

# RESIDENTIAL STUDENT ASSISTANCE PROGRAM

## OVERVIEW

### The Residential Student Assistance Program (RSAP)

The RSAP is a highly acclaimed program that provides substance abuse prevention and early intervention services to high risk youth in residential child care facilities. These adolescents have been voluntarily or involuntarily placed in residential care because of mental health, behavioral, familial problems and/or criminal activity.

- ❖ **Adolescents in residential facilities are at high risk for substance abuse.** The overwhelming majority of residents have a history of early substance abuse and/or have a parent or sibling(s) with a substance abuse problem.
- ❖ **There are limited, if any, substance abuse prevention services available on site at residential facilities.** As a result, the needs of adolescent residents in the area of substance abuse prevention services are often unmet.

The RSAP is designed to prevent and reduce alcohol and other drug use among high risk youth in residential settings.

### Effectiveness

The RSAP model was evaluated and shown to be highly effective in preventing the onset of alcohol and other drug use among non-users and reducing the level of use among substance abusers. As a result of its success, the program was selected by CSAP as a national model program and was one of the programs included in their national dissemination effort. Statistically significant reductions were found in substance use ranging from 21% to 42%, RSAP also showed strong prevention effects. For adolescents not reporting use at pretest, 82% remained nonusers of alcohol, 83% remained nonusers of marijuana, and 78% remained nonusers of tobacco.

### How the Program Works

A partnership is formed between an organization with alcohol and other drug (AOD) prevention expertise and a residential facility. A highly skilled professional is placed at the residential facility to provide culturally sensitive, developmentally appropriate substance abuse prevention, education and early intervention services.

### Key Program Elements

- ❖ Prevention/Education Discussion Series
- ❖ Individual and Group Counseling
- ❖ Staff Training and Consultation
- ❖ Referrals for 12-Step Programs And Treatment
- ❖ Environmental Strategies

An informational video that describes the RSAP is available. See the form on the reverse side to order.

**The RSAP can be replicated with the help of easy-to-use program materials and trainings.**

*The Residential Student Assistance Program was developed by Student Assistance Services, Corp. as part of a 5-year High Risk Youth Grant from the Center for Substance Abuse Prevention (CSAP). The program was adapted from Student Assistance Service Corp's highly successful, nationally acclaimed Westchester Student Assistance Program model used in secondary schools.*

FREE Information describing the RSAP and its effectiveness is available from the NREPP website at the following link. [http://www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM\\_ID=204](http://www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=204) and also by contacting Student Assistance Services.

## RESOURCES FOR IMPLEMENTATION ORDER FORM

**RSAP Video \$20** (includes postage) - 30-minute informational video that highlights the need for and benefits of implementing a RSAP and features interviews with adolescent residents and residential facility staff.

**RSAP Data Collection Log \$50** (includes postage) - A log book designed specifically to record RSAP program data.

**RSAP Implementation Manual \$150** (includes postage) - Step-by-step instruction on how to start, operate and evaluate a RSAP, including administrative and clinical strategies and sample materials from the program model.

**RSAP Training** – two options are available

Comprehensive training, which will prepare you to replicate and operate a RSAP with fidelity.

Length: 3 days in Tarrytown, New York

Cost: \$350 (plus travel and per diem)

Includes RSAP Manual and Video, Resource Manual, Packet of Articles, and Power Point Presentation Handouts (Discounts are available for multiple registrations from the same agency.)

Length: 3 days at your location

Cost: \$4200 (plus travel and per diem) for up to thirty participants. Includes RSAP Manual, Resource Manual, Packet of Articles, and Power Point Presentation Handouts to be copied for participants and one Data Collection Log. Additional color pamphlets are available for sale. Please call for pricing.

**RSAP Technical Assistance** (following training) - Individualized guidance on implementing a RSAP and addressing specific issues for your program. Available by phone or in person.

Cost: Phone Consultation: \$150 per hour

In Person Consultation: \$200 per hour plus travel

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Please send to: Christine D'Annibale c/o Student Assistance Services, Corp., 660 White Plains Road, Tarrytown, NY 10591  
Phone (914) 332-1300 Fax (914) 366-8826 Email: [Cdannibale@sascorp.org](mailto:Cdannibale@sascorp.org)

Please print or type:

Name \_\_\_\_\_

Title \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

Please indicate your interest(s)

I wish to order the RSAP Video

I wish to receive RSAP Training

I wish to order the RSAP Implementation Manual

I wish to obtain further information about the RSAP

I wish to receive RSAP Technical Assistance

I wish to order RSAP Data Collection Log

Once received, a Student Assistance Services staff member will contact you, confirm your interest(s), and process your request. Prices subject to change.