

**Most**  
North Country  
youth don't  
drink alcohol.  
  
**That's  
important.**

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



**70.7%**  
**DID NOT  
drink**



**82.8%**  
**DID NOT  
binge drink**



**95.9%**  
**DID NOT  
drink & drive**

**Alcohol is involved in the deaths of approximately 3,500 young people under age 21 each year.**

*Youth who use alcohol are also more likely to use drugs, get bad grades, get injured, engage in sexual activity, make bad decisions, and have health problems such as depression and anxiety.*

Underage Drinking | CDC, Consequences of Underage (samhsa.gov)

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 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.



## What do NH SAPs in the North Country Region DO?

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:

**Screening and  
Assessment**

**Individual and  
Group Sessions**

**Referral and  
Case Management**

**Prevention  
Education**

**Prevention  
Strategies  
that Work**

**Environmental  
Activities  
(e.g. policies)**

“ I want each of the students I work with to know they're not alone and help is always available for whatever they need. I want them to be aware of what's out there when they leave high school so they're able to make healthy choices and live their best lives. ”

- Phil, North Country  
SAP Counselor



For more information contact:

# The Science of *Connectedness*:

feeling close to, and a sense of belonging with, others



Research shows that *social connectedness* improves social, emotional, and physical wellbeing, 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*



## • ADDITIONAL RESOURCES •

Student Assistance Program | Bureau of Alcohol and Drug Services  
New Hampshire Department of Health and Human Services ([nh.gov](http://nh.gov)) - Click [HERE](#)

NAMI New Hampshire Suicide Prevention Resource Center - Click [HERE](#)

Meet North Country SAP Counselors and learn more about SAP - Click [HERE](#)

