering substances will result in me being subject to sanctions as determined by the CIR staff.
- Building relationships with the CIR fellowship and staff

\_\_\_\_ I commit to **civility** within the CIR community and program by:

- Being mindful, respectful, and accepting of CIR community members. Since the CIR community is comprised of individuals from various walks of life and identify with various communities (*LGBTQIA, etc.*), respectful language is integral to the community feeling **safe and inclusive**.

\_\_\_\_ I commit to being **courteous** with the CIR community lounge space by:

- Ensuring that the lounge space consists of CIR members only (*i.e., the lounge space is for CIR community members only*).
- Being courteous of the shared space by *picking up after myself* and *tidying up the space as I see fit*.

\_\_\_\_ I will attend **one check-in meeting each week** to get the support that I need and to support my peers.

\_\_\_\_ I will actively participate, to the best of my ability, in being involved in the opportunities available through CIR, (*chairing and/or participating in the 12 step meeting of AA, attending community gatherings, etc.*) the UH campus, and the local.

*I have read and understand by my signature, each point indicated above. I am agreeing to actively participate in the Cougars in Recovery Community. Once you have signed this document, you are agreeing to the expectations of Cougars in Recovery and will be asked to act accordingly.*

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please submit this agreement to John A. Shiflet, Program Director, or Leah J. Singer, Program Coordinator.