

Health concerns foremost for senate

Women's Center issues also highlight Monday night's senate meeting

By Sara Jarrett
Oregon Daily Emerald

Computer updates for the Women's Center and the Oregon Health Plan were discussed at the Student Senate meeting Monday.

Matt Swanson, Oregon Student Senate summer staff person and ASUO state affairs coordinator, and ASUO Vice President Mitra Anoushiravani asked the senate for help in the campaign to keep Oregon students on the Oregon Health Plan.

"We are diligently fighting" for this cause, Anoushiravani said.

One way to help is by making phone calls to the Oregon Legislature, which doesn't take much time and shows that students really care about the issue, according to J.C. Gabbe, a student senator.

One of the concerns is the affect this cut would have on students at community colleges, because their economic level is usually lower than at universities.

On a lighter note, an approval of the Women's Center request for a transfer of funds from its payroll account to update its computer system was approved.

A Women's Center representative claimed that her computer crashes on a regular basis.

The upgrade, which would in-

clude a printer with the capacity of printing 11x17-inch paper, would aid in the center's production of its newsletter, the Siren.

"This is a pretty big program that needs the upgrade," Student Sen. Spence Hamlin said. Also on the agenda was a request from the Oregon Marine Students Association for a transfer of funds from an account allotted for a speaker that wasn't used during the regular school year, in order to purchase tennis equipment.

The request for \$270 sparked a hot debate between the committee.

The opposition couldn't justify spending that much money without a line itemization outlining each purchase. Proponents of the argument felt that because these students are essentially secluded in Coos Bay, they should have recreational opportunities that students on the main campus are already provided.

After a lengthy discussion, a solution was finally achieved. The senate granted the OMSA \$150 for the purchase of its recreational equipment.

"It would almost be insulting not to give them anything," Hamlin said. "We want to give some level of faith to show we support them, but we will guard our \$6 million budget carefully."



Sobriety program aids in higher education

The California-based system considers opening its doors to UO students

By Sara Lieberth
Oregon Daily Emerald

One of the most important elements in a successful drug-and-alcohol recovery program is the development of a positive self-esteem, according to treatment providers.

An innovative program based in California has found that transitioning individuals into higher education after attaining sobriety is an excellent way to accomplish long-term success, both personally and professionally.

Sober Living by the Sea is a residential treatment program based in Newport Beach, Calif. Established in 1986 by Springfield High alum Carl Mosen, the approach is based on the tenets of Alcoholics Anonymous' 12-step program.

After a decade of helping people recover from alcohol and drug addictions, Mosen developed the Transitional Education Action Career Help program (T.E.A.C.H.).

T.E.A.C.H. was founded in 1997 through a partnership with Saddleback Community College, located in Laguna Niguel, Calif. Participants may attend classes after a minimum of 60 days of sobriety through Sober Living by the Sea.

The educational module incorporates therapeutic group sessions, structured study periods and the opportunity to interact with other sober students in a higher-education setting. T.E.A.C.H. students work toward certificates in the drug-and-alcohol counseling field.

As both coordinator for T.E.A.C.H. and a program graduate herself, Beth Phillips believes

transitioning people into college is beneficial on many counts.

"A lot of people finish a recovery program but don't know what they then want to do with the rest of their lives," she said. "This gives them a foot in the door and an idea for a career they might want to pursue. It helps them raise their GPA too!"

College credits earned at Saddleback College are transferable to most accredited universities in the United States. There are 16 students currently enrolled in summer classes through the program, with another 25 slated to begin fall term.

Most striking about the multifaceted approach is the two percent overall relapse rate the program elicits. That is compared to a national average of more than 40 percent relapsing post-recovery. The combination of treatment and higher education has proven to be highly successful in maintaining sobriety and success in the long term.

Tom Lincoln, marketing director for the organization, said these preliminary statistics indicate not only the effectiveness of T.E.A.C.H., but that other residential programs, inspired by these successes, may incorporate education into their schemes as well.


"I think this is a model which will be copied all over the country," he said.


Lincoln also noted the founder of Sober Living by the Sea is considering purchasing a house near the University campus to provide recovering students an exclusively clean and sober living space while they attend school.

Information on T.E.A.C.H. is available on the organizational Web site at www.soberliving.com.

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