

Student and Family Support Program



*Services for Teens Experiencing
Substance Use, Abuse, or
Dependence*



Substance Use Mental Health Services Free to Families

Provided by the Mental Health Services Act Grant

Who: Granite Wellness Centers' (GWC's) Student and Family Support Program offers no-cost resources for Placer County students ages 12-18 who are at risk of developing a mental health disorder due to identified substances misuse or dependence, and their families.

What: GWC's Student and Family Support Program (SFSP) provided **counseling and support** with specialized services that can stabilize family relationships; effectively address substance use; and identify emerging-mental health issues. A key strategy will be the development of individual and family wellness plans that will include Counseling and Support focusing on assessed behavioral stressors. Evidence based strategies are included.

Wellness plans can include multiple strengths-based approaches, and community referrals; and may include one or more of four primary modalities:

1. Individual sessions with an LMFT, LCSW, AMFT, or MFTT (for teen)
2. Family sessions with and LMFT, LCSW, AMFT, or MFTT (brief)
3. Granite Adolescent Group
4. Parents may be connected to and provided Parent Project

Referrals or Questions? Please contact:

Stephanie Sadhu
(916) 782-3737, Ext. 313 or
ssadhu@granitewellness.org

For Roseville inquiries

Adolescent Program
Manager
Nancy Taylor
ntaylor@granitewellness.org

Christian Couto
(530) 885-1961 or
ccouto@granitewellness.org

For Auburn inquiries

Made possible by funds from the Mental Health Services Act, Granite Wellness Centers' Adolescent Division is offering a new resource for schools and parents.