

Because Unique Challenges Exist At Any Age...

National EAP's Student Assistance Program

Expert Assistance a Student Can Trust.

The **Student Assistance Program (SAP)** offers confidential short-term counseling, referrals, workshops, and a variety of self-help materials. All services are prepaid by the college. The SAP clinical staff provides face-to-face sessions in which students may discuss any concern.

Our Mission

The mission of the **Student Assistance Program** is to help students enhance their academic and personal well-being. The SAP provides prevention, intervention, information, and referral services to college students. It also offers consultation and training to faculty and staff to assist them in addressing students' psychological needs.

Individual Counseling

Individual counseling involves a short-term therapy model that is free of charge to all students of the college. Students can avail themselves of between one and six sessions of individual counseling depending on their individual need. Counseling sessions last approximately 45 minutes and are held regularly, usually weekly or bi-weekly. These meetings are conducted in private, and all records are strictly confidential. The student and counselor will develop strategies to address specific goals, and then determine the length of time necessary to resolve these concerns. The goal of counseling is to help students acquire the skills needed to live a more effective life and/or successfully overcome a difficult challenge. Students who require longer-term services can receive assistance via referrals to other agencies or providers within their community.

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Confidentiality

Confidentiality is the cornerstone of the program. Contact with the SAP will not be reported, nor will any information be released without an individual student's written consent. (NOTE: *Exceptions include harm to oneself and/or others*).

Topics Offered

The SAP offers assistance to students coping with many different types of issues, including but not limited to:

- Academic Motivation
- Stress
- Depression
- Relationship Issues
- Substance Abuse
- Trauma And Childhood Abuse
- Self-Esteem Conflicts
- Loneliness
- Cultural Differences
- Eating Disorders
- Conflicts Over Sexuality
- Sexual Assault Recovery

Remember: No problem is too big or too small!

Workshops

An array of workshops is offered each semester to all students; each one can be developed to the needs of the student population as well as the college.

Our current workshops include:

- * Anger Management
- * Coping With Change
- * Critical Incident Stress Management
 - * Dealing With Difficult People
 - * Depression
 - * Drug/Alcohol Addictions
 - * Eating Disorders
- * Effective Communication
- * Grief And Bereavement
 - * Stress Management
 - * Suicide Prevention
 - * Time Management
- * Working Together: Valuing Differences

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Benefits To The School

- Provides access to on-site workshops and training for students, faculty, and administration;
- Improves student work performance;
- Reduces absenteeism;
- Eliminates inappropriate utilization of healthcare benefits, thereby reducing student healthcare costs;
- Reduces the need for student discipline;
- Complements existing health services;
- Provides quick access to emergency evaluation services and early intervention for situations where there's a potential for violence or harm;
- Reduces the workload for faculty and administration;
- Satisfies government regulations set forth by OSHA, EEOC, ADA, DOT, FAA, the Drug-Free Workplace Act, Title IV, Sexual Harassment, and more.

Benefits To The Students

- 24/7 crisis assistance;
- Prepaid access to services;
- One-to-six sessions per issue;
- Face-to-face solution-focused counseling;
- Qualified referrals to legal, financial, child, and eldercare services;
- Access to on-site workshops and training;
- Encourages a safe campus atmosphere with good morale

Contact Us

For more information on the Student Assistance Program or National EAP, please click on our **“Contact Us”** link.