



THE RAYMOND J. LESNIAK

Recovery High School

EXPERIENCE. STRENGTH. HOPE.

At the Raymond J. Lesniak ESH Recovery High School we help students develop academically and socially while guiding them to become productive, well-adjusted adults in the future. It is our responsibility to help students achieve & sustain recovery while challenging them accordingly to reach their full potential.

Academic Success — The Raymond J. Lesniak Experience, Strength & Hope Recovery High School (ESH) is part of the award winning Union County Vocational Technical School District. Our program utilizes the latest technology to connect our students with the Common Core aligned NJ Virtual School. Students receive a combination of online and in-person instructional supports, in addition to participation in a variety of hands-on enrichment programs.

Health & Wellness — At ESH, we educate students on the critical importance of maintaining health and wellness as part of their ongoing recovery plan. This includes the role nutrition and exercise play in the healing process. Students are exposed to a variety of individual wellness disciplines, including yoga, tai chi, and meditation, in addition to traditional fitness and team-based physical education.

Recovery Planning — Students work with an onsite Recovery Mentor to develop and monitor their Individual Recovery Plan (IRP). The IRP allows students to set goals in a variety of domains that affect their recovery and education. Students meet with their mentor on a regular basis to review the IRP and progress toward goals. Weekly check in, early recovery group, and speaker meetings provide students with skills and support to help them achieve their self-defined goals.

Mentorship — Our mentors are individuals between the ages of 21 and 35 who have lived experience with addiction and recovery and have been drug and alcohol free for at least two years. These mentors role model healthy behavior and a recovery lifestyle while helping students explore social and recreational interests and activities. Our students are encouraged to meet with their mentors on a regular basis as well as to participate in group mentorship outings with all ESH students and mentors.

Family Involvement — At ESH, we believe that family involvement in the recovery process is critical to our students' success. ESH staff are in regular contact with parents regarding student successes, challenges, and general progress. We encourage all parents to attend our monthly Parent Night which offers both educational and supportive group components.

**Where education
& recovery go
hand in hand.**



SYF Simon Youth Foundation

PREVENTION LINKS
Foster. Empower. Sustain...