



# Recovery and Academic Program

A collaboration between Montgomery County Public Schools and Sheppard Pratt Health System connecting youth with academic and substance use recovery support services.

## What is the Recovery and Academic Program (RAP)?

RAP provides Montgomery County youth with free, comprehensive services to address their academic needs, as well as their substance use struggles. RAP is a highly individualized program and each adolescent who participates will receive a plan that is unique to his or her needs. Once enrolled in RAP, adolescents may continue to participate until high school graduation.

While enrolled in RAP, students receive the comprehensive academic instruction, recovery, social, recreational, and career support to successfully complete high school and transition to an independent life. Montgomery County Public Schools (MCPS) staff members work with students to develop academic and career goals and objectives. Sheppard Pratt Health System (SPHS) peer recovery specialists work directly with adolescents to understand their recovery needs and formulate a plan to maximize RAP offerings.

### ACADEMIC INSTRUCTION

Comprehensive academic services are provided by certified teachers and include:

- Direct, individualized academic instruction that aligns with the MCPS curriculum
- Online classes available 24/7
- Homework assistance and tutoring
- College and career readiness planning.

### Home School RAP

Students who currently are enrolled in their home school and who are meeting with academic success may continue to attend their home school during the day. After school, students may attend and participate in recovery programming at The Landing.

### Online RAP

For students who are unable, or who find it challenging, to attend their home school, online classes may be more appropriate. Students will have access to these classes 24/7 and are welcome to attend The Landing during the day to work directly with certified teachers from 9:30 a.m.–4:00 p.m., Monday through Friday. In the afternoon, students engage in recovery programming offered at The Landing. Transportation and lunch are provided.

### RECOVERY SUPPORT

In addition, adolescents have access to the full suite of services offered through The Landing, an after-school adolescent recovery clubhouse offered by SPHS. The Landing provides a nonjudgmental, inclusive, and supportive environment where youth who are recovering from substance use problems receive a comprehensive array of recovery and support services.

This support focuses on learning how to foster positive relationships, leadership skills, team-building opportunities, problem-solving skills, responsibility, and confidence.

At The Landing, adolescents participate in:

- Relapse prevention and recovery planning
- Goal setting
- One-on-one counseling
- Recreational activities, including outdoor fitness and sports
- Field trips (all fees included)
- Arts and crafts
- Career training and readiness groups
- Support groups
- Monthly family dinners.

#### ENROLLING IN RAP

To be eligible to participate in RAP, adolescents must be:

- Between the ages of 12 and 17 years (students who are 18 years of age and older will be considered on a case-by-case basis);
- Eligible to enroll in MCPS schools;
- Seeking a safe, drug-free community;
- Seeking assistance with their recovery, career, and educational goals; and
  - Have a history of recurring substance use problems, or
  - Have recently completed a substance use treatment program.

#### REFERRALS TO RAP

Students may be referred to RAP by a parent/guardian, MCPS, a healthcare provider, a substance use treatment provider, or a mental health provider. Adolescents also may refer themselves to the program.

Students interested in RAP should contact their home school counselor or pupil personnel worker to complete an application. In addition, all prospective participants must complete intake interviews with MCPS and The Landing.

If accepted into the program, students will remain enrolled in their home school where they will have the opportunity, on a case-by-case basis, to participate in events and activities. Students also will continue to have access to school counseling, college and career planning, and other supports.

#### TO LEARN MORE ABOUT RAP, please contact:

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