

# Tom Bannard, CADAC, MBA

Tom Bannard, CADAC, MBA, is the Program Coordinator for Rams in Recovery at Virginia Commonwealth University. Tom is a Certified Alcohol Drug Counselor and has spent most of his career working in homeless services at CARITAS. A person in long-term recovery, Tom is an advocate for people in recovery or who are struggling with a substance use disorder.

Tom has played a key role in the growth of Collegiate Recovery at VCU spending his first 2 ½ years as a volunteer on the project team until he was hired in October 2015 as the program's first coordinator. VCU's program has grown rapidly in the past 18 months with more than 60 students attending meetings on weekly basis, and 14 weekly recovery groups on campus, and 2 Family Education Programs. Tom is passionate about changing the way we treat substance use and firmly believes that we must improve our systems of care by focusing on long-term recovery supports, allowing easier access to treatment and recovery resources, educating and supporting family members, and reducing stigma around substance misuse.



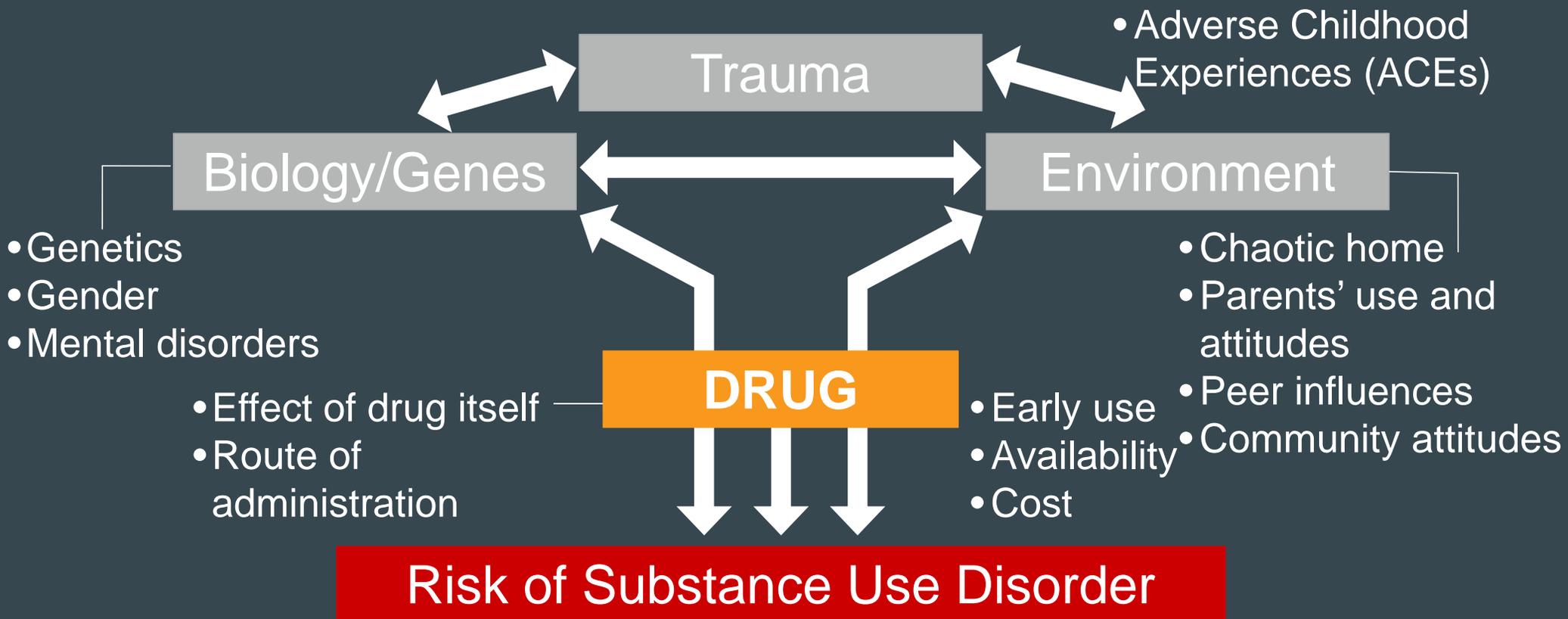
# Collegiate Responses to Substance Use Disorders

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Beginning Societal Recovery from Addiction

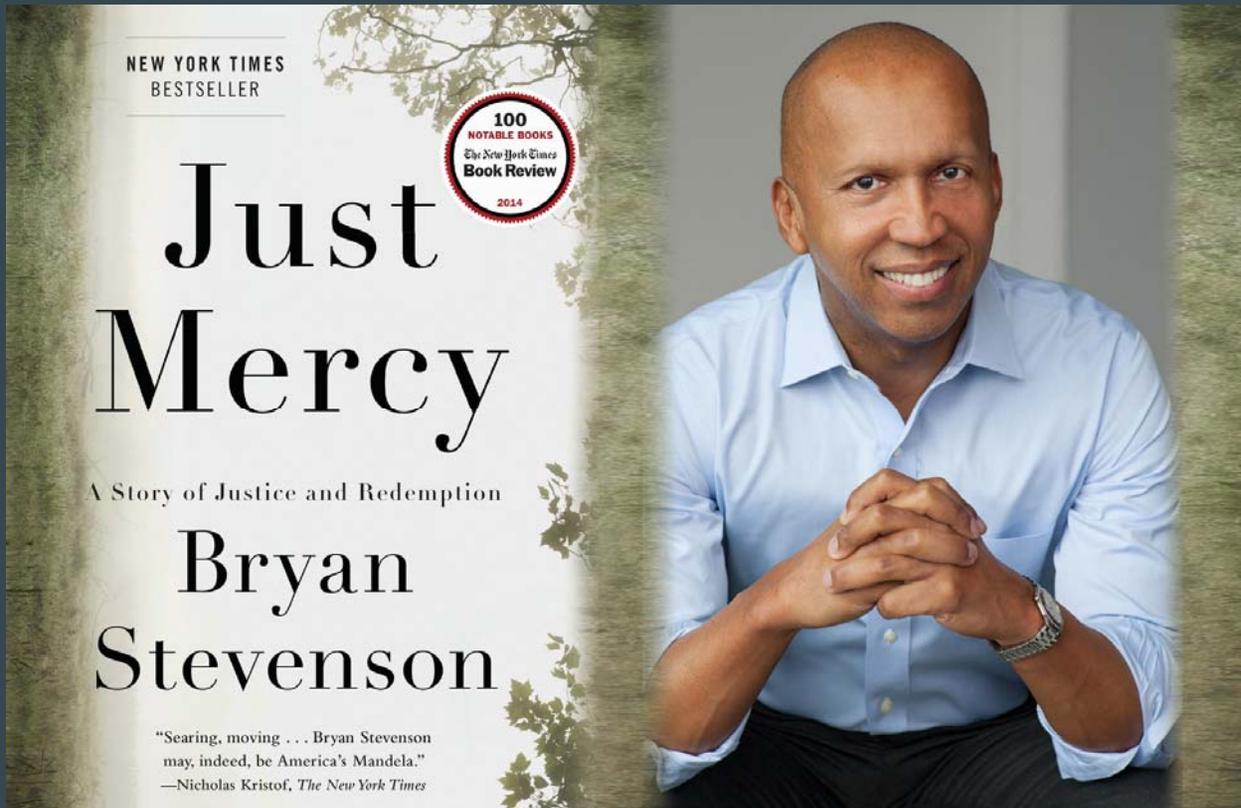


Like all diseases, risk for SUD is impacted by genetics and environment.



# Making connections: the VCU Common Book

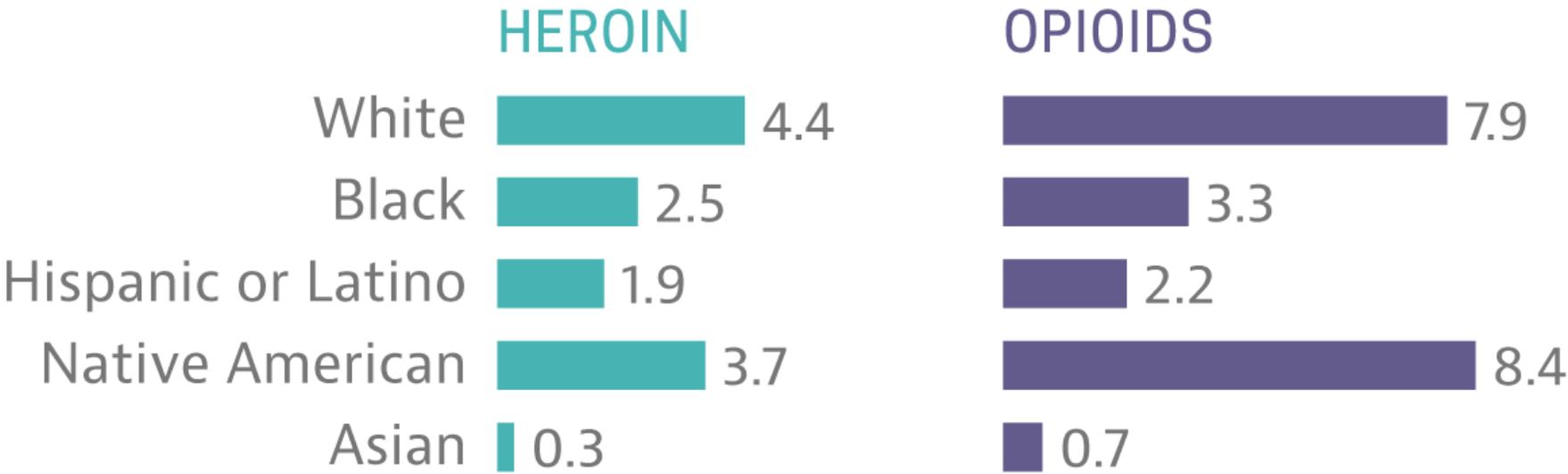
2016



2017

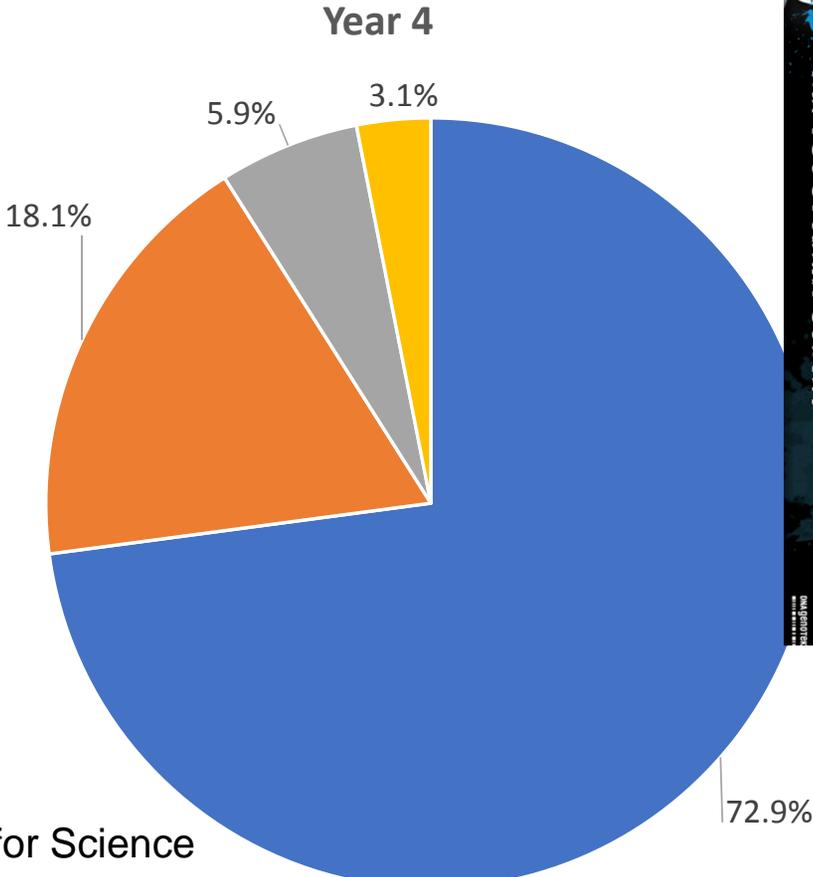
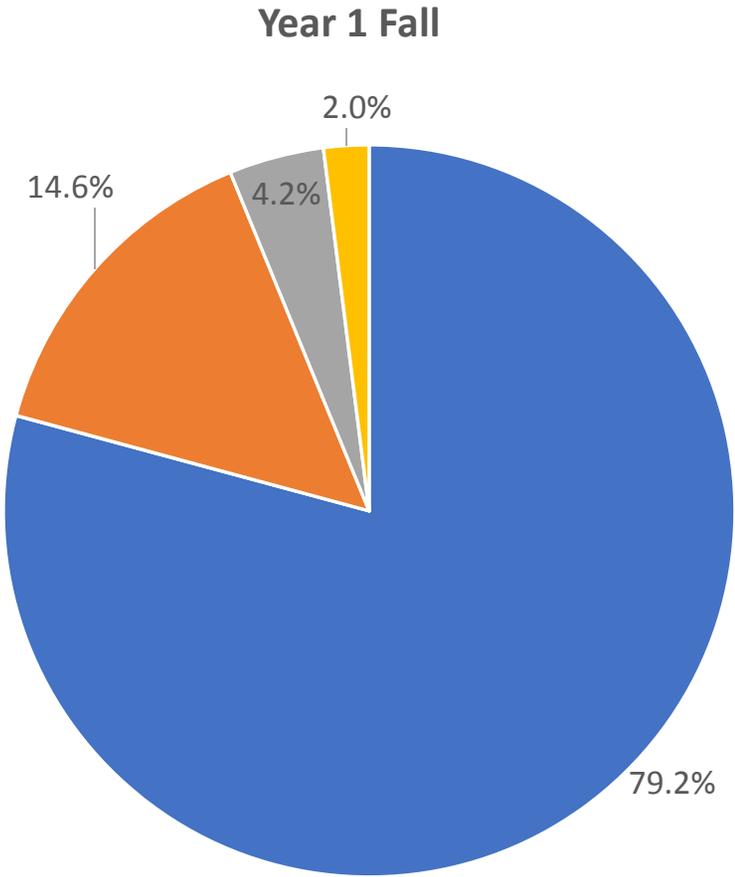


# Overdose Deaths by Race in 2014 per 100,000 people



Data: CDC

# Alcohol Use Disorder at VCU (drinkers meeting DSM-5 criteria)

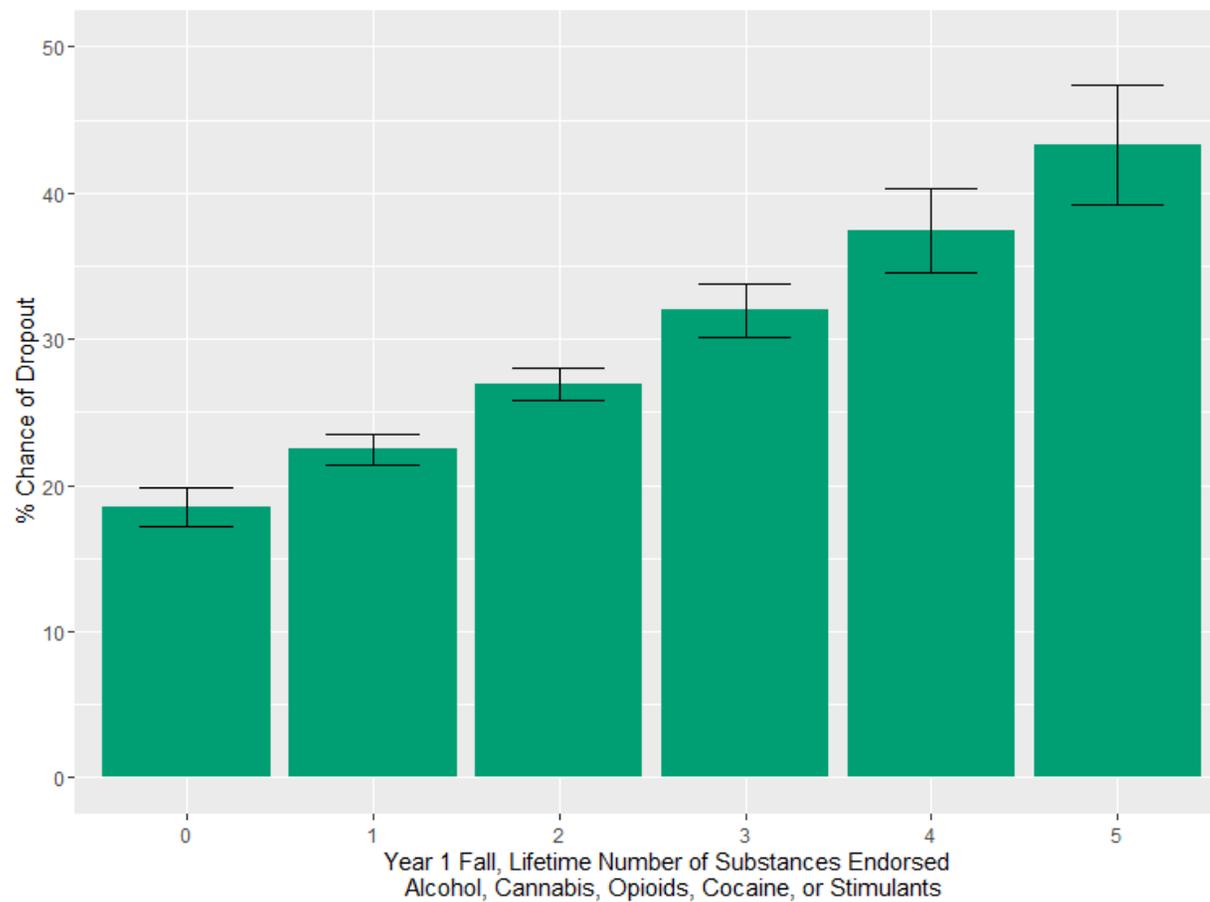


- None
- Mild
- Moderate
- Severe

Source: Spit for Science



# Number of Substances Endorsed(life time) as a predictor of drop out



## Opioid use among Males – Data are Preliminary

<b>Timespan</b>	<b>Any Use</b>	<b>1-5 Times</b>	<b>6 or more times</b>
Year 1 (Life Time)	6.8%	4.3%	2.5%
Year 1 (Since arriving at VCU)	5.9%	4.2%	1.6%
Year 2 (past 12 months)	6.7%	4.4%	2.4%
Year 3 (past 12 months)	7.7%	5.0%	2.8%
Year 4 (past 12 months)	3.2%	2.0%	1.2%

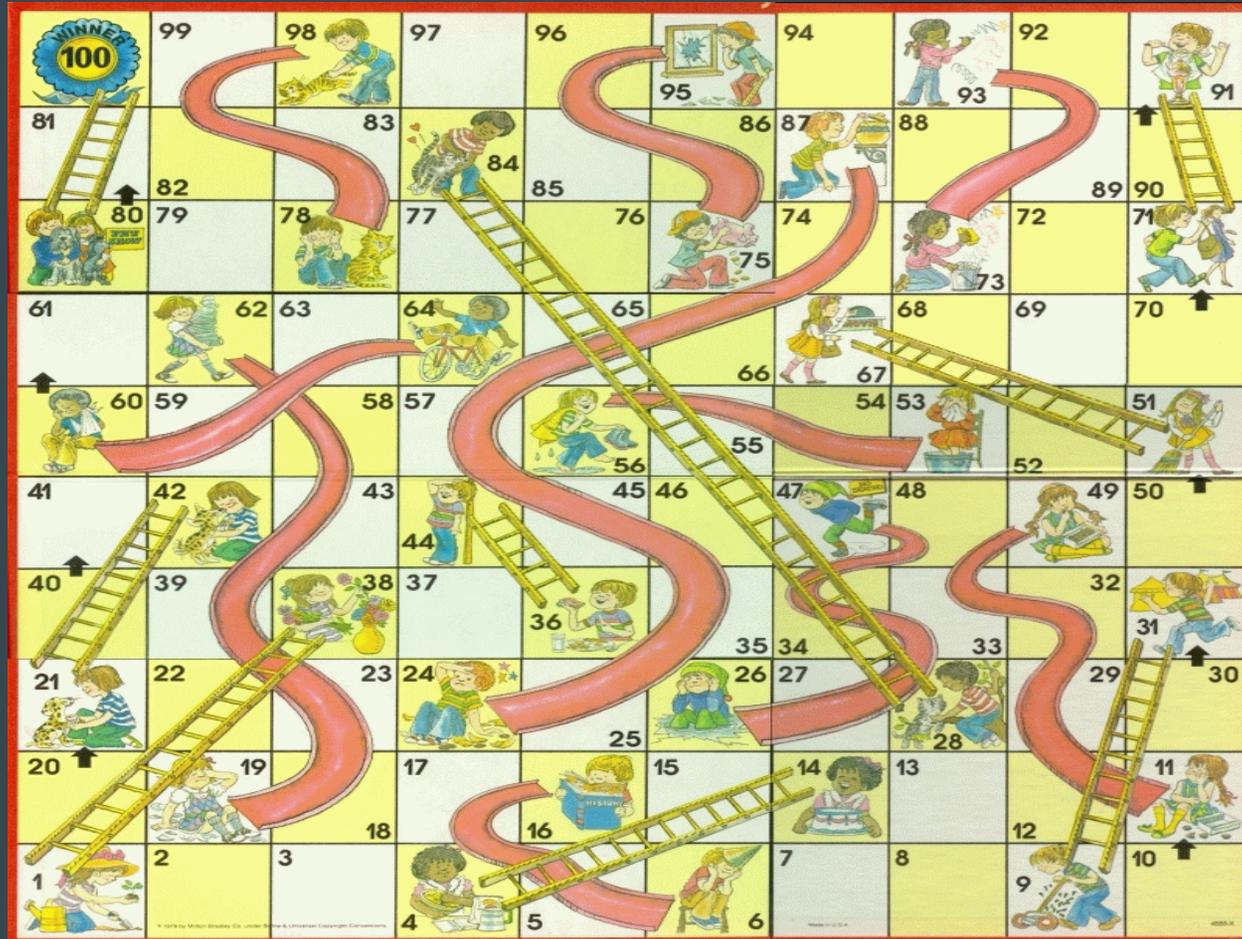


## Opioid use among Females – Data are Preliminary

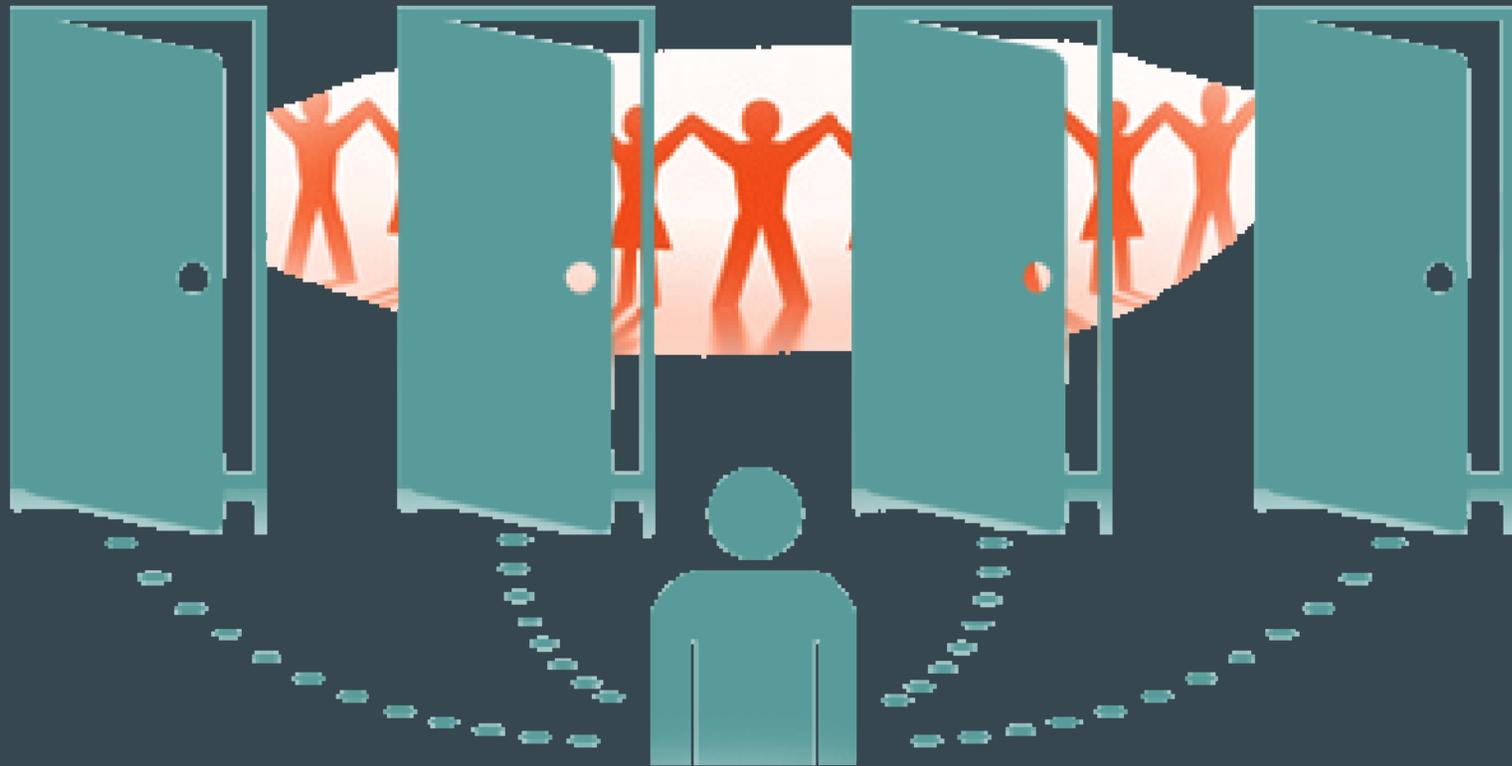
<b>Timespan</b>	<b>Any Use</b>	<b>1-5 Times</b>	<b>6 or more times</b>
Year 1 (Life Time)	3.4%	2.3%	1.1%
Year 1 (Since arriving at VCU)	2.5%	1.8%	.7%
Year 2 (past 12 months)	2.9%	1.9%	1.0%
Year 3 (past 12 months)	3.2%	2.2%	1.0%
Year 4 (past 12 months)	.6%	.3%	.3



# Mental health services access guide



# Help Everywhere: **No Wrong Door**



# Many Pathways to Recovery



12-Step



Refuge Recovery



SMART Recovery

Natural recovery  
Faith-based approaches

2016-2017 at VCU

511 Mutual  
Aid Meetings

Total  
Attendance  
9800

~40%  
students.

# Affirm Identity & Create Community

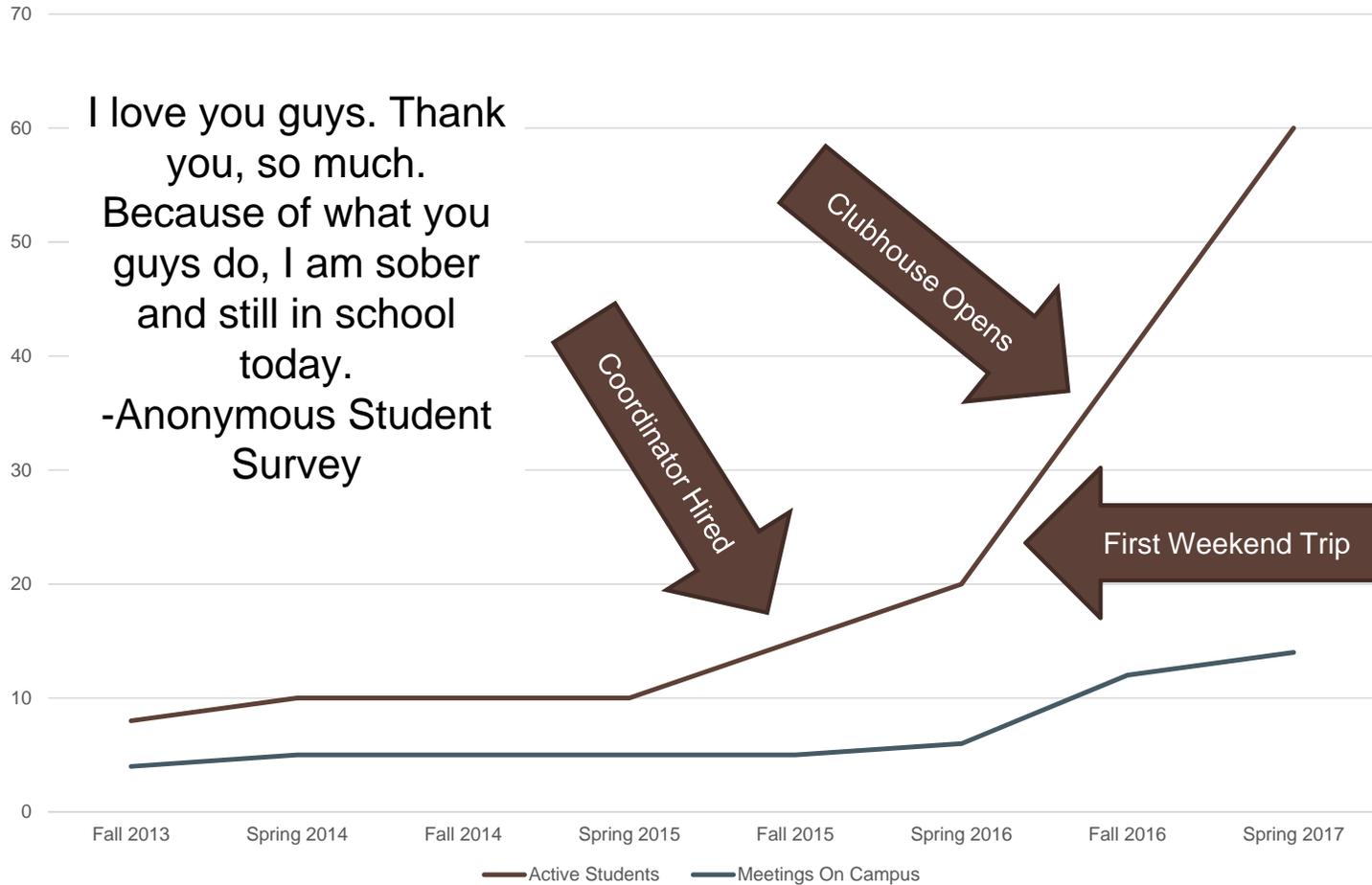




# Breaking through stigma



# Rams in Recovery Growth 2013-17







***Speak love***  
**to your loved one.**

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Do you care about  
someone who  
struggles with drugs  
or alcohol? **Join us!**



## Family & Friends Education Program

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FREE & PUBLIC — NO NEED TO REGISTER

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2 WEEKLY SESSIONS!

Mon. 5:30-6:30p.m.  
501 N. 2nd St.

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Thu. 6:30-8p.m.  
563 Southlake Blvd.

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**Our Partners:**



# Acknowledgements

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Thank You Especially

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Dr. Amy Adkins

Kimberly Pederson

Nathan Thomas

Tom Bannard  
recovery@vcu.edu  
804-366-8027