

# C3 Customized. Comprehensive. Community-Based.

C3 Wellbeing supports health and resilience through comprehensive, evidence-based prevention and early intervention services.

Our **Student Assistance Program** was established in 1986 to provide substance use prevention and mental health promotion services throughout schools and communities.



The program embeds a specially trained Student Assistance Counselor within each participating school. This enables early identification and intervention for risks related to alcohol and other substance use, including:

- **Early initiation**
- **Poor academic performance**
- **Chronic absenteeism**
- **Behavioral issues**

## Our Mission

With deep local roots and a national reach, C3 Wellbeing fosters healthier, more resilient environments that support mental health, prevent substance use, and nurture a culture of equity and wellbeing.

Through evidence-based programs, prevention strategies, consultation, and personalized support, we empower people to be and do their best at school, at work, and in their communities. C3 Wellbeing is a 501(c)3 Charitable Organization.

## Local Impact

73	Middle and high schools participate in Student Assistance Programs*
52,000	Students have access to a student assistance counselor in their school
5,516	Students served in Student Assistance Programs
65,463	Served in community-based prevention programs

\*July 1, 2024 - June 30, 2025  
C3 partners with every community in Rhode Island



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[c3wellbeing.org](http://c3wellbeing.org)



# Student Assistance Program



## A proactive, comprehensive approach

C3 Wellbeing's Student Assistance Program offers a comprehensive range of evidence-based initiatives designed to prevent substance use, promote mental health, and support student success.

### Prevention and Awareness

- Raise awareness of substance use risks within the school population
- Provide systems to connect students to the Student Assistance Program

### Screening, Early Identification and Referral

- Identify students with emerging substance use and behavioral health risks
- Ensure timely access to supports and evidence-based interventions

### Evidence-Based Brief Intervention

- Reduce risk behaviors
- Improve coping strategies through individual and group interventions

### Youth Leadership and Peer Prevention

- Encourage substance-free activities
- Promote student engagement, peer connection, and positive development

### Support Service Referrals

- Ensure students whose needs exceed the scope of our program are connected with the right resources and supports

### Multi-Tiered System of Support (MTSS) Integration

- The Student Assistance Program works with each school's internal referral process. Student Assistance Counselors collaborate with school support teams to help ensure students receive the right level of support at the right time. Students receive additional support through this team-based approach as needs are identified

### Collaboration with Schools, Families and Community Partners

- Strengthen the school-wide prevention infrastructure
- Build shared ownership among educators, families, and community organizations

### Student Assistance Counselors

Our Student Assistance Counselors are specially trained in prevention within school settings. Their role isn't to diagnose or treat mental health or substance abuse conditions, but to:

- Identify students who may benefit from early support
- Help students better understand themselves and make healthy, positive choices
- Offer proven prevention education and early intervention
- Connect students with behavioral health resources when needs go beyond the school
- Partner with school staff and families to coordinate support

### Student Assistance Program (SAP)

The SAP prevents and addresses substance use and mental health concerns.

- Education and awareness
- Opportunities that reduce risk-taking behavior
- Community partnerships that enhance prevention

