



PATHWAY TO HEARTLAND

*A pre-enrollment program
to prepare youth on a substance use recovery
journey for success and full enrollment into
Heartland High School.*

Heartland High School

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A RECOVERY HIGH SCHOOL

According to the Association of Recovery Schools, a recovery high school is a secondary education program that meets the needs of teens who are in substance use recovery.

- Students may be suffering from substance use disorders or co-occurring mental health conditions, like anxiety and depression.
- Students receive supportive services for substance misuse and mental health while earning their high school diplomas.
- These schools may also be known as sober high schools and may be designated as a charter schools, private schools, or as part of a public school system
- Currently, there are 43 recovery high schools in the U.S.; Heartland is the first and only one in Ohio.

HEARTLAND HIGH SCHOOL

Heartland High School is committed to a recovery-centered education that creates a sense of belonging, self-confidence, and purpose.

TEEN SUBSTANCE USE DISORDER

In Ohio, there is a lack of resources available to serve adolescents with substance use disorders. This lack in resources has created a gap in referral sources for potential students to Heartland High School.

Teens struggle with substance use disorder. Today's statistics in Ohio are alarming:

- 25.9% of teens said they currently drink alcohol
- 29.7% of teens said they had tried marijuana, and for black teens, this number rose to 41.3%
- 12.2% of teens said they take prescription pain medicine without a doctor's prescription, and for black teens, this number almost doubled to 23.5%
- 27.2% of students in grades 8-12 have tried drugs in the past year

Sources: National Institute on Drug Abuse & SAMSHA (Substance Abuse & Mental Health Services & Ohio Department of Health 2019 Youth Report

PATHWAY TO HEARTLAND

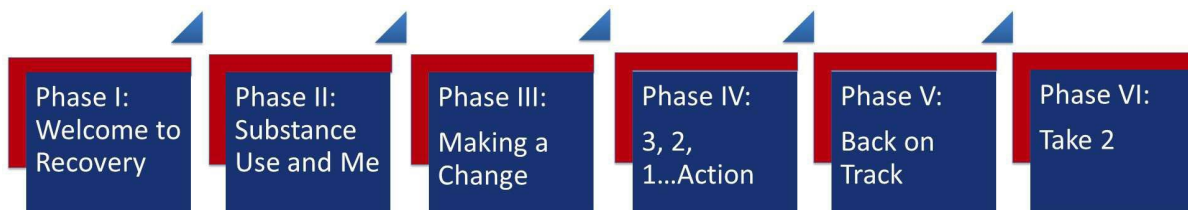
Due to the limited number of recovery programs geared toward adolescents in Central Ohio, Heartland High School created an innovative program that supports youth during their early journey to recovery.

Pathway to Heartland is a pre-enrollment program that provides a space for youth to receive the support needed to establish new habits and routines to prepare them for success and complete enrollment into Heartland High School.

Pathway students receive consistent guidance through this program to learn new skills to prevent return to use and address issues that stop academic achievement.



PHASES OF PATHWAY



Random Drug Screenings (Weekly)

Parent Coach Weekly Sessions with Family



PATHWAY STUDENTS

- Currently Using
- No Regular School Attendance
- Learning to Create New Systems
- Establishing a Plan for Reducing Use

HEARTLAND STUDENTS

- 30+ Days Sober
- Regular School Attendance
- Engaged with Recovery Coach & Support Systems
- Has an Established Relapsed Plan

PATHWAY & HEARTLAND STUDENTS

Pathway students do not have regular, daily interaction with Heartland High School students and have a different curriculum and schedule.