

# Networking for Change: Recovery and Education



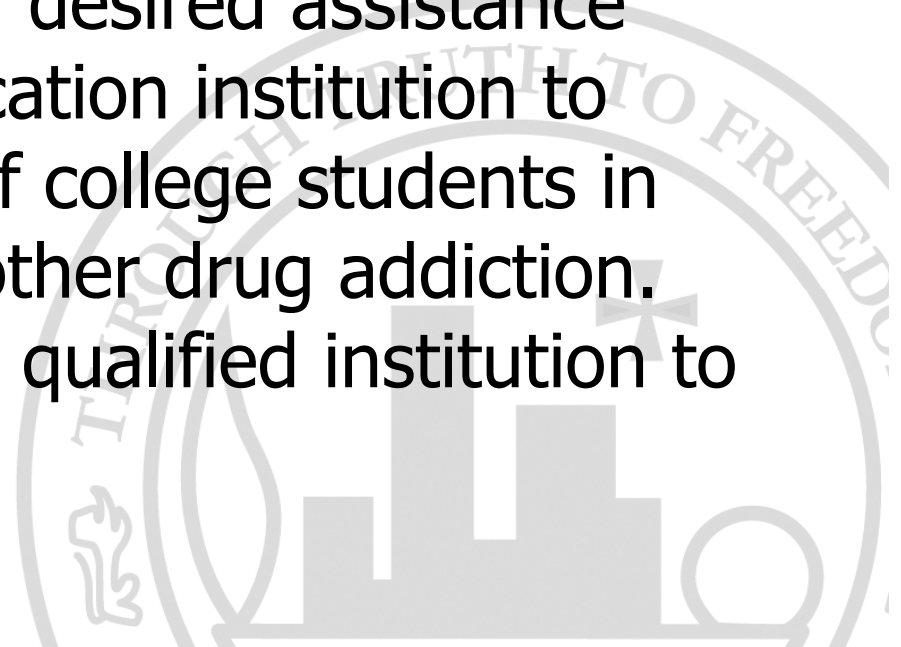
**Called to Serve:  
Educational Opportunities  
and Foundational Steps**



# Grant History

In 2007, the MN state legislature awarded a grant to the StepUP<sup>®</sup> Program at Augsburg College.

**Grant purpose:** Minnesota desired assistance from an eligible higher education institution to address the unique needs of college students in recovery from alcohol and other drug addiction. Augsburg was selected as a qualified institution to accomplish this service.



# State of Minnesota Grant

**Goal 1:** Provide educational opportunities for chemically dependent students in recovery.

**Goal 2:** Collaborate with Minnesota public and private colleges to assist with implementation of recovery services at their institutions.



## Provide educational opportunities for chemically dependent students in recovery.

Develop StepUP Program student leadership curriculum

Training modules include:

- Peer Empowerment
- Servant Leadership
- Diversity Issues
- 12-Step Principles and Community
- Self-Care and Illness Management
- Mind, Body and Spirit Connection
- Spiritual Recovery
- Recovery Norms and Standards
- Process Addiction and Addictive Thinking



## Students describe "Building Community" in the following ways:

A community must reinforce us, not break us apart. It must express the diversity of our experiences and personalities.

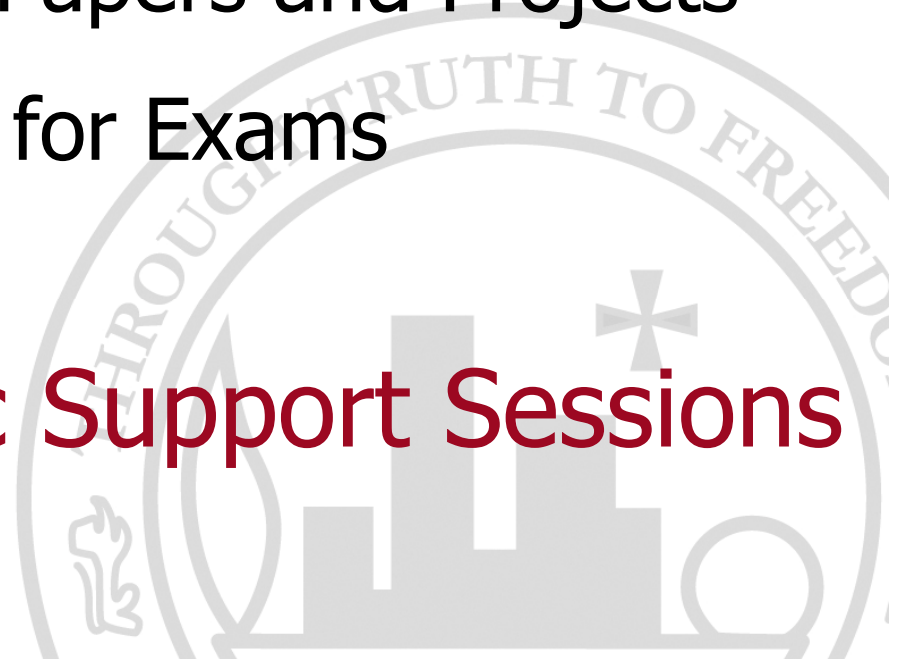
A community teaches us how to set boundaries and be assertive in a healthy way, without forming resentments. Through a community we learn from ourselves and from others; this is an endless chain.

The Circle of Community recognizes that people are multi-dimensional and allows us to put ourselves in others' shoes. We strive for a common welfare as well as risk everything to be who we dream of being.

## Academic Skills Workshops

- Wellness and Academic Achievement
- Managing Semester Papers and Projects
- Best Study Practices for Exams

Individual Academic Support Sessions



Developed and Administered an  
Educational Needs Assessment  
to 152 High School Students in  
Recovery



## Demographics:

56.9% Male, 43.1% Female

84% 11<sup>th</sup> & 12<sup>th</sup> grade

84% Ages 16-18 years old

## Mean:

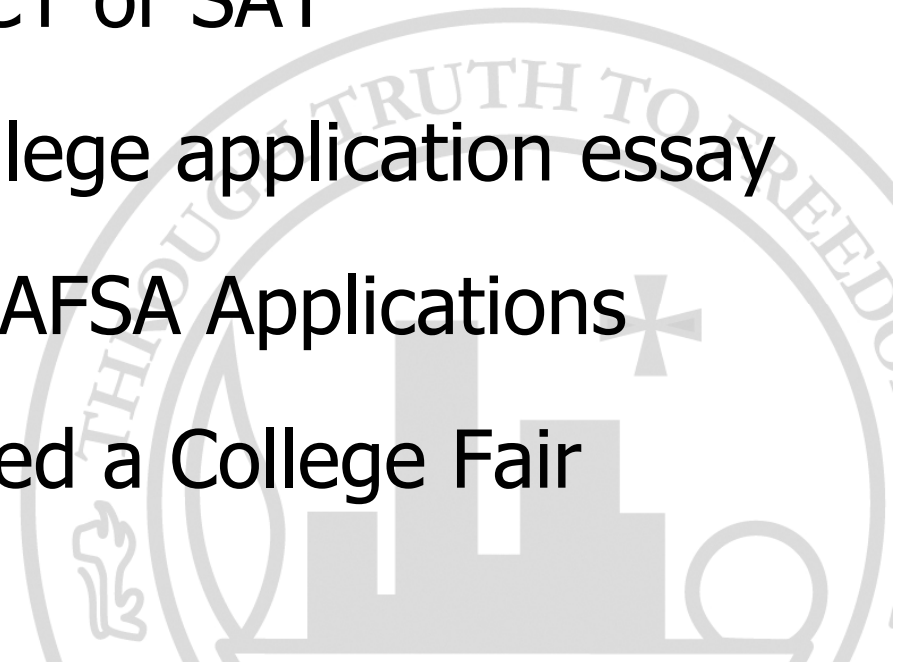
***470 days of sobriety***

***275 days at a recovery high school***



## Of Students at 8 Minnesota Recovery High Schools:

- 9.8% had taken an ACT Prep Course
- 9.9% had taken the ACT or SAT
- 2.6% had written a college application essay
- 1.3% had completed FAFSA Applications
- 76% had never attended a College Fair



## Student needs determined by survey:

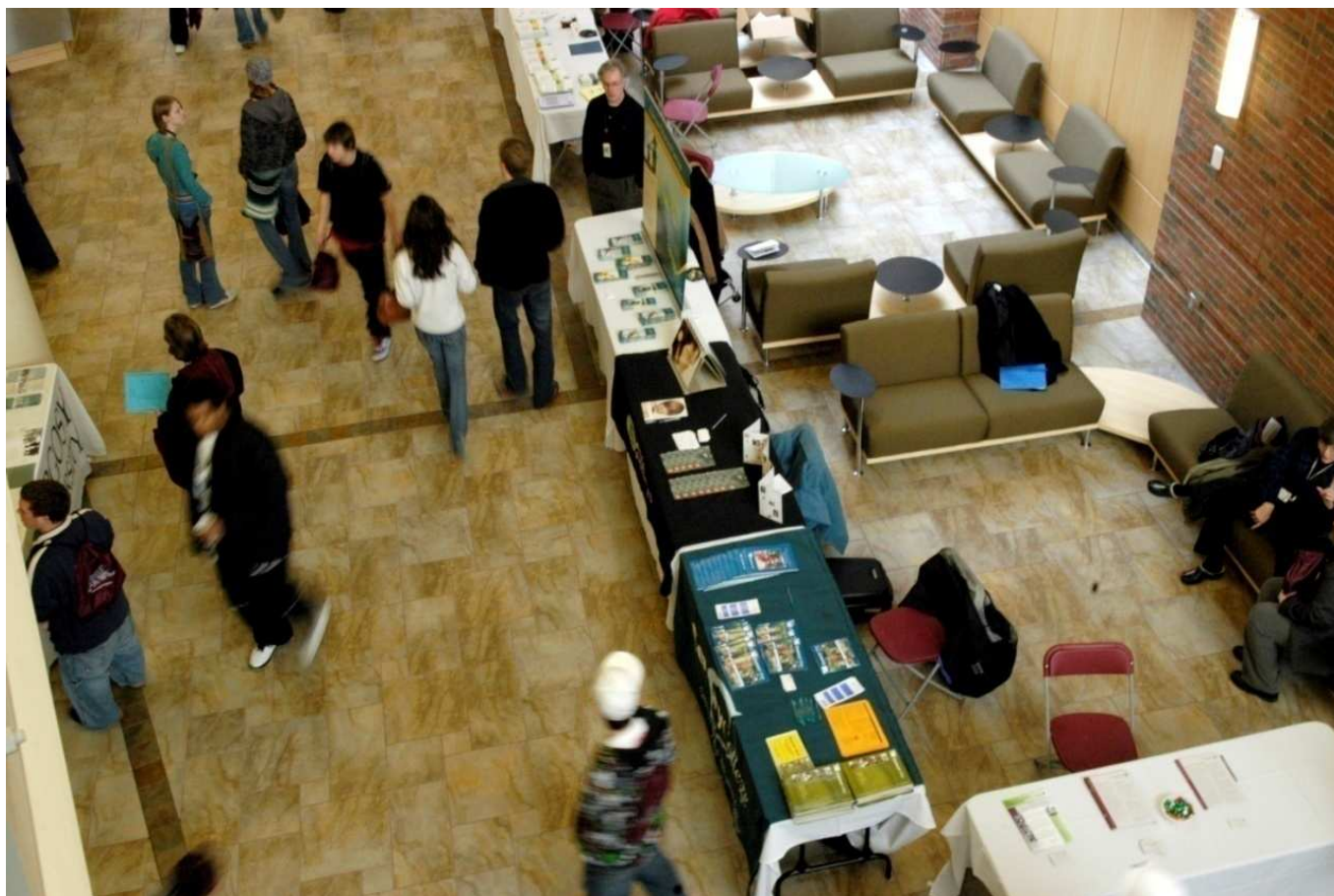
- Expose students to post-secondary educational options
- Provide assistance with resource acquisition
- Aid in application process
- Support in preparation



# AUGSBURG COLLEGE

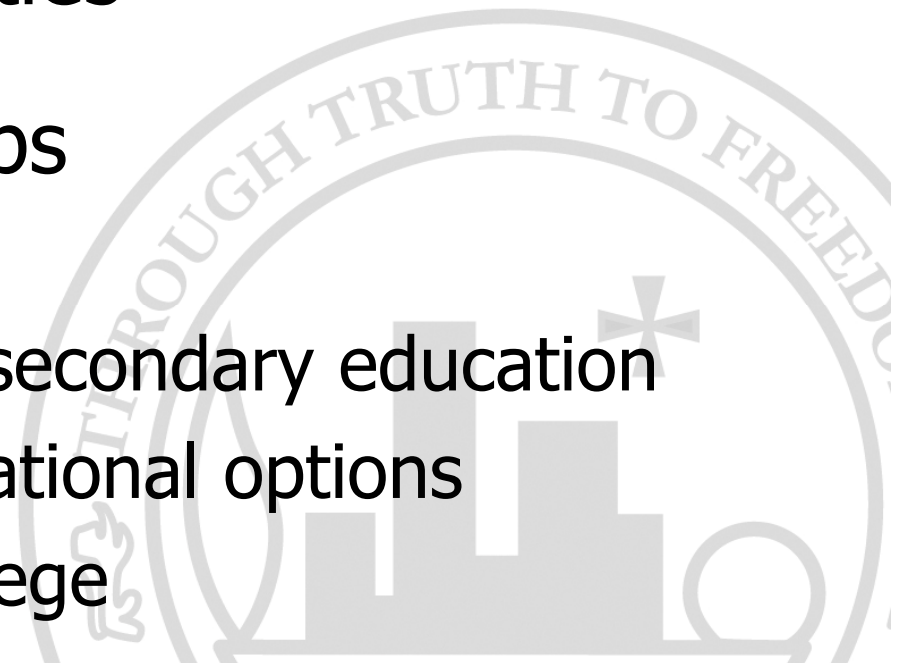
January 9, 2008

## Inaugural Education Fair for Students in Recovery



## Education Fair

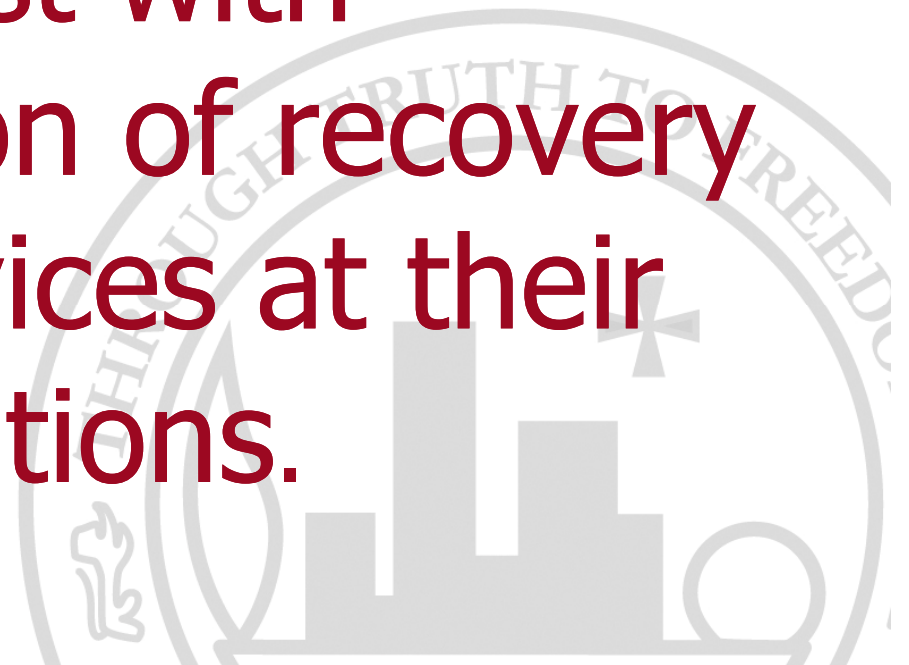
- Exhibitor booths included technical and vocational schools, two and four year colleges and universities
- Educational workshops
  - College readiness
  - How to pay for postsecondary education
  - Postsecondary educational options
  - Staying sober in college



# AUGSBURG COLLEGE



Collaborate with Minnesota  
public and private colleges  
to assist with  
implementation of recovery  
support services at their  
institutions.



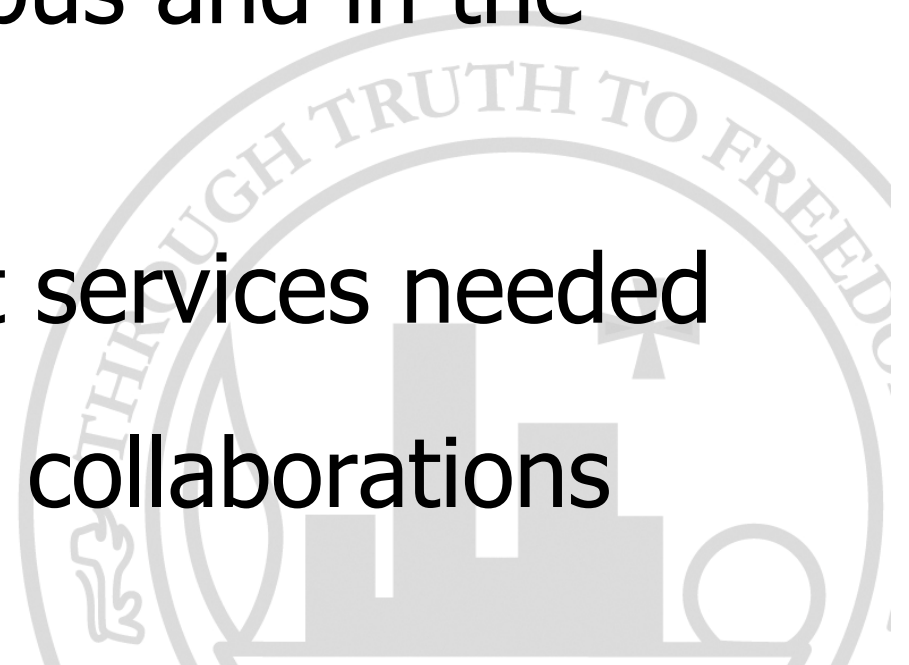
57  
Invitations  
sent to  
Minnesota  
Public and  
Private  
Colleges  
and  
Universities

12  
Responses

- North Hennepin Community College
- University of Minnesota – Twin Cities
- Minneapolis College of Art and Design
- University of Minnesota – Duluth
- Concordia University - St. Paul
- Bemidji State University
- Dakota County Technical College
- Gustavus Adolphus College
- Hamline University
- Minnesota State University - Moorhead
- College of St. Scholastica
- Northern State University (Aberdeen, SD)

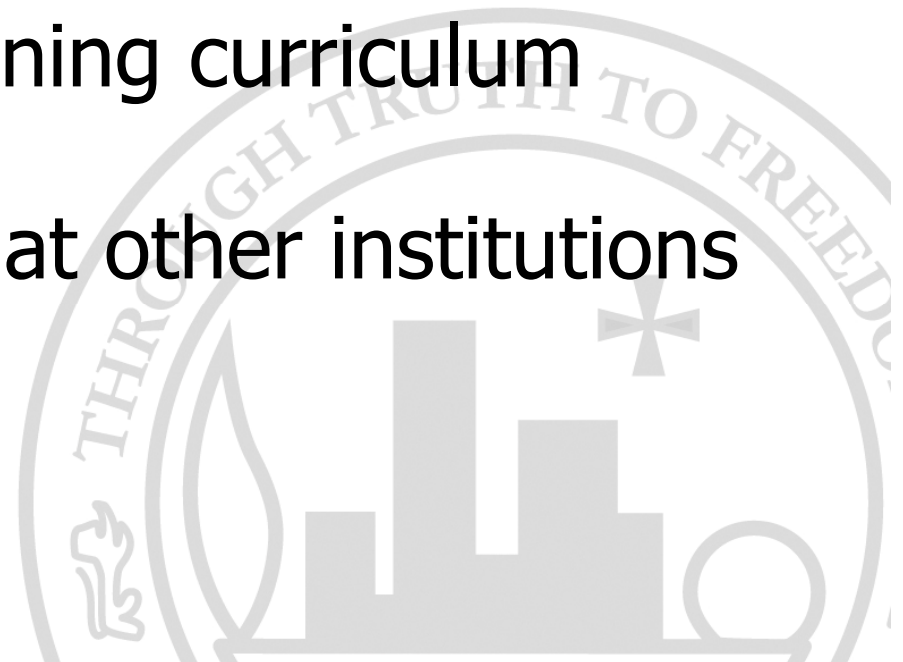
## Surveyed Partners Institutions

- Recovery support currently available on campus and in the community
- Recovery support services needed
- Available campus collaborations



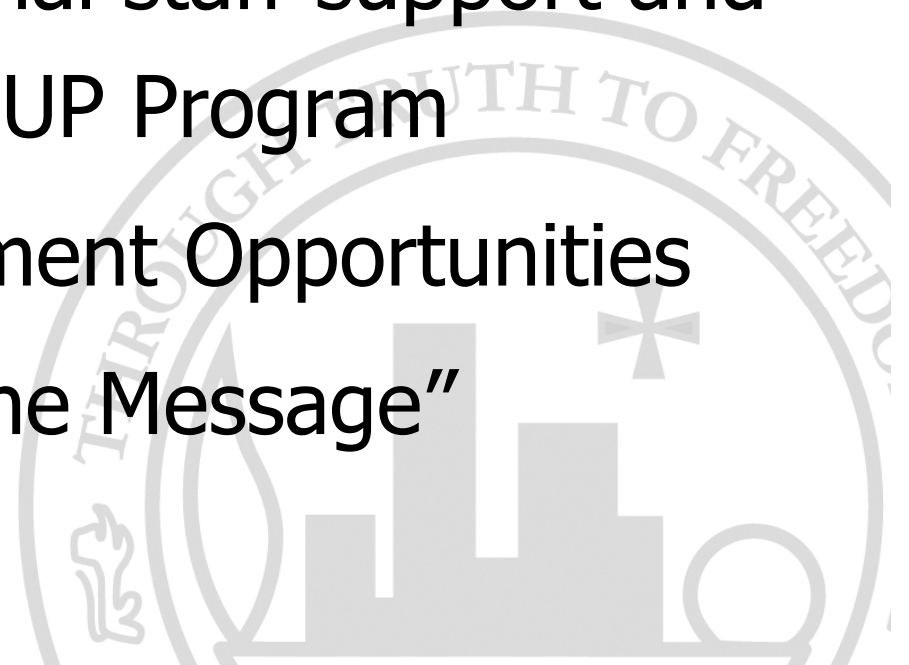
# Develop External Leadership Institute

- Share Leadership Training curriculum
- Train student leaders at other institutions



## Next Steps

- Consultation Plans
- Expanding professional staff support and presence in the StepUP Program
- Leadership Development Opportunities
- Continue to “Carry the Message”



“To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss.”

## Educational Recovery Resources:

[www.augsburg.edu/stepup](http://www.augsburg.edu/stepup)

[www.recoveryschools.org](http://www.recoveryschools.org)

Contact the StepUP<sup>®</sup> Program Office:

612-330-1405

