

Making Connections that Count

Most
New Hampshire youth don't use alcohol or other drugs.
That's important.

New Hampshire high school students participating in the 2019 Youth Risk Behavior Survey (YRBS) reported that in the 30 days prior to the survey*:



73.2%
DID NOT
drink



94.5%
DID NOT
smoke



73.9%
DID NOT
use marijuana

NH students who use alcohol and/or other drugs are much more likely to report poorer grades and feeling sad or hopeless than students who don't. For example:

Students who drink alcohol are up to

6

TIMES MORE LIKELY
to report feeling sad and hopeless than students who don't drink.

Students who smoke are up to

19

TIMES MORE LIKELY
to report poorer grades than students who don't smoke.

*Percentages and times reflect reported usage in the 30 days prior to the survey.

Student Assistance Programs help keep the numbers of students who use alcohol or other drugs **low** by Making **Connections** that **Count!**



What IS New Hampshire's Student Assistance Program (NH SAP)?

NH SAP is a school-based program designed to provide a variety of services to middle and high school students who are struggling with individual, family and peer issues that interfere with their educational success.



How do SAPs in New Hampshire WORK?

SAP Counselors help youth with issues such as substance misuse, bullying, dating violence, and peer pressure. While each SAP is different, each provides the following services:

“ [SAP] has given students another place, in addition to their school counselor, to go to process. It's been fabulous and gives students who are at risk or struggling with very challenging life circumstances another adult they can go to and trust. ”

— NH School Educator



Screening and Assessment

Individual and Group Sessions

Information and Referral & Case Coordination

Prevention Education

Prevention Strategies that Work

Schoolwide Activities
(e.g., policies)

For more information contact:

The Science of Connection:

feeling close to and belonging with others

Research shows that **social connections** improve social, emotional, and physical well-being, as well as educational outcomes.



SAP Counselors play a critical role as a **trusted adult** for the middle and high school youth they serve.



SAP services help improve academic performance by addressing barriers to learning.



school adjustment and attendance

mental health and wellness

substance misuse



family relationships

healthy coping skills

peer relationships



• ADDITIONAL RESOURCES •

Student Assistance Program
Bureau of Alcohol and Drug
Services New Hampshire
Department of Health and
Human Services (nh.gov)



NAMI New Hampshire
Suicide Prevention
Resource Center



New Hampshire
Rapid Response
Access Point
833-710-6477



State of New Hampshire
Department of Health and Human Services

