

# What Does a Student Assistance Professional Do All Day?

## Project SUCCESS



School-wide Awareness Activities

### Outreach and Communications

Project SUCCESS implementer (Student Assistance Professional) becomes part of the school and community.

### Prevention Education Series

*Topics:*

- Being an Adolescent
- Alcohol, Tobacco, and Other Drugs
- Relationships: Family and Friends
- Skills for Coping

*Logistics:*

- Regular High Schools: Grade 9 Classrooms
- Regular Middle Schools: Grade 7 Classrooms
- Alternative schools: Groups of 8-10 students
- 6-8 Class Periods
- Coordinated with teachers & staff
- Typically done in the beginning of the school year, prior to running groups

### Referral Sources for Services

- Student Assistance Professional
- Self-Referral
- Prevention Education Services
- Child Study Team
- Staff
- Peer
- Parents
- Disciplinary/Mandatory

### Screening/Assessment for Services

- Minimum 40-45 minutes: to assess for individual, family, Alcohol, Tobacco, and Other Drugs (ATOD) issues, and need for treatment.
- Orientation to groups
- May take up to three sessions

### Individual Sessions

One-to-One: Counseling

- Affected Others (children in families with substance use disorders)
- Substance Users

### Support Groups

*(offerings vary at each school)*

<p><i>Prevention</i></p> <ul style="list-style-type: none"> <li>• Newcomers</li> <li>• Affected Others (children in families with substance use disorders)</li> <li>• Seniors</li> <li>• Non Users</li> <li>• Assessment &amp; Education</li> <li>• Siblings</li> </ul>	<p><i>Intervention</i></p> <ul style="list-style-type: none"> <li>• Assessment &amp; Education</li> <li>• Parents, Peers, and Partying</li> <li>• Substance Users</li> <li>• Affected Others/ Substance Abusers</li> </ul>
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### Community Referrals

Referral for substance abuse, mental health treatment, or other services

### Environmental Strategies

- School policies and procedures
- Participate in substance abuse prevention task forces (coalitions, committees, etc.)

#### Student Assistance Professionals also:

- Conduct substance abuse prevention and awareness training for school staff
- Present about the program at faculty meetings and school events
- Meet with school staff to increase referrals
- Attend activities for students, parents, and faculty

NOTE: Each school site has adaptations with the understanding that Project SUCCESS isn't one-size-fits-all. Different schools require adjustments to parts of this model for different reasons. Questions or concerns should be directed to the ESD Supervisor.

