Possible Warning Signs

- Change in personality, appearance, habits
- Mood swings
- School attendance or behavioral issues
- Missing practices, games, extracurricular interests
- Dropping out of usual activities
- Atypical anxiety, excitability, irritability, restlessness
- Sudden drop in grades
- Identification with new friend group
- Talking about issues of safety, mental health, drugs, alcohol, or tobacco
- Early use of tobacco, nicotine, or vaping
- Unusual or unexplained paraphernalia
- Neglected hygiene
- Nausea, change in appetite
- Dehydration, grinding teeth
- Change in sleep patterns
- Helplessness or hopelessness
- Unexplained scars
- Talking about suicide, death, or wanting to die

Puget Sound ESD's Student Support Services provide leadership and resources for school communities to create systems that promote equitable, safe and healthy learning environments, ensuring the academic success of every student.

Puget Sound ESD
Student Support Services

Pierce County: 253-778-7600

King County: 425-917-7600

Western WA: 800-664-4549

www.psesd.org

DBOCK@PSESD.ORG

psesd
excellence & equity in education
Puget Sound Educational Service District

Puget Sound Educational Service District (PSESD) is committed to Success for Each Child & Eliminating the Opportunity Gap by Leading with Racial Equity.

Helping Students and Schools Succeed

psesd

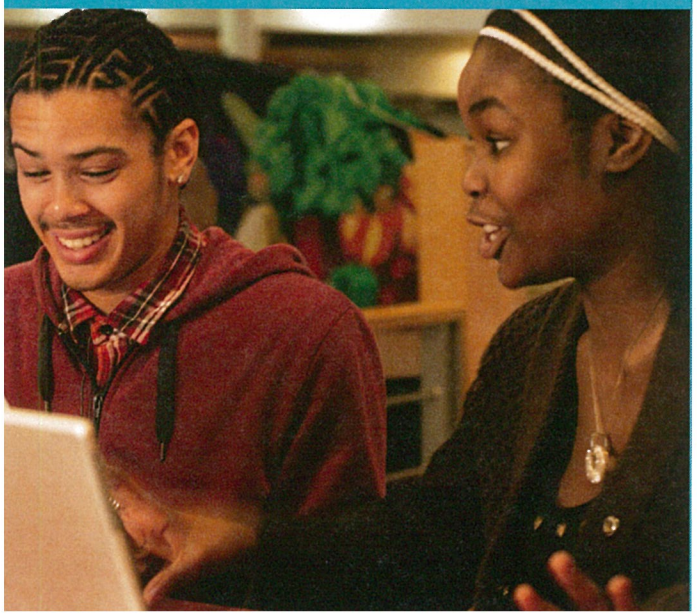
STUDENT SUPPORT SERVICES

PREVENTION/INTERVENTION

The Student Assistance Program aims to reduce the impact of alcohol, tobacco, other drug use, and mental health challenges on academic, social, and emotional development in middle and high school students in participating districts. By decreasing these concerns, we seek to improve school connectedness, academic success, and student attendance.

Program Goals:

- Reduce student risk for alcohol, tobacco, and other drug use
- Strengthen healthy attitudes, positive decision making skills, and provide clear standards for behavior
- Improve communication and coping skills
- Encourage healthy goal setting
- Provide referral and support services for students and families
- Provide education for parents, schools, and communities



Student Assistance Counselors work directly with students, staff, and parents to promote the skills and attitudes necessary to resist pressures to use alcohol, tobacco, and other drugs, decrease existing substance use, successfully cope with life's challenges, and remove barriers to school success.

Student Assistance Counselors:

- Screen for high risk behaviors
- Provide consultation to parents and staff
- Make referrals to community resources
- Provide case management to school support teams
- Facilitate skill-building support groups for students
- Coordinate school wide prevention activities and classroom presentations
- Offer informational workshops for parents, teachers, PTSA, etc.

Student Assistance Program services are available at no cost to students and parents in participating districts through district, state, and federal funding.

Student Referrals:

- May be requested by parents or students
- May occur as a result of school discipline
- May come from school personnel when a student shows behavior that suggests risk to academic success

Who is Involved?

Administrators, school counselors, teachers, school nurses, and other staff members work together with the Student Assistance Counselor under the supervision of Puget Sound Educational Service District. Additionally, many programs work in conjunction with local agencies, community resources, and Drug-Free Coalitions. Student involvement and participation is voluntary, and parent permission may be required.

"WITH ALL THE STUDENTS IN THE SCHOOL, I CAN'T BELIEVE THAT SOMEONE RECOGNIZED THAT MY SON WAS MAKING RISKY CHOICES. YOU TOOK THE TIME TO HELP US HELP HIM. I AM SO APPRECIATIVE."

- Highline School District Parent