

The Student Contract

The StepUP Program at Augsburg College strives to help students champion lives of recovery, achieve academic success, and thrive in a community of accountability and support. The culture of StepUP is shaped by our values. We as students, staff and faculty participating in the StepUP program hold the following values:

I. We Value Recovery Based on Spirituality and the 12-Step Model.

1. I will remain abstinent from alcohol and other drugs.
2. I will attend at least two AA or NA meetings each week which includes one being a home group or other recovery support meetings with counselor approval.
3. I will develop a strong, honest relationship with a sponsor that works a 12-Step program or a recovery mentor with counselor approval.
4. I will be involved in service opportunities that are offered through StepUP and my recovery meetings.
5. I will pursue activities that foster the development of a spiritual life.

II. We Value Personal Responsibility, Integrity, and Living a Balanced Life.

1. I will adhere to the AA/NA legacy of honesty, open-mindedness and willingness.
2. I will treat myself and others with dignity and respect.
3. I will attend all mandatory StepUP programming which includes Circle meetings every Monday from 5:00-6:00pm, retreats, activities, and flat or apt meetings.
4. I will attend weekly counseling appointments with the StepUP staff.
5. I will refrain from attending strip clubs and casinos, and participating in gambling including online gambling. Exchange of money between students for gaming or gambling purposes is prohibited.
6. StepUP exists within the framework of the larger Augsburg College community. I will take responsibility for knowing all college policies in the Student Guidebook <http://www.augsburg.edu/reslife/guidebook/drl.guidebook.0910.pdf>
7. I will participate in regular cleaning of my personal residence as well as completing my assigned task within my flat or apartment.
8. I will refrain from attending high-risk environments such as bars, places where alcohol and/or illegal drugs are present and where illegal activities are discussed or happening.
9. I will refrain from engaging in a physical, intimate, romantic and/or a committed relationship with another current StepUP Program student unless **BOTH of us have one year of recovery and have completed at least one semester in the StepUP Program.**

III. We Value Educational Success.

1. I will attend and be on time for all classes unless medical conditions make it impossible.
2. I will engage in positive academic efforts toward success.
3. I will complete and turn in all assignments on time as outlined by the instructor.
4. I will attend meetings with the Academic Skills Coordinator and/or CLASS Specialist if deemed necessary for my academic success.

IV. We Value Community, Servant Leadership, and the Richness of Diversity.

1. I will not enable others in the StepUP Program to use mood-altering substances. I commit to not assisting, enabling or encouraging another StepUP Program student to use, or to assist by my action or inaction another participant to conceal his or her use. If I learn or suspect that a StepUP Program student has relapsed, I:
 - will immediately contact my Counselor, the StepUP Program Director, another member of StepUP staff or my RA to notify him/her that I have knowledge that a StepUP Program student has relapsed.
 - understand that failure to report a StepUP student who is suspected of using or who is using a mood-altering substance not directly prescribed by a physician will make me subject to sanctions as determined by the StepUP Program Director.
2. I understand that I am prohibited from inviting into the StepUP apartments or flats any individual who has specifically been banned from the residence by the Program or Augsburg College.
3. I understand that I am prohibited from keeping information from the StepUP Staff if I know or suspect that another student has broken any item(s) in the contract. I am also responsible for writing myself up and speaking to StepUP Staff if I am the one breaking any item on the contract.
4. I will treat others respectfully and use proper boundaries regardless of how they may differ from me along the continuum of diversity.

5. I will honor the privacy and confidentiality of others unless doing so is in violation of the StepUP contract, Augsburg College Guidebook, or is not in the best interest of the student.

V. We Value an Alcohol and Other Drug-Free Environment that is Protective of Recovery.

1. I will not use or possess mood-altering substances (either on or off campus) not directly prescribed for me by a physician.
2. I will not use or have in my possession any drug paraphernalia, including hookahs.
3. I understand that I am prohibited from inviting to the StepUP apartments and flats any individual who is intoxicated, under the influence of alcohol or any mood altering substances, or any individual in recovery who has less than 30 days of sobriety.

VI. We Value Healthy Minds, Healthy Bodies, Healthy Spirits and Emotions.

1. I am responsible for addressing any cross-addictions that I have noticed within myself or have been identified by professionals as harmful to me.
 2. I am responsible for securing and keeping appointments. I am responsible for maintaining ongoing mental health care relationships with psychologists, therapists, or psychiatrists when therapy and medication have been recommended as a part of my recovery plan.
 3. I will notify my Counselor of my medications and any changes in my medications.
 4. I will remain medication compliant, following physician's orders as prescribed.
 5. I will keep medications in their original pharmacy containers or in a weekly pill box in a secure place. I will keep them either in a lock box or in my room with the door locked at all times.
 6. I will use my medications ONLY in the manner prescribed by my physician.
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Violations leading to immediate review for probationary status in the StepUP Program

1. Failure to fulfill basic responsibilities such as not maintaining 2.0 or better in all classes;
2. Failure to keep appointments with counselor, therapists, psychiatrist, etc.;
3. Failure to fulfill community responsibilities related to living standards and/or participation in StepUP Program mandatory events;
4. Failure to appear before the StepUP Program Peer Review Board;
5. Participation in behaviors that violate the Augsburg College Student Guidebook.

Violations leading to immediate review for dismissal from the StepUP Program

1. Theft or destruction of property;
2. Physical, intimate, and/or committed relationships with members of StepUP prior to both parties having at least one year of sobriety and one semester completed in the StepUP Program;
3. Relapse, including any possession, use (on or off campus), or provision of or participation in the transaction of mood-altering substances (both licit and illicit) not directly prescribed by your physician or misuse of any prescribed medication;
4. Refusal to comply with a request by StepUP staff to submit to an alcohol/drug test;
5. Engaging in acts or threats of violence and/or behaviors towards others, destruction of property, and any physical, emotional, and/or sexual harassment toward others;
6. Participation on any level in risky and unhealthy behaviors that could become compulsive such as attending strip clubs, casinos, gambling, and high-risk environments for alcohol/drug use;
7. Continued violations of the StepUP Program Contract following Probationary Status set by staff and/or StepUP Program Peer Review Board;
8. Participation in behaviors that violate the Augsburg College Student Guidebook.

I have read, understand and agree to follow the terms of this contract for my own wellbeing and the wellbeing of the community.

Name _____ Date _____

Print Name _____