

### **Responsible Beverage Server Training Program.**

- ◆ SAS trains alcohol servers at restaurants, bars and nightclubs and alcohol sellers at convenience and liquor stores about community, state and establishment-level alcohol policies and responsible beverage service.
- ◆ Trainers are certified through the nationally recognized TIPS Program (Training for Intervention Procedures).

### **Professional Training And Education Programs**

- ◆ SAS provides continuing education for substance abuse professionals. The training is designed to enhance the ability of substance abuse professionals to work with individuals, families and the community. Workshops address the latest drug trends and state-of-the-art intervention strategies.
- ◆ SAS is a New York State OASAS certified training provider and program participants can receive CASAC and CPP continuing education credits.
- ◆ Upon request, SAS also offers specialized training for professionals in other fields who may encounter substance abuse issues with their clients. These groups include healthcare, law enforcement and social service workers.

### **College Prevention Program**

- ◆ SAS offers student workshops including:  
“Transitioning from High School” and  
“Dealing with Anxiety without Alcohol or Other Drugs.”

### **STUDENT ASSISTANCE SERVICES CORP.**

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### **Westchester Alcohol And Drug Helpline (591-HELP)**

- ◆ SAS operates the Alcohol and Drug Helpline, a free and confidential resource for information on alcohol and other drugs. Trained professionals can answer questions and provide referrals for local prevention, counseling, self-help and treatment services.
  - ◆ Bilingual assistance is available.
- Students from Westchester high school SADD Clubs meet at an annual luncheon to share program ideas and inspire each other's.

### **SPECIAL ACTIVITIES & EVENTS**

#### **SADD Luncheon (Students Against Destructive Decisions)**

- ◆ Students from Westchester high school SADD Clubs meet at an annual luncheon to share program ideas and inspire each other's efforts.

#### **Prom Fashion Show**

- ◆ Over the years, SAS has hosted a fashion show to recognize students committed to preventing teen alcohol and other drug use. The event also serves as a reminder during prom season of the dangers of drinking, drugging and driving. Selected students become runway stars for the day, joined by an audience of parents and fellow students. The event is sponsored by Westchester STOP-DWI and local businesses.

#### **Annual Benefit**

- ◆ Through the generosity of corporate sponsors, SAS hosts an annual benefit event to reaffirm the agency's commitment to prevention, celebrate accomplishments and recognize the invaluable support from individuals and business leaders in the private sector.
- ◆ During this event, the Derek William Long Award is presented to a high school senior who has contributed the most during his/her junior year to prevent drunk and drugged driving and substance abuse. The award is named for a young man who was killed in a car driven by an intoxicated driver.



## **STUDENT ASSISTANCE SERVICES CORP.**

*A private, not-for-profit,  
Westchester-based substance abuse prevention organization*

### **Serving Schools and the Community**

#### **Student Assistance Program**

- ◆ The core of Student Assistance Services (SAS) is the Student Assistance Program (SAP), a school-based program in more than 60 middle and high schools throughout Westchester county. The program is aimed at keeping young people alcohol and drug-free.
- ◆ The SAP places Masters level counselors with special training in substance abuse prevention, early intervention, and clinical experience with adolescents in Westchester's secondary schools to provide:
  - ◇ School-wide prevention activities
  - ◇ Confidential individual and group counseling
  - ◇ Educational groups for students who have had substance abuse problems
  - ◇ Referrals to outside agencies or private practitioners when additional help is needed
- ◆ SAP counselors work with students to promote healthy decision-making and provide a safe outlet for discussing substance abuse issues.
- ◆ SAP counselors serve as a valuable resource for school faculty and parents. They offer guidance on an individual basis and hold evening workshops for those interested in the latest prevention information.



**Westchester**  
COUNTY

Affiliate of  
MEMBERS OF  
**ENCADD**  
NATIONAL ASSOCIATION OF  
COMMUNITY MENTAL HEALTH

SAS is a contract agency of the  
Westchester County Dept. of  
Community Mental Health, and  
STOP DWI Program



# STUDENT ASSISTANCE SERVICES CORP.

## *Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)*

- ◆ This program was designed to prevent and reduce substance abuse problems among students attending alternative high schools. Highly trained counselors work within the schools to provide a full range of prevention and early intervention services designed specifically for alternative high schools.
- ◆ Project SUCCESS is a nationally recognized SAMHSA Model Program and has recently been expanded to operate in non-alternative middle and high school settings.

## *Residential Student Assistance Program (RSAP)*

- ◆ This program provides on-site substance abuse services for high risk adolescents who live and attend school in residential child care facilities. RSAP counselors work with students individually and in small groups, train residential facility staff and refer students requiring outside treatment.
- ◆ RSAP is a nationally recognized SAMHSA Model Program and has been replicated nationwide.

## *Owens Bullying Prevention Program*

- ◆ This is a multi-level, multi-component program designed to prevent and reduce bullying.
- ◆ Bullying prevention Coordinators Coordinate bullying prevention activities in the school, organize school-wide programs including classroom presentations, meet with students who bully or are victims, individually and in small groups, and consult with parents and school staff.
- ◆ The program includes a Bullying Prevention Coordinating Committee at each school, comprised of representatives from all segments of the school community including administrators and parents.

## *Employee Assistance Program Consortium*

- ◆ SAS serves as the Employee Assistance Program (EAP) to not-for-profit human and social service agencies throughout Westchester. A trained counselor provides assessment, referral and follow-up for employees and/or dependents who may be experiencing problems related to alcohol or other drugs.
- ◆ The EAP also provides consultation to employers and workshops for employees upon request.

## *ROADD (Reduce our Adolescent Drinking/ Drugging & Driving Program)*

- ◆ This 6-8 week class teaches young people of driving age about the dangers of drinking, drugging and driving.
- ◆ The program is funded by the Westchester STOP-DWI Program and operates in diverse public and private high schools around the county.

## *Alcohol Awareness Program*

- ◆ This 4-session program is designed for youth who have received alcohol related law enforcement violations.
- ◆ SAS uses a dynamic format to discuss the dangers of using substances and helps these teens identify healthy alternatives to deal with anger, conflict and peer pressure.

## *Youth Leadership Activities*

- ◆ SAS coordinates the Westchester County Teen Drinking Action Council, a group of student leaders from area high schools who work together to promote alcohol and drug-free living. The Council meets regularly to network and share program ideas.

## *Parenting Program*

- ◆ SAS sponsors parenting workshops throughout the year to help parents prevent their children's use of alcohol and other drugs. Topics have included: "Parents, Teens and the Law," and "Raising a Resilient Child," and "ROADD TRIP", a workshop that helps parents of "newdrivers."
- ◆ SAS publishes "Parenting for Prevention," a quarterly newsletter covering substance abuse prevention strategies, community activities, and local events.

## *ROADD TRIP (Techniques and Reliable Information for Parents)*

This workshop reviews the driving instruction and licensing process, and helps parents set boundaries for their teen's driving privileges and overall safety.

## *Community Coalition Building*

- ◆ SAS provides local community members with step-by-step guidance to start or strengthen community-wide prevention initiatives. These steps include: recruiting a broad base of community participants, developing a strategic plan, identifying resources for support, selecting and implementing science-based prevention programs.

SAS also supports community coalitions through its work with the Westchester County STOP-DWI Program, providing guidance on legislative and policy issues, and program practices.

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**Project SUCCESS**  
offers a variety of services

**\*Prevention Education**

**\*Positive Peer  
Alternatives**

**\*Individual & Group  
Counseling**

**\*Training**

**\*Educational Programs  
for Parents**

**\*Referral**

**\*Community Involvement**

**\*Consultation**

*Project SUCCESS is a program of  
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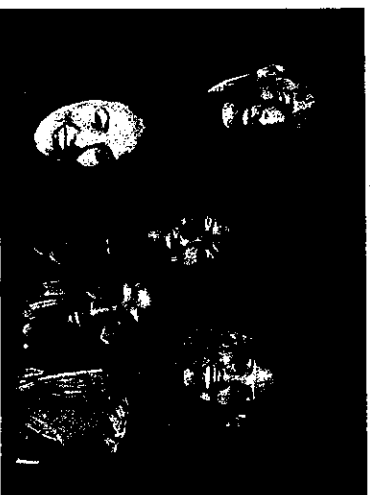
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**Project SUCCESS™**

**Schools  
Using  
Coordinated  
Community  
Efforts to  
Strengthen  
Students**



*Project SUCCESS is a program of  
Student Assistance Services, Corp. at*

# Project SUCCESS

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) is a national model program that has been proven effective in preventing and reducing teen substance use.



Project SUCCESS is a school-based program that works to reduce the factors that put students at risk for substance abuse, while working to enhance the factors that will protect students from the risks. This is accomplished by placing highly trained counselors in schools to provide a full range of substance use prevention and early intervention services. Strategies include:

- Giving students information to increase their understanding about the harmful consequences of using alcohol, tobacco, and other drugs.
- Helping students understand that most teens don't use alcohol, tobacco, and other drugs.
- Providing services to students who are experiencing stress (such as relationship issues, friend's substance use, etc.) that if not resolved might lead to substance use.

- Teaching students skills for resisting peer pressure, responding to conflicts, managing anger, and avoiding and coping with other stressful situations.
- Referring students, and their families who need additional help, to services in the school and community.
- Working with school and community groups on activities to promote alcohol, tobacco, and drug free lifestyles for teens.

Project SUCCESS Counselors work with students individually and in small groups; conduct classroom presentations; train and consult on prevention issues with school staff and refer and follow up with students and families needing additional services.

## PROGRAM COMPONENTS

Project SUCCESS utilizes a combination of activities which have been designed to address the unique needs of adolescents. These include:

### The Prevention Education Series

A multi-session Alcohol, Tobacco and Other Drug prevention program conducted by the Project SUCCESS Counselor with 7th and 9th graders through their health class.

### Individual and Group Counseling

The Project SUCCESS Counselor conducts time limited individual, family and/or group counseling at school and is available for appointments either before or after school.

### School-wide Awareness and Outreach Activities

Project SUCCESS activities help students change their attitudes about alcohol, tobacco and other drug use and increase school bonding through student involvement in planning and implementing programs. Examples include: SADD (Students Against Destructive Decisions) Club activities; special assemblies; contests for special awareness days or weeks such as the Great American Smoke-out, Drunk Driving Prevention Week, etc., and safe prom and graduation activities.

### Parent Programs

Project SUCCESS includes parents as collaborative partners in prevention through parent workshops, consultation and referral, involvement in PTA and other school and community organizations.

### Referral

Students and parents who can benefit from additional services are referred to appropriate agencies or practitioners in the community or to other services in the school.

### How to Access Services

Project SUCCESS is a voluntary program. Most students self-prefer to the Project SUCCESS Counselor. Students may also be referred by peers, parents and faculty. Feel free to stop by the Project SUCCESS Counselor's office at your school or you may reach the counselor by phone at the school.