



# Chesterfield Recovery Academy

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September 14, 2023

# Overview



This presentation is to inform the Opioid Abatement Authority and community members about the first recovery school in Virginia.

***One step, one day, one success at a time!***



# Our Journey

- The program is funded through legislation approved by the Virginia General Assembly and Gov. Glenn Youngkin in June 2022
- CCPS formally opened the program on August 2, 2022
- First day for students was September 8, 2022



# Quick Glimpse



# Region Partners



Charles City County  
Chesterfield County  
Colonial Heights  
Dinwiddie County  
Goochland County

Hanover County  
Henrico County  
Hopewell  
New Kent County  
Petersburg

Powhatan County  
Prince George County  
City of Richmond  
Surry County  
Sussex County



# Vision



Chesterfield Recovery Academy aims to be a vehicle of progressive change for the ushering in of an academic culture that holistically addresses the substance use and challenges of the youth in Region One.



# Mission Statement



We provide a supportive environment that makes academic success during recovery attainable as well as sustainable. Emphasize postsecondary preparedness and foster the development of a growth mindset towards pursuing healthy choices, positive relationships, and sustained sobriety.



# Budget



## **Legislation: HB928**

Year one: \$864,000\*

Year two: \$500,000\*

Total: \$1,364,000

\*Does not include grant money for clinical team.





# Budget

## Actual (FY23) and Proposed Budget (FY25)

Budget items:

1. Transportation
2. Construction
3. Clinical Labor
4. Instructional Supplies

A	B	C	D	E
	FY23 Actuals (est)	FY24 Budget	FY25 Est.	Notes
Instruction	\$316,817.66	\$514,210.00	\$604,280.00	
Admin/Health & Attendance	\$280,000.00		\$293,000.00	Currently paid for by Chesterfield County
Transportation	\$95,509.84	\$175,000.00	\$660,000.00	
O&M	\$235,004.19	\$0.00	\$0.00	1-Time Construction Costs
	<b>\$927,331.69</b>	<b>\$689,210.00</b>	<b>\$1,557,280.00</b>	
Enrollment	8-15	15-25	32	
	FY23 Actual (est)	FY25 Proposed		
Site Management Labor	\$212,676.09	\$251,700.00		
Instructional Labor	\$95,314.91	\$348,100.00		Propose to add 2nd facilitator & 2 FTE IASE
Clinician Labor	\$0.00	\$293,000.00		Currently County paid
Construction Costs	\$235,004.19	\$0.00		
Instructional Supplies	\$8,826.66	\$4,480.00		
Transportation	\$95,509.84	\$660,000.00		FY25 based on 25 miles per day round trip per student @ 220 days \$4 per mile
<b>Total</b>	<b>\$647,331.69</b>	<b>\$1,557,280.00</b>		



# Staffing

## Current Staff Positions:

- Program Coordinator
- Sr. Clinician
- Two Clinician I
- Two Academic Facilitators
- Instructional Assistant (SPED)
- Part-time Certified Peer Specialist
- Office Manager
- Recovery Corps Peer Navigator



# Eligibility

- Region One (15 Districts) High School Students.
- Internal motivation for recovery – students can not be court-ordered in to CRA.
- Received some form of prior substance abuse/mental health clinical treatment



# Intake Process

- Interest form completed by student, parent/guardian, school official, social worker, etc.
- Review of the form by committee
- Student and parent/guardian participate in an intake interview. During the interview the Clinician conducts the clinical assessment
- Request of student files (home district and MH/SA service providers)
- For accepted students, school files are requested and transportation is submitted for routing. Once complete the student is given a start date (approximately 3-5 days)

\*No IEP or FAPT funding is required



# Students & County Representation

## Enrollment and County Representation

- 13 students currently enrolled
- 12 from various Chesterfield County and one from Henrico County
- Four returning students and nine new to the program.
- Grade Levels 9-12
- 22-23 school year Chesterfield, Colonial Heights, and Henrico were represented



# Academic

- All courses required for graduation are offered to students
- CCPS Online - PACE, seat time requirements lifted
- SOL testing conducted on site
- Certification testing offered(W!SE - Financial Literacy and VA Workplace Readiness)
- SAT and PSAT testing are available onsite
- Students able to participate in Career & Technical Education programs



# Additional Info.



- Students can participate in home school activities and sports.
- Students' home districts keep ADM and all criteria for school accreditation
- Graduate with home school (if permitted) and transcripts will show CCPS online
- Program tenure is individualized





# CRA Clinical Program





# Community Partnership



Chesterfield Mental Health and Support Services received funding via a grant from DBHDS to support the Clinical and Peer Recovery staff. Additional Peer Recovery staff has joined through Recovery Corps.



# Clinical Team

## Senior Clinician

Melissa Mariner, LPC, ATR-BC

## Clinician

Anna Jones, MSW, LMPH-S

## Clinician

Kara Wilson, MS, Resident in Counseling

## Recovery Corps Peer Navigator

Nadia McNeeley

**Certified Part-Time Peer Support Specialist**

Currently Interviewing

## Therapy Dog

*Lettie*

Certified through Pet Partners International and over six years of experience working in schools.



# Clinical Overview



Substance use treatment to address and support recovery

Group and individual supportive counseling

Case management and coordination with outside providers



# Supportive Counseling

- 2-3 thirty minute sessions per week with assigned Clinician
- Students able to access clinical supports as needed
- Daily groups with diverse approaches: recovery, psychoeducation, mental health, activity-based, discussion and processing, etc.
- Linking students to local recovery and mental health community resources



# Our Population

- The majority of our CRA students represent an at-risk population
  - Significant trauma histories
  - Co-occurring disorders including: depression, anxiety, PTSD, ADHD
  - $\frac{1}{3}$  of our current students involved in the foster care system
  - Over half of our students have parents with significant current or previous substance use disorders
- Most students have previous psychiatric hospitalization or residential stays
- Court-involved youth
- Many new students arrive with apprehension, distrust, or negative feelings about recovery and/or therapeutic treatment



# Clinical Approach

- Actively support multiple pathways to recovery
- Working to help students understand the root causes of substance use vs. only treating the symptoms
- Addressing co-occurring mental health disorders
- Trauma-informed approach utilizing techniques that include:
  - Stages of Change Model
  - Motivational Interviewing
  - SMART Recovery
  - Cognitive-Behavioral Therapy
- Integration of art therapy, music therapy, peer support, and mindfulness



# Clinical Practice

- Compared to traditional school counselors CRA Clinical Team is able to provide more focused and dedicated counseling and case management services
- True multi-disciplinary approach integrating peer support with evidenced based clinical practices
  - Year-round support
- Unique model among recovery high school community to offer this level of specialized clinical treatment



# 2022-2023 Clinical Development

- Implemented framework for clinical supports and assessments to meet programmatic needs benchmarked with the Association for Recovery High Schools to align with best practices and future accreditation
- Developed Substance Use/Mental Health assessments for admission and intake
- Partnered with recovery schools across the country, local peer resources, Virginia RecoveryCorps, and Project Yoga Richmond to inform the program and provide additional support to the students
- Built a referral network of community support including recovery and mental health resources





# 2022-2023 Progress, and Outcomes

- Over the course of the year, students developed connection and engagement with the clinical staff, recovery process, and each other
- Participated in over 170 hrs of individual supportive therapy and over 80 hours of group therapy provided
- Built positive therapeutic relationships and actively participated throughout the year (including school breaks)
- Significant decrease in psychiatric hospitalizations and residential treatment stays
  - No additional criminal charges



# 2023-2024 Goals and Looking Forward



- Fully integrate CRA peer support services
- Strengthen community based engagement
- Outreach and education to Region 1 mental health community
- Advocacy for state-wide focus on adolescent substance use treatment services and resources
- Growth opportunities for staff and competitive compensation



# Current Budget

Recovery High School / Clinical Support Positions Cost Estimate					
<b>Sr. Clinician or Supervisor</b>		<b>FTE</b>			
Salary		\$	85,000.00		
Medical		\$	9,130.00		
Retirement	10.12%	\$	8,602.00		
FICA	7.65%	\$	6,502.50		
Life Ins	1.34%	\$	1,139.00		
		\$	110,373.50		
<b>Clinician 2</b>		<b>FTE</b>			
Salary		\$	60,000.00		
Medical		\$	9,130.00		
Retirement	10.12%	\$	6,072.00		
FICA	7.65%	\$	4,590.00		
Life Ins	1.34%	\$	804.00		
		\$	80,596.00		
<b>Summary</b>					
Positions:	1	Sr. Clinician	\$	110,374	
	2	Clinicians	\$	161,192	
	2	Peers	\$	60,000	Contracted or hired
Training:	Clinical/peer training		\$	5,000	
Additional:	Drug screens		\$	15,000	
	Purchase of Services		\$	10,000	Yoga, Art Tx, etc.
	<b>Total Request</b>		<b>\$</b>	<b>361,566</b>	



# Proposed Budget

## Recovery High School / Clinical Support Positions Proposed Estimate

Clinical Supervisor		FTE	Senior Clinician		FTE
Salary		\$ 105,000.00	Salary		\$ 85,000.00
Medical		\$ 9,130.00	Medical		\$ 9,130.00
Retirement	10.12%	\$ 10,626.00	Retirement	10.12%	\$ 8,602.00
FICA	7.65%	\$ 8,032.50	FICA	7.65%	\$ 6,502.50
Life Ins	1.34%	\$ 1,407.00	Life Ins	1.34%	\$ 1,139.00
		\$ 134,195.50			\$ 110,373.50

Clinician		FTE	Peer Specialist		FTE
Salary		\$ 65,000.00	Salary		\$ 55,000.00
Medical		\$ 9,130.00	Medical		\$ 9,130.00
Retirement	10.12%	\$ 6,578.00	Retirement	10.12%	\$ 5,566.00
FICA	7.65%	\$ 4,972.50	FICA	7.65%	\$ 4,207.50
Life Ins	1.34%	\$ 871.00	Life Ins	1.34%	\$ 737.00
		\$ 86,551.50			\$ 74,640.50

### Summary

Positions:	1	Clinical Supervisor	\$ 134,196	
	2	Senior Clinician/Clinician	\$ 196,925	
	1	Peer	\$ 60,000	Contracted or hired
Training:		Clinical/peer training	\$ 5,000	
Additional:		Drug screens	\$ 15,000	
		Purchase of Services	\$ 10,000	Yoga, Art Tx, etc.
		<b>Total Request</b>	<b>\$ 421,121</b>	





# Community



# Organization Partnerships

## Chesterfield Education Foundation

Provide funding for gas cards and therapeutic expenses

## 2 End the Stigma Foundation

Donated funding for student mindfulness corner and showcasing their Emotion Wheel

## JHW Foundation

Donated items for flexible student seating and electronics for the classroom



# Organization Partnerships

## VCU Rams in Recovery

Provide support for  
program and  
post-secondary options

## Boys to Men Mentoring

Provide a weekly all  
inclusive therapy group

## Healing Sounds, LLC

Provide a weekly music  
therapy group



# Community Gifts



Donations from community members and supporting organizations:

**\$28,500**







# Accomplishments



# 22-23 yr Accomplishments



- 48 months of sobriety
- Over 60 Credits hours earned
- Four graduates (two term and two summer)
- Student Employment: Five students have started their first part time jobs/re-entered the workforce



# First Completion Ceremony



# Program & Staff Achievements

- Member of the Governor’s “Right Help,Right Now” plan Transformational Behavioral Health Care Plan for Virginians Supported the expansion of Recovery Schools across the state
- VSBA 2023 Showcases for Success Special Edition Newsletter
- 2023 National Association of Counties Achievement Award recipient
- 2023 Virginia Association of Counties “Best Large County Achievement Award”
- Featured on Scripts TV stations



# Completed Events

## Student Safety Event

**December 16, 2022**

- Educated students on safety planning, understanding the safe reporter law, and how to make healthy choices over the winter break

## CRA End of Year Ceremony

**May 18, 2023**

- Celebrated graduates and all students completing their first year



# Future Goals

## Enrollment Expansion

- Goal One: Enrollment goal of 25 students by the end of May 2024
- Goal Two: Student representation from 25% of the region's districts by May 2024

## Program Recognition

- Start accreditation process through the the Association of Recovery Schools in Spring 2024
- Regional growth through partnership expansion and community education





# Lessons Learned



# What have we learned?

## Leadership

Academic and  
therapeutic leads plan  
together

## Community

Reach out for  
supportive members or  
organizations to assist  
with the first year and  
sustainability

## Think outside the box

Encountered areas for  
growth that were not  
part of the initial  
planning process





# What have we learned?

## We are part of the solution

Recovery schools are only part of the overall community effort to address adolescent drug use

## Clarify your message

A clear understanding of the program for the community

## Policy Changes

Consistently updating policy to reflect the student population enrolled





# Tips For Success



# What can others do?

## Utilize the ARS accreditation process

Align with the governing principles and policies

<https://recoveryschools.org/>

## Partner with at least two regional counties

Create long term commitments for regional relationships and support to address regional issues

## Support from Local Govt. and Law Enforcement

Understanding that the programs help support the decrease in future youth court involvement. Also, serve as a resource to assist community reintegration.



# What can others do?

## Support from State Education Dept.

Approval for a academic system that supports recovery

## Partner with local university recovery programs

Provide linear paths for post secondary options for students continuing their education

## Build and promote your message

Catered message for each region to increase buy-in from potential participants and partners





# Expansion of Recovery Schools



# Why are recovery school necessary?

## Only school in Virginia

Nearest neighboring schools are in MD and NC

## Addressing a State Issue

Adolescent drug use is at an all time high fueled by ease of access

## Increase the amount of adolescent SA resources

Within Virginia limited resources (treatment facilities, detox, alternative peer groups etc.) are available for adolescents



# Funding



- Large financial commitments for individual counties - external funding sources are needed
- Supporting regional programs help to address and modify actions directed for each community/regional needs
- Facilitate staff growth and retention\*



## **Opioid Abatement Authority**

The purpose of which is to abate and remediate the opioid epidemic in the Commonwealth through financial support from the Fund in the form of grants, donations, or other assistance, for efforts to treat, prevent, and reduce opioid use disorder and the misuse of opioids in the Commonwealth.





# Questions



# Contact Information

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### School Information

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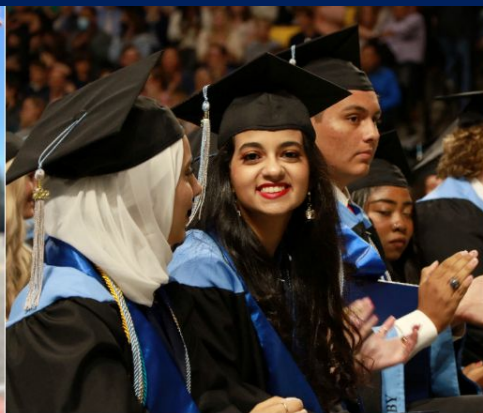
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# Chesterfield Recovery Academy Update

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