

### Q1. Applicant Information

Name (first and last)	Rebecca Gardner
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Phone number (xxx) xxx-xxxx	(925)786-2835
Name of Department/ Unit/ Student Organization	Aggies for Recovery
What is your role or position within the Department/ Unit/ Student Organization?	Student Recovery Coordinator

### Q2. Event/ Program Information

Name of the Event/ Program	Three Events: Destress for success; Recovery Speaker Jam; Recovery Carnival
Date(s) of Event (include the year)	Nov 2021; March, May 2022
Location	Library; TBD; Field next to Pavillion or quad
Estimated # of UC Davis students that will attend/ benefit from program	1,500
TOTAL event/ program budget (\$x,xxx)	\$1000
Funding request amount from COSAF (Student Programming Fund) (\$x,xxx)	\$9500

### Q3. Please provide a detailed description and purpose of the event/ program.

Aggies for Recovery is a student organization and Collegiate Recovery Program. The program serves students experiencing difficulties with addiction related issues and seeking recovery from substances. It has served hundreds of students and made a difference in many students life. These events (destress for success, speaker event, and carnival) will seek to promote Aggies for Recovery to the greater UC Davis population. We have had very successful carnival and destress for success events in the past years. This year we will be having a speaker event featuring celebrities in recovery. The speaker event will feature a member of a recovery community sharing their recovery journey with students in recovery and students interesting in hearing the message. The carnival will feature games and give students the opportunity to hear from fellow students in recovery; it will take place in the quad or field next to the pavillion. Destress for success in fall will feature stress relieving techniques for students to practice as they near finals e.g., meditation, breathing exercises, crafts, etc. At all events, students will learn about collegiate recovery at UC Davis which is the only mental health resource on campus that serves students dealing with substance abuse issues. Aggies for Recovery is a crucial service that fosters diversity, equity and inclusion.

### Q4. How will the requested funds be utilized to support this event/ program?

The funds will be utilized for promotion, marketing, acquiring venues, promotional items, speaker fees, travel expenses, materials, snacks, student intern stipend; see budget spreadsheet.

### Q5. Please enter estimated attendance for the following groups.

Staff	25
Faculty	50
UCD Community Members	500
Other (please specify and include number)	students: 1500

Q6. Who is the target audience of the event/ program? (e.g. students, program participants, users of a specific service)

Students: students struggling with addiction, students who know someone struggling with addiction, students experiencing mental health difficulties, students with a family member who struggles with addiction; students seeking recovery; staff and faculty who would like to learn about addiction and recovery.

Q7. What program, activity, or service will be provided? (e.g. six-week training program, instructional class or activity, structured community program that exposes students to new ideas and experiences)

All programs will feature interactive activities. At our speaker event, there will be a Q&A portion in which attendees can ask the speaker personalized questions. They will be exposed to new ideas and hear about personal experiences at all events as well. At the carnival, students in the collegiate recovery community (A4R) will share about their recovery journeys.

Q8. What will be learned? (i.e. acquired knowledge, skills or abilities, a new awareness/ sensitivity/ perspective, an adopted practice)

Students will gain perspective about addiction and recovery. They will learn about resources offered on campus (Aggies for Recovery). Members of Aggies for Recovery receive professional substance abuse counseling from the UC Davis Counseling center, regardless of insurance. Aggies for Recovery is partnered with the Association of Recovery in Higher Education (ARHE). They will have a new awareness of our resource, and hopefully gain sensitivity surrounding addiction-related topics.

Q9. How will the learning be shown or what does the learning look like? (e.g. demonstrated knowledge of course material, change in behavior, a practiced skill, a task achieved)

A practiced skill will be taught at the distress for success event (mindfulness and breathing exercises). Students will learn about intervention at other events and how to support a friend/family member who struggles with substance use.

Q10. How does the event/ program provide services that are of growing interest to students? (if applicable)

Aggies for Recovery has grown significantly in the number of students it serves (about 400%) as our promotional efforts have improved. The pandemic has caused many students to consider recovery as more students struggles with substances have become apparent.

Q11. How does the event/ program foster diversity, equity, and inclusion? (if applicable)

Inclusion is one of the main principles of Aggies for Recovery. We aim to honor each others differences and respect our different paths. As students who have experienced addiction we come from diverse backgrounds and understand that equity is a key component of our program. Despite our diverse identities, we all come together in our shared goal of achieving academic success and sustaining our recovery at a university level (where recovery isn't the norm cultural).

Q12. How does the event/ program provide crucial services to students? (if applicable)

Aggies for Recovery serves students experiencing addiction-related issues, as well as other mental health difficulties. Students are able to be connected to various other resources by the Alcohol, Tobacco, and other Substances Coordinator who works closely with A4R. Aggies for Recovery is a crucial service as it is the only program that serves students struggling which addiction. These events will expose the student body to this crucial service.

Q13. Has your Department/ Unit/ Student Organization put on this event in the past?

- Yes
- No
- Uncertain

Q14. Please provide the following information on the previous event(s).

Event date(s) (Month(s)/ Date(s) / Year)	03/2021
Location	Remote
Total attendance	TBD

Q15. How was the success of the event measured?

TBD

**Location:** ([38.555892944336,-121.73910522461](#))

**Source:** GeolIP Estimation

