

Risky business* Signs to look out for

Personal Characteristics

- Substance misuse
- Hopelessness
- Low self-esteem
- Loneliness
- Social alienation and isolation, lack of belonging
- Impulsivity
- Recklessness
- Poor coping skills
- Poor body image
- Self-injuring
- Perception of being a burden
- Interpersonal difficulties or losses
- Bullying, either as victim or perpetrator
- School or work problems
- Physical, sexual, and/or psychological abuse
- Chronic physical illness or disability
- Failing grades and school performance

Family Characteristics

- Family history of behavioral health issues
- Parental divorce
- Death of parent or other relative
- Problems in parent-child relationship

* Source: SAMHSA

National Resources

Adults

samhsa.gov
drugabuse.gov

Teens / families

teens.drugabuse.gov
abovetheinfluence.com

NH State Resources

thedoorway.nh.gov
nhtreatment.org
dhhs.nh.gov/dcbcs/bdas

Other Substance Misuse Resources

If you or someone you know is experiencing an addiction-related crisis, dial 2-1-1



You are not alone.

Through the Doorway NH, you will be connected to support, guidance, and community, and access treatment, recovery, and self-sufficiency services.

You are never alone. And never far from help.

Visit: thedoorway.nh.gov today

More Information on Drugs & Alcohol



Promoting Prevention and Recovery

www.dhhs.nh.gov/dcbcs/bdas

The Bureau of Drug and Alcohol Services develops, supports and evaluates initiatives ensuring the delivery of effective and coordinated prevention, treatment and recovery support services.

The New Hampshire Student Assistance Program



State-funded Student Assistance program staff are working in school systems throughout New Hampshire, helping young people thrive to make healthy choices.

What is the New Hampshire Student Assistance Program (SAP)?

SAP counselors served more than 10,000 kids in 2016, helping youth with various social issues, such as bullying, dating violence, and peer pressure. The program has grown from five schools in 2013 to more than 40 today. Each SAP is different, but all engage in the following activities:

1. **Screening and Assessment of Students:** SAPs screen and assess students for personal and/or family problems resulting from alcohol and other drug misuse, as well as other risk factors.
2. **Prevention Education Series:** SAPs teach a 6-8 session Alcohol, Tobacco and Other Drug Prevention Program in the seventh and ninth grades.
3. **Individual Sessions:** SAPs conduct time-limited, individual sessions.
4. **Group Sessions:** Groups target students who are using tobacco, alcohol and/or other drugs, students with family members who have a substance use disorder, and students at high risk.
5. **Referral / Case Management:** SAPs refer students who require treatment for alcohol, tobacco and/or other drug abuse to appropriate treatment programs.
6. **School-Wide Awareness Activities:** SAPs organize monthly activities with student participation to influence attitudes about substances and mental health.
7. **Environmental:** SAPs meet with parents, students and community groups to develop policies and activities aimed at preventing and reducing adolescent alcohol and other substance misuse.



How can a parent, family member, student or concerned community member reach out to SAPs to help a youth who is struggling?

If you are concerned about a student and think they may benefit from a consultation with a SAP contact a participating school to learn more. This information is confidential and will not be shared with the student. A list of SAPs by community is available at: <https://tinyurl.com/lfydv68>



Don't let the signs go unnoticed.



The New Hampshire SAP is a BDAS-funded, community-based program designed on a national model and embedded in more than 40 schools.

Contact the BDAS Prevention unit at 603.271.6112 for more information.

We make good choices TOGETHER



What schools are saying about NH's SAPs:

“Having a SAP in our school building is essential to the success of our students and community in battling substance misuse. Today, families more than ever, face challenges with the negative effects of alcohol and other drugs. Our SAPs recognize that there are underlying physical, mental and social components that often lead to drug use and provides the supports necessary for students to make healthier choices.”

Andrew Brauch, Assistant Principal

“The SAP program provides the Merrimack Valley School District an invaluable resource as we partner with our students and families. NH and many other states are facing a very serious opioid challenge. BDAS' continuing support and generosity have made a significant impact in our efforts to meet this challenge and effect positive change.”

Mark MacLean, Superintendent of Schools

