

A Recovery High School for the Triangle Area

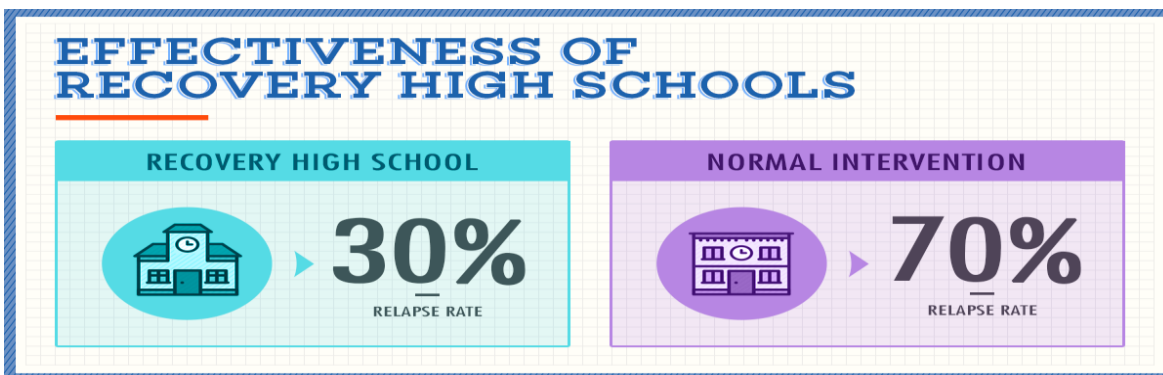
W A K E M O N A R C H A C A D E M Y

What is a Recovery High School?

A recovery high school is a secondary school designed specifically to provide a sober and recovery-supportive learning environment for students who are in active recovery from alcohol and substance use disorder and other addictions with corresponding behavioral health issues.

Unlike adults, a teen in recovery usually has one option: return to (or remain in) the environment in which they have bought, used, sold, and have friends that sell, use and buy drugs and alcohol - their home high school. Many students leaving inpatient or residential treatment are offered alcohol or other drugs by their friends on the *first day* they return to school (Holleran Steiker, 2015). This unique environment likely contributes to the much poorer prognosis teens with addiction face when compared to adults.

In 2010, 7.3% of adolescents (ages 12 - 17) had past-year substance use disorders (alcohol or illicit drugs). Although current statistics are unavailable, we know this percentage has dramatically increased since the opioid epidemic has escalated in our area, state and across the country. To make matters worse, oftentimes insurance coverage for treatment of adolescents is not available and parents have to pay out of pocket for assistance and access to resources.



Balonen-Rosen, P. (2016)

Adolescents in recovery who attend recovery high schools are more likely to abstain completely from alcohol, marijuana, and other drugs than their non-recovery high school-attending counterparts. They also exhibit less absenteeism from school. (Finch, Tanner-Smith, Hennessy & Moberg, 2018)

What about *our* kids? Is this really a problem in our area?

Of the 160,000 students in Wake County, North Carolina Department of Public Instruction reported 499 cases of drug possession in the 2016-2017 school year. That showed a 25.6 % increase of reported cases compared to the year before.

People are most likely to begin abusing drugs*—including tobacco, alcohol, and illegal and prescription drugs— during adolescence and young adulthood (ages 12-17). By the time they are seniors, almost 70 percent of high school students will have tried alcohol, half will have taken an illegal drug, nearly 40 percent will have smoked a cigarette, and more than 20 percent will have used a prescription drug for a nonmedical purpose.¹

1. Johnston, L.D.; O'Malley, P.M.; Bachman, J.G.; and Schulenberg, J.E. Monitoring the Future National Results on Adolescent Drug Use: Overview of Key Findings, 2013. Bethesda, MD: National Institute on Drug Abuse, 2013. Available at www.monitoringthefuture.org 2. Sussman, S.; Skara, S.; and Ames, S.L. Subst1.

Over the past five years, there have been 295 accidents involving teen drivers under the influence of alcohol. Non-fatal injuries resulted from 126 of these crashes, while four accidents caused fatalities. From 2009-2012, there was one fatal accident involving a teen driver under the influence of alcohol each year, but there were no such fatalities in 2013.

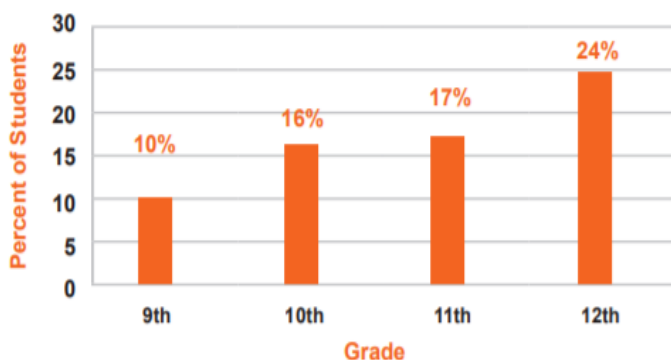
Risk-taking is a part of adolescence, but it also puts young people in danger. In the Youth Risk Behavior Survey (YRBS), 20% of high school youth reported that in the past 30 days they had ridden in a vehicle driven by someone who had been drinking alcohol. When asked if they had driven after drinking alcohol, 8% of high schoolers surveyed reported having done so in the past 30 days.

<http://nccrashdata.hsrmc.edu/datatool.cfm>
Wake County Public Schools, 2013 Youth Risk Behavior Survey



YOUTH ALCOHOL USE

BINGE DRINKING IN THE PAST 30 DAYS, GRADES 9-12, 2013



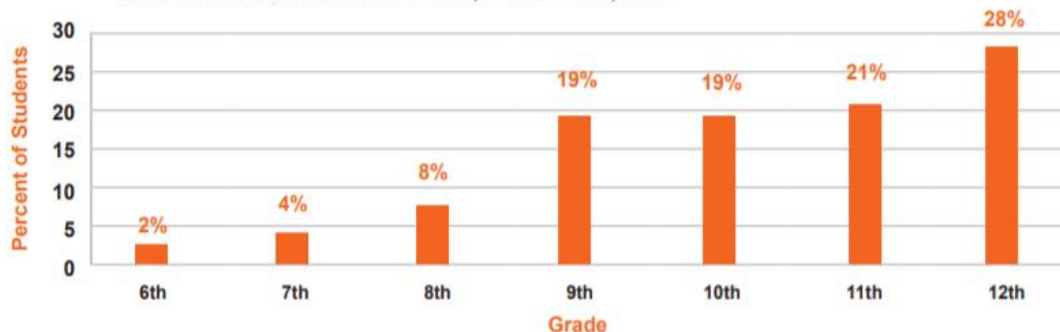
Source: Wake County Public Schools, 2013 Youth Risk Behavior Survey

The frequency and manner in which a young person consumes alcohol can also be of concern. Binge drinking is defined as five or more drinks for a male in about two hours and four or more drinks for a female in this same timeframe.³⁶ *Alcohol consumption in Wake County follows the national pattern of increasing as students get older, with 24 percent of 12th graders surveyed reporting they have engaged in binge drinking in the past 30 days.*

YOUTH MARIJUANA USE

Marijuana use by youth is on the rise nationally. **The YRBS indicates that 22% of high school students surveyed have used marijuana in the past 30 days.** That includes 23% of male and 21% of female students. When reviewing this data across race/ethnicity, 27% of Hispanic high school students report using marijuana in the past 30 days, 25% of African American students and 20.6% of Caucasian students report this behavior. More than half of the surveyed Hispanic/Latino students report using marijuana, compared with 44% of African American high school students and 37% of Caucasian high school students.

MARIJUANA USE IN THE PAST 30 DAYS, GRADES 6-12, 2013



Source: Wake County Public Schools, 2013 Youth Risk Behavior Survey

A national survey in 2015 estimates that 22% of U.S. high school students were offered, sold, or given an illegal drug on school property. (Musu-Gillette, Zhang, Wang, Zhang, & Oudekerk, 2017)

Nationally, 31% of 8th – 12th graders report they have used marijuana. A new trend regarding marijuana has been observed. Adolescents no longer perceive the risks associated with marijuana use like they once did. Perceived risk of marijuana use has been declining steeply in recent years. (Johnston, 2015) This shift could potentially lead to greater use in coming years.

YOUTH AND INCARCERATION

Research shows linkages between drug use and imprisonment. Recovery High Schools offer an alternative to incarceration and a prevention strategy for recidivism among adolescent populations. (<https://obamawhitehouse.archives.gov/ondcp/criminal-justice-reform>; State of Recovery High Schools, 2016)



YOUTH SUICIDE

- Between 1.5 and 2 million teens in the U.S. meet the criteria for substance addiction
- 16–19 year-old females who abuse alcohol are 6 times as likely to be depressed
- Teens with an alcohol dependence are at a greater risk for suicide
- 90% of teens who are suicidal have a substance use disorder (i.e. destructive psychological relationships with drugs or alcohol)
- 20% of non-traffic injury deaths involving alcohol intoxication are suicides
- Teens using marijuana on a daily basis are 7 times more likely to die from suicide

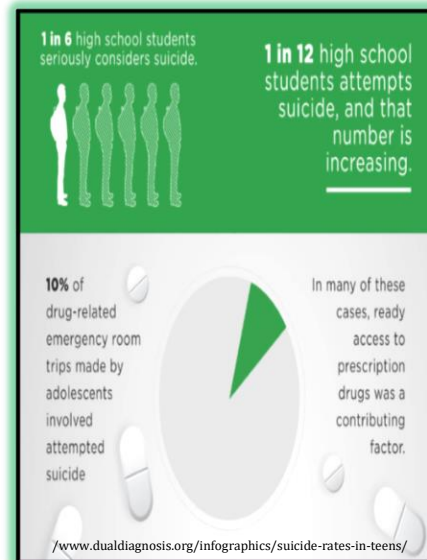
<https://www.therecoveryvillage.com/drug-addiction/drugs-and-suicide/#gref>

Youth Suicide Fact Sheet

- For middle and high school age youth (ages 12-18), suicide is the **2nd** leading cause of death. (2016 CDC WISQARS)
- For college age youth (ages 18-22), suicide is the **2nd** leading cause of death. (2016 CDC WISQARS)
- Over-all, suicide is the **2nd** leading cause of death for our youth ages 10-24. (2016 CDC WISQARS)
- Each week in our nation, we lose approximately **100+** young people to the national health problem of suicide.
- 2017 - CDC Youth Risk Behavioral Survey:
 - **Over One out of Every Six** of our nation's youth (17.2%) seriously considered suicide in the previous twelve months.
 - **Almost One out of Every Seven** young people (13.6%) actually made a plan to attempt suicide in the previous twelve months.
 - **Over One out of Every Fourteen** young people (7.4%) reported attempting suicide one or more times in the past twelve months.
- Firearms remain the most commonly used suicide method. Suffocation hanging and poisoning have seen dramatic increases recently.
- **Four out of Five** teens who attempt suicide have given clear warning signs.
- More than **90 percent** of people who die by suicide have demonstrated risk factors such as depression, other mental disorders or a substance-abuse disorder (often in combination with other mental disorders).
- Suicide is one of the **LEADING** causes of **PREVENTABLE** death in our nation today.



To find out more about The Jason Foundation and how you can help make a difference, visit our website at www.jasonfoundation.com.



Wake Monarch Will Serve as an Umbrella Corporation

“The Adolescent Hub of the Triangle”

Wake Monarch’s primary purpose is to create programs and environments aimed at the prevention, reduction of and recovery from, substance use by adolescents in the Triangle region of North Carolina. This Organization will develop a system of recovery programs, activities and counseling designed to provide an innovative approach to education and addiction recovery for adolescents. Through this system of education and recovery support, we strive to improve an adolescent’s quality of life so that he/she becomes a productive member of society in sustained recovery.

Wake Monarch will execute this purpose and mission through some key components:

- **Wake Monarch Academy (WMA), Recovery High School:** WMA will cultivate a model community where students can achieve quality college-preparatory education, achieve academic success, and enjoy a genuine high school experience in a safe, sober environment. This innovative mode of wellness and education will provide a supportive and recovery environment with programs and services not available in traditional high schools.
- **Wake Monarch Alternative Peer Group (WMAPG):** WMAPG will continue the recovery support not only for Wake Monarch Academy students, but also other adolescents who need recovery support. WMAPG will offer after school and weekend programs in a sober environment implementing engaging peer-based activities. The services and programs provided will assist the recovering adolescent to further develop the community commitment to recovery from substance use.

Proposed School Model:

Wake Monarch Academy will open as a private school model. It is hopeful that one day we could follow a public/private model as demonstrated by Archway Academy in Houston, Texas (<http://www.archwayacademy.net/>). Archway Academy is the largest recovery high school in the United States. Members of the Wake Monarch Academy board had the opportunity to train with leaders at Archway Academy in order to learn and implement best practices.

The public charter school’s role at Archway Academy is to provide and oversee the education component of the school. The private non-profit provides the recovery support that is woven into the school’s daily operations. Archway Academy charges a monthly tuition near \$1,000 per month, though they offer scholarships and sliding scale pricing to those in need. Of the approximately 40 recovery high schools in the nation, many different models exist, due to varying state regulations and legislation. Massachusetts is the only state in which legislation provides for and funds recovery schools. There are five public recovery high schools in Massachusetts.

Wake Monarch Academy will strive to: 1) to meet and exceed state requirements for a high school diploma or equivalent degree, 2) to educate students who are in active recovery from alcohol and substance use, 3) to provide an environment that supports students who are working a program of recovery. Additionally, support would also be provided for the family of an adolescent working and living in recovery.



Wake Monarch Academy would be the first recovery high school in the Triangle Area and second only in North Carolina.

Who We Would Serve:

Students from the Wake County area, and potentially those in surrounding counties. We anticipate enrolling no more than ten students our first year which is comparable to initial enrollment for other recovery high schools.

Admission Criteria:

Students who attend Wake Monarch Academy will establish their motivation to achieve and maintain their sobriety. Students must attend outside recovery programming regularly and submit to random drug testing. Enrollment at a recovery high school is typically ongoing, or a rolling enrollment, due to the nature of addiction and recovery. Admission protocol might also include things like a compelling essay, in-person interviews, and supportive reference letters from the student's parent, home high school principal or counselor, sponsor, and primary treatment provider.

Start Date:

Fall of 2020 (tentative)

Location:

Our recovery high school's physical location is still to be determined. Recovery schools are typically part of a public school and/or charter school system. Other recovery high schools open as private schools within churches or synagogues, although the school is not religiously affiliated. Transportation for students is key and needs to be within access of a public transit system as well as eating venues, educational resources, and opportunities for community engagement.


Teens who begin to use addictive substances before the age of 18 are 6.5x more likely to develop a substance use disorder compared to those that start using after age 21.

"The Road to Recovery" asapcincinnati.com



TEEN DRUG USE

It is clear that drug use is a large problem among teens. Here are some statistics to show how many teens are impacted by drugs.



The death rate of teen overdose is **3.7 out of every 100,000**


These statistics and the information comes from a 2015 study by the Center for Disease Control and Prevention (CDC)

Approximately 52,404 people died from overdose in 2015 according to asam.org. 6/10 overdoses were due to opioids

Opioid Use

A 2016 survey by the Center for Behavioral Health Statistics and Quality stated ~276,000 adolescents were current non-medical users of pain relievers, with 122,000 having an addiction to prescription pain relievers.* (Information found on on the American Society of Addiction Medicine website)

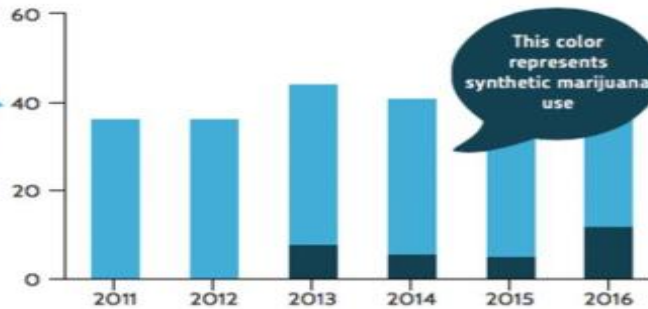
Of the people who developed heroin addictions, **80%** report abusing prescription drugs or other pain relievers before heroin.



Information found on on the American Society of Addiction Medicine website and the National Institute on Drug Abuse for Teens website.

Teen Marijuana Use

Monitoring the Future conducts yearly teen drug use statistics **2011-2016**
The light blue color represents the percentage of seniors that use marijuana/hashish



About 46% of seniors use marijuana. That means 4.6 out of 10 teens use this drug

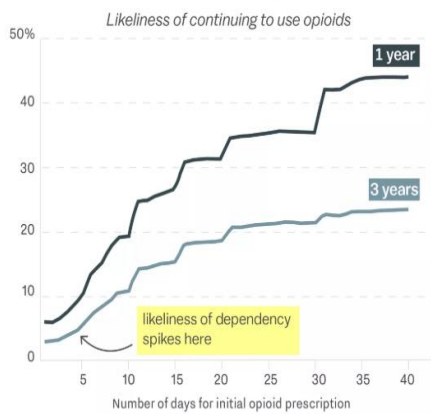


This color represents synthetic marijuana use

Data for synthetic marijuana use was unavailable in the 2011 and 2012 surveys. All statistics came from the Monitoring the Future surveys.

[1] McCabe et al., Drug Ab. Dep., 2012; [2] Compared to no past year nonmedical use; [3] Among nonmedical users of Rx opioids

Risk of continued opioid use increases at 4-5 days



Source: Centers for Disease Control and Prevention
Credit: Sarah Frostenson



Teens Mix Prescription Opioids with Other Substances



Nonmedical use of prescription (Rx) opioids by teens remains high, and a new study shows that 7 out of 10 teen nonmedical users combine opioid medications with other drugs and/or alcohol. This puts teens at much greater risk of overdose.

7 out of 10 teen nonmedical users combine Rx opioids with other substances¹

The substances most commonly co-ingested were...



Teens who reported co-ingestion of Rx opioids with other drugs were²...

- 8X** more likely to report abusing marijuana 
- 4X** more likely to report being drunk ≥ 10 times 



Recovery High Schools Dashboard

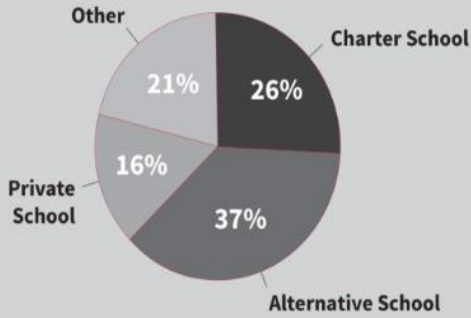
The recovery high schools dashboard presents a visualization of select metrics and indicators that the Association of Recovery Schools feels may be helpful to those operating or planning for school-based recovery support services in their communities. Over time, the Association plans to broaden this data set to best monitor the health and vitality of recovery high schools and the students they serve.

This dashboard reflects responses from 19 recovery schools currently operating in the U.S. The data was collected through the Annual Recovery School Survey which was last administered in the spring of 2015.



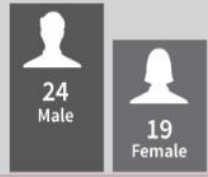
School Classifications

How reporting recovery schools are classified by local and state school districts across the U.S.



Student Engagement

The semester student enrollment of reporting recovery schools, the gender distribution among that student population, and the activities that contribute to recovery school attendance.



Average Male & Female Student Enrollment at a Recovery High School

2-115

Range of Students Enrolled in a Recovery High School



Average Student Enrollment is **32**



Student Well-Being

The indicators of healthy and vibrant educational environments within recovery schools.

2.75

Average Recovery School GPA

3.0

National Average High School GPA

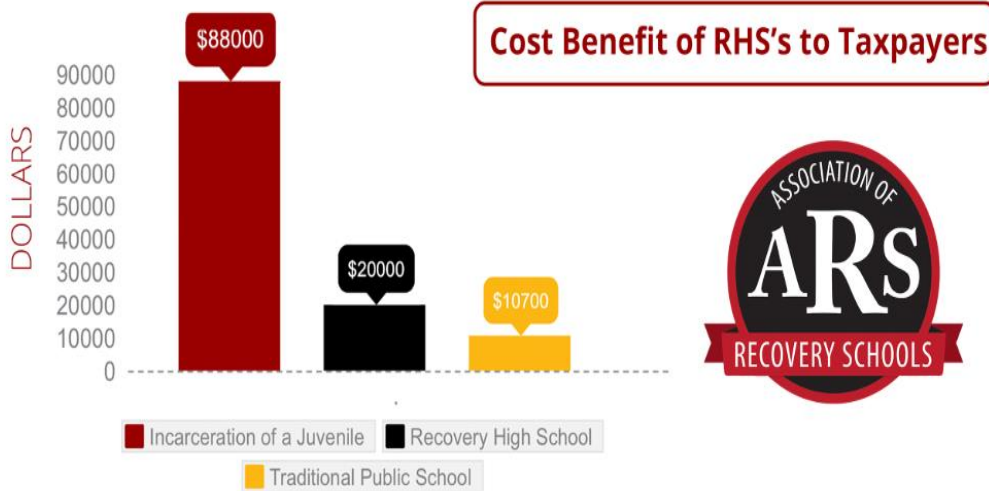
Source: U.S. Department of Education



Students Average **2** Treatment Episodes Prior to Recovery School Admittance



State of Recovery High Schools, 2016



Whereas the cost of educating a student in a recovery high school is nearly twice as much as educating a student in a traditional public school, it is less than a quarter of the cost of incarcerating a juvenile. First-year post-treatment relapse rates for adolescents range from 60-70%.

Source: The Association of Recovery Schools; The Costs of Confinement: Why Good Juvenile Justice Policies Make Good Fiscal Sense, http://www.justicepolicy.org/images/upload/09_05_rep_costs_of_confinement_jj_ps.pdf; Per Pupil Spending Varies Heavily Across the United States, <http://www.census.gov/newsroom/press-releases/2015/cb15-98.html>, June 02, 2015

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