

**Rhode Island Student Assistance** places a counselor in each school to address the unique needs of the middle, junior and senior high school populations. There are seven program components, as illustrated below:



- 1. Screening and Assessment of Students** - *Each student is screened and assessed for personal and/or family problems resulting from alcohol and other drug use, as well as other risk factors.*
- 2. Prevention Education Series (PES)** - *A 6-8 session Alcohol, Tobacco and Other Drug Prevention Program is conducted by the Student Assistance Counselor for seventh and ninth grades. The PES is usually conducted as a “push in” to a health class, physical education or other class.*
- 3. Individual Sessions** - *Student Assistance Counselors conduct time-limited, individual sessions.*
- 4. Group Sessions** - *Groups target students who are using tobacco, alcohol and /or other drugs, students with family members who abuse alcohol and/or other drugs, students at high risk for substance abuse, seniors in high school and newcomers to the district.*
- 5. Referral and Case Management** - *Students who require treatment for alcohol, tobacco and/or other drug abuse or other services are referred to appropriate agencies or practitioners by the Student Assistance Counselor.*
- 6. School-Wide Awareness Activities** - *Student Assistance Counselors conduct monthly activities with student participation to influence attitudes and norms about substances and mental health.*
- 7. Environmental** - *RISAS Staff meet with parents, students and community groups to help develop policies and activities aimed at preventing and reducing adolescent alcohol and other drug use and abuse.*

## **RISAS**

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