



# Student Assistance Program

Prevention & Intervention Services for Student Behavioral Health

## Why Student Assistance Program?

Many youth at risk for using substances, or who are using substances, also experience mental health challenges and attendance issues. Student Assistance Program improves student outcomes by addressing student substance use and social-emotional health.

## How Student Assistance Program Works

A trained, school-based professional provides direct services. Students referred to the professional receive a screening, and students can engage in one-on-one or small group supports. The professional also offers school-wide events and trainings.

## Program Outcomes

- ❖ Increase sense of hope
- ❖ Increase perception of risk
- ❖ Decrease substance use
- ❖ Decrease anti-social behaviors
- ❖ Remove barriers to academic success

# 93%

of students reported  
the program is  
important to them

## Funding

This program requires district cost sharing. Contact us to explore bringing the Student Assistance Program to your campus.

## Program Components

- Screenings and referrals
- Social-emotional and skill-building groups
- Training for school staff
- Parent Engagement
- School-wide prevention services
- Integrated, tiered model that allows variation in supports

## Resources to Support

- Funding Student Assistance with Title IV Part A
- OSPI's Prevention-Intervention Program
- ESD Prevention Services Contact List
- Get Personalized Support from our team!
- National Handbook: "Help is Down the Hall"

## Taking a Systemic Approach

### What Can You Do?

- **Focus on Prevention:** Increase positive school climate, reinforce expectations, and build meaningful relationships with students and families. Collaborate with ESDs and community partners.
- **Build the System:** It takes more than a curriculum to help students navigate wellness and recovery. Invest in school-wide positive supports, referral and restorative processes, and student support staff.
- **Reframe:** Revise policies to minimize out-of-school disciplinary actions. Shift student vaping and substance use from a discipline issue to an opportunity to identify and provide supports.
- **Screen and Support:** Screen students for substance use and mental health challenges. Support students to participate in intervention groups, treatment services, and Student Assistance

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Webpage <https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health/substance-use-prevention-intervention>

# Executive Summary

## Washington State's Student Assistance Prevention and Intervention Services Program, 2018–2019



SAPISP services provided in **95** schools



Service provided by **84** Student Assistance Professionals



Direct selective/indicated services provided to **2,479** students



Universal prevention activities provided to\*:





**135,473** students

**16,414** parents/other family members

**9,118** staff

**24,547** community members

\*not unique individuals

	Measure	Baseline	Follow-up	Outcomes
 Increase Sense of Hope	High hopefulness from Children's Hope Scale*	21%	30%	Significantly increased hopefulness
 Increase Perception of Risk	Perceived risk from: <ul style="list-style-type: none"> <li>Smoking 1+ packs per day</li> <li>Trying marijuana once or twice</li> <li>Smoking marijuana regularly</li> <li>Taking 1-2 drinks nearly every day</li> <li>Taking 5+ drinks at a time</li> </ul>	77% 32% 53% 69% 75%	84% 40% 63% 76% 84%	Significantly increased perception or risk for all 5 measures
 Decrease Use	In the past 30 days**: <ul style="list-style-type: none"> <li>Used tobacco</li> <li>Used e-cigarettes</li> <li>Used alcohol</li> <li>Binge drank</li> <li>Used marijuana</li> </ul>	20% 44% 35% 19% 43%	15% 34% 30% 14% 35%	Significantly decrease substance use on all 5 measures
 Decrease Antisocial Behaviors	In the past 3 months***: <ul style="list-style-type: none"> <li>Got in a physical fight</li> <li>Got arrested</li> <li>Got in trouble at school</li> <li>Skipped school</li> <li>Got suspended</li> <li>Hit or tried to hurt someone</li> </ul>	30% 10% 65% 37% 34% 30%	23% 5% 55% 40% 26% 23%	Significantly decreased 5 out of six antisocial behaviors

\*Children's hope scale scores range from 1 to 6. A score of 4.7 to 6.0 indicates "high hopefulness".

\*\* Among participants with a substance use reduction goal.

\*\*\*Among participants with a behavioral goal.