

SAP

THE STUDENT ASSISTANCE PROGRAM



THE COUNSELING
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The Student Assistance Program (SAP), provided by The Counseling Center, is a FREE service available to any student and immediate family members in the Johnston Community School District. This program is designed to help students manage a variety of issues so they and their families can be healthy and successful.

Issues we can help you address:

- Trouble in school
- Relationship issues with peers
- Family problems
- Feeling bullied
- Substance use
- Feeling anxious or depressed
- Difficulty dealing with divorce
- Grief or loss
- Aggressive behaviors
- Confusion or concern about life changes
- Other identified concerns



SAP services will always be confidential. We will never share information about your concerns or our work together unless you and your parent have given specific permission for us to do so.

Access to services

NO COST — SAP services are always FREE. We will not ask about insurance or ability to pay and will only gather minimal information to get you started in the program.

OFFICE HOURS — Our master's level SAP therapist will be available at Johnston schools at least one day per week. Additional appointment times are also available at our offices in Johnston.

WHAT YOU CAN EXPECT — SAP services are tailored to the needs of each individual student and their family. While the intention is for a brief intervention to help identify any further need for services or resources, there is NO session limit for SAP. Our staff will ensure students and their families get the help they need to address and resolve the identified issues. SAP services may include individual, family or even group sessions.

WHO WE ARE — The Counseling Center is an extension of Youth Homes of Mid-America. The Counseling Center offers therapy and counseling services to youth and families to help them to be healthy and successful.

CONTACT US — We can be reached 24/7 in case of emergency or during the day for non-emergency appointments or consultation. Please call our direct phone number at 515-587-1735, or email us at sap@yhma.org.





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