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 and staff
- Typically done in the beginning of the school year, prior to running groups

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

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 (offering 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.