

THE MISSION OF STARS

To help all young people pursue their unlimited potential.

The STARS Enhanced Student Assistance Program (ESAP) was created in 2016 to serve the needs of students seeking a higher level of support than STARS typically had provided through our traditional Student Assistance Program (SAP). Through this enhanced program, students in grades K-12 are able to access confidential mental health services on-site in their own school environment, during school hours.



For referral or information on STARS' ESAP locations and services, please visit starsnashville.org or call the STARS clinical director at 615-983-6810.

PROGRAM REFERRAL AND ELIGIBILITY:

All students attending schools served by STARS therapists may be considered for this program. Referrals typically are initiated by school administrators, school counselors, school social workers or STARS SAP counselors. Students and parents/guardians also may request to initiate a referral. Eligibility is based primarily on the nature and intensity of the presenting concern and whether there are barriers to accessing similar services in the community. The program is intended to meet the needs of students who are not able to access therapy outside of school and who are not in need of a higher or lower level or more specialized type of care.



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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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ENHANCED STUDENT ASSISTANCE PROGRAM
SCHOOL-BASED MENTAL HEALTH SERVICES | A PROGRAM OF STARS



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EXAMPLES OF ISSUES ADDRESSED THROUGH STARS ESAP

STARS therapists may work with students to address a wide range of issues, including (but not limited to) the following:

- Depression
- Anxiety
- Grief and loss
- Struggles with anger management
- Difficulties with staying focused/on-task and following directions at school
- Needs related to social/emotional skills development
- Conflicts in family/peer/school relationships
- Substance abuse
- Self-injurious behaviors

When necessary, due to the type or intensity of the presenting problem, the STARS therapists may make referrals to other treatment providers (such as psychiatrists for medication evaluation) to ensure that all needs are addressed as safely and effectively as possible.

We hold all students and families who participate in STARS ESAP in the highest possible regard and strive to approach all of our interactions with curiosity, appreciation, integrity and respect. Student and family voice is at the center of this process.

For more information about the program, please call the clinical director at (615) 983-6810 or visit our website at starsnashville.org.

ESAP PROGRAM COMPONENTS

INDIVIDUAL THERAPY:

The STARS therapist meets with the student for an individual therapy session once a week while school is in session at times during the school day that work best for students' schedules.

SCHOOL-BASED SUPPORT PLANS:

When desired by students or parent/guardians, the STARS therapists collaborate with teachers, school counselors and administrators to design and implement school-based plans intended to enhance the student's well-being and academic success. Support plans may include accommodations in the classroom, opportunities for brief check-ins or breaks, or coaching for teachers on how best to intervene with the student to foster success.

GROUP-BASED INTERVENTIONS:

Students may participate in small groups facilitated by the STARS therapist or SAP counselors (in cases in which these groups are offered at the school). These groups focus on building social/emotional skills and address a range of topics, such as healthy relationships, self-esteem, making positive choices, anger management, grief and loss, coping with divorce, and more.

FAMILY-BASED INTERVENTIONS:

Approaches toward family-based interventions are tailored to the needs and preferences of particular families and may include periodic meetings to facilitate connection and effective communication between students and family members, meetings to discuss and develop plans around structure and supervision at home, consultations around parenting strategies and techniques, and assessment and planning around resource needs the family may have.

OTHER CENTRAL COMPONENTS GUIDING TREATMENT AND INTERVENTION:

- An initial and ongoing **assessment**, which aims to gather information about the problems students may be facing, along with their strengths and values;
- A **treatment plan**, which describes the *goals* of services (what the students/families hope to achieve and how they will know when they have reached them) as well as the *types* of services desired by the student/family (i.e., individual therapy, parenting consultations, etc.);
- A **safety plan**, including what to do in case of a crisis or emergency and strategies for intervention to address behaviors before they escalate; and
- **Treatment reviews/quality assurance** to ensure that progress is tracked and measured over time and that practice is adjusted as necessary to meet the individualized needs of students and ensure high-quality outcomes.

LOCATIONS, TIMES AND COSTS OF SERVICES:

- ESAP is provided on-site in students' schools, during school hours. Individual therapy sessions and meetings are conducted in spaces to ensure confidentiality and to maximize comfort for the student and families. These sessions also are scheduled at times chosen to minimize academic disruption.
- ESAP services are free for all students and families. ESAP is funded by a variety of sources, including the United Way, local school districts, and private foundations and donors.