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Student Assistance Program
## *Providing Prevention and Early Intervention Services to Vermont Students*

Summary of Services Provided

Hours of Substance Abuse Education Provided	10129
Hours Spent Intregrating and Collaborating with Other School Resources	9024
Number of Requests for Services Not Filled Due to Insufficient SAP Time	1570

Number of Students With Access to SAP	42992	*Source: Vermont Education Directory*
Students Seen One On One or in Groups	4623	**(10.8% of School Population)**

Alcohol, Tobacco and Other Drug Referrals Made	940
Mental Health Referrals Made	1177
Other Out-of- School Referrals Made	929
Policy Violations of Students in Program	952
Students Returned to SAP After Treatment	186

Source: SAP Monthly Statistical Reports

Keeping students drug-free requires a combination of actions, sustained over time, to prevent and reduce alcohol and other drug use. The Student Assistance Program is one component of an overall community prevention and early intervention strategy. These strategies, designed to reduce risk factors and promote protective factors, are most likely to succeed if they reach both individuals and the environments in which people live and work - family, school and community. It takes a combination of prevention, intervention, and support services to address all the influences on a student's decision to use or avoid substances.

Personal Strengths · Community Norms · Schools · Family · Peer Behavior
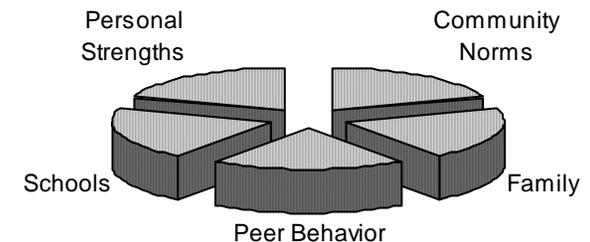
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Data Sources and General Information

This report summarizes all data submitted by the Student Assistance Program (SAP) counselor and entered into the database. There are two forms used through the year, the "Monthly Statistical Form" and the "Tracking Form." The "Monthly Statistical Form" is submitted each month and summarizes the SAP activities completed during the month. The "Tracking Forms" are to be completed for each student seen one on one or in groups.

If, on page one of the repor t, the category "Students Seen One on One or in Groups" is greater than zero, "Tracking Forms" should have been completed at the end of the school year. Lack of tracking forms when required impacts the funding for the following school year. The school will not receive the final grant payment.

In general, SAPs in schools serving students in grades six and above will usually need to provide some one on one or group prevention or intervention services necessitating the use of the tracking forms or students may not be receiving all the services the program is designed to provide. Please contact Debby Haskins at 802 - 456-1100 for information on program structure and best practice.

Please use this report for program planning and share this report with school personnel, in -school and clinical supervisors, community coalitions, and an yone else who may be interested in the information.

Electronic copies (pdf format) of the report are available from Anne Van Donsel Anne.VanDonsel@ahs.state.vt.us For questions about the report, please contact Anne via email . Reports are also available for years prior to the current year but report format and the data collected has changed over time.   Data collection forms are available on the ASAP of Vermont website at www.asapvt.org.

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Educational Services Provided

Education Type	Hours
Evidence-Based Curriculum (includes Tobacco Cessatation)	3337
Facilitate/Advise Peer Leadership Programs	3151
Other Integrated School-Based Programs	1453
Teaching ATOD in Classrooms/Assemblies	2188
Total Educational Time	**10129**

Source: SAP Monthly Statistical Reports

Collaboration and Integration Services Provided

Service Provided	Hours
Collaboration with In and Out of School Resources	3175
Integration w/ School-Based Programs i.e. Mental Health, Drivers Ed, etc.	1381
Student Support Team Follow Up	1424
Student Support Team Participation	3043
Total Integration and Collaboration Time	**9024**

Source: Monthly Statistical Reports

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Percent of Program Time by Activity and Month

Activity	Average	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
One on One and Group Intervention	**32%**	12%	28%	27%	28%	35%	34%	37%	34%	33%	37%	32%
Administrative Work	**21%**	47%	23%	30%	19%	17%	17%	16%	19%	21%	16%	28%
Educational Programs	**14%**	8%	13%	13%	15%	14%	15%	14%	16%	15%	15%	9%
Other Informal Contacts	**9%**	10%	10%	8%	9%	11%	10%	10%	9%	7%	9%	13%
Program Awareness	**6%**	6%	7%	7%	6%	5%	5%	5%	7%	7%	7%	4%
Collaboration - In and Out of School	**4%**	4%	5%	4%	4%	4%	4%	5%	4%	5%	5%	4%
Student Support Team Participation	**4%**	2%	5%	3%	10%	4%	4%	3%	4%	3%	3%	3%
Staff Development	**2%**	5%	3%	2%	2%	2%	3%	3%	2%	3%	1%	1%
Program Evaluation	**2%**	3%	2%	2%	2%	2%	2%	2%	2%	2%	2%	3%
Follow Up on Student Support Recommendations	**2%**	1%	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%
Integration with School Programs	**2%**	1%	2%	2%	2%	2%	2%	2%	1%	2%	2%	1%
Policy Development	**1%**	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%

Source: Monthly Statistical Reports

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Students Served and Referrals Made by Month

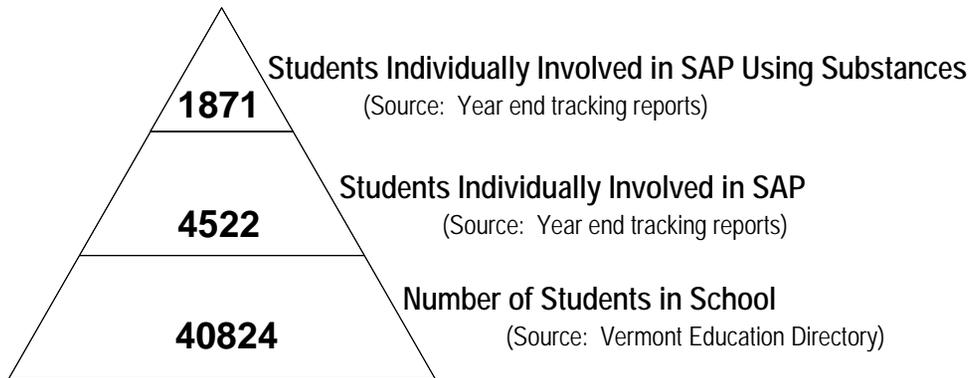| Activity	Number	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Students Seen Individually or in Groups for Prevention/Intervention	20388	294	1680	1790	2014	1939	2067	2064	2356	2184	2375	1601
Number of Students New to the Program This Month	4623	148	1349	576	515	320	364	318	318	236	283	172
Number of Referrals for Substance Use Assessment	940	9	78	128	98	85	103	97	106	94	99	43
Number of Referrals for Mental Health Services	1177	12	97	108	134	102	113	119	135	126	130	101
Number of Referrals for Other Out of School Services	929	2	79	91	97	87	78	99	143	95	95	63
Number of Students in SAP With Any School Policy Violation	952	2	95	115	113	84	106	88	112	96	103	38
Number of Students in SAP Returning for Recovery Services	186	2	23	16	14	10	11	36	19	27	17	11

NOTE: The Total of the Students Seen Individually or in Groups includes duplicate data - the same student may be seen in more than one month

Source: Monthly Statistical Reports

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Students in SAP Using Substances

The SAP Provides Substance Prevention and Intervention Services and Addresses Situations that May Lead to Future Substance Use

1871 — Students Individually Involved in SAP Using Substances
(Source: Year end tracking reports)

4522 — Students Individually Involved in SAP
(Source: Year end tracking reports)

40824 — Number of Students in School
(Source: Vermont Education Directory)

Note: Numbers are different from page 1 because the source of data is different. Not all schools provide tracking forms.

Grade and Gender of Students Involved Individually in the SAP

Gender	Total	PK	K	1	2	3	4	5	6	7	8	9	10	11	12	12+	Un-known	No Data
Female	2477	2	11	24	48	51	38	156	216	345	433	340	296	272	219	9		17
Male	2003	1	14	28	41	30	36	107	169	236	290	264	267	243	247	16	2	12
Not Collected	36				2		1	4		4	4	5	5		1			10
Unknown	6					1			1		1	1		2				
Total by Grade	4522	3	25	52	91	82	75	267	386	585	728	610	568	517	467	25	2	39

Source: Year End Tracking Reports

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Number of SAP Contacts per Student

Visits Per Student	Students
1	615
2	426
3	448
4	344
5	258
6-10	984
11-15	555
16-20	326
20+	565
Total Students	**4522**

Average Contacts:	10
Fewest Contacts:	0
Most Contacts:	212

Source: Year End Tracking Reports

Length of Time Student Involved in SAP

Length of Time	Students
< 5 Days	665
5 - 10 Days	105
11-30 Days	372
31 - 90 Days	860
91 - 180 Days	932
>180 Days	1588
Total Students	**4522**

Average Days:	128
Fewest Days:	0
Most Days:	882

Source: Year End Tracking Reports

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Referrals Made for Services Outside SAP

Type of Service	# Students Referred	Did Student Follow Up On Referral?			If "Yes", Student Followed Up with SAP After Completion
		Yes	No	Unknown/NoData	
Community Self Help	160	65	86	9	45
MH Counseling/Assessment	817	495	314	8	305
Other	558	492	49	17	427
Physician	172	148	22	2	112
SA Counseling/Assessment	736	421	304	11	270
Tobacco Cessation Group	228	124	103	1	103

Source: Year End Tracking Reports

Top Other Student Referrals Made

If "other" is listed, these are where the student was referred

Referred To	Number
grp	261
guidance	26
sap	25
healthy rel	12
mentoring	11

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Students Seen, Individually Screened, and Referred for Substance Abuse Assessment

All percentages represent the percentage of the total students seen individually

Total Students Seen
4522

Screened
2109 (46%)

Not Screened
2356 (52%)

Not Reported
57 (1%)

Referred
702 (15%)

Not Referred
1381 (30%)

Not Reported
26 (0%)

Accepted Referral
346 (7%)

Refused Referral
269 (5%)

Not Reported
87 (1%)
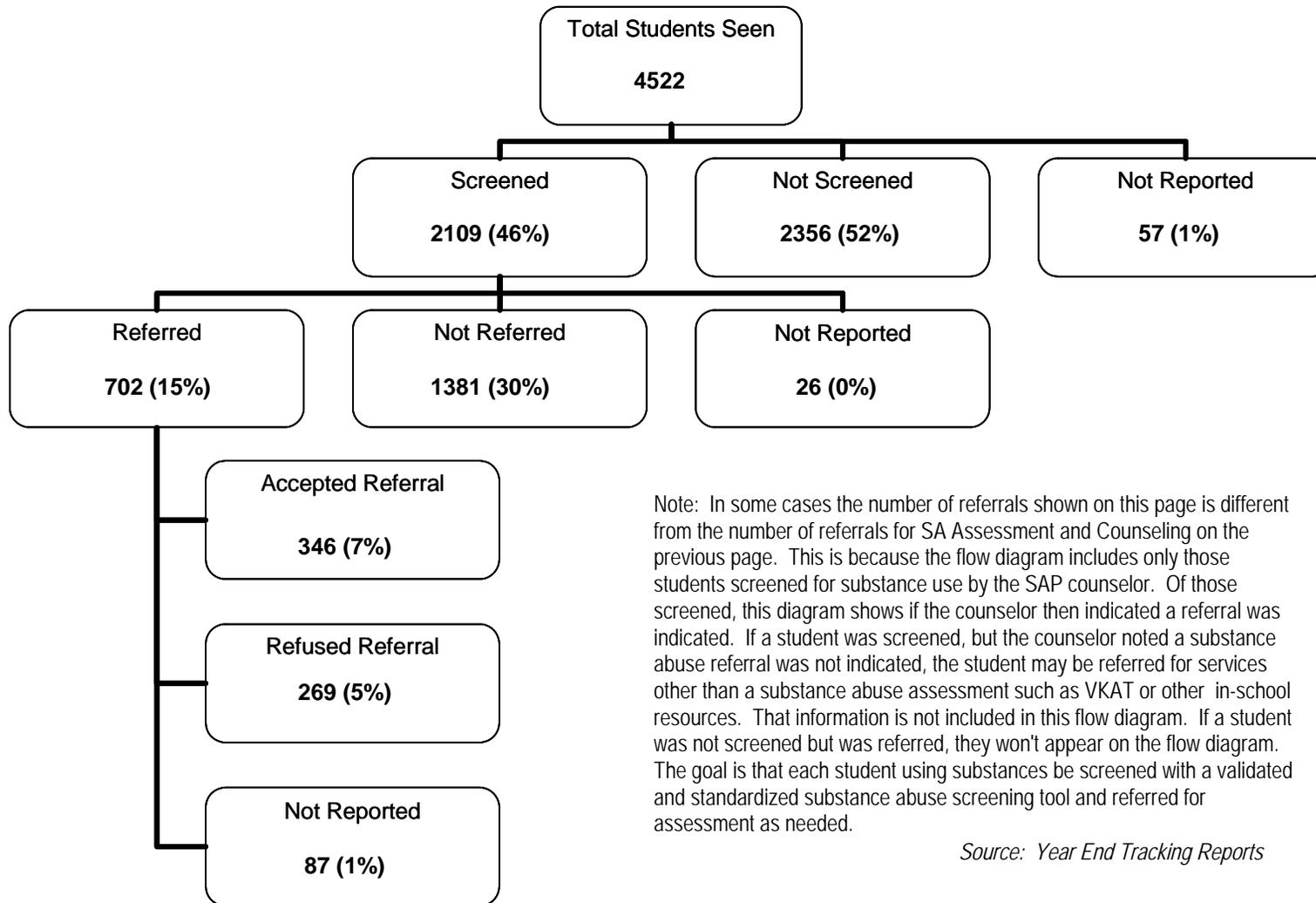
Note: In some cases the number of referrals shown on this page is different from the number of referrals for SA Assessment and Counseling on the previous page. This is because the flow diagram includes only those students screened for substance use by the SAP counselor. Of those screened, this diagram shows if the counselor then indicated a referral was indicated. If a student was screened, but the counselor noted a substance abuse referral was not indicated, the student may be referred for services other than a substance abuse assessment such as VKAT or other in-school resources. That information is not included in this flow diagram. If a student was not screened but was referred, they won't appear on the flow diagram. The goal is that each student using substances be screened with a validated and standardized substance abuse screening tool and referred for assessment as needed.

Source: Year End Tracking Reports

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Substance Abuse Screening Provided by the Number of Different Substances Used

Is a student using more substances more likely to be screened by SAP Counselor?

	Number Substances Used: Student Self-Report				
Screening Status	0	1	2	3	4+
Screened	747	750	335	202	75
Not Screened	1874	387	56	34	5
No Data	30	19	1	5	2

Source: Year End Tracking Reports

Where Were Students Referred for Services?

Type of Service	Total Referrals	Agency	Private Practitioner	In School	Community Group	Other	Not Collected	Improperly Collected
Tobacco Cessation Group	**224**	15		200	8			1
SA Counseling/Assessment	**724**	473	89	66		1	2	93
Physician	**170**	74	87	1	6	2		
Other	**552**	53	12	462	4	12	6	3
MH Counseling/Assessment	**812**	415	233	86	2	1		75
Community Self Help	**154**	25	1	7	112	3		6

Source: Year End Tracking Reports

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Reason No ATOD Referrals Made

Reason	Students
Not Necessary	3015
Referral/s Made	1118
Not Collected	383
Services unavailable	2
Referral/s Madem	1
not cin mh counseling	1
in sa tx prior	1
in adult basic ed	1

Source: Year End Tracking Reports

Other Reason No ATOD Referrals Made

Reason	Students
never returned	15
seen once not screened	15
not indicated	13
in adult basic ed	11
in tx	10

Source: Year End Tracking Reports

Reason Student Did Not Accept Referral

Reason	Students
Student Refused	216
Parents Refused	61
Other	17
Improperly Collected	5
No Transportation	4
Not Collected	2
On Wait List	1

Source: Year End Tracking Reports

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Issues Noted by Students Referred for Mental Health Evaluation

Issue	Students	Male	Female
Relationships/Peers	430	142	288
Family Conflicts/Divorce	353	111	241
Substance Abuse	313	156	156
Behavior in School	230	120	108
Stress	221	66	155
Concern w/ Family SU/SA	200	75	122
Depression	172	57	115
Academic/Grades	165	91	74
Self-esteem Issues	162	48	114
Anger Management	150	84	66
Information	125	54	71
Cutting/Self Harm	72	16	56
Other (Specify)	60	21	39
Truancy/Attendance	54	19	34
Concern w/Friends SU/SA	53	18	35
Physical Abuse/Violence	52	22	28
Peer Pressure	51	26	25
Suicide	50	17	33
Loss/Death	47	13	34
Sexual Identity/Issues	39	10	29
Body Image/Eating Disorders	26	5	21
Verbal Harassment	24	13	11
Improperly Collected	19	11	8
Medical Concerns	17	2	15
Recovery/Relapse Prevention	9	6	3

Source: Year End Tracking Reports

Note: Counselor designates issues based on discussions with student -
up to five issues per student

Issues Noted by Students Referred for Substance Abuse Assessment

Issue	Students	Male	Female
Substance Abuse	608	366	238
Relationships/Peers	253	121	131
Family Conflicts/Divorce	222	109	112
Behavior in School	205	136	68
Concern w/ Family SU/SA	175	94	80
Information	144	84	56
Academic/Grades	140	94	45
Anger Management	94	65	29
Stress	88	49	38
Depression	87	44	42
Self-esteem Issues	79	40	39
Concern w/Friends SU/SA	74	35	39
Truancy/Attendance	50	26	23
Other (Specify)	46	26	20
Peer Pressure	46	26	20
Physical Abuse/Violence	32	18	14
Sexual Identity/Issues	23	4	19
Loss/Death	21	10	11
Cutting/Self Harm	18	3	15
Recovery/Relapse Prevention	17	13	4
Suicide	17	9	8
Verbal Harassment	17	11	6
Body Image/Eating Disorders	13	2	11
Improperly Collected	11	4	7
Medical Concerns	10	4	6
Not Collected	2	0	2

Source: Year End Tracking Reports

Note: Counselor designates issues based on discussions with student -
up to five issues per student

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Did Student Improve in Relation to Issues?

This is based on the opinion of the counselor and student. Students often preceive they are doing better in relation to the presenting issues when the counselor believes they should receive additional services either inside or outside school.

Who	Improved	Declined	Same	Unknown	Improperly Collected	Not Collected
Counselor	2753	203	1448		1	114
Student	2596	73	957	721		172

Source: Year End Tracking Reports

Counselor Opinion of Need for Additional Intervention by the Number of Different Substances Used

Is a student using more substances more likely to need further intervention?

Counselor Opinion of Need	Number Substances Used: Student Self-Report				
	0	1	2	3	4+
Additional Interventions Needed	753	563	295	193	74
No Additional Interventions Needed	1892	589	95	48	8
No Data	6	4	2		

Source: Year End Tracking Reports

Counselor Opinion of Need for Additional Intervention by Number of Times the Student Was Seen

What is the relationship between the number of times a particular student is seen by the SAP and the student's need for additional intervention (as determined by SAP)?

	Number of SAP Visits				
Counselor Opinion of Need	1	2-5	6-10	11-15	16+
Additional Interventions Needed	122	578	416	275	487
Additional Interventions Not Needed	492	897	563	279	401
No Data	1	2	5	1	3

Source: Year End Tracking Reports

Counselor Opinion of Need for Additional Intervention by Number Issues Student Discusses

What is the relationship between the need for intervention and number of issues?

	Number of Issues Discussed				
Counselor Opinion of Need	1	2	3	4	5
Additional Interventions Needed	209	250	342	462	615
Additional Interventions Not Needed	482	692	590	460	408
No Data	1	4	4	2	1

Source: Year End Tracking Reports
Note: Counselor designates issues based on discussions with student - up to five issues per student

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Additional Drug/Alcohol/Tobacco Violations by the Number of Different Substances Used

Is a student using more substances more likely to have ATOD Policy Violations Entering the Student Assistance Program?

# Substances Used: Self-Report by Student	Did Student Receive New ATOD Policy Violations?				
	Yes	No	Unknown	Not Collected	Improperly Collected
0	3	2332	21	293	1
1	39	1031	47	35	
2	52	315	17	8	
3	54	176	4	7	
4+	28	49	2	3	

Source: Year End Tracking Reports

Additional Drug/Alcohol/Tobacco Violations by the Initial Referral Source

Is there a relationship between the initial referral source and the likelihood of receiving additional ATOD violations?

Source of Referral into SAP	Did Student Receive New ATOD Policy Violations?				
	Yes	No	Unknown	Not Collected	Improperly Collected
Self	40	1518	12	65	
Disciplinary/Policy Violation	79	454	34	21	1
Law Enforcement/Legal	4	25	2	1	
Peer	6	361	2	9	
Parents	3	142		3	
Other	39	1344	38	231	
Not Collected	3	48	2	7	
Improperly Collected	2	11	1	9	

Source: Year End Tracking Reports

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Substances Used By Grade Level

Note: Students may be using multiple substances

Substance	Total	PK	K	1	2	3	4	5	6	7	8	9	10	11	12	12+	Un-known	No Data
None	2458	3	25	51	90	74	69	249	327	443	432	231	161	157	119	9	1	17
Marijuana	814								5	27	84	177	187	152	166	5	1	10
Alcohol	809						2	3	26	75	158	176	167	188		5		9
Denies Use	602					4	2	14	34	68	136	92	101	88	50	9		4
Tobacco	568					1	3	5	24	61	111	115	103	134		1		10
Not Collected	129			1	1	3	3		13	23	18	21	18	7	18			3
Other	86								7	4	8	22	21	15	8			1
Improperly Collected	64					1				3	11	11	11	16	11			
Opiates	55										1	11	7	18	16			2
Mushrooms	39									1	1	4	4	14	15			
Ecstasy	31									1	1	3	6	10	10			
Amphetamines	25									1	4	3	6	5	5			1
Cocaine	20											2	3	4	10			1
Total by Grade	5700	3	25	52	91	82	75	268	394	621	832	846	816	756	750	29	2	58

Source: Year End Tracking Reports

Top Other Substances Used by Students

If "other" is listed above, these are the substances used

Other Substance	Number
unknown	14
energy drinks	8
otc	7
not discussed	6
pills non prescribed	3

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lsd	3
pills	3
pharmacy	3
possibly	3

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Student Issues Discussed By Grade Level

Note: Counselor designates issues based on discussions with student - up to five issues per student

Issue	Total	PK	K	1	2	3	4	5	6	7	8	9	10	11	12	12+	Un-known	No Data
Substance Abuse	1151		2	22	14	6	10	41	19	42	120	213	240	186	215	8	1	12
Concern w/Friends SU/SA	250					1		1	12	29	53	43	41	27	40	2		1
Concern w/ Family SU/SA	600	3	2	5	1	13	8	23	50	86	112	95	87	58	49	1		7
Relationships/Peers	2601	3	20	43	76	65	61	213	282	424	448	299	249	209	182	11	1	15
Academic/Grades	587			2	4	4	1	17	37	94	97	96	99	63	63	3	1	6
Anger Management	496		2	5	14	14	9	20	51	55	61	78	82	47	53			5
Behavior in School	948		3	11	27	34	18	46	101	145	169	139	109	81	56	4	1	4
Body Image/Eating Disorders	111						2	3	9	23	29	15	10	10	10			
Depression	355				1	2	3	12	16	31	47	66	57	65	50	3	1	1
Family Conflicts/Divorce	1100	3	6	12	26	40	16	47	84	130	158	161	176	124	103	6		8
Information	1121			29	17	7	10	107	87	143	149	124	153	147	133	5		10
Loss/Death	193		1		4	2	5	4	17	23	26	26	27	27	26	4		1
Medical Concerns	77							6	7	1	19	11	16	7	10			
Recovery/Relapse Prevention	36									5	7	6	8	7	3			
Self-esteem Issues	800	3	1	14	17	41	21	76	107	138	152	65	69	55	30	5		6
Sexual Identity/Issues	127					1			3	13	36	26	22	15	10			1
Stress	895		1	6	14	15	10	52	78	161	172	95	87	96	99	5	1	3
Suicide	68							1	8	3	12	14	17	9	4			
Other (Specify)	555		1	25	19	16	13	70	66	76	92	44	35	38	53	1		6
Peer Pressure	560	2		4	6	11	11	40	81	117	139	55	44	24	25	1		
Physical Abuse/Violence	124			3	5	5	1	2	5	16	12	19	19	19	14		1	3
Verbal Harassment	144			2		1	1	9	4	20	35	23	23	17	6	1	1	1
Cutting/Self Harm	106						1	5	11	6	19	27	16	16	5			
Truancy/Attendance	157				2	1		2	11	16	26	34	28	19	15	1		2
Improperly Collected	85			1		2	2	6	7	16	29	6	5	5	6			
Not Collected	9									1		1	2	1	2	2		
Total by Grade	13256	14	39	184	247	281	203	803	1154	1813	2220	1782	1720	1373	1262	61	8	92

Source: Year End Tracking Reports

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Top Other Issues Discussed With Students

If "other" is listed above, these are the issues discussed

Other Issues	Number
madd	97
vkat	75
friendship	55
bullying	33
social skills	18

Source of Referrals Into the SAP By Grade Level

Referral Source	Total	PK	K	1	2	3	4	5	6	7	8	9	10	11	12	12+	Un-known	No Data
Self	1638				8	14	13	104	132	207	258	192	217	229	231	15	1	17
Disciplinary/Policy Violation	590			4	7	8	2	8	11	31	67	112	110	111	104	7	1	7
Law Enforcement/Legal	32									2	4	5	4	11	6			
Peer	378			1	1	12	7	7	34	71	66	54	49	42	33			1
Parents	148		1	2	1	7	5	4	13	22	19	24	23	15	12			
Other	1653	3	24	45	73	40	46	136	191	236	299	207	160	103	76	1		13
Not Collected	60				1	1		4	3	15	13	10	4	4	3	1		1
Improperly Collected	23						2	4	2	1	2	6	1	2	2	1		
Total by Grade	4522	3	25	52	91	82	75	267	386	585	728	610	568	517	467	25	2	39

Source: Year End Tracking Reports

Top Other Referral Sources Into the SAP

If "other" is listed above, these are the referral sources

Other Referral Source	Number
teacher	528
sap	313
guidance	205
est	90
school	68