

CURRICULUM
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AUGSBURG
COLLEGE

StepUP[®]

program

LEADERSHIP

Curriculum Session

C.O.R.E.

Curriculum Of Recovery and Education

Augsburg College

NETWORKING FOR CHANGE:

Recovery and Education

Conference

August 11, 2008

NETWORKING FOR CHANGE: Recovery and Education

Breakout Session 1:

11:00 AM - 11:45 AM

About the session - 11:00 a.m. - 11:45 a.m.

Paulette Lack has been an educator for ten years. During this time period she has had the opportunity to teach and write curriculum for diverse populations. Prior to earning her teaching licensure she worked at Hazelden Center for Youth and Family where she developed a desire to work with adolescents in recovery. She had the opportunity to incorporate this desire with her teaching experience by playing an integral role in developing the education program for Gray Wolf Ranch. Paulette is now writing the leadership curriculum for the Augsburg StepUP[®] Program.

The Leadership Curriculum session will provide an overview of the StepUP[®] Programs' newly developed curriculum **C.O.R.E.** (Curriculum of Recovery & Education). Inspired by the Servant Leadership principles developed by Robert Greenleaf and the principles of 12-step recovery programs, the curriculum provides a comprehensive model and, training components, for colleges interested in developing collegiate recovery programs. The leadership curriculum pilot will be implemented this fall with the participation of the StepUP[®] Program's college partners.

Breakout Session I

11:00 a.m. - 11:45 a.m.

- **Leadership Curriculum**

Curriculum Of Recovery & Education

1| C.O.R.E. Knowledge

- What do we need to know to start a 12-Step model recovery program?
 1. Foundations of Recovery
 2. Process of Addiction and Recovery
 3. The Leadership Model

3| C.O.R.E. Student Leadership Training Modules

- Student's in recovery take on the role of leader in the collegiate recovery community.
 1. Servant-Leadership
 2. Recovery Norms and Standards
 3. Process of Addiction and Recovery.
 4. Academics
 5. Health and Wellness

2| C.O.R.E. Program Model

- Modeling the way; what we do at the StepUP[®] Program.

The StepUP[®] Program Model

4| C.O.R.E. Resources

Curriculum Of Recovery & Education

- The structure of the curriculum

1 | C.O.R.E. Knowledge

What do we need to know to start a 12-Step recovery program?

For administration, faculty and support staff of the education institution.

1|1. Foundations of a Recovery Program

What is RECOVERY?

Goal: Provide a history and introduce the principles of the 12-Step recovery program.

What you will find:

1. History of the 12-Step Program – program developed based on the "discovery that when one alcoholic helps another, healing takes place"
2. Service to others "alcoholic to alcoholic"
3. Spirituality, "Oh my God"?
4. 12-Steps
5. 12-Traditions

What is RECOVERY?

1|2. Process of Addiction and Recovery It's a disease?

Goal: Introduce the disease concept of addiction and the stages of addiction and recovery to better understand relapse prevention.

Objectives:

1. Identify Grahams Model of Addiction.
2. Familiarization with the stages of addiction and the process of addiction recovery.
3. Define relapse prevention.
4. Identify relapse prevention strategies.
5. What are cross addictions and why should I care?
6. Co-occurring disorders; you mean there could be more?

Addiction: It IS a disease. Define disease. Why is this important to understand?

Break out Sessions II:

1:15 PM - 2:00 PM

May be of interest in this area

- Health & Wellness in Recovery

Servant-Leadership...what do you mean Servant?

1|3. The Leadership Model

Servant-Leadership...what do you mean Servant?

Goal: Identify “service” as the cornerstone of leadership and the recovery program.

Objectives:

1. Define Servant-Leadership
2. Principles of Servant-Leadership
3. Introduce the characteristics of a good leader
4. Identify the correlations between Servant-Leadership Model and the 12-Step Recovery Program

2 | C.O.R.E. Program Model

Modeling the way; what we do at the StepUP® Program.

Augsburg College StepUP® Program as the model collegiate recovery program.

2| The StepUP® Program Model

Goal: The StepUP® Program Mission

The mission of the StepUP® Program at Augsburg College is threefold:

- 1) it strives to affirm the College’s commitment to provide a high-quality liberal arts education for students with diverse backgrounds, experiences, and preparations,
- 2) it provides students in recovery who demonstrate the willingness and ability to participate in college-level learning with ongoing study and living skills that support them in their academic progress towards a degree: and study and living skills that support them in their academic progress towards a degree, and
- 3) it supports students in their commitment to recovery.

Common Themes identified amongst College Partner Mission Statements.

1. Service to diverse communities.
2. Personal development for all students to help them become responsible and informed citizens.
3. Response to the needs of variety of communities and providing assistance for all needs of students.

2| The StepUP® Program Model

How we do it.

How StepUP® measures success:

(over the past 10years)

Abstinence rate = 84%

G.P.A. = 2.9

(Spring 2008 = G.P.A. = 3.2)

1. Recovery Resources - The Basics
2. Academic Support - What to consider
3. Student Leadership/Government - The StepUP® leadership model
4. Student Handbook - An Example
5. Augsburg StepUP® Program Student Testimonials - First hand experiences from the experts

What the Augsburg College StepUP® Program looks like.

Break out Sessions II:

1:15 PM - 2:00 PM

May be of interest in this area

- Academic and College Transition Support for Recovering Students: A Roundtable Discussion
- Protecting Recovery, Preparing Youth for Educational and Occupational Success

3 | C.O.R.E. Student Leadership Training Modules

Student's in recovery take on the role of leader in the collegiate recovery community.

Augsburg College StepUP® Program: It's the STUDENTS' program.

3|1. Servant-Leadership

Servant does not sound like a strong leader, isn't this an oxymoron?

Goal: Answer the questions: What is Servant-Leadership and what does it have to do with the 12-step recovery program?

Objectives:

1. Define Servant-Leadership.
2. Outline leadership characteristics and qualities.
3. Identify the 10-Principles of Servant-Leadership.
4. Compare the 10-principles of Servant-Leadership and the principles of the 12-step recovery program.
5. Identify the correlations between the principles of Servant-Leadership and the 12-step recovery program.

Servant does not sound like a strong leader, isn't this an oxymoron?

3|2. Recovery Norms and Standards

Relapse Prevention

Goal: Members of the collegiate recovery community will recognize the parallels of the Servant-Leadership model and the 12-Step Recovery model and apply this knowledge in daily living as an individual in recovery and as a leader in the collegiate community.

Modules include:

- a. The 12-Step Recovery Program and Community
- b. Principles of Spirituality
- c. Non-Discriminatory - Diversity
- d. Creating Structure: Finding Balance
- e. Risk Management

Goals and objectives will be addressed in each of the five (5) areas.

3|3. Academics

How do I take responsibility for my learning?

Goals:

- **To provide students in recovery with academic support, information and strategies.**
- **Encourage students to develop ownership of their education and responsibility within their roles as students'.**

This includes 5 individual modules that to achieve the following objectives:

1. Understand the expectations of a college academic environment.
2. Make informed, sound academic-related decisions.
3. Progress in his/her intellectual growth.

How do I taking responsibility for my learning?

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3|4. Process of Recovery and Addiction

How do I recognize self-defeating thinking and behaviors that can lead to relapse?

Goal: The more I know about my disease the better able I am to take care of myself and be of service to others. Recognize that "the relapse process includes attitudes and behaviors that lead to active addictive using"

Objectives:

1. Identify Grahams Model of Addiction.
2. Understand "addiction" as a physical disease, classified as " a chronic illness that produces long-term physical, psychological, and social damage". (Gorski)
3. Define the relapse process according to Gorski and Miller, authors of Staying Sober: A Guide to Relapse Prevention.
4. Identify self-defeating thinking and behaviors which lead to relapse.

What do you mean by self-defeating thinking and behaviors?

3|5. Health and Wellness

But I like playing video games and eating Dorritos, so what?

Goal: Proactive mental health: Relapse prevention and modeling personal self-care through health and wellness.

Modules include:

- a. Holistic approach to Recovery
- b. Nutrition
- c. Physical Health and Exercise
- d. Spiritual Growth – Mind, Body and Spirit Connection
"Mindfulness"

But I like playing video games and eating Dorritos, so what?

Break out Sessions II:

1:15 PM - 2:00 PM

May be of interest in this area

- Health & Wellness in Recovery

Helpful Resources

Alcoholics Anonymous Organization

Find resources to learn more about the 12-Step program of recovery.
www.aa.org

Greenleaf Center for Servant-Leadership

Learn about Servant-Leadership and find helpful resources for further inquiry.
<http://www.greenleaf.org/>

FURTHER RESOURCES:

To be presented at the session.