From the Field: The Student Assistance Prevention and Intervention Program

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What is the Student Assistance Prevention and Intervention Program?

- ▶ Multi-pronged approach providing prevention services to school community (universal prevention) and group or individual services (selected/indicated) to students at greater risk.

- ▶ Supports the placement of a trained Student Assistance Professional (SAP) as part of the community and school-based Community Prevention and Wellness Initiative (CPWI).

- ▶ WA model focuses on secondary grade levels (6–12).

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Role of a SAP
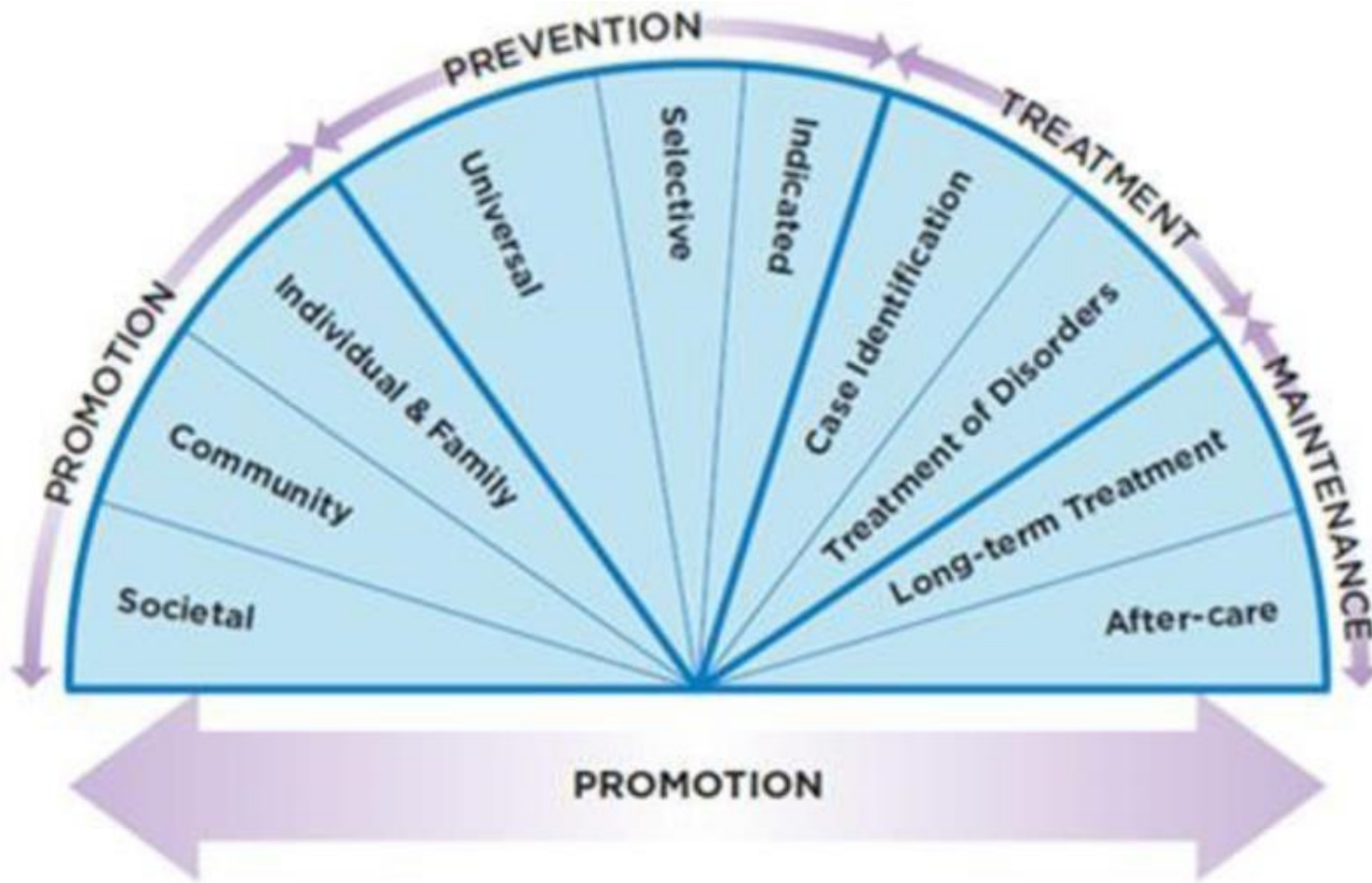
Spectrum of Mental, Emotional, and Behavioral Interventions. Source: National Academies of Sciences, Engineering, and Medicine. (2019). Fostering healthy mental, emotional, and behavioral development in children and youth: A national agenda.

Outcomes

▶ Abstained from engaging in antisocial behavior?

Antisocial Behaviors in 2021-2022
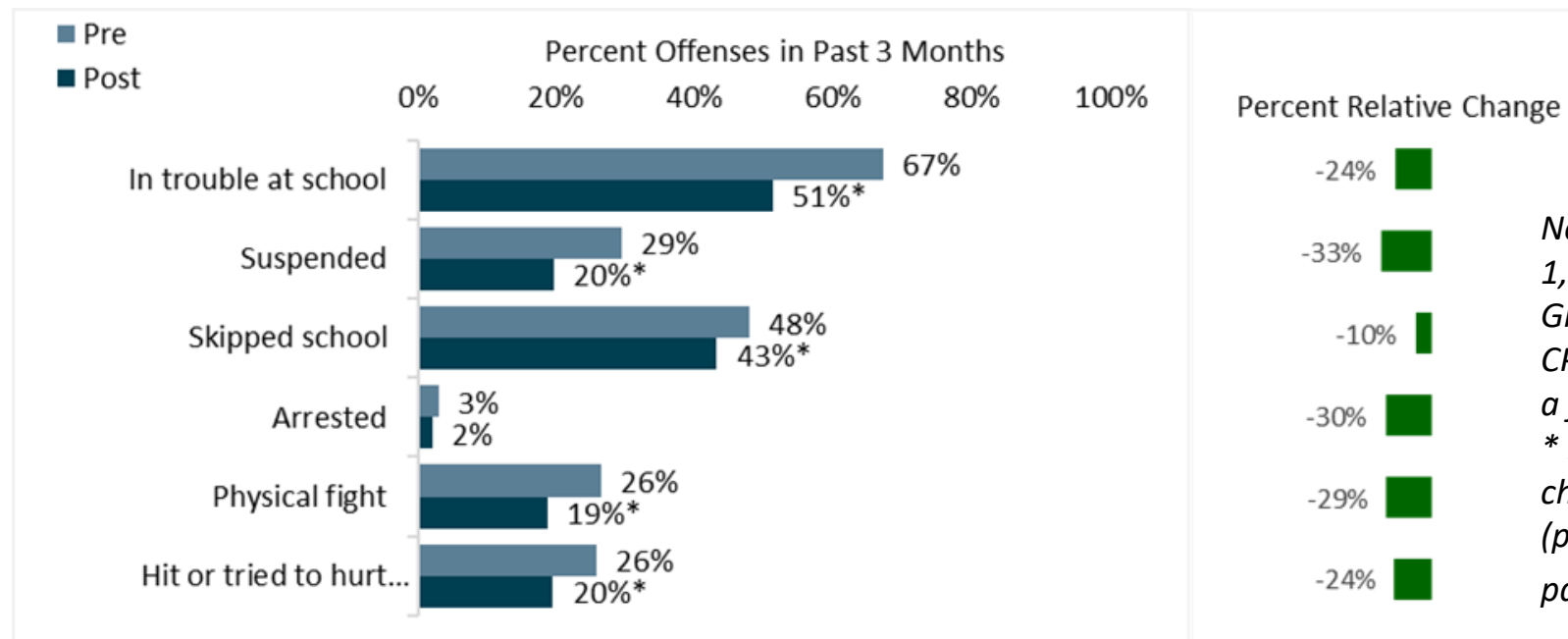
Notes. N varies from 1,499-1,541. Includes Grades 6-12 students from CPWI schools who received a full intervention.
* indicates a significant change from pre to post (p-value <0.05) from paired samples t-tests.

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Outcomes

- Abstained from using alcohol and other drugs or reduced the severity of their substance use?
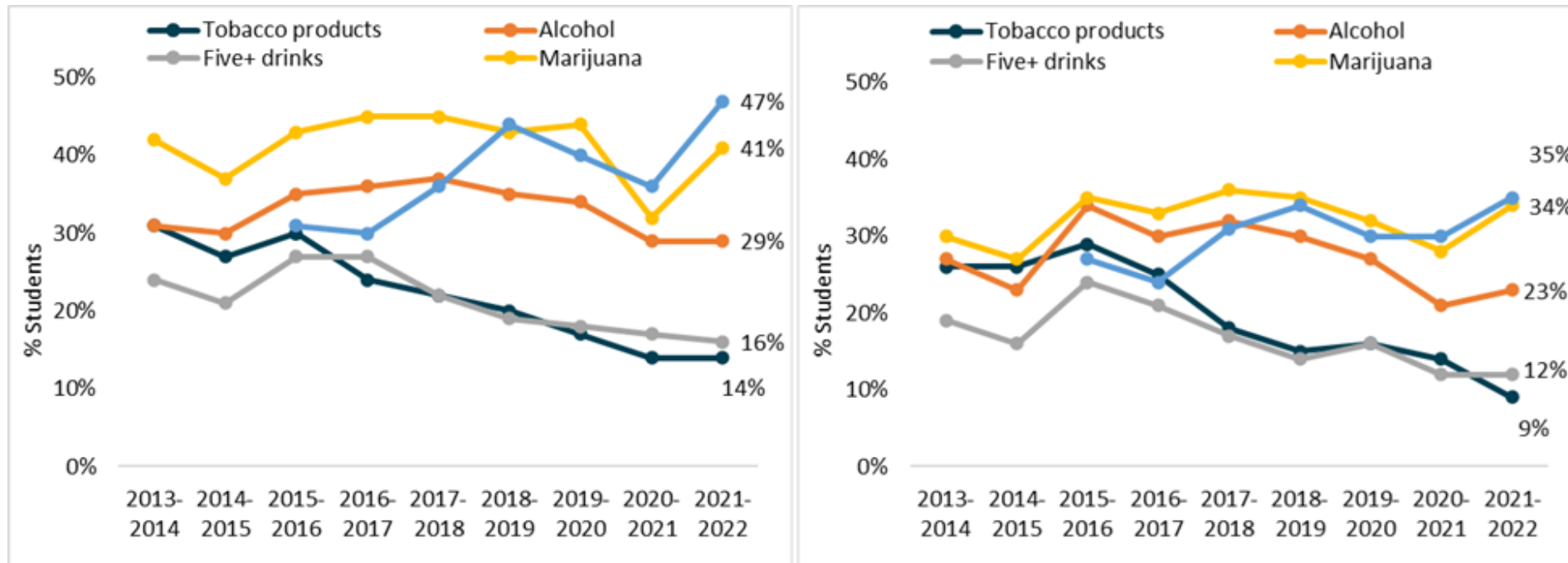
Percent Student by Substance Use
Categories Change Categories in 2021-2022
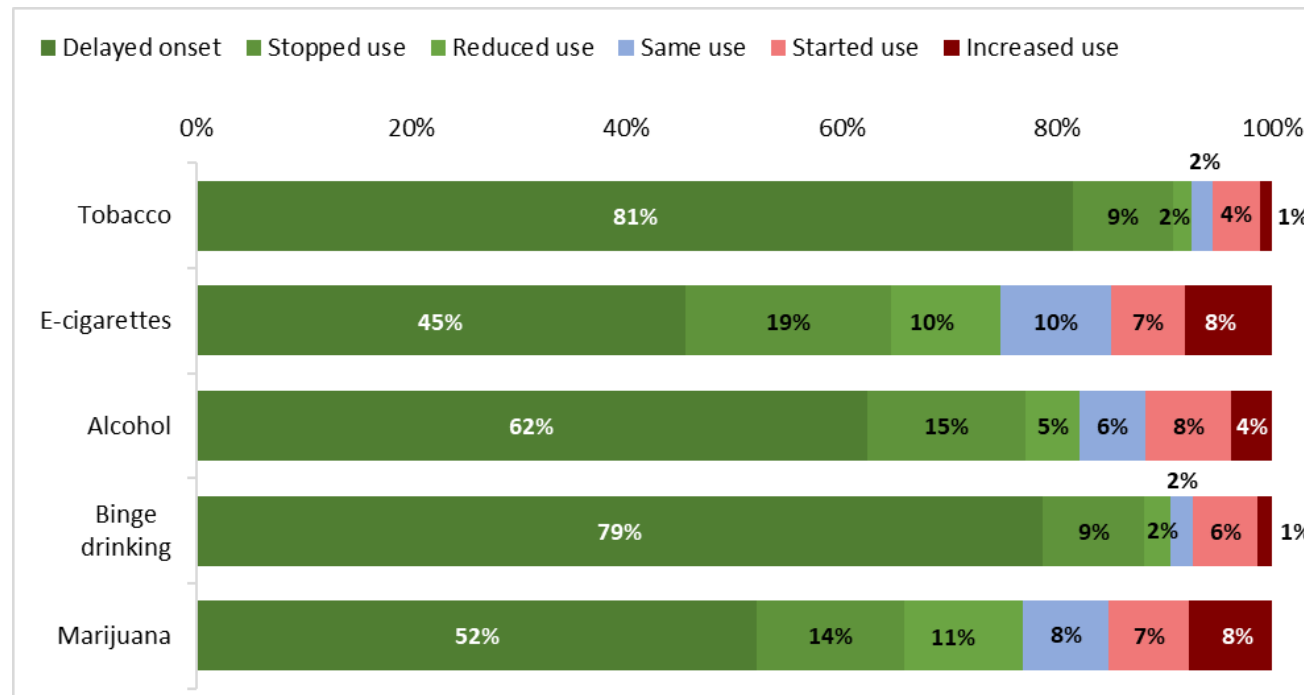
Notes: Grades 6–12 students from CPWI schools who received a full intervention (n=2,435). n's vary per substance.
2021-22 SAPISP Annual Report

Washington State Health Care Authority

Outcomes

Percent 30 Day Use of More Common Substances at
Baseline and Post by Year, 2013-2014 to 2021-2022

Question for the audience

- What are some examples of the ways you partner with the SAP in your community? What are some of the ways you collaborate with the ESD in your region?

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Questions?

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SAPISP Panel

- Danielle Watkins, Student Assistance Professional (Clinical Supervisor) and previous SAP and Coalition Coordinator, ESD 105

- Hope Baker, Student Assistance Program Manager, ESD 105

- Erin Wick, Executive Director, Integrated Student Support, ESD 113

- Joy Lyons, Prevention and Youth Services Manager, ESD 112

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Panel Questions

▶ What does a typical day look like for a Student Assistance Professional (SAP)?

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Panel Questions

- ▸ What are some of the highlights and challenges of the SAP role?

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Panel Questions

- ▶ What are the ways that the ESDs provide coordination, supervision, and other critical services to support SAP services?

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Panel Questions

▶ What are some of the most common problems that youth are experiencing currently? How do SAPs provide support in those areas?

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Panel Questions

▶ While we understand each school is unique, most commonly, what does the referral process to SAPISP look like? Let's say that a school staff member or another student has concerns about a particular student. How do they start the referral process?

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Panel Questions

▶ What effect did the pandemic have on service delivery and program results?

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Panel Questions

▶ As the new school year begins, what is the biggest piece of advice you have for coalition coordinators working directly with SAPs and the various ESDs across the state?

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