

# Seniors 2014 Graduate

Janet Oden, M.Ed., Executive Director

Seniors at Mission Academy will be graduating in May and taking the next step of enrolling in college for the Fall. Achieving graduation is especially rewarding for these seniors. Successfully completing their academic requirements while also working on recovery from alcohol and drug abuse, these teens find great joy in achieving graduation, which once seemed unattainable. Mission Academy has a 91% graduation rate and an average attendance of 2 years.

Mission Academy is a fully accredited recovery high school and is one of 24 in the United States. Our mission is to empower teens to achieve success through a recovery-based learning environment. Academics, recovery, and community are the three pillars of this school.

Alcohol and drug abuse often derails a student from graduating and future plans. Too often, students continue their abuse once enrolled in college only to find themselves deeper into the disease of addiction. Early intervention allows teens to get back on track, refocus, and reclaim their future.

## As said from a student,

"I thought I would never graduate and that my life was ruined. Now I have hope for my future and look forward to attending college."

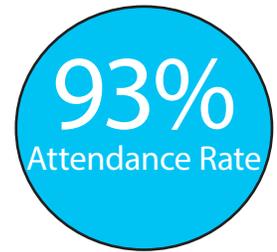
## As said from a parent,

"We thought our son would be a dropout and not have a future, but now he is graduating and his future is bright, thanks to Teen Recovery Solutions."

## As said from a graduate,

"I can honestly say as a graduate that I never had a better head on my shoulders. Today I am sober, go to college, and have an amazing relationship with my parents. I can say that school didn't make me perfect, but it did make me a much, much, much happier, grateful, self aware, spiritual, honest, and easy to be around person. I was very few of those things before."

# TRSnews



Teen Recovery Solutions is a comprehensive recovery program for teens and their families that includes the following outcomes:

- Teens learn about their assets, strengths, and options for the future | Pursue recovery through an in-house 12 step recovery program | Develop resilience and a supportive network | Become responsible and accountable to self and others | Graduate from high school | Gain confidence in their potential for success | Engage successfully with family, friends, and society | Start a life path for success

# hope



## TeenRecoverySolutions

congratulations 2014 graduates!



## teens share recovery

*hiking in Sippapou, New Mexico*

The 2014 Winter Retreat for students attending Mission Academy took place in the mountains of Sippapou, New Mexico. Teens shared the experiences of sobriety in great heights. And for many of them, this was a first. Teen Recovery Solutions' comprehensive recovery program is more than just addiction treatment; it's an introduction to a fun and exciting new world.

## the community table

*"Bring it to the table."*

The Community Table was built by the hands of Mission Academy students using wood from broken pallets with the idea that this is a place for teens to come together and share meals, discuss ideas, work on problems, and build a life of recovery together. The table not only serves many purposes, but also it represents a symbol of unity and achievement. Jim Coffman, LPC, was the art specialist.



## new teacher on board

*at Mission Academy*

Douglas McPheron, a veteran of the Putnam City West and Putnam City Academy, has arrived at Mission Academy. In addition to aiding with their A+ studies, Mr. McPheron will be teaching Interactive Astronomy and Financial Literacy.

Mr. McPheron is a native of Pensacola, Florida where his father is a retired Marine Corps aviator, and his mother is a retired high school teacher. Upon graduation from the University of South Alabama, he was commissioned as the youngest Army lieutenant in the history of his school. He served as a tank platoon leader in Vilseck, Germany and as a Brigade Recon platoon leader in Kosovo. After leaving the army, he became a regional manager for Nestle and Home Depot. In 2008, he began his teaching career in the Putnam City school district. Mr. McPheron left academic teaching for two years to teach mixed martial arts full time. While still teaching MMA in the evenings, he has reignited his academic teaching pursuits by joining the Mission Academy as a full-time instructor.

This spring, Mission Academy students will be undertaking an enormous NASA endorsed project. The X-35 rocket design and launch project will incorporate financial literacy, art, science, and math. The students will work in small teams to design, budget, build, and launch their own hydro-propulsion rocket with deployable payload. The students must fastidiously calculate all design needs and contingencies to insure a successful launch.

The project will teach budget projection, balance sheets, check writing, scientific method, flight measurement using trigonometry, time management, and team building.

## teens educate and give it away to keep it

*Mike Maddox, MSP, LADC  
Clinical Program Director*

Teens at Teen Recovery Solutions (TRS) are sharing the message of recovery with other teens and parents. They are reducing the stigma that is attached to addiction by educating and sharing with other teens. Ask someone who is in recovery how they remain clean and sober and one might say go to meetings, pray, get a sponsor, put the plug in the jug, read the Big Book. Teens are experiencing the value and benefits of giving away what was freely given to them: experience, strength, and hope.

Teens have shared their stories with teens from Youth Leadership Exchange, students from Francis Tuttle's Project Hope, the Man Up program run by the OKC Police Dept., Parents Helping Parents and many teens and parents that visit our support groups at TRS.

Teens are experiencing the gifts of recovery. Many think the best way to learn something is to teach it to someone else. Our teens are teaching others a new way of life. Teens at TRS are experiencing the real highs in life today.

## prescription drug abuse

is the fastest growing drug problem in Oklahoma and impacts our state in multiple ways. One in twelve Oklahomans abuse prescription medicine -- a leading cause of unintentional overdose deaths. Teens can confuse this as "the okay drug" because of its medicinal intent. Two-thirds of teens who report abusing prescription medicine admit to getting them from friends, family and acquaintances.

4 ways to safeguard your meds by [drugfree.org](http://drugfree.org)

### Tip!

Set clear rules for teens about all drug use, and be a positive role model.

**1** Treat them like your best watch or necklace. Think about them the same way you do jewelry or other valuables. There's no shame in protecting those items.

**2** Take them out of the medicine cabinet or kitchen. While convenient, these are obvious storage spaces and easy to access. Consider locking them up.

**3** Count, monitor, and dispose of them. Take an inventory of all of the medicine in your home, and dispose of what you don't need.

**4** Tell relatives to do the same. Once you've taken the previous precautions, it's time to encourage others to do the same -- especially relatives of your teen friends.

Oklahoma nonfatal drug overdoses in 2012: 1,082 Male | 1,411 Female  
Oklahoma fatal overdoses in 2012: 534

# a letter from our president

*Rob Northwood, Board President*



As the new President of the TRS board, I would like to take this opportunity to share with you my personal journey with TRS, reflecting on the past and our hopes for the future. So many have come before me whose contributions to the development and transformation of this organization are immeasurable. Every one of the past and present board members have given their time, energy, and money to building a recovery environment for teens.

“the power of hope”

thank you

*TRS Board of Directors*

Their reasons for involvement in TRS are varied, but centered around the recognition that drug and alcohol abuse among teens has reached epidemic proportions and the belief that we can provide a healthy, healing environment for teens and their families. A belief that we can provide teens with the tools and education to succeed in long term recovery, facilitating a dramatic change in the direction of their lives.

Our reward for serving has been a chance to witness the miracle of change that comes from recovery -- to witness the miracle of change from familial disfunction to a family grounded in love, understanding and communication -- to witness the power of hope.

In just three years on the board, I have seen a dramatic change in the organization, both in its mission and its impact. We have tripled the number of teens we touch with our services and now have over 32 parents of teens participating in creating a healthy, recovery environment for the whole family. Through the generous support of our donors, TRS has been able to grow to near capacity, increase capable staff and teachers and begin budgeting for even more growth.

Personally, I am overwhelmed with gratitude for the vision and foundations laid by the early board members, allowing the current board members the opportunity to build on that solid foundation. I consider it our duty to carry their mission forward with the same passion, dedication and commitment. May we always be guided by the power of hope.

2010-

2013

Alycia Goeke  
Blake Wade  
Brian Edmondson  
Brian Mitchell  
David Whitlock  
Fred Brooks

Jeff Turner  
Jimmy Gent  
Joy Beckerley  
Karen Mannix  
Karen Mather  
Kathy Payne  
Kelly Fry  
Ken Davidson  
Kent Hoffman  
Linda Morgan

Marnie Taylor  
Matt Buergler  
Mel Martin  
Michele Turner  
Mike Boss  
Mike McCoy  
Natalie Shirley  
Patti Mellor  
Robert Nisbet  
Ron Tewksbury

Shirley Cox  
Teresa Rose  
Tim Payne  
Tony Moon  
Tricia Everest  
Will Merrick  
Tracey Zeeck

2014

Ike Bennett  
Amy Birdwell  
Scott Brown  
Klint Cowan  
Nick Duncan  
Robert Dennis  
Rev. Justin Lindstrom

Debbie Monnet  
Kimberly Montrose  
Rob Northwood  
Kathy Payne  
Alden Snipes  
Marianne Trigg  
Frank Turner



# TeenRecoverySolutions

Nonprofit Organization  
U.S. Postage Paid  
Oklahoma City, OK  
Permit No. 1392

720 W. Wilshire Boulevard  
Suite 101-A  
Oklahoma City, OK 73116

ADDRESS SERVICE REQUESTED

*A special thank you to*

*The Anschutz Foundation*

*Charles and Cassandra Bowen Charitable Foundation*

*Chesapeake Energy*

*Nick and Peggy Duncan*

*E.L. & Thelma Gaylord Foundation*

*The Kirkpatrick Foundation*

*The Mary Gaylord McClean Foundation*

*Rob and Sara Northwood*

*Sarkeys Foundation*

*for the generosity of your support.*

# hope restored... success is possible

## help us get to 500

### 500 likes & 500 follows

*for National Prevention Week, May 18-24*

Summer is filled with recreational activities and celebrations where substance abuse is frequently an opportunity. The percentages of marijuana, tobacco, and alcohol initiates among youth increase between spring and summer. National Prevention week helps educate teens and their families during this crucial time of year. Leading up to National Prevention Week this year, it is our goal to get to 500! We are asking for 500 "likes" on Facebook and 500 followers on Twitter where we will bring helpful tips to you and your family. Do your part by sharing; and help us keep teens safer this year.

**1** Teen Recovery Solutions' Mission Academy is the only recovery high school in Oklahoma and one of only 24 in the nation!

**2** Alternative Peer Groups provide after-school and weekend programs to teens to keep them engaged in clean and sober fun.

**3** Teen Recovery Solutions offers counseling to teens and their families.

**4** Meetings are open to the public on Mondays from 7-8pm. Please contact us for more information.



@okteenrecovery  
Teen Recovery Solutions

**contactus@**teenrecoverysolutions.org | Office 405.843.2402 | School 405.843.9100

