



Cougars in Recovery

Division of Student Affairs

Student Information

UH ID Number _____

Last Name _____

First Name _____

Middle Name _____

Date of Birth _____

Recovery Birthday _____

Gender _____

Pronouns _____

Ethnicity _____

Phone Number _____

Email Address _____

Permanent Address _____

Local Address _____

Emergency contact information

Name _____ Relationship _____ Number _____

Name _____ Relationship _____ Number _____

Parent/guardian name _____

Parent/guardian phone number _____

Parent/guardian email address _____

CIR Staff Use Only

- Interview
- Program Agreement
- Application Narrative
- Roster
- Listserv
- GroupMe
- Community Check-In Time
- Cougar Card Entry Access
- FERPA Form
- Image Release Form



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Academic Information

Did you choose to attend the University of Houston because of Cougars in Recovery? Yes ___ No ___

How did you learn about Cougars in Recovery? _____

Are you currently enrolled or have you previously been enrolled at the University of Houston? Yes ___ No ___

If yes: Hours completed _____ Cumulative GPA _____ Last Semester Attended _____

If you are new to the University, when do you plan to begin taking classes at UH? _____

Do you currently live in on-campus housing or do you commute to campus? _____

Are you Interested in living on-campus in our Recovery Townhouse? _____

What is your major? _____

Are you an undergraduate student? If so, what is your classification? _____

Are you a graduate student? If so, what year are you? _____

Two most recent colleges and universities attended:

1. _____ Hours _____ GPA _____ Last Attended _____

2. _____ Hours _____ GPA _____ Last Attended _____

What is your anticipated graduation date? _____

Briefly, what do you want to do with your college degree?

List any activities, interests, honors, and/or special talents or skills that might be of interest to the CIR staff:



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Mental Health and Recovery

List your primary drugs of choice and addictive behaviors:

1. _____
2. _____
3. _____

What is your chosen path of recovery? _____

If you are comfortable, please list your mental health diagnoses that you would like to share with us:

Attach to this application a biographical narrative (maximum of two pages, typed, and double spaced) that includes the following information:

- Your substance use history and recovery journey
- What recovery means to you and how it plays a role in your life
- Your chosen path of recovery and how you maintain it
- How you see academics enhancing your recovery

Return application, narrative, and signed Program Agreement via email at jashifle@central.uh.edu

Signature _____

Date _____

Print _____



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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 to ensure our community is **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
- Study space with free printing
- Priority registration*
- Recovery housing*
- Recovery scholarships*
- Hiking and camping activities*
- On-campus AA meetings
- Substance Free fellowship
- Recovery tailgating
- Monthly community gatherings
- Individualized support from CIR staff
- Liaison to on and off campus resources
- Leadership program*
- Professional development
- Attendance to national conferences*
- Volunteering opportunities
- Recommendation letters
- Mentorship initiative*

**Includes eligibility requirements. Please connect with CIR staff for any questions.*

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 eight offered and held at the same time each week. We ask that you commit to one of these eight meetings throughout the semester. Members are asked to attend 85% of their Community Check-In held throughout the semester which grants you priority registration for the following semester. Extenuating circumstances should be discussed with CIR staff. ** Additional requirements may be asked of students who are living in the CIR Recovery Townhouse located on-campus. ****

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 reoccurrence of symptoms, I will hold him/her accountable by:
 - Speaking directly to the other student encouraging him/her to disclose the R.O.S. 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 R.O.S.
 - 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, 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.

____ If I have less than 90 days of recovery, I agree to adhere to a Recovery Protection Plan as set forth by CIR Staff.

____ I will actively participate, to the best of my ability, in the opportunities available through CIR, the UH campus, and the local community.

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: _____