

The Tools to Find Your Best Self

**Student Assistance Program
(SAP) Orientation**

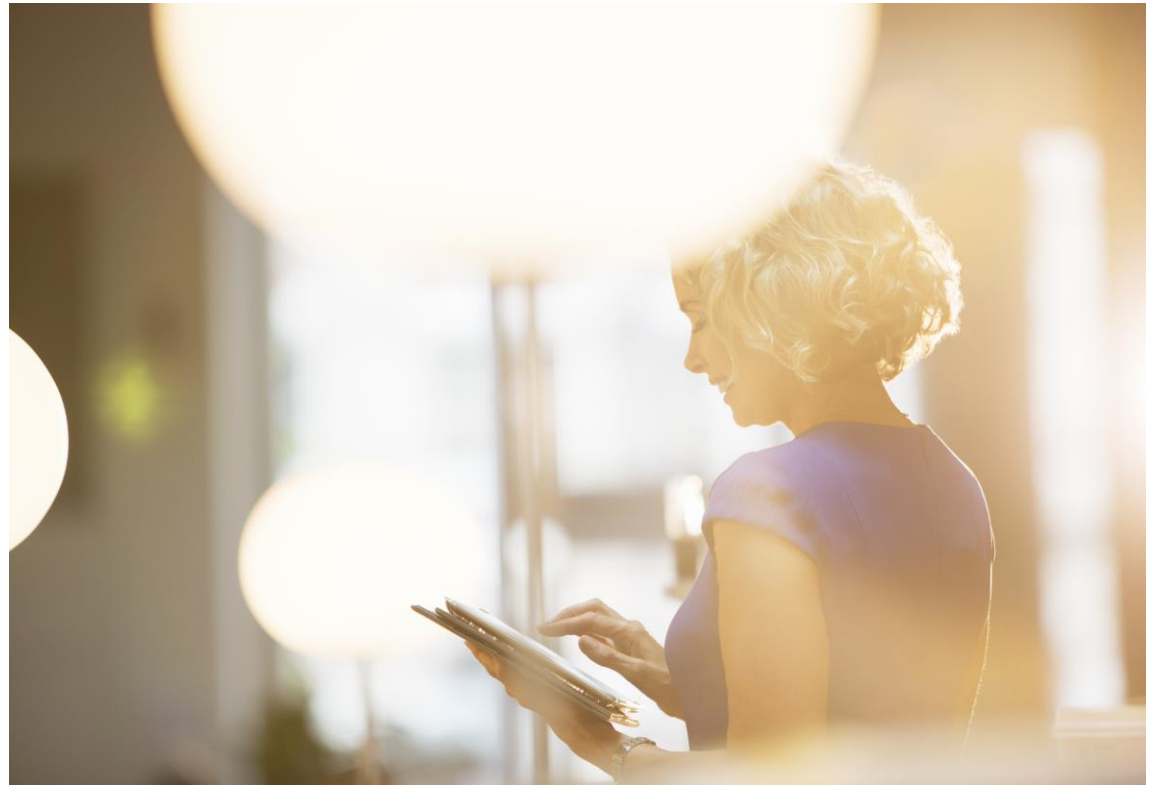


Student Assistance Orientation Overview

Purpose: provide an overview of the SAP to Claflin University students understand its purpose and value as a life management tool

Agenda:

- SAP overview
 - Program
 - Value
 - Cost
 - Tools
 - Client experiences
 - Getting started
- Q&A



What is a SAP anyway?

Tools to find your best self

A comprehensive system of health offerings designed to help you overcome life challenges that can affect your health, family life or academic performance.

What's in it for you

Access to the tools and services you need to live a balanced and happy life.

Plus it's 100% confidential and free!

The Case for Using the SAP

80% of students report reduced productivity academically due to daily stress

70% of students who use the SAP find their stress levels improve

65% of students who use the SAP see an improvement in their ability to meet their many student life obligations

How to Access Programs and Services

- Start a **chat**
- Call the **helpline**
- Request a **session online**
- Browse the **web**

Visit **ndbh.com** with login: claflin

Common Reasons People Use the SAP

- Relationship and family challenges
- Life changing events
- Legal or financial issues
- Academic challenges
- Stress
- Excessive worry or feeling blue
- Substance dependence or addiction
- Conflict resolution
- Grief or loss

Support in the **proactive** or **reactive** stage of life's challenges

The Details: Cost and Confidentiality

Cost:

- The SAP is a **benefit** offered to you by Claflin University
- The SAP offers full coverage for up to three counseling sessions per life challenge per student
- Plus thousands of resources!

Confidentiality: no one will know you have used the program unless you give permission to discuss it or tell them yourself

The Details: The Supportive Network

Counselors:

- Available in all 50 states
- Thousands to choose from for right fit
- Master's prepared in behavioral health and required to have a state license

Around the clock care:

- Call center is open 24/7/365
- Licenses SAP professional available to help in crisis

Online resources:

- Online chat and scheduling
- More than 100k articles
- Daily tips via e-Directions
- Monthly newsletter

Deeper Dive: Financial Advice

The details: each student is entitled to a telephone consult with a financial professional

Students commonly seek financial support for:

- Credit counseling
- Tax planning
- Continued Education planning
- General budget assistance

Deeper Dive: Legal Support

The details: each student is entitled to one 30-minute office or telephone consult per legal matter at no cost with a network attorney



Students may seek legal support for:

- Personal / Family Legal Services
- Landlord/Tenant Issues
- Collections
- Contractual Disputes



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