

## Connect to SAP Services

SAP services can be accessed by contacting your on-site school counselor, guidance coordinator, principal, teacher or other school staff.

SAP services can be accessed by completing a Behavioral Health Referral located on our website: <https://jurupausd.org/our-district/edserv/pico/Pages/Behavioral-Health-Services.aspx>



Please send all referrals to: Behavioral\_Health@jUSD.k12.ca.us

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## STUDENT ASSISTANCE PROGRAM



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LEARNING WITHOUT LIMITS

# Student Assistance Program Information

The Student Assistance Program (SAP) is designed to provide comprehensive community-based behavioral health services to Jurupa Unified School District students'. SAP Services are accessible to all JUSD students and are provided directly at school sites during school hours.

SAP Counselors are Master-level interns who provide immediate and direct support to Jurupa Unified School District (JUSD) school sites.

Students Eligible for SAP are individuals who need support in emotional and behavioral areas. Some concerns might include:

- Anxiety
- Depression
- Discomfort in social situations
- Challenges in relationships
- Loneliness and isolation
- Low self-esteem and confidence
- Coping with difficult emotions
- Academic stressors
- Substance use
- Eating concerns
- Trauma
- Grief

Students who are interested in SAP services can self-refer to the program or be referred by a family member, school personnel, or a behavioral health/social service provider.

## Student Assistance Program Services

### Individual Services



Individual Counseling is a short-term low-level counseling service. This program is designed to support students' social-emotional behavioral needs using a biopsychosocial framework.

Mentoring is provided to at-risk youth who have academic and behavioral issues placing them at risk of academic failure. The Mentoring Program places an emphasis on a strengths-based approach to facilitate goal-oriented task completion.

### Group Services



Cognitive Behavioral Intervention for Trauma in Schools (CBITS) is a group and individual intervention. It is designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support, and coping skills.

Grief Counseling is a type of therapy that is designed to help people who have experienced a loss, usually in the recent past.

Stress Management offers a range of strategies to help you better deal with stress and adversity in your life.

Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse.