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

Contact Mandy Paradise: mandy.paradise@k12.wa.us
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

<table>
<thead>
<tr>
<th>Measure</th>
<th>Baseline</th>
<th>Follow-up</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>High hopefulness from Children’s Hope Scale*</td>
<td>21%</td>
<td>30%</td>
<td>Significantly increased hopefulness</td>
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<tr>
<td>Perceived risk from:</td>
<td></td>
<td></td>
<td>Significantly increased perception or risk for all 5 measures</td>
</tr>
<tr>
<td>• Smoking 1+ packs per day</td>
<td>77%</td>
<td>84%</td>
<td></td>
</tr>
<tr>
<td>• Trying marijuana once or twice</td>
<td>32%</td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>• Smoking marijuana regularly</td>
<td>53%</td>
<td>63%</td>
<td></td>
</tr>
<tr>
<td>• Taking 1-2 drinks nearly every day</td>
<td>69%</td>
<td>76%</td>
<td></td>
</tr>
<tr>
<td>• Taking 5+ drinks at a time</td>
<td>75%</td>
<td>84%</td>
<td></td>
</tr>
</tbody>
</table>

In the past 30 days**:
- Used tobacco: 20% > 15% | Significantly decreased substance use on all 5 measures |
- Used e-cigarettes: 44% > 34%
- Used alcohol: 35% > 30%
- Binge drank: 19% > 14%
- Used marijuana: 43% > 35%

In the past 3 months***:
- Got in a physical fight: 30% > 23% | Significantly decreased 5 out of six antisocial behaviors |
- Got arrested: 10% > 5%
- Got in trouble at school: 65% > 55%
- Skipped school: 37% > 40%
- Got suspended: 34% > 26%
- Hit or tried to hurt someone: 30% > 23%

*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.