



Criteria For Becoming a Student in the Insight Program

- Complete interview process to determine potential enrollment
- Commitment to individual recovery goals and program expectations
- Documentation of at least 3 weeks of sobriety
- Support and involvement from family or guardian
- Must be in grade 10 - 12

Contact Information:

Insight Program
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INSIGHT

Recovery School Program

Accredited with the
Association of Recovery Schools



A 10-12 grade program offering holistic support to recovering teens: in partnership with the White Bear Lake Area Learning Center



Mosaic tiles were made by ALC and Insight students. The center of the eye, which is made of stained glass was completed by an Insight parent.

Recovery

Our Mission

The Insight program provides a supportive learning environment for recovering teens that nurtures their mind, body, and spirit, and encourages healthy decision making.



We Believe that recovering teens need a supportive school community in which to learn and have fun.

We Believe that recovering teens can benefit from ongoing skill building in the areas of social skills, relapse prevention, and goal setting.

We Believe in providing activities that enhance each student's mind, body, and spirit in order to encourage complete wellness in recovery.

We Believe that recovering teens are motivated by recovery plans and goals tailored to their unique strengths and needs.

We Believe that the best way to curb teen drug abuse is by involving positive role models of recovering teens within the community and creating a feeling of "esprit de corps".

Program Goals

- To foster healthy choices and to assist the student in maintaining sobriety
- To support the development and maintenance of healthy relationships.
- To minimize individual and/or group involvement in identified "at risk" behaviors
- To support the student in an individual recovery plan
- To provide a school setting where students earn a diploma and prepare for post-secondary goals
- To expose students to community connections that support recovery

