### Bureau of Drug & Alcohol Services

NH Department of Health & Human Services

# **Making Connections** that Count

## Most

New Hampshire youth don't use alcohol or other drugs.

That's important. New Hampshire high school students participating in the 2019 Youth Risk Behavior Survey (YRBS) reported that in the 30 days prior to the survey\*:







use marijuana

NH students who use alcohol and/or other drugs are much more likely to report poorer grades and feeling sad or hopeless than students who don't. For example:

Students who drink alcohol are up to

to report feeling sad and

hopeless than students

who don't drink.

are up to

TIMES MORE LIKELY TIMES MORE LIKELY

> to report poorer grades than students who don't smoke.

Students who smoke

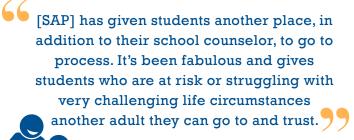
\*Percentages and times reflect reported usage in the 30 days prior to the survey.

Student Assistance Programs help keep the numbers of students who use alcohol or other drugs low by Making Connections that Count!



### What IS New Hampshire's Student Assistance Program (NH SAP)?

NH SAP is a school-based program designed to provide a variety of services to middle and high school students who are struggling with individual, family and peer issues that interfere with their educational success.



— NH School Educator



### How do SAPs in **New Hampshire WORK?**

SAP Counselors help youth with issues such as substance misuse, bullying, dating violence, and peer pressure. While each SAP is different, each provides the following services:

Screening and Assessment

Information and Referral & Case Coordination

> Prevention Strategies that Work

Individual and **Group Sessions** 

> Prevention Education

Schoolwide **Activities** (e.g., policies)

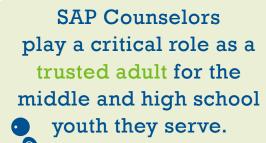
#### For more information contact:

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## The Science of Connection:

feeling close to and belonging with others

Research shows that
social connections
improve social, emotional,
and physical well-being,
as well as educational
outcomes.



SAP services help improve academic performance by addressing barriers to learning.



school adjustment and attendance

family relationships

ance mental health

healthy coping skills

substance misuse

peer relationships





#### · ADDITIONAL RESOURCES ·

Student Assistance Program Bureau of Alcohol and Drug Services New Hamsphire Department of Health and Human Services (nh.gov)



NAMI New Hampshire Suicide Prevention Resource Center



New Hampshire Rapid Response Access Point 833-710-6477







