



Recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP) as one of three evidence-based practices to address intervention services for youth ages 6 to 18.

For more information about the STARS Student Assistance Program, call 615-279-0058.

[www.stars-sap.org](http://www.stars-sap.org)



**stars**

innovative. proven. compassionate.

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#### THE MISSION OF STARS

To support young people in overcoming social and emotional barriers through creative and innovative programs centering on prevention, intervention, treatment, training and compassion.

STARS does not discriminate on the basis of race, color, gender, culture, religion or creed, socioeconomic status, language, age, sexual orientation, or national origin. No one shall be excluded from the participation in, be denied the benefits of, or be subject to discrimination under any of STARS' programs or activities. STARS is an Equal Opportunity Employer.

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**STUDENT ASSISTANCE PROGRAM**  
AN EVIDENCE-BASED PRACTICE OF STARS



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The **Student Assistance Program** (SAP) is an award-winning, evidence-based program of **STARS** that addresses social and emotional barriers for youth, such as substance abuse, violence and bullying. SAP assists students in achieving academic and social success by promoting healthy development, reducing barriers to learning and building upon strengths.

### SAP COUNSELORS ARE ON-SITE IN SCHOOLS THROUGHOUT THE ACADEMIC SCHOOL YEAR TO PROVIDE:

- Prevention education through assemblies and classroom
- Early intervention for students exhibiting problem behaviors
- Counseling to small groups and individuals
- Promotion of health with faculty teams and student leaders
- Links to additional appropriate services in the school and community, such as mental health and substance-abuse treatment services
- Attention to students who are at a special risk for
  - Substance abuse
  - Teen pregnancy
  - Violence and bullying
  - Academic failure
  - School suspension
  - Dropping out

*Days and frequency of services vary. There are no fees associated with these services for students and families. Youth are referred to STARS by self, school administrators, teachers, peers, guardians and others.*

### THE RESULT?

- Increased school attendance and grades
- Increased attachment to school and community
- Increased individual resilience
- Reduced suspensions, expulsions, bullying, violence and substance abuse

### AFTER RECEIVING SAP SERVICES

**86%** OF STUDENTS FEEL MORE POSITIVE ABOUT THEIR FUTURE

**82%** OF STUDENTS FEEL MORE CONNECTED TO SCHOOL

**86%** OF STUDENTS HAVE AN INCREASED INTENT TO AVOID RISKY BEHAVIOR

**90%** OF STUDENTS WOULD RECOMMEND SAP TO A FRIEND WHO NEEDED HELP



**SERVING  
SIX COUNTIES  
AND  
60+ SCHOOLS  
FOR  
30+ YEARS**