Student Assistance Program (SAP)

Important things to know about the SAP:
The SAP is non-disciplinary
There are no fees for an SAP service.
The services of an SAP are paid for by UKSM

The SAP is not a psychotherapy service or treatment program
SAPs specialize in identifying problems, assessment and interviewing, motivational
counseling and problem solving, and referral to the right source of help.

The SAP is voluntary
Students cannot be forced to go to the SAP
Seeking help from the SAP cannot adversely affect you or jeopardize your current situation

SAP is accessed by self-referral. The student or family member makes a personal decision
to contact the SAP.

Problems, Issues or Concerns?
The SAP is available to help you or your dependent resolve any personal problem. There are many
types of personal problems that affect us. Some may require only a phone call to the SAP to resolve
them. Others may require that you meet in person with an SAP professional for one or more
sessions. These issues may include, but are not limited to many of the following:

- **Life management issues**
  - Couples conflicts
  - Sexual and intimacy issues
  - Parenting skills
  - Social and relationship issues
  - Financial issues such as credit problems, debt collection, loss of income, budgeting and
    conflict over money
  - Legal problems
  - Fear and anxiety
  - Eldercare issues and caregiver stress
  - Loss of a loved one, and grief or bereavement issues
  - Landlord/tenant issues
  - Personal relationship and peer conflicts
  - Domestic or partner abuse and victimization
Emotional problems and mental health issues
- Depression
- Anxiety
- Medication management issues
- Eating disorders
- Social issues and relationship problems
- Adult parent/child relationship issues
- Parenting concerns over teenagers

Alcohol and drug-related problems
- Drug addiction
- Family members affected by the substance abuse of another family member
- Relapse issues
- Maintaining or re-establishing an abstinence program and/or program of recovery from addiction and co-dependency
- Teenage substance abuse

School-related problems
- Getting to school on time
- Peer conflicts
- Issues in working with your faculty
- Performance concerns
- Career counseling
- Difficulties making decisions
- Stress
- Exhaustion
- Learning complications
- Work pressure

SAPs are strictly confidential. The identities of SAP participants are protected by confidentiality laws or provisions and the right to privacy. Confidential problems have rare exceptions that permit disclosure where a person's life is threatened or where the abuse of a child or elderly person exists. Your organization's policy affirms the confidential nature of the SAP. Information about your personal problems or the issues shared in confidence at the SAP will not be shared with the organization without your written permission.