



# NCADD

National Council on Alcoholism and Drug Dependence, Inc.  
Sacramento Region Affiliate

# Sacramento

## **Choices Plus: A Clean and Sober Recovery High School**

NCADD Sacramento recently completed a pilot Recovery High School program in partnership with the San Juan Unified School District, Sacramento County Department of Health and Human Services, Alcohol and Drug Services Division, Sacramento County Department of Human Assistance (DHA), and the State of California Department of Alcohol and Drug Programs.

The *Choices Plus* School offered a safe environment where students make up lost schooling, complete the academic requirements of high school and strengthen their commitment to sobriety through on-site counseling and treatment services. We are now looking to start a permanent Sacramento-based Recovery High!

***At Recovery High Schools around the country, teenagers with early signs of alcoholism and/or drug addiction are given a second chance.***

Recovery High Schools are an innovative alternative for teenagers with early signs of alcoholism and drug addiction. They are known to help students prepare for higher education, vocational training and the world of work. Students make up lost schooling and learn within a recovery-oriented environment. Students earn a High School Diploma, and the programs are aligned with State Standards. Students meet regularly with on-site certified alcohol and other drug treatment specialists. Honors level classes are usually offered.

Referrals are made from the students themselves, parents, other family members, school personnel, School Attendance Review Boards (SARB), treatment programs and other community programs. An interview by instructional and counseling staff is required prior to admission. Other requirements for students usually include:

- Ages of 16 to 19.
- Commitment to active participation in a recovery program while maintaining sobriety.
- Weekly individual, group and family counseling.
- Attendance at all scheduled meetings and classes (school and counseling).
- Reading and math at 6th grade level or higher.
- Ability to work independently from home on homework (3-5 hours daily).
- Parental involvement (for those up to 18 years old).
- Live in Sacramento Region.