

Addiction Prevention Recovery & Service Opportunities

(CAPRS)

Welcome!

This website is designed to inform TCC students, staff, and faculty about the nature of addiction and the availability of the following opportunities:

The Center for Addiction Prevention, Recovery, & Service (CAPRS)

TCC is dedicated to building a strong Collegiate Recovery Community that provides a supportive environment for students in recovery from an addiction. For students interested in addiction prevention and recovery, the hub of this environment at TCC is the Center for Addiction Prevention, Recovery, and Support Services (CAPRS), located on the Northeast Campus, Room #2621. Telephone: 595-8462.

Student Organization

TCC has a great student organization dedicated to helping students in recovery create and sustain comprehensive and balanced wellness. Membership is open to TCC students; annual dues are \$5. The group meets monthly. The student organization, known as TACKLE (Total Addiction Counseling and Knowledge from Life Experiences), provides peer support, service opportunities, social activities, and programs designed to encourage students in recovery to use education as a means of improving their self-confidence, decision-making skills, ethics, civility, and interpersonal relationships. Please join us for our next meeting! Or call 595-8462 for meeting day/time each semester.

[Click here for Recovery Scholarship Form](#)

Recovery Scholarships TCC has a Recovery Scholarship fund to provide ongoing financial support for students who have reclaimed their lives and their academic focus, funded by a grant from the Hille Foundation. Successful TCC Recovery Scholarship applicants must:

- Have completed a minimum of 6 months continuous recovery from all identified addictive disorders
- Be active in the TCC student organization, TACKLE
- Submit a one- or two-page essay describing their recovery journey and their academic goals
- 2 letters of recommendation from individuals who can attest to the quality of their recovery and to their potential for academic success (may be family members)
- Be enrolled in a minimum of 6 credit hours at Tulsa Community College while on scholarship
- Maintain a 3.0 GPA for courses completed while on scholarship.

For scholarship questions, contact Mary Millikin at mmillikin@tulsacc.edu or telephone: 918-595-7924. Scholarships may be awarded in the fall, spring, and/or summer semesters, depending on the number of applicants and funds available.

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Collegewide Task Force on Prevention & Recovery

TCC also sponsors an active, collegewide task force, comprised of faculty, students, administrators, and counselors engaged in developing a supportive campus environment for the prevention of addiction and for students in recovery from an addiction to alcohol, drugs, gambling, or nicotine. This task force welcomes new members, both students and TCC employees. If you would like to join our dynamic task force, please contact Donna Wood at: dwood@tulsacc.edu or phone: 918-595-7841. The mission of the Task Force is to develop programs to assist students who have received treatment for addiction* and/or students who are now in recovery.** These programs provide—

- meetings of Alcoholics Anonymous, Al-Anon, and/or Narcotics Anonymous on each campus
- an online organization site
- mental health counseling for all students
- scholarships for students in recovery
- seminars on prevention and recovery every semester
- peer mentors
- support for a collegewide, recovery-based student organization

These programs are designed to help students stay drug/alcohol free, which will enhance their quality of life. The ultimate goal is to break the cycle of abuse that is passed on to future generations.

*A pattern of substance use within any 12 month period, which includes three or more of the following general symptoms:

1. Tolerance
 - a. increased amount of substance required to achieve desired effect
 - b. diminished effect with continued use of the same amount
2. Withdrawal (trembling, seizures, etc.)
3. Amount or duration of use greater than intended
4. Attempts without success to control or reduce substance use, despite desire to stop

Page 3

5. Large amount of time spent obtaining, using, or recovering from the effects of substance use

6. Reduction or abandonment of social, occupational, and/or recreational activities due to substance use

7. Inability to refrain from use, despite knowledge of physical or psychological problems due to use

** Individual has terminated use for at least one month and no acute withdrawal symptoms are present

<http://www.tulsacc.edu/student-service/addiction-and-recovery>