

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

New Hampshire STUDENT ASSISTANCE PROGRAM



Making Connections That Count

What is the NH Student Assistance Program?

The NH Student Assistance Program (SAP) is a community-based program designed on a national model and embedded in more than 40 schools. SAP counselors served more than 10,000 kids in 2016, helping youth with various social issues, such as bullying, dating violence, and peer pressure. Each SAP is different, but all engage in the following activities:

Screening & Assessment: SAPs screen and assess students for personal and/or family problems resulting from alcohol and other drug misuse, as well as other risk factors (see list on the right).

Prevention Education Series: SAPs teach a 6-8 session Alcohol, Tobacco and Other Drug Prevention Program in the seventh and ninth grades.

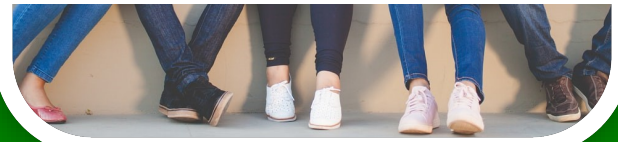
Individual & Group Sessions: SAPs conduct time-limited, individual and group sessions for students who are using tobacco, alcohol and other drugs, students with family members who have a substance use disorder, and students at high risk of substance misuse.

Referral / Case Management: SAPs refer students who require treatment for alcohol, tobacco and other drug misuse to appropriate treatment programs.

School-wide Awareness Activities: SAPs organize monthly activities with student participation to influence attitudes about substances, substance misuse, and mental health.

Environmental Strategies: SAPs meet with parents, students and community groups to develop policies and activities aimed at preventing and reducing adolescent alcohol and other substance misuse.

"The SAP program provides the Merrimack Valley School District an invaluable resource as we partner with our students and families. BDAS' continuing support and generosity have made a significant impact in our efforts to meet this challenge and effect positive change." **Mark MacLean,**
Superintendent, Merrimack Valley School District



Personal Risk Factors*



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

**Don't let
the signs go
unnoticed.**

Family Risk Factors*

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

* Source: SAMHSA

For more information contact the
NH Bureau of Drug & Alcohol Services (BDAS)
Prevention Services Unit at 603-271-6112

NH DEPT. OF HEALTH AND HUMAN SERVICES
NHB DAS
BUREAU OF DRUG AND ALCOHOL SERVICES
Promoting Prevention and Recovery

If you are concerned about a student and think they may benefit from a consultation with a SAP, please contact a participating school to learn more.

This information is confidential and will not be shared with the student.

Town	School Name	SAP Contact Information		
Berlin	Berlin High School	Maria Makai	mmaki@sau3.org	603-752-6500
Claremont	Claremont Middle School	Douglas Pilcher	dpilcher@sau6.org	603-435-6733
Claremont	Steven's High School	Douglas Pilcher	dpilcher@sau6.org	60-435-6733
Concord	Concord High School	Aimee Tucker	atucker@sau8.org	603-667-5046
Concord	Second Start Alternative High School	Kimberly Shepard	kshepard@second-start.org	603-227-9093
Concord	Rundlett Middle School	Brian Daniels	bdaniels@sau8.org	603-848-6707
Conway	A. Crosby Kennet Middle School	Michaela Thomas	m_thomas@sau9.org	603-447-6364 Ext 4429
Farmington	Farmington Middle School & High School	Marcy Curtis	mcurtis@sau61.org	603-834-5994
Franklin	Franklin Middle School & High School	Jamie Bryant	jbryant@gm.sau18.org	603 934-5441 x3079 (HS)
Gorham	Gorham Middle School	Phillip Rousseau	phillip.rousseau@sau20.org	603-466-2776 Ext 3311
Groveton	Groveton Middle & High School	Nichol Jones	n_jones@sau58.org	603-636-1619
Keene	Keene Middle School	Scott Folsom	sfolsom@mfs.org	603-357-9020
Kingston	Sanborn Regional Middle & High School	Amanda Feeney	afuller@sau17.net	603-642-3600
Laconia	Laconia Middle School & High School	Jessica Conrad	jconrad@laconiaschools.org	603-524-3350 Ext 4216
Lincoln	Lin-Wood Middle & High School	Carley Elkin	celkin@lin-wood.org	603-745-2214 Ext 207
Lisbon	Lisbon Middle & High School	Alexis Blowey	alblow@lisbon.k12.nh.us	603-838-6672 or 5506
Littleton	North Country Charter Academy	Kimberly Spaulding	Kspaulding@nccharteracademy.org	603-444-1535
Manchester	Parkside Middle School	Michael Bagtaz	mbagtaz@mansd.org	603 624-6356
Manchester	Southside Middle School	Christine Breen	cbreen@mansd.org	603-624-6359
Milton	Nute Middle High School	Jeremy French	jeremy.french@sau64.org	603-652-4591
Nashua	Nashua North High School	Rebecca Lerner	lernerrr@nashua.edu	603-966-1100
Nashua	Nashua South High School	Leah Elliott	elliottl@nashua.edu	603-966-1347
Newport	Newport Middle & High School	<i>Vacant</i>		
North Conway	Kennett High School	Michaela Thomas	m.thomas@sau9.org	603-356-4343 Ext 3150
North Conway	White Mountains Community College	Jeff Swayze	jswayze@ccsnh.edu	603-342-3058
Penacook	Merrimack Valley Middle School	Amanda Senecal	asenecal@mvsdpride.org	603-496-1337
Penacook	Merrimack Valley High School	Barbara Crouse	bcrouse@mvsdpride.org	603-219-3138
Pittsfield	Pittsfield Middle & High Schools	Elizabeth Pellegrini	Epellegrini@pittsfieldnhschools.org	603-219-1820
Portsmouth	Portsmouth High School	Marci Blanchette	mblanchette@sau52.org	603-436-7100 Ext 2193
Portsmouth	Portsmouth Middle School	Christine Burke	cburke@sau52.org	603-436-5781
Raymond	Iber Homles Gove Middle School	Briana Straffin	b.straffin@sau33.org	603-895-3394
Raymond	Raymond High School	Jessica Caron	jcaron@sau33.org	603-895-6616 Ext 2114
Rochester	Rochester Middle School	Kaitlin Calculator	jones.k@rochesterschools.com	603-332-4090
Seabrook	Seabrook Middle School	Hayley Parsons	Hayley@sys-nh.org	603-474-3332
Thornton	Thornton Central School	Lynn Tilden	lynntildenadapt@gmail.com	603-726-8904
Whitefield	White Mountain Regional High School	Kattie McKinnon	kmckinnon@sau36.org	603-837-2528 Ext 2085
Woodsville	Woodsville High School	Joe Mitchell	jmitchell@sau23.org	603-747-2781

* This list is current as of March 2021. For more information contact the NH Bureau of Drug & Alcohol Services (BDAS) Prevention Services Unit at 603-271-6112

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



You are not alone and never far from help. Visit thEDOORWAY.nh.gov for assistance.

"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