

Dear Parents, Guardians, and Students,

Welcome to the 2023-2024 Northshore Recovery High School school year!!.

We look forward to another successful year with your child! As we enter into our 18th year, staff are still committed, as ever, to provide your child with the tools they need to thrive and reach their full potential. Northshore Recovery High School strives to provide a respectful, safe and compassionate learning environment where academic, social and emotional development can take place free of bullying, ridicule, violence, and the diversion of illegal and illicit substances. We all know the single greatest factor determining the success or failure of a student at NRHS is the cooperation, collaboration and consistency of the adults in our students' lives. The school, parent/guardians, and community helpers must work and speak as a team to optimize the chance for student success. I strongly encourage you to be an active member of this team.

School begins Wednesday, August 30th (9am-3pm). Students may be dropped off after 8:45 (not before).

In this email we have included:

- Student information documents which **need to be completed and returned prior to or on the first day of school.**
 - Ana will be emailing you a copy of your completed forms for you to review and let her know if there are any changes that need to be made.
 - OR, you can complete a new form by typing into the document, saving it and sending it as an attachment to alanzilli@nsedu.org.
 - You may also print the packet and send it in on your child's first day of school.
- School Calendar for the 2023-2024 School year
- Staff Contact List

Please take time to review the handbook. The Northshore Recovery High School **Student Handbook is found** on our website. The handbook can be found at <https://www.nsedu.org/schools/northshore-recovery-high-school/>. This handbook contains excerpts from many of the NEC's most critical policies. The complete NEC policy manual is available on our website www.nsedu.org. A printed copy can be mailed to you by requesting one from Ana Lanzilli – alanzilli@nsedu.org. These policies and procedures were created to assist the Northshore Recovery High School (NRHS) in developing and maintaining a safe and therapeutic learning environment.

Please, review with your child and sign the acknowledgment in the form provided in the link below. We NEED to have a signed copy that you and your child have read and reviewed the handbook and addendums!

[2023-24 NRHS Handbook Addendums](#)

As you know, crises often happen beyond the school day when NRHS staff are unavailable. Please, keep these crisis numbers in your phone in case of an emergency. If there is a medical emergency, call 911.

MENTAL HEALTH EMERGENCIES:

Please note that we **do not regularly monitor emails and voicemails** outside of regular school hours (M - F 8:30am-3:30pm). If you or a friend/family is in immediate danger of hurting yourself or others, please go to your nearest emergency room, call 911 or call one of the crisis lines below:

- National Crisis Line: Text or Call **988** or **1-800-273-8266(TALK)**
- Massachusetts Behavioral Health Helpline: **Text or Call 833-773-2445**
- Local Emergency Psychiatric Assessment Services:

Danvers & North Shore Area: 888-769-5201	Lynn Area: 800-988-1111	Haverhill Area: 978-521-7777 800-281-3223	Lawrence Area: 978-620-1250 877-255-1261	Lowell Area: 978-455-3397 800-830-5177	Salem Area: 978-744-1585 866-523-1216
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Here is a link to staff contact information: [2023-24 NRHS Handbook Addendums](#). We encourage you to reach out to our educators, clinical, and support staff with any concerns regarding your child's academic, social, emotional, and/or substance use progress.

Warmest Regards,



Michelle D. Muffett-Lipinski, M Ed
Principal, Northshore Recovery High School

MISSION STATEMENT

Working to create and maintain a safe and respectful recovery community through academic achievement, community service and personal responsibility

The NSRHS contains the following components:

- An underlying philosophy that emphasizes building positive and meaningful relationships between all students and staff.
- Serve students ages 14-21 with substance use disorder diagnosis
- Create individualized recovery plans
- Provide strong support for families and opportunities for parent involvement
- Small, structured classrooms with a low student to staff ratio
- Follow comprehensive academic curriculum consistent with MA Frameworks
- Individualized attention and programming within the context of the student's known and evolving academic, social, and emotional needs.
- Student support services aimed at promoting academic success and personal development.
- Structured and unstructured opportunities for social and emotional development.
- Clear and constructive school rules and expectations, with ongoing modeling by, and feedback from, caring, dedicated, trained professional staff.
- A team approach to student success, which includes input from students, families, community collaterals as well as NSRHS staff.
- The Northshore Recovery High School recognizes that learning, as well as personal growth and development, occur not only in the classroom, but during social experiences as well. Students at NRHS often need adult support and guidance when certain psychosocial stressors are encountered and learn valuable social and life-skills in our therapeutic milieu.

Referrals and Admission Procedures

The Northshore Recovery High School has educational and recovery-focused opportunities available for students in grades 9 through 12.

STEP 1: Initial Contact/Brief Intake Information

To schedule a tour, please contact:

Ana Lanzilli

Administrative Assistant

Northshore Recovery High School

Phone: 978-922-3305 ext. 1600

Email: alanzilli@nsedu.org

STEP 2: Tour, Information and Interview Session

Tours are scheduled Monday through Thursday between 9:00 am and 3:00 pm. Tours typically take about 45 minutes. This visit needs to be scheduled in advance through Ana Lanzilli, alanzilli@nsedu.org 978-922-3305 ext.1600. Parents/guardians must accompany prospective student. Your child will have an interview with their principal or designee to determine whether their placement is appropriate for NRHS. During the interview you and your child will be expected to discuss their current commitment to addressing substance use and mental health issues that are currently impacting their lives. If your child is on an IEP or 504 plan please bring that documentation with you as well as any recent psychological testing or discharge paperwork.

STEP 3: Application and Required Documentation

[Student Intake Packet](#) must be returned with all required documentation as listed on the form prior to enrollment acceptance. Please send completed forms to us via fax, email or mail to:

Ana Lanzilli

Administrative Assistant

Northshore Recovery High School

Email: alanzilli@nsedu.org

Northshore Recovery High School Staff Contacts

Main Number: (978)-922-3305

Office Fax: (978) 922-0078

Principal

Michelle Muffett-

Lipinski Phone Ext: 1602

mlipinski@nsedu.org

Adjustment Counselor

Paul Larrabee

Phone Ext: 1608

plarrabee@nsedu.org

Guidance Counselor

Maureen Sullivan

Phone Ext: 1613

msullivan@nsedu.org

Science Teacher/IEP Coordinator

Maryellen Balfour

Phone Ext: 1606

mbalfour@nsedu.org

Administrative Assistant

Ana Lanzilli

Phone Ext: 1600

alanzilli@nsedu.org

Art Teacher

Mary Devin

Phone Ext: 1604

mdevin@nsedu.org

English Teacher

Michaela Gile

Phone Ext: 1605

mgile@nsedu.org

Math Teacher

Brett Legault

Phone Ext: 1610

blegault@nsedu.org

History Teacher

Jake Zeigler

Phone Ext: 1603

jzeigler@nsedu.org

Recovery Counselor

Chad Gaetano

Phone Ext: 1612

cgaetano@nsedu.org

Nurse

Rebecca Rein

Phone: 978-232-9755 x1345

Fax: 978-922-4294

rrein@nsedu.org

Recovery Counselor

Tara Briggs

Phone Ext: 1612

tbriggs@nsedu.org

Student Code of Conduct

The following are the expectations for student behavior and presentation while at school:

In order to maintain a positive and supportive school community, all students are expected to act in a respectful manner towards peers and staff. Understanding that this can be challenging during times of distress, there are many support services available that can assist the student in learning and using appropriate coping and self-management skills.

- Demonstrate respect at all times
- Use Respectful Language (See section below)
- Be considerate of other people
- Treat people with civility, courtesy, and dignity.
- Never intentionally ridicule, embarrass, bully or hurt other people.
- Accept personal differences and choices.
- Solve problems without violence.
- Comply with reasonable requests

Northshore Recovery High School Discipline System

Depending upon the level of behavior and the disruption and/or impact upon the school and other students, various levels of disciplinary response will be utilized. This can start at very low-level responses that include verbal redirection or dismissal from class for short periods of time. Additionally, loss of breaks, in school detentions and suspensions can be implemented.

Dismissal from Class

A student may be dismissed from class if his/her behaviors are disruptive and hinder other students from learning. If a teacher dismisses a student from a class, they may be asked to take a break, or to check in with the school counselor. If a pattern of behaviors leading to repeated class dismissal is evident, the student will also meet with a school counselor.

Suspension

- Suspension from school is a serious behavioral consequence used at the discretion of the Principal or Principal designee for extreme misbehaviors, such as violations of our safety rules and/or continuous disruptive behavior.
- Every effort will be made to notify parents/guardians and/or appropriate D.C.F. or D.Y.S. or court appointed care workers on the day of suspension.
- Written notice regarding the incident, the date of the incident, and the suspension will be sent to parents within 24 hours.
- A re-entry meeting with parent/guardian may be required the following day.
- When the accumulated suspensions approach a total of 7 or more days, a TEAM meeting may need to be called to review the I.E.P. and possibly the appropriateness of the placement. If the NRHS team has significant concerns about the student's ability to be successful following any suspension, a TEAM meeting may be called to address the continued issues and concerns.
- Unless determined eligible for an in-school suspension, students who are suspended out of school are prohibited from being on or near school property before, during or after school hours.

The following actions may result in suspension

- Violating any of our school's safety policies

- Not going to the Principal's office/adjustment counselor's office when directed
- Leaving school grounds without permission
- Refusal to cooperate with search due to suspicion of weapons, drugs, alcohol, contraband or threatening a student or staff person.
- Destruction of Property
- Pulling a false fire alarm
- Behavior requiring Physical restraint
- Bullying another student
- Dangerous behaviors especially if they result in injury to another person or destruction of property
- Demonstrating continuous disrespect for school rules and authority figures, and has not responded to other interventions.

Drug Testing and Relapse Procedures

How often?

Students will be tested on a random basis this year, approximately 4-8 times/month. If the student is in active recurrence on his/her DOC, and per request of student/guardian this may be modified. The drug tests are unsupervised. The students take the urine cup into the bathroom and are not supervised by Northshore Recovery High staff.

What type of tests are used?

The urine cups are quick read cups. It enables us to determine whether a student is positive for several drugs within 5-10 minutes. The following drugs are detected from the new cups: amphetamines, opiates, benzodiazepines, methamphetamines, cocaine, THC, methadone, oxycontin, buprenorphine (suboxone), MDMA/Ecstasy, TCA (antidepressants), Barbiturates, Fentanyl. We also have dips for K2/Spice and alcohol. . These new cups will not give the levels of the drug in the student's system, however we are now able to dip for THC to determine level of use.. If a student has THC in his or her system it will continue to be positive for up to 30 days after last use.

What if my child has a positive test?

Some students will test positive because they are prescribed certain medications. It is important to us to have an up to date account of the current medications prescribed. For positive tests from drugs not prescribed we do several things. We will meet with the student to assess their use and come up with a plan with the goal that aligns with their recovery plan. A discussion of treatment options ranging from community support, outpatient counseling, SOAP, IOP, PHP, and inpatient are discussed. These recommendations are discussed with a parent/guardian as well via phone or in-person.

How do I find out about drug test results?

We expect the student to inform parents/guardians within 24 hours of a positive test for THC. Tests that are positive for other substances will result in a conversation with the student to assess the need for immediate evaluation at the Emergency Room due to concerns for overdose or withdrawal. Parents/guardians will be called immediately with test results as outlined on his/her recovery plan.

What do we do if we suspect something or know that our child has been using? Parents and guardians are critical in helping students adhere to recovery plans. It is important to hear from you if you have knowledge of your child's drug and alcohol use. The Northshore Recovery High School staff will speak to you about your concerns and come up with a plan with you and your child.

What do I do if my child will not go to treatment?

At NRHS we work with students to be honest about their use and their struggles to adhere to their recovery plans. We honor all pathways to recovery and understand each is on their own path and it takes time to reach and sustain recovery. Individualized plans are developed with students to help them improve their health and wellness and be successful in school. Developing a mutually acceptable plan for treatment if sobriety is not reached involves the student, parents/guardians, current treatment providers, probation officers, DCF workers, insurance companies, and the staff at NRHS.

Can the tests at NRHS replace the tests for probation officers and treatment providers? No, we will work with probation officers and treatment providers but students should continue to test for them in addition to the tests at NRHS.

What if the student refuses a drug test?

Your student's case manager will contact you regarding a refusal to provide a screen. This will be done by end of the day of the refusal. If a student continues to refuse a drug test, the case manager will request a meeting with the family and any other collateral.

Field Trips

Students take occasional field trips by bus for recreational and learning purposes. All field trips should be considered a school “class” occurring off campus, and all school rules and expectations will remain in place. Staff will review any changes in expectations with the students and, as needed, with parents/guardians, before the trip. Permission slips for such field trips will be distributed as needed and must be signed and returned in order for a student to attend the field trip. A permission slip for walking field trips is enclosed in the Student Information Packet. This will provide permission for all walking field trips for the school year. Attendance in any field trip is at the discretion of Northshore Recovery High School staff. If a decision occurs that does not allow a student to attend the field trip, both the student and their guardian will be notified as soon as staff is able to do so.

Illness and Exclusion from School Guidelines

The school nurse or program administrator may exclude a student from school for health reasons if the student presents with the following:

- **Fever:** Temperature of 100.0 or higher. Student must be fever free for a full 24 hours before returning to school.
- **Respiratory:** A congested cough or are coughing up thick mucus.
- **Eye/Nose Drainage:** Any that is not normal for your child.
- **Skin Problems:** Rashes, infected sores, sores with drainage that are undiagnosed or contagious.
Diarrhea: Increased loose stools within a 24 hour period, without a defined underlying cause.
Must be symptom free for 24 hours before returning to school.
- **Vomiting:** Two or more episodes of vomiting within a 24-hour period, without a defined underlying cause. Must be symptom free for 24 hours before returning to school.

Other considerations for exclusion:

- The student has a condition which requires immediate intervention or requires ongoing supervision, which cannot be adequately provided in a school setting.
- The student is very sleepy or experiencing excessive bleeding after a dental procedure. Please call the school if your student will be absent due to illness.

Should a student become ill while in school, the nurse shall determine if the student is able to remain in school for the day. When a student is deemed too ill to remain in school, the parents or those delegated by the parents/guardian will be notified and asked to pick the student up. If that is not possible, parents or the school, after discussion, may call transportation to have the student transported home. In no case shall the student be released without proper delegate notification.

Students who are seen by the nurse and do not have an elevated temperature or obvious signs of illness will be returned to class at the discretion of the nursing staff.

Meals, Food and Drink Policies

Breakfast

The Northshore Recovery High School offers breakfast each morning. Students determined to be eligible may receive a free or reduced price breakfast.

Lunch

Free and reduced lunch programs are available. Applications for these programs must be filled out yearly, regardless of the fact that you may have filled them out at the student's previous school.

- NSRHS provides lunches to students who either purchase lunch or are eligible for the reduced price or free lunch program.
- The school lunch menu will be available at the beginning of each month and distributed to students by their homeroom teacher.
- Refrigerators are available for students who choose to bring lunch.
- Microwaves are available to heat items as needed.

Student Driven Automobiles

A student vehicle approval form must be filled out and approved before a student brings a car to school. In addition, students must present a valid driver's license and registration. Failure to do so will result in the loss of permission to drive to school. These forms are available in the main office. Students who fail to demonstrate safe operating procedures may lose their privilege to drive to school. Additionally, student drivers may not transport any other student to or from school unless there is parental permission at any age. All student vehicles must be parked in designated student parking. All student vehicles are subject to the same search and seizure policy found in the handbook

Dismissal

- NSRHS Staff will supervise all students at dismissal to make certain that all students take their previously scheduled form of transportation.
- Students who drive to and from school follow these same dismissal policies. A student who drives to and from school may NOT drive his/her friends from school at dismissal without permission.
- Students, regardless of their age, are not permitted to "Sign Out" of school during the school day without permission. Early dismissals or temporary changes to their previously scheduled form of transportation must be communicated to school personnel in advance, and may be confirmed with a follow up call or other means, by school personnel. Attempts to alter transportation plans near or at dismissal times will not be facilitated.