



HORIZON HIGH SCHOOL

Wisconsin's only Recovery High School
Helping teens succeed in sobriety and in life since 2005

Newsletter –
Winter 2022

Update From Director Traci Goll 11/18/22

In June, we had 2 students graduate. One now works at Spectrum full time and has his own apartment. Horizon is a full service institution, offering “wrap around service” to our students. Many, after they graduate, consider Horizon their family. We continue to work with many of them, under the Dane County CCS program, providing counseling and assistance with job and housing applications, medical appointments, etc.

We currently have 11 students, one more just out of treatment may join us, and we have 2 interviews set up. Not all kids are ready for Horizon; they must want to be here and willing to work on being alcohol and drug free.

Horizon provides academics and counseling (see write ups by staff on the next page), and I focus on our life skills program, which gets our students out in the community, where they are given opportunities to do and try new things. On Tuesdays, we go to Harbor Athletic club and work out. Students have the opportunity to swim, lift weights, play basketball, use the equipment. Harbor lets us come for free, this has been an amazing experience for our student body.

On Wednesday's, we have a lifeskill outing every afternoon. When the weather is nice I like to get the students outside in nature. We have enjoyed hiking Picnic Point, Lake Shore path, Pheasant Branch, and many other parks and trails. We have enjoyed the Henry Vilas Zoo, Olbrich gardens, Chasen Museum, Schusters farm, Eugsters farm, our teacher Bob's farm, and Heartland animal sanctuary. We helped out the Berbee Derby with packing the kids bag for their big race. They have been so generous to us and we are happy to give back.

We have had so many incredible like skill experiences over the years, visiting local businesses learning how they operate; for example, Clasen's Bakery. We have visited MATC and other post high school opportunities; the trade show is a great example. With cold weather, we move indoors: Ultra Zone, Sky Zone, Ten Pin Alley, Boys and Girls club, Historical Museum, Veterans Museum, downtown Public Library, State Capitol, The Sett at Union South, ice skating, sledding, Fire UP Pottery, and the Planetarium.

Three Thursdays a month students have some unique opportunities. One Thursday of the month, the incredible Second Harvest Crew cook with us. They have taught us endless cooking and baking skills as well as introducing our students to new foods. This has been a wonderful partnership. The Pantry at Horizon has fed many former students and families, as well as current students and their families. The second Thursday of the month has been designated to our “Community Chef” grant. We were awarded a MATCH grant that allows us to have different ethnic chefs come to Horizon and teach us how to cook their speciality. The grant pays for the food items and the chefs' time. Lastly, one Thursday of the month we attend an Art class at the Wheelhouse at the Memorial Union. The students have loved creating art pieces in their gallery.

Horizon has had many speakers come to school to share their stories of recovery. These speakers have educated our students and given them new insights and hope for their recovery.



Horizon High School celebrated our 18th anniversary at the Goodman Center on September 21! Over 100 people were in attendance and we raised >\$62K. This annual fundraiser raises needed funds for our annual operations. Our annual budget is \$530,000 (\$150K more than last year's — as we needed to increase wages with medical benefits and add staff hours . We have been very fortunate to have support from corporate partners and as well as some foundations and many individuals and families. We thank everyone who helped make this such a success.

Check out our Graduates!

Five of our graduates - Molly (2009), Amy (2013), Shodari (2019), Jada (2020) and Ken (2021) recorded brief video (YouTube) accounts of how Horizon has impacted their lives.

We invite you to meet them on our webpage:
<https://www.horizonhs.org/>

Can Wisconsin Match Massachusetts?

We have been learning about how the State of Massachusetts, 17 years ago, decided — at the state level — to use Public Health funds to set up 3 recovery high schools, with \$500K per school per year! This has made all the difference in those 3 schools succeeding for 17 years— when the national average lifetime of a recovery school is 9 years (shutting down due to lack of \$, as recovery schools in Waukesha and Janesville did a decade ago). And they added 2 more recovery schools—so Massachusetts has the foresight to understand that spending \$2.5 million a year for 5 recovery schools, saves so many young lives, as well as saves hundreds of \$millions if not \$billions in the long term to state taxpayers. **And how much does Wisconsin pay a year to safely house one juvenile offender? Close to \$300,000!!**

Just imagine how much difference it would make if there were 4 other recovery schools located around Wisconsin, in addition to Horizon, with secure state funding... Feel like writing your WI legislators??

Introducing New Horizon Staff

Madeline Brown has a B.S. degree in Alcohol and Drug Studies, minoring in Psychology, from Minnesota State University – Mankato. She has many years of experience guiding those who struggle with substance abuse issues to lead healthier, balanced lifestyles. Madeline has held leadership positions working in both residential and outpatient treatment centers as well as serving on several Drug Treatment Court Teams in Minnesota and Wisconsin. She enjoys exploring the Madison area with her Great Dane, Leo, being active outdoors, and taking road trips to visit friends and family.

Megan Muhs holds a Bachelors in Mathematics along with a Masters in Educational Leadership. She is a certified 5-12 math teacher who recently moved back to the US after teaching in Latin America for a handful of years. She is passionate about math, interdisciplinary and project based learning. She is an avid puzzler and believes puzzles are an important educational tool. She is a thrill seeker who claims distance running, open water swimming, SCUBA and mountain climbing as her hobbies. Megan is active in the recovery community and has been in recovery herself since Jan 2014.

Mallory Olcott has a bachelor's degree in Sociology and Human Services from St. Norbert College. Prior to joining Horizon as a Special Education Assistant (SEA), Mal worked as a Case Manager for Child Protective Services in a rural Northeastern county in Wisconsin. In addition, Mal has experience working as a Line Therapist for adults who have disabilities. In her free time, Mal enjoys working out, reading, and hanging out with animals.



Horizon Staff: Jason Semenas (SEA), Malory Olcott (SEA), Traci Goll (director), Madeline Brown (counselor), Bob Weinswig (teacher), Megan Muhs (teacher)

A day in the life of a Horizon Counselor

Every morning the students complete daily check in sheets. This gives them time to identify how they're feeling, if they're having any cravings, what they want me to know about their mood each day, etc. I try to meet with each student individually once a week so I'll do that. Then Mal and I make lunch for the kids, and clean up. Mondays I facilitate group therapy from 1-3. Tuesdays we go with the kids to the gym then Mal and I run errands for the school. Wednesdays we do life skills, and Fridays we make lunch for the kids then do group/art therapy in the afternoon. —Maddie

Paul Moberg 1949 - 2022

Paul Moberg died unexpectedly from cancer in April. He was a crucial person for the establishment and ongoing success of Horizon High School. We met him in 2004 through Shelly Dutch, who herself was key to creating Horizon, as we started to research how to create a recovery high school in Madison. He was at UW-Madison and had been studying recovery schools around the country since the 1980s. He was our advisor from the very beginning and also was our board vice-president. An endowment for a scholarship in Paul's name has been set up at MATC, to support Horizon graduates. If you would be interested in contributing, go to <https://www.supportmadisoncollege.org/moberg-memorial-scholarship/>



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Horizon is a private non-profit school, working with MMSD and other area school districts as well as Dane County social services

Academics this Fall at Horizon

Our academics are broken into four main studies: math, science, social studies and english. In math we offer individualized curriculum spanning geometry, algebra and algebra 2.

In Science we have covered the basics of geology and have moved on to anatomy. We are reading *The Body: An Occupant's Guide* (Bill Bryson) and doing complementary activities regarding the different parts of the human body that we read about.

Social Studies this year is focused on World Religions. We started with the basic creation of religions. We are now working our way through the major religions of the world. We just finished our unit on Judaism which culminated in a research paper on the Israeli-Palestine conflict. We just began learning about the birth of Christianity and will continue through the religion for the remainder of the semester.

For English we began the year reading and studying *Hamlet*. Next, we read the graphic novels, *The Sandman* and *Coraline*, both by Neil Gaiman. We have now moved on to reading and discussing *Their Eyes Were Watching God* by Zora Neale Hurston. —Megan and Bob

Welcome New Horizon Board Members!

Robyn Reed — retired MMSD teacher and ESL program chair. "My career with MMSD was teaching immigrants and children of immigrants. I know there is no "one size fits all" in public education, and that an educator has to meet the students where they're at, and build from there."
Liz Feder — works at UW Population Health Institute. "In my work I provide assistance to communities and coalitions in evaluating programs in community mental health and substance use disorder"