

SAC QUICKtips: TYPES OF EDUCATIONAL SUPPORT GROUPS

SAPs planning to offer educational support groups must ensure sufficient work toward marketing, curriculum, facilitation skills, documentation, and evaluation has taken place. This tip sheet offers brief information on some of the more commonly implemented SAP educational groups.

1. Anger Management Group: Students who have difficulty managing anger in appropriate ways.
2. Attitudes Group: Students experiencing stress and anxiety learn coping and management skills.
3. Bereavement / Grief Group: Students who have experienced the loss of a loved one.
4. Changing Families Group: Students who are experiencing changes due to separated, divorced, and blended families.
5. Children of Substance Abusing Families: Students who have family members abusing alcohol or other drugs learn strategies for coping and safety.
6. Constructive Decisions Group: Students learning to explore how to make healthy decisions.
7. GLBT Group: Students who identify as gay, lesbian, bi-sexual, transgender or questioning their sexual identity.
8. Images for Females or Males Group: Gender specific groups that explore stress or anxiety related to eating issues, relationships, or self-esteem.
9. Insight Group: An informational group for students who are willing to take an honest look at the impact of their use of alcohol, tobacco, and other drugs.
10. Intervention Group: Students who are at risk for developing an alcohol or drug problem. This group provides education to help students develop refusal strategies.
11. Smoking Cessation Group: Students who want to quit smoking or have a policy violation for smoking.

Resources on prevention.org – Professional Resources – Student Assistance Center: Help Is Down the Hall (NACoA), Helping and Stages of Change, Substance Abuse and Sexual Minority Health, Social Emotional Tools, Gang Assist: a Guide for Schools, Supporting Students: LGBTQ Youth (webinar).