



SAP Services provided to 5 school districts in Montgomery County:



Services available during COVID-19 Crisis: All services provided virtually or by phone

- **SAP Consultations, SAP Parent/Teacher Meetings/SAP Core Team Meetings**
- **Teen Intervene-** *is* an evidence-based 3 session early intervention program for teens 12- to 19- years of age who display the early stages of alcohol or drug use problems.
- **Marijuana Brief Intervention (MBI)-** *is* also an evidence-based 4-6 session program for adolescent's marijuana use. Sessions address: preparing for change; strategies for change; managing withdrawal; problem solving; and relapse prevention.
- **INDEPTH-** program to assist Teens to Quit smoking and vaping
- **Mental Health (MH3):** - Three hours of individual support for students struggling with any mental health issues or concerns.
- **SAP Screenings:** B H-Works - Web-based Behavioral Health Screening- 10 minutes; for students age 6 – 21; Screens for symptoms of: suicide & depression; trauma & psychosis, substance abuse, anxiety & bullying; personal & family factors; eating disorders, & school issues.
- **Social emotional learning lessons:** - regarding coping strategies, stress management, decision making, cyber safety and more.
- **Evidence Based Classroom Education:** Second Step, Too Good for Drugs, Life Skills Training, CATCH My Breath, Signs of Suicide and more.

For further assistance please contact:

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