

STUDENT ASSISTANCE PROGRAM



MAY 2021

PREVENTION IS A COMMUNITY EFFORT!

True North Student Support and Behavioral Health is dedicated to raising awareness about the importance of positive mental health and substance use prevention. Student Assistance Professionals are in schools to implement comprehensive student assistance programs that address problems associated with mental health awareness, substance use and other at-risk behaviors.

SUICIDE PREVENTION LIFELINE: 800-273-8255

CRISIS TEXT LINE: Text HOME to 741741

MAY PREVENTION EVENTS

SAMHSA'S NATIONAL PREVENTION WEEK

National Prevention Week (NPW) is a public education platform that promotes prevention year-round through providing ideas, capacity building, tools, and resources to help individuals and communities make substance use prevention happen every day.

NPW culminates in May recognizing the important work that has been done in communities throughout the year to inspire action and prevent substance use and mental disorders.

SAMHSA's NPW is **May 9-15, 2021**. Each year around this observance, communities and organizations across the country come together to raise awareness about the importance of substance use prevention and positive mental health.

Source: <https://www.samhsa.gov/prevention-week>

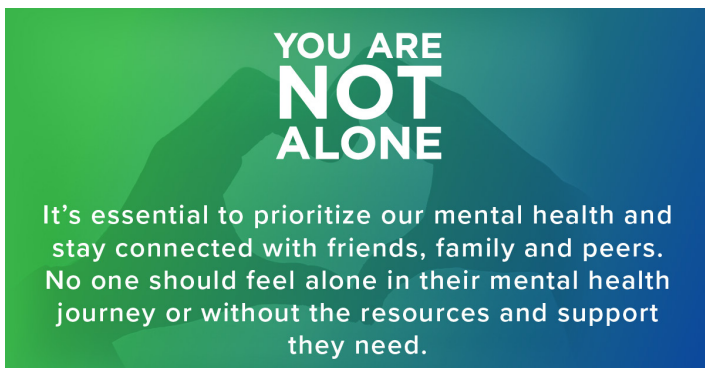
MENTAL HEALTH AWARENESS MONTH

Each year millions of Americans face the reality of living with a mental illness. During May,

NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.



YOU ARE NOT ALONE



For 2021's Mental Health Awareness Month NAMI will continue to amplify the message of "You Are Not Alone." We will use this time to focus on the healing value of connecting in safe ways, prioritizing mental health and acknowledging that it's okay to not be okay through NAMI's blog, personal stories, videos, digital toolkits, social media engagements and national events.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives — a nation where no one feels alone in their struggle.

Help us spread the word through awareness, support and advocacy activities. Share awareness information, [images and graphics](https://bit.ly/3tO85L0) (<https://bit.ly/3tO85L0>) for #MHAM throughout May.

Source: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

Wishing you all a peaceful and pleasant Spring! Be kind to yourself, remember self-care, (you deserve it!) and take a deep breath.



TRUE NORTH

AT CAPITAL REGION ESD 113

WHO WE ARE

The Student Assistance Prevention-Intervention Services Program (SAPISP) is a comprehensive, integrated model of services that:

- **Fosters** safe school environments
- **Promotes** healthy childhood development
- **Prevents** alcohol, tobacco, and other drug abuse

WHEN TO REFER TO STUDENT ASSISTANCE

You can make a referral at any time you have a concern about a student by submitting the referral form.

Some signs you may notice include:

- Decline in school performance
- Absenteeism or chronic tardiness

- Levels of activity or alertness change from day-to-day
- Talks freely about using or partying, or of family members using.
- Paraphernalia, clothing, jewelry, pictures, and drawings centered on chemical use
- Perfectionism or difficulty accepting mistakes
- Withdrawal; a loner; separates from others.

As a rule, an isolated instance of poor or unsatisfactory performance is not necessarily grounds for referral. However, if a student exhibits several of these signs, or there is a repeated pattern of behaviors, a referral is appropriate.

WE'RE HERE TO HELP

CRISIS RESPONSE DISPATCH:

Olympic Health & Recovery Services:

Grays Harbor, Lewis
& Pacific Counties:
800-803-8833

Thurston & Mason Counties
360-754-1338

TRUE NORTH ADOLESCENT BEHAVIORAL HEALTH SERVICES:

360-464-6867
esd113.org/behavioral-health

RESOURCES TO SUPPORT CHILDREN'S MENTAL HEALTH



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