

## SAC QUICKtips: RATIONALE FOR DOING EDUCATIONAL SUPPORT GROUPS

Educational support groups provide a number of benefits to students and the school. The Substance Abuse and Mental Health Service Administration's handbook, "Help is Down the Hall," provides a number of benefits arising from implementing educational support groups.

These groups:

- Help students learn they are not alone in dealing with problems;
- Help students connect to healthy support systems;
- Provide the opportunity to talk about what is happening in a safe environment;
- Give students the experience of healthy social interactions;
- Help students build trust in social situations;
- Help students learn to appropriately identify and express emotions;
- Help students learn healthy alternatives to destructive patterns;
- Provide opportunities to learn positive decision-making skills;
- Provide opportunities for group validation;
- Provide opportunities to try out new skills and approaches to solving problems;
- Help students learn new communication and coping skills;
- Provide opportunities for adults to learn trends and changing needs in the school.

Resources on [prevention.org](http://prevention.org) – Professional Resources – Student Assistance Center: Help Is Down the Hall (NACoA), Helping and Stages of Change.