

Augsburg University StepUP® Program Student Agreement for University of St. Thomas Students

Augsburg University and the University of St. Thomas have agreed that enrolled St. Thomas undergraduate students may participate in Augsburg's StepUP Program. StepUP® at Augsburg University strives to help students champion lives of recovery, achieve academic success, and thrive in a community of accountability and support. The Student Agreement outlines the rules by which I agree to abide while living in the StepUP community, for the health and wellness of individuals and of the community.

I understand that it is impossible to document every situation that could result in corrective action, up to and including removal from the StepUP Program. Any behavior that puts my recovery at risk, the recovery of others at risk, or does not comply with the core program values of safety, honesty and respect will be addressed and reviewed and may result in corrective action, up to and including removal from the program, or Oren Gateway living environment.

I. We champion lives of recovery

The Augsburg University StepUP program is a voluntary, abstinence-based approach to recovery. This may include, but is not exclusive to, a 12-Step program. We respect various pathways to recovery. If a student chooses a path other than a 12-step program, it must be a recognized mutual self-help group and the student should discuss it with their counselor.

1. I will remain abstinent from alcohol and other drugs. This includes non-alcoholic beer, over-the-counter (OTC) medications and other substances that may or may not be deemed illegal, but which could have potential negative consequences to my recovery.
2. I will attend at least two recovery meetings (12-Step, SMART Recovery, Celebrate Recovery, Refuge Recovery, Recovery Dharma, etc.) each week including a home group or other recovery support meetings with counselor approval.
3. I will develop a relationship with a sponsor who follows an abstinence-based program or a recovery mentor with counselor approval, and will have at least 1 contact with them weekly.
4. I will be involved in service opportunities that are offered through StepUP and my recovery meetings.
5. I am responsible for addressing any cross-addictions that I have noticed within myself or have been identified by professionals. I will share any concerns I have with my counselor who can then connect me to resources for additional support (if needed).
6. I am responsible for securing and keeping appointments with my StepUP counselor. I am responsible for maintaining ongoing mental health care relationships with psychologists, therapists, and/or psychiatrists when therapy and medication have been recommended as a part of my recovery plan.
7. Insurance: I am required to have health insurance. I will make sure I understand what it covers and where. I will keep my insurance current so I can access resources that I need.
8. Medications:
 - A. I will remain medication compliant, following physician's orders as prescribed.

July 2023

- B. I will take only medication prescribed to me, by a prescribing medical professional, and only as prescribed, and I will adhere to the medication list of safe OTC/non-prescribed medications provided by the StepUP program. I understand that this is to safeguard my recovery and keep the community safe.
- C. I will notify my counselor of my medications and any changes in my medications, including discontinuation of medication, or use of any non-prescription medication.
- D. I will keep medications in their original pharmacy containers or in a weekly pill box in a secure place. I will follow protocol for medication storage (e.g., in a lock box) as required and discussed with my StepUP counselor.

II. We value the achievement of academic 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, and be willing to address concerns as they may arise.
- 3. I will attend meetings with Academic Counseling or other academic support services if deemed necessary for my academic success.
- 4. I will remain in good academic standing with the University of St. Thomas.

III. We Value a community of accountability and support

- 1. I will attend all mandatory StepUP programming, including Circle meetings every Monday and residential flat or apartment meetings as they are scheduled.
- 2. I will attend weekly counseling appointments with the StepUP staff, unless this attendance has been discussed, excused, or altered.
- 3. I will recognize that participating in high-risk environments may negatively impact my recovery. If I choose to participate in such environments, I will be willing to disclose such information to my StepUP counselor.
- 4. Exchange of money between students for gaming or gambling purposes, on or off campus, is strictly prohibited.
- 5. StepUP exists within the framework of the larger Augsburg University community. I will take responsibility for knowing all university policies in the [Augsburg Student Guidebook](#)
- 6. As a University of St. Thomas student participating in the Augsburg University StepUP Program, I also take responsibility for knowing and acting within the framework of the larger University of St. Thomas community, which includes following University of St. Thomas policies applicable to students.
- 7. I will participate in regular cleaning of my personal residence as well as completing my assigned task within my flat or apartment. If my personal area continues to be unclean or causes difficulties for current or new potential roommates this may be cause for probation or other corrective actions to be taken.
- 8. I understand that engaging in physical, intimate, romantic and/or committed relationships with a current StepUP Program student can negatively impact my recovery, another

person's, or the StepUP community as a whole; I will be willing to discuss with my StepUP counselor any concerns that may arise.

9. I understand that I am prohibited from inviting to the StepUP residence in Oren Gateway Center (including: apartments, smoking area, and garage) 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. If I am found to have brought someone into OGC knowingly who is under the influence of substances this will result in corrective action, up to and potentially including removal from the program.
10. I understand that should I allow a guest to stay with me longer than overnight that I can be billed for the housing of this person
11. I agree to adhere to behavior that upholds the core StepUP Program values of safety, honesty and respect.
12. I will not enable other students' alcohol or drug use; this includes not assisting in use or procurement, encouraging other students to use, or withholding information about drug and/or alcohol use of other StepUP students. I will immediately contact my StepUP counselor, the StepUP Program Director, and/or my StepUP Peer Advisor (SPA) to report that I have knowledge that a StepUP Program student has returned to use.
13. I will treat others respectfully regardless of how they may differ from me along the continuum of diversity.
14. I will honor the privacy and confidentiality of others. I also understand that this does not include enabling, using or harm to self or others.

IV. Actions subject to immediate administrative review for potential dismissal from the StepUP Program

1. Theft or disrespect of others' property, including Oren Gateway Center building property.
2. Return to use, possession of or participation in the transaction of mood-altering substances (both licit and illicit), or misuse of any prescribed, non-prescribed or OTC medication.
3. Refusal to comply with a request by StepUP staff to submit to an alcohol/drug test.
4. Engaging in acts or threats of violence towards others, destruction of property, and any physical, emotional, and/or sexual harassment toward others.
5. Documented and continued violations of the StepUP Program Agreement.
6. Failure to comply with recommendations from StepUP clinical staff and/or outside clinical professionals.
7. Participation in behaviors that violate the Augsburg University Student Guidebook or University of St. Thomas policies applicable to students.

V. Consent to share information

I understand that the Augsburg StepUP program may need information from St. Thomas and St. Thomas may need information from Augsburg as part of my participation in the StepUP program. I consent to St. Thomas and Augsburg sharing information about me from my records when officials of those schools determine such information sharing is necessary in conjunction with my participation in the StepUP program. I understand and consent that the information

July 2023

shared may include, but is not limited to: financial, academic, disciplinary and emergency information and other information about my compliance with this agreement and participation in the program. I understand that St. Thomas and Augsburg will both be provided signed copies of this agreement.

VI. Billing and payment

I authorize St. Thomas to bill my St. Thomas student account for the costs of the StepUP program. I agree I will be responsible for paying directly to Augsburg any miscellaneous charges (e.g., parking permits) not considered program costs per the billing agreement between the universities.

VII. Waiver of liability

I (and my parent or guardian, if I am under age 18), on behalf of myself, my personal representatives and my heirs, to the fullest extent permitted by law, hereby release, waive, discharge, hold harmless, and promise to defend, indemnify, and not to sue St. Thomas, its trustees, officers, employees, and agents (“Releasees”), with respect to any and all harm, injury, disability, death, loss or damage to person or property arising out of my participation in the StepUP Program or my transportation to or from the StepUP Program.

I have read and agreed to the terms of this agreement:

Signature

Printed Name

Date