



STARS is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) on the National Registry of Evidence-based Programs and Practices (NREPP).

FOR MORE INFORMATION ABOUT THE STARS STUDENT ASSISTANCE PROGRAM

Call: (615) 983-6808

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

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**stars**

innovative. proven. compassionate.

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[www.starsnashville.org](http://www.starsnashville.org)

### THE MISSION OF STARS

To help young people pursue their unlimited potential.

STARS does not discriminate on the basis of race, color, religion or creed, sex (including pregnancy, gender, gender identity, and sexual orientation), national origin, age, socioeconomic status, language, disability or genetic information. No one shall be excluded from the participation in, be denied the benefits of, or be subject to discrimination under any of STARS' programs, services, trainings or activities.

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The **STUDENT ASSISTANCE PROGRAM (SAP)** is an award-winning, evidence-based program that addresses social and emotional barriers for youth, such as substance abuse, violence and bullying, to strengthen social and emotional competencies.

STARS' services have produced consistent outcomes, including increased school attendance and grades, increased youth attachment to school and community, and increased individual resilience, and have reduced suspensions, expulsions, bullying, violence, delinquency and substance abuse.

**SAP COUNSELORS** are on-site in schools throughout the academic school year to provide:

- Prevention education through assemblies and classroom presentations
- Early intervention for students exhibiting problem behaviors
- Counseling for individuals and small groups
- Promotion of healthy behaviors among faculty teams and student leaders
- Links to additional appropriate services and resources in the school and community
- Attention to students who are at a special risk for:
  - Substance abuse
  - Teen pregnancy
  - Violence and bullying
  - Academic failure
  - School suspension
  - Dropping out
  - Crisis management
  - Grief and loss
  - Relationship issues
  - Anxiety
  - Depression
  - Substance misuse
  - Violence
  - Bullying



## ENHANCED STUDENT ASSISTANCE PROGRAM (ESAP)

ESAP serves the needs of students who require mental health counseling. Through this enhanced program, students have access to confidential mental health services on-site in their own school environment.

ESAP works with students to address:

- Depression
- Anxiety
- Grief and loss
- Anger management
- Social and relational skills development
- Conflicts in family, peer and school relationships
- Substance abuse
- Self-injurious behaviors
- PTSD, trauma or adverse childhood experiences

*There are no fees associated with these services for students and families.*

### AFTER RECEIVING SAP SERVICES

**93%** Of students feel more positive about their future.

**84%** Of students feel more connected to school.

**88%** Of students have an increased intent to avoid risky behavior.

**95%** Of students would recommend SAP to a friend who needed help.