

# STUDENT ASSISTANCE PROGRAM



**NOVEMBER 2021**

**WELCOME NOVEMBER!**

The Student Assistance Prevention-Intervention Services Program (SAPISP) is a comprehensive, integrated model of services that fosters safe school environments, promotes healthy childhood development, and prevents alcohol, tobacco, and other drug abuse. Student Assistance Professionals are in schools to implement comprehensive student assistance programs that address problems associated with substance use and other at-risk behaviors. Amid the chaos of the pandemic teachers, staff, families, and students are all working hard and adjusting to this “new normal”. With the holidays coming, let us remember to give thanks for what we have and look forward to better days. We are all in this together and things will get better!

SUICIDE PREVENTION LIFELINE: 800-273-8255

CRISIS TEXT LINE: Text HOME to 741741

## NOVEMBER PREVENTION EVENTS

### THE GREAT AMERICAN SMOKEOUT NOVEMBER 18, 2021

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society's Great American Smokeout. They may use the date to plan to quit, or plan in advance and then quit smoking that day.

#### *It's hard to quit tobacco.*

Research shows that smokers are most successful in kicking the habit when they have support, such as:

- Telephone smoking-cessation hotlines
- Stop-smoking groups
- Online quit groups
- Counseling
- Encouragement and support from friends and family members

*Retrieved from American Cancer Society Website*

## 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

### WORLD KINDNESS DAY NOVEMBER 13, 2021

# WORLD KINDNESS DAY 2021

[inspirekindness.com](https://inspirekindness.com)

Spread some kindness amidst the chaos! To get inspired visit: <https://inspirekindness.com/world-kindness-day>

Wishing you all a peaceful and pleasant Thanksgiving! Be kind to yourself, remember self-care, {you deserve it} and take a deep breath! We will all get through this together! Hang in there, be safe, healthy, and well!

### TRUE NORTH ADOLESCENT BEHAVIORAL HEALTH SERVICES:

360-464-6867  
[esd113.org/behavioral-health](https://esd113.org/behavioral-health)

### RESOURCES TO SUPPORT CHILDREN'S MENTAL HEALTH



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**TRUE NORTH**  
AT CAPITAL REGION ESD 113

