

SAC QUICKtips: EFFECTIVE PROBLEM-SOLVING AND ACTION-PLANNING

1. Regard intervention as a series of smaller steps rather than one action.
2. View individual student interventions as short term in nature.
3. Consider the unique needs of each student when designing interventions.
4. Set a goal for each intervention regardless of how small the intervention seems to be.
5. Identify who will be responsible for what actions.
6. Connect students and families with community professional support when needed rather than try to provide therapy when unqualified.
7. Create concrete steps that are immediate in nature and 'doable' be the student.
8. Get the student's input on intervention steps.
9. Define the expected outcome and identify progress indicators.
10. Place responsibility for change with the student when the intervention is directed to the student.
11. Avoid enabling inappropriate behaviors.
12. Assist students in troubleshooting breakdowns in intervention steps helping the student to develop problem-solving strategies for meeting intervention goals in the future.
13. Conduct progress monitoring as planned, and communicate frequently with the student and others involved with the SAP as needed.

Resources on prevention.org – Professional Resources – Student Assistance Center: Student Assistance Action Plan Checklist, Motivational Exploration, Student Concern Prioritization, School Resource Map, Problem Map, Resource Map