

Dear Parents/Caregivers, SWSD Staff, & Community Members,

My name is Colleen Chan and use she/her pronouns. I wanted to tell you a little bit about myself and the services I provide to the 7-12th grade students as the Student Assistance Professional. A little about me; I am a new mom to an amazing little boy, I love being in nature, enjoy exercising, live in Oak Harbor, hold my Master of Social Work and am an Associate Clinical Social Worker. I am excited to continue being a support for our South Whidbey youth! If you see me in the halls or around town, please introduce yourself or feel free to drop by and see me at the school!

So how did I come to South Whidbey School District and what do I do?

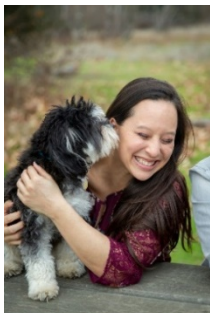
- South Whidbey School District was awarded a grant to implement a substance abuse prevention program in community and schools.
- The Community Wellness Coalition- South Whidbey C.A.R.E.S. (Community Advancing Resiliency Education & Support) has been formed to raise awareness and bring community together to prevent and decrease youth substance use.
- Our Coalition Coordinator, Lauri Johnson, leads our substance abuse prevention efforts within the community and I offer direct services to youth in the school and work alongside the coalition.
- The South Whidbey 7-12 campus implements a program called Project SUCCESS. The goals of the program are to prevent and reduce substance use and to improve school performance. To accomplish these goals, students will have the opportunity to participate in school-wide awareness activities, classroom discussions, and extracurricular activities. I also offer small group and individual meetings to correct erroneous perceptions about substance use and learn skills to identify and resist social and situational pressures to use substances. Additionally, I can make referrals to outside agencies and work closely with other members of the counseling team. Parent/Guardian meetings will also be available to assist in prevention efforts.



Our easy to read [Parent Prevention Newsletters](#) are sent out at the beginning of each month and include helpful prevention information, tips, and a Crucial Conversations Challenge. PLEASE reach out to me or any of our counseling staff if you are concerned about your child's behavior, we are here to help. My hope is that students, teachers, parents, administrators, and community members with a concern for a student around substance use or is at high risk of use, will send them our way.

Please do not hesitate to reach out to me with any questions or concerns. I am on campus Monday, Tuesday, Thursday, and Friday, 8:30am-3:00pm, Wednesdays remotely, or by appointment. I can be reached in person, by phone, or email and am located in Room 137.

Sincerely,



Colleen Chan, MSW, LCSWIA
(She/Her Pronouns)
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[Student Assistance Professional Webpage](#)

What Does a Student Assistance Professional Do All Day?


Project SUCCESS

School-wide Awareness Activities



Outreach and Communications

Project SUCCESS implementer (Student Assistance Professional) becomes part of the school and community.




Prevention Education Series

Topics:

- Being an Adolescent
- Alcohol, Tobacco, and Other Drugs
- Relationships: Family and Friends
- Skills for Coping

Logistics:

- Regular High Schools: Grade 9 classrooms
- Regular Middle Schools: Grade 7 classrooms
- Alternative schools: groups of 8-10 students
- 6-8 Class periods
- Coordinated with teachers and staff
- Typically done in the beginning of the school year, **prior** to running groups



Referral Sources for Services

- Student Assistance Professional
- Self-Referral
- Prevention Education Services
- Child Study Team
- Staff
- Peer
- Parents
- Disciplinary / Mandatory



Screening/Assessment for Services


- Minimum 40-45 minutes: to assess for individual, family, Alcohol, Tobacco, and Other Drugs (ATOD) issues, and need for treatment
- Orientation to groups
- May take up to three sessions



Individual Sessions

One-to-One: Counseling


- Affected Others (children in families with substance use disorders)
- Substance Users



Support Groups


(offerings vary at each school)

Prevention	Intervention
<ul style="list-style-type: none"> • Newcomers • Affected Others (children in families with substance use disorders) • Seniors • Non Users • Assessment & Education • Siblings 	<ul style="list-style-type: none"> • Assessment & Education • Parents, Peers, and Partying • Substance Users • Affected Others/ Substance Abusers



Community Referrals

Referral for substance abuse, mental health treatment, or other services



Environmental Strategies

- School policies and procedures
- Participate in substance abuse prevention task forces (coalitions, committees, etc.)

Student Assistance Professionals also:

- Conduct substance abuse prevention and awareness training for school staff
- Present about the program at faculty meetings and school events
- Meet with school staff to increase referrals
- Attend activities for students, parents, and faculty

NOTE: Each school site has adaptations with the understanding that Project SUCCESS isn't one-size-fits-all. Different schools require adjustments to parts of this model for different reasons. Questions or concerns should be directed to the ESD Supervisor.