

SAP Groups

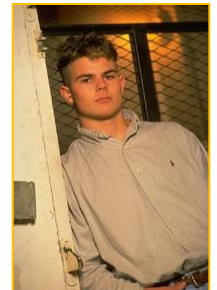
The Student Assistance Counselors conduct group sessions for at-risk youth during the school day. Groups help adolescents identify and resist social and situational pressures to use substances, correct misperceptions about the prevalence and acceptability of substance use, focus on the personal consequences of use, teach and provide opportunities to practice resistance and coping skills and identify barriers to using the skills or adopting healthy attitudes.

All groups emphasize the development of skills which result in improved academic, behavioral, social and emotional functioning. For many students, the groups alone provide the motivation to affect change. SAP groups include the following:



Newcomer Groups for students new to the school district who need help dealing with the stress of being in a new school, thus reducing the chance that they will start using alcohol or other drugs or join peer groups that use alcohol or other drugs.

Senior Groups for seniors in high school who are experiencing difficulties and stress around transition and are at risk for increased use of alcohol or other drugs.



Children of Alcohol and Other Substance Abusers for students who have alcoholic or other drug-abusing parents and are at high risk for substance abuse and other emotional and behavioral problems.

Substance User & Abuser Groups

for students who are using/ abusing alcohol or other drugs and are experiencing negative academic, personal or family consequences.



Alcohol & Other Drug Assessment and

Education Groups for students who are engaging in high risk behaviors, who have begun to use alcohol or other drugs but are denying negative consequences of their use.

Groups for Recovering Students who have already been through treatment for alcohol and other drug abuse and require in-school support and follow-up.



Smoking Cessation Groups for students who want to quit smoking.

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