



## **PROFESSIONAL COUNSELING SERVICES INC.**

*Professional Counseling Services Inc.* was brought into Englewood Public Schools in order to help support students with substance abuse issues and re-engage these same students in school. *Professional Counseling Services* provides prevention and intervention services to middle and high school students in multiple school districts across the greater Metro-Denver area. The services provided by *Professional Counseling Services* are individually tailored to meet the needs of students and their school. Interactive and engaging classroom presentations are also designed to share the risk of drug and alcohol use with students at the universal level.

In-school counseling sessions are available to individual students who are struggling with drug or alcohol use themselves, and for students who have a loved-one who struggles with the same issues. All programs and methods employed by *Professional Counseling Services* are backed by over five years of quantitative and qualitative data which shows the efficacy of its curriculum. Additionally, students have consistently reported lower frequency of substance abuse following completion of the program, and both students and parents have reported improvement in their communication.

Englewood School District reports similar results. A pre- and post-survey provided by *Professional Counseling Services* asked Englewood students who participated in the program to rate the frequency of their substance use. A majority of Englewood students who participated reported learning new information, and having decreased or ceased substance use frequency as a result.

## **ALTERNATIVE TO SUSPENSION PROGRAM**

Alternative to Suspension programs are available to any student who has been caught under the influence, or in possession of a substance or paraphernalia on school property or at school events. This service drastically reduces the length of time students serve in out-of-school suspensions, which helps prevent students falling behind academically due to a suspension.

The six-week drug and alcohol Alternative to Suspension program provided by *Professional Counseling Services* is an effective way to stimulate positive family interactions and communications between family members and between family members and school staff. Students benefit from drug and alcohol related education, while parents are able to learn the risks associated with drug and alcohol use in their students and in their homes.