

What is SAP?

SAP stands for Student Assistance Program. With the SAP program through Employee & Family Resources (EFR), students and anyone in their household are eligible to receive free confidential sessions with counselors based on assessed need. Counselors help explore issues and assist clients to work through them, offering coping skills as well as recommendations and referrals for services outside of the SAP sessions.

Some reasons students utilize SAP include:

- Anxiety, worry or stress
- Depression, suicidal thoughts or self-harm
- Bullying or conflict
- Relationship concerns
- School activities or stressors

Clients can chat with a counselor through an app on their device, call on the phone, or schedule a virtual session.

Services provided include:

- 24-hour access telephone support
- Orientations
- Dedicated Account Manager & SAP Consultant
- Administrative/Counseling Consultations
- Access to Needs Assessment (developed and implemented by EFR)
- Promotional Materials, including monthly topic specific materials
- 6 virtual counseling sessions

The total annual cost for Belmond-Klemme to provide this to all students is \$4,000. The principals and student counselors met with the team at Employee Family Resources and believe the tools and supports offered by this program would greatly benefit our students and families. A multi-year contract allows the district to lock-in the current pricing and shows the district's commitment to mental well-being.

I recommend the board add a student assistance program with a 3-year commitment for a total cost of \$12,000 or \$4,000 per year.