School Based Prevention Services
Bureau of Drug and Alcohol Services (BDAS)

Updated 10.30.26

Department of
HEALTH &
HUMAN SERVICES

What is the Bureau of Drug and Alcohol Services

State Agency: DHHS: Division for Behavior Health: Bureau of Drug and Alcohol Services (BDAS)

- Multiple units: Recovery, Treatment, Prevention, Tobacco Cessation, Problem Gambling, and Operations

We manage multiple different funding streams:

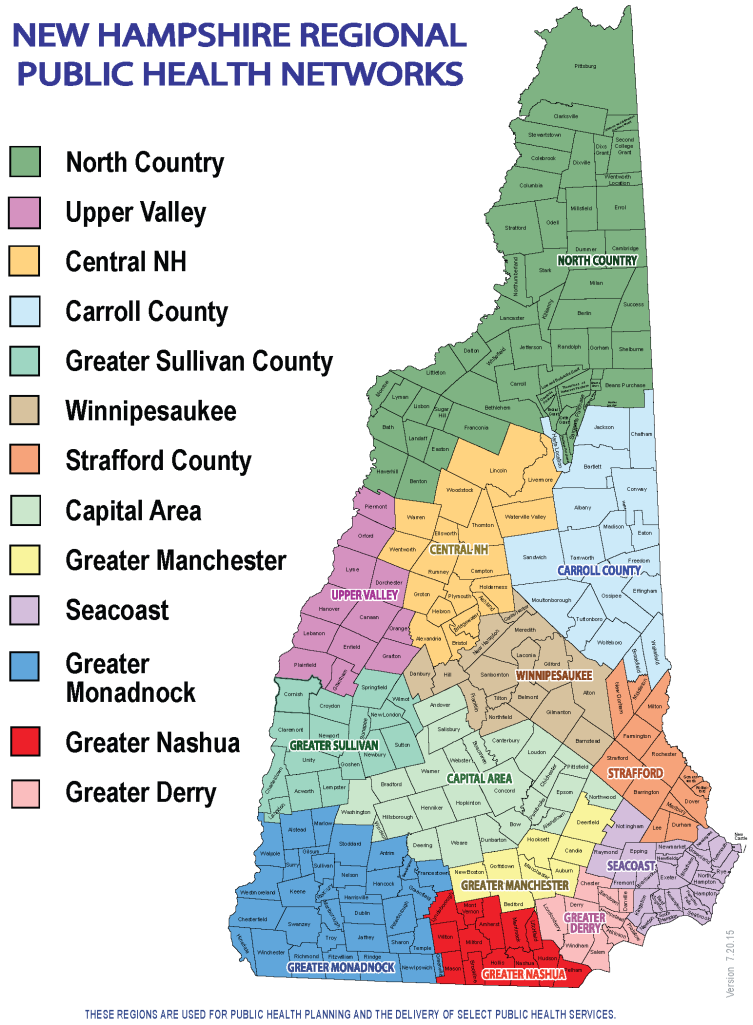
- Governor's Commission on Addiction, Treatment, and Prevention (Alcohol Fund)
- Opioid Abatement Funding
- SUD Block Grant
- General Funds
- Problem Gambling funds

Everyone needs a community



Regional Public Health Networks

- NH has 13 Regional Public Health Networks (RPHNs) located throughout the state.
- Since each region is different, each region approaches prevention services differently to meet the needs of the community
- All RPHNs provide:
  - **Substance Misuse Prevention**
  - **Continuum of Care Coordination**
- Host educational trainings, Narcan and Overdose Prevention trainings, and partner with schools, coalitions, and other regional partners to provide prevention efforts



Student Assistance Program

Kandyce Mohan

What is a Student Assistance Program (SAP)?

- A school-based, evidence-informed program to prevent and reduce alcohol and other drug misuse among NH youth ages 12 to 18.
- Requires highly trained professionals (sap-cs) to implement and coordinate a full range of prevention and early intervention activities for students, parents, and the school community.
- Uses a combination of interventions that address the unique needs of the school population.
- Is grounded in prevention science and is a component of broader prevention initiatives in the state.
- Brings and/or connects behavioral health promotion, prevention, treatment, and continuing care practices to school settings.



SAP Components

Universal Strategies	Selective & Indicated Strategies
Classroom Instruction- Prevention Education	Screening with parent permission
School-wide messaging Environmental Initiatives	Individual Sessions Group Sessions
Presentations / In-service	Crisis Intervention
Education & information for educators and families	Referral services for students and their families



NH SAP Prevention Principles

- Increase perception of risk of harm.
- Change adolescents' norms and expectations about substance use.
- Build and enhance social and resistance skills.
- Change community norms and values regarding substance use.
- Foster and enhance resiliency and protective factors, especially in high risk youth.



Risk Factors

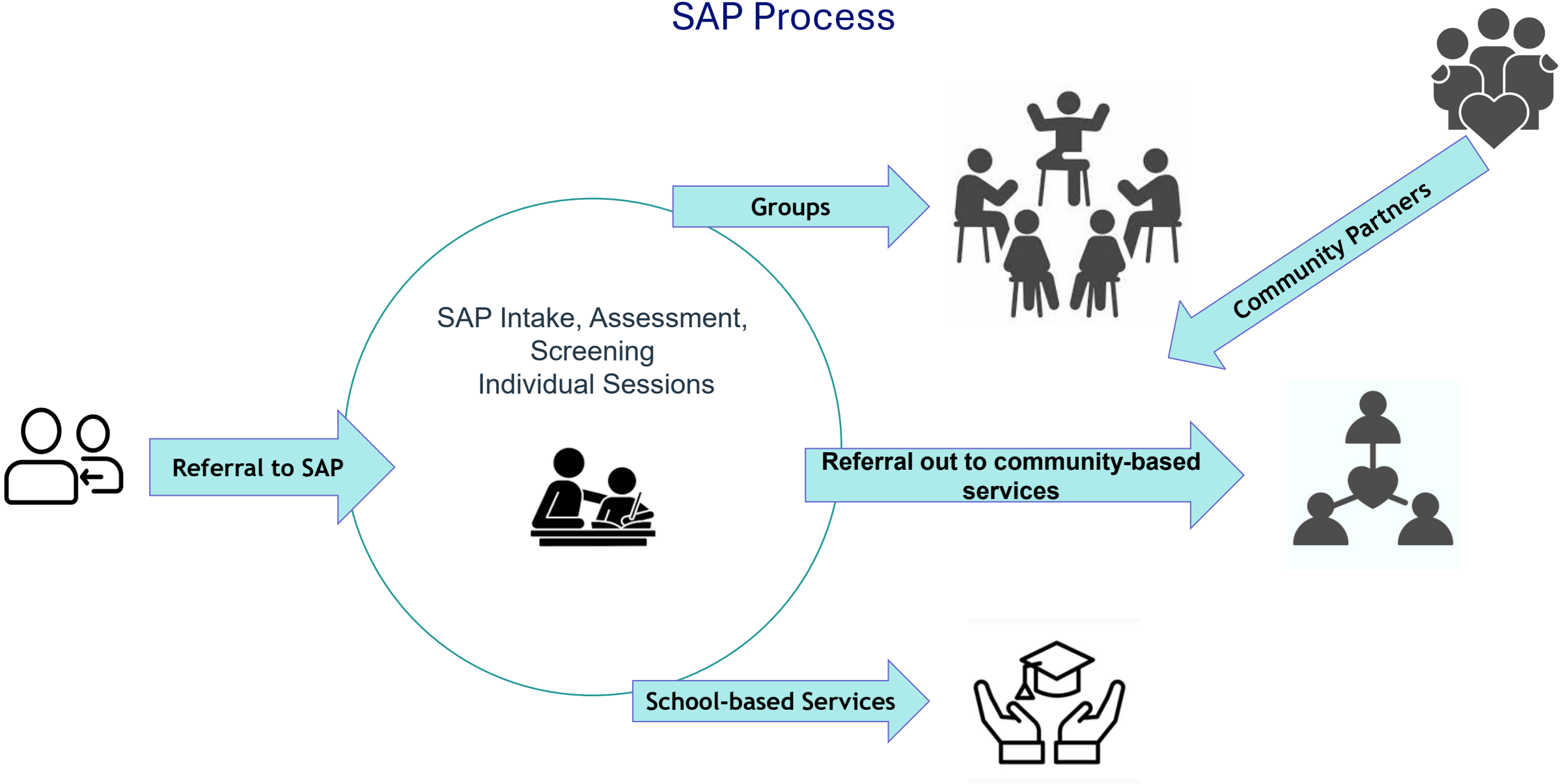
- ➔ Pro-drug attitudes
- ➔ Early ATOD use
- ➔ Parent pro-drug attitudes
- ➔ Multiple family stressors
- ➔ School behavior problems
- ➔ Peer group substance use
- ➔ Peer pro-drug attitudes
- ➔ Peer pressure to use drugs



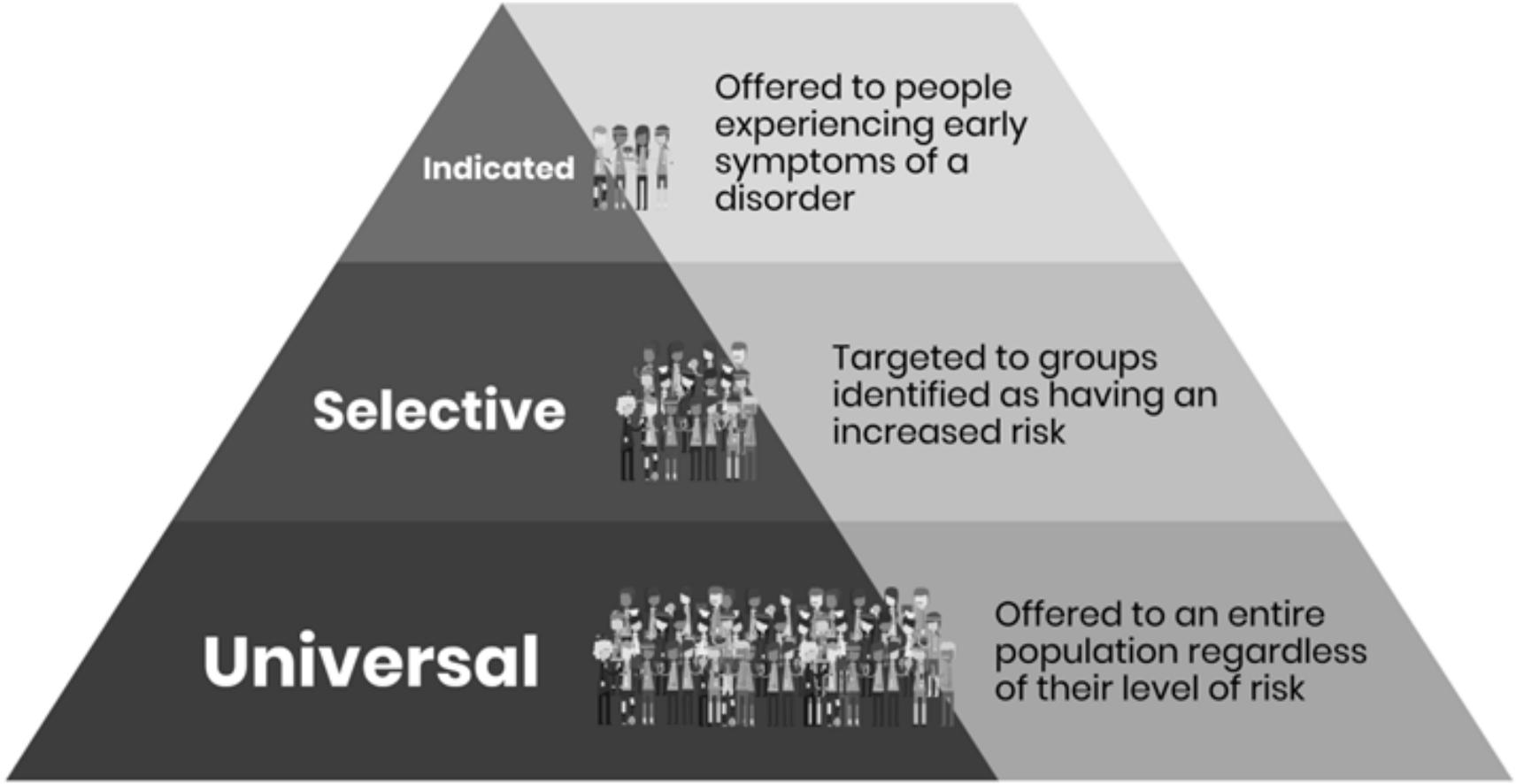
Protective Factors

- ➔ Self-efficacy/sense of mastery
- ➔ Social competence
- ➔ Inter-generational family communication
- ➔ Positive parent-school relationships
- ➔ School bonding
- ➔ Network of non-drug using peers
- ➔ Positive peer relationships

SAP Process


Groups
Community Partners
SAP Intake, Assessment,
Screening
Individual Sessions
Referral to SAP
Referral out to community-based services
School-based Services

Types of Prevention



Who can make Referrals?

- Teachers
- Administrators
- Peers
- Self
- Caring adults outside of school
- Nurses

Why make a referral

- Poor attachment to school or community (absenteeism; cutting class)
- Low or inconsistent academic achievement (grades)
- Difficulty in peer or family relationships (conflict)
- Family history of substance misuse
- Early substance misuse
- Low parental monitoring
- Mental health related issues
- History of trauma



Step 1

- Attend training
  An adult advisor and five to eight youth leaders attend project orientation and training.

Step 2

- Plan and conduct the Data Analysis Retreat
  The core team and a diverse group of 15 to 20 peers they have recruited analyze and interpret the YRBS data for their school or community.

Step 3

- Plan and Conduct the Community Dialogue Event
  The core team plans and leads a multi-generational discussion, where they share their interpretations of the data with community members, share ideas, get input, and create preliminary action plans.

Step 4

- Finalize a Plan of Action and Make it Happen
  The core team meets to prioritize the next steps, assign tasks, and start making positive changes based on their analysis and discussions.

Step 5

- Reflect and Celebrate
  Teams celebrate successes and identify lessons learned.

Step 6

- Keep it Moving
  Action steps can be carried forward into the following school year, and the team can recruit new members to analyze new data as it becomes available.

Getting to Y NH

GETTING TO 'Y' is an opportunity for students to bring meaning to their own Youth Risk Behavior Survey data. Through youth leadership, partnerships with adults, participatory action research, and peer and community engagement, participants not only experience personal growth and build their capacity for future civic engagement, but also effect sustainable change in youth behavior, community and school culture.

New Hampshire Coalition Against Domestic and Sexual Violence

Primary prevention includes strategies that aim to prevent violence before it starts. These programs focus on increasing the protective factors that prevent violence and reducing the risk factors that increase the likelihood of violence occurring. Primary prevention aims to increase protective factors like empathy, family and school connectedness, consent skills, and emotional health.

Programs also target risk factors like harmful attitudes against women and girls, the lack of non-violent problem solving skills, and exposure to sexually-explicit and violent media.





Any questions?



Prevention Program

Staff Members Contact Information

Kandyce Mohan, MA

(She/Her)

Prevention Services Administrator

Cell: 603-805-4920

Office: 603-271-6106

Kandyce.J.Mohan@dhhs.nh.gov

Amanda (Mandy) Spreeman

(She/Her)

Prevention Services Specialist

Office: 603-271-9652

Amanda.H.Spreeman@dhhs.nh.gov

Elizabeth Duffy, MPH, CHES

(She/They)

Health Promotion Advisor

Office: 603-271-7914

Elizabeth.B.Duffy@dhhs.nh.gov

Ann Crawford

(She/Her)

Program Specialist/Synar Coordinator

Office: 603-271-6892

Ann.F.Crawford@dhhs.nh.gov