



RECOVERY HIGH SCHOOL

at Westside Academy

What is Recovery High School?

The Recovery High School at Westside Academy provides a safe, supportive learning environment where recovery and academics go hand in hand. Our integrated program combines the academic classes needed to earn a NYS Regents Diploma with recovery supports and interventions for students at risk of, or recovering from, substance use. Students enrolled in this program can access recovery interventions and ongoing supports through community partnerships. A full time prevention counselor from Delphi Rise is embedded in the school, and intervention services are provided at no additional cost to families.

Why is Recovery High School Needed?

Adolescents in recovery face unique challenges: peer pressure, changing social groups, academic stress, and exposure to environments that can trigger relapse. Many young people struggle to find consistent counseling, tailored interventions, and school communities that understand the intersection of recovery and education. This can lead to missed credits, poor attendance, and setbacks in both health and learning. Recovery High School addresses these needs by offering targeted supports, close staff-student relationships, and coordinated community partnerships. Our intentionally small student population allows for individualized attention, stronger peer accountability, and a safer, more consistent environment that helps students stay focused on both recovery and earning their graduation requirements.

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

- Substance Abuse and Mental Health Services Administration (SAMHSA)



What is the Delphi Rise Partnership?

Westside Academy's partnership with Delphi Rise is at the heart of our program. Their full time counselors, trained to work with students who have experienced adverse childhood experiences, use trauma informed practices to meet young people where they are. Delphi Rise delivers research based prevention curricula embedded for all Westside students, equipping them with critical knowledge, decision making skills and practical strategies to prevent substance use and foster informed choices and healthy lifestyles.

Delphi Rise also provides a range of coordinated intervention and recovery services to support students and families. These include brief substance use assessments, individual and group counseling, peer support, parent education, and referrals to community resources—all integrated with our school team to ensure seamless, accessible care.

How Does the Referral Process Work?

Students in grades 7–12 from Monroe County and surrounding counties may be considered for Recovery High School if their home school district initiates a referral to our program. Once we receive a referral, our interdisciplinary team begins a timely evaluation that includes meetings with the student and family and a guided tour of Westside Academy. The team reviews academic and behavioral thresholds and makes a final determination about program fit.

Students who enroll at Westside Academy through a district referral for our standard academic/mental health program may later self identify (or be recommended by staff) for recovery supports. If a current Westside Academy student is accepted into the Delphi Rise partnership, they can begin receiving those recovery services without a separate district referral.



For more information or answers to any questions about Recovery High School at Westside Academy, please contact:

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