

Introduction to Recovery **High Schools**

What is a Recovery High School?

- It is a school where students work to earn a high school diploma, grades 9-12.
- It is a high school that provides a supportive and recovery-focused environment for students in recovery from alcohol or drug abuse.
- It is a high school that provides various supports specific to students in recovery from drug or alcohol abuse.

What is the admission criteria? (specific to Rockdale Recovery High School)

- Students ages 14-21 (or 22 if on an IEP) who have histories of using substances and identify their substance use as problematic and wish to stop.
- Most importantly, students must be committed to a program of recovery. All students and parents/guardians must be willing to sign an accountability contract, encompassing a commitment to working on their recovery as a condition of admission and must agree to reasonable drug screens.
- Rockdale Recovery High School subscribes to a Harm Reduction Model, believing that relapse can occur and recovery is not absolute. We will work with students to develop a relapse prevention plan, and when/if relapse occurs, our team will work collaboratively with students, families and collaterals to provide the requisite support for sobriety and recovery.

What type of academic services are provided?

- Recovery High Schools work collaboratively with a student's sending district to provide courses that meet graduation requirements of that district allowing students to ultimately graduate with a diploma from their sending school
- Students receive direct and rigorous instruction in four major content areas with content area certified instructors (English, History, Math and Science)
- World Language is provided through an online platform
- Elective courses are provided: examples include- Creative Arts, Music, Graphic Design/ Production, Health and Wellness, Life Skills, Career/college preparation and planning
- Extended learning opportunities (externships, internships, apprenticeships, community service) and credit recovery opportunities are provided

What are the recovery specific supports provided?

- The school's Adjustment Counselor is otherwise known as a Recovery Clinician and is experienced in working specifically with youth and young adults with substance use disorders; the Recovery Clinician comes from the background of substance use disorder treatment with youth and young adults
- All students work with the Recovery Clinician to develop an individualized recovery and relapse prevention plan
- All students receive psychoeducational and recovery support groups
- All students are subject to drug testing on site
- All students are able to meet with the Recovery Clinician individually for counseling and support; frequency is dependent on student need and IEP accommodations requirements
- All students are educated on the availability of community self-help groups and are taught how to access these resources
- Parents/guardians are able to access supports and resources from the Recovery Clinician - addiction is a family disease

Who is the staff?

- Principal/Director
- Recovery Clinician
- Guidance Counselor
- Content-area Certified Teachers
- School Nurse

Who is accepted for admission?

- Students who have history of using substances, have identified it as a problem, and want support stopping their use while working toward their high school diploma
- Have completed a primary phase of treatment or presently enrolled in treatment and counseling
- *Have a commitment to recovery*
- Have completed an application including a student-written narrative essay about why they want to come to Rockdale Recovery High School
- Have completed an interview with the Rockdale Recovery High School screening team
- All final decisions about enrollment are made by the Rockdale Recovery High School screening team

Frequently asked questions:

- **Do I need an IEP to attend?**
 - **No** IEP or 504 is needed to attend a Recovery High School. However, if an IEP or 504 exists for a student, Recovery High Schools will accommodate those education plans and supports

- **Can I be forced to go to a Recovery High School? Can my school district prevent me from accessing a Recovery High School?**
 - **No.** Recovery High Schools are voluntary; students must want to attend the school in order to be enrolled. It is also true that a sending school district cannot deny a student from being enrolled in a Recovery High School. If a student applies, is interviewed, and accepted by a Recovery High School for admission, their sending school must work collaboratively with that Recovery High School to educate the student.

- **Do I have to pay to attend?**
 - **No.** There is no cost for a student or their families to attend.

- **Is transportation provided?**
 - Though sending schools cannot prohibit a student from attending a Recovery High School, *they are not required to provide transportation.* At Rockdale Recovery High School, we currently have 2 school vans that provide transportation to students in the Central Mass area.

- **Are there extracurricular activities?**
 - Recovery High Schools do not have specific extracurricular activities (such as athletic programs) at their locations. However, students enrolled in Recovery High Schools are still eligible to participate in extracurricular activities at their sending schools as long as they meet sending school requirements to participate. (Example: students enrolled at a Recovery High School are still eligible to play for their sending school's Football team.)

- **Can I still go to college after going to a Recovery High School?**
 - **Yes!** Many students that have graduated from a Recovery High School attend college. Students will work with the guidance counselor during their time at Rockdale Recovery High School to help develop a college and/or career transition plan for after they graduate.

- **Will my transcript have Recovery High School on it? Do I have to put that I went to a Recovery High School on my job applications?**
 - **No.** Since Recovery High Schools work collaboratively with sending school districts, students graduate with a diploma from their sending school. Students' transcripts will reflect their sending school, and they are able to put that sending school as their high school attended on any applications they fill out.