

Prevention & Early Intervention

Student Assistance Program

What is Prevention and Early Intervention?

Prevention and Early Intervention (PEI) aims to promote emotional wellness and identify students that may be in need of helping services. The PEI counselor helps students who are dealing with a variety of personal problems, including those related to conflict with others, depression, anxiety, grief, recent life changes, alcohol and/or drug use, etc. The PEI program is not a disciplinary program, but rather a voluntary program to which any student can be referred.

STUDENT SUPPORT COUNSELORS

What we do:

- Individual and group counseling
- Student and family referrals to a variety of community resources
- Life skills training
- Interventions for at-risk behaviors
- Education through community and social service agencies
- Violence prevention strategies
- Skills in decision-making and conflict resolution
- Host monthly PEI team meetings to coordinate student services



FRIDAY NIGHT LIVE

What we do:

- Facilitate and help lead the Friday Night Live (FNL) Chapter*
- Foster an environment that encourages supporting and healthy relationships
- Provide education and resources regarding tobacco, drugs, alcohol, and other issues

**FNL is a club on campus, open to any student at the school who wishes to make positive changes on campus and in their community*



FAMILY ADVOCATE

What we do:

- The LINK family advocates provide direct contact with families
- Build trust and identify needs of the family
- Advocates work within the school system to support families in need
- Advocates help families throughout the social services network and across social, cultural, and economic boundaries



Do you see students showing these behaviors?

- | | |
|--|---|
| <input checked="" type="checkbox"/> Withdrawing from family, friends, and/or school | <input checked="" type="checkbox"/> Defying authority, both at home and at school |
| <input checked="" type="checkbox"/> Changing friends; no longer spends time with old friends | <input checked="" type="checkbox"/> Acting aggressively |
| <input checked="" type="checkbox"/> Unexplained physical injuries | <input checked="" type="checkbox"/> Lying |
| <input checked="" type="checkbox"/> Talking about suicide | <input checked="" type="checkbox"/> Needing money without an explanation |
| <input checked="" type="checkbox"/> Depressed | <input checked="" type="checkbox"/> Sudden drop in grades |
| | <input checked="" type="checkbox"/> Experimenting with drugs or alcohol |

How to refer a student for counseling:

Any student can be referred for counseling. Both student and parent must sign a permission form including a Participation Agreement and Release of Information form. We will meet with the student to assess the level of need; if it is determined that a higher level of care is required we will work with the Family Advocate to best connect the student and family with outside support.

*Each counselor maintains a caseload of about 40 students, seen in both the individual and group setting. If at any time the caseload is full, a waiting list will be started for new referrals.

COVID-19 MODIFICATIONS

Students will be contacted via phone for the initial counseling intake; future counseling sessions will be conducted via phone or Zoom call, depending on the student's preference. Verbal confirmation by both student and guardian of the Participation Agreement and its corresponding limits of confidentiality will be accepted and documented until schools resume in-person teaching. At that point, a physical copy of the permission form signed by both student and guardian will be required to continue services.

For more information, please contact:

**SLO County Behavioral Health
Prevention and Outreach Division**

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**Behavioral Health Department
Prevention & Outreach**