What Does a Student Assistance Professional Do All Day?

Project SUCCESS

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)
Prevention
• Newcomers
• Affected Others (children in families with substance use disorders)
• Seniors
• Non Users
• Assessment & Education
• Siblings

Intervention
• Assessment & Education
• Parents, Peers, and Partying
• Substance Users
• Affected Others/ Substance Abusers

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.