

NH Student Assistance Program

Making Connections That Count

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

What is the NH Student Assistance Program?

The NH Student Assistance Program (SAP) is a community-based program designed on a national model with an overall strategy to prevent and reduce substance misuse and its consequences; 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 six to eight session Alcohol, Tobacco and Other Drug (ATOD) Prevention Program in the 7th and 9th 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.



PERSONAL RISK FACTORS

- Substance Misuse
- Hopelessness
- Low Self-Esteem
- Loneliness
- Social Alienation & Isolation (*lack of belonging*)
- Impulsivity
- Recklessness
- Poor Coping Skills
- 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 & Psychological Abuse
- Chronic Physical Illness or Disability
- Failing Grades and School Performance

FAMILY RISK FACTORS

- Family History of Behavioral Health Issues
- Parental Divorce
- Death of Parent or Other Relative
- Problems in Parent/Child Relationship

Don't let the signs go unnoticed.



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