



Student Behavior Change Coaching

AAH SFAP offers behavior change coaching for middle & high school students and their families. These coaching topics are supplemental offerings to the work our counselors can do within family sessions. Our clinical team can tailor the content to meet the needs of the student and family's unique situation. Sessions provide education, handouts, and homework, and are intended to help increase a student's success at school and at home.

Accepting and Celebrating Diversity at School

- Discuss race and the impact of personal behaviors
- Consider steps that can be taken to restore relationships within the school
- Learn how personal and group identity can impact peer relationships
- Explore uncomfortable interactions
- Reinforce expectations of school

Anger Management

- Learn "anger basics"
- Explore what's behind the angry response
- Identify personal triggers and how to manage them
- Practice strategies to control angry behaviors

Coping with Stress, Anxiety and Change

- Learn the effects of stress on mind and body
- Practice strategies to create balance during periods of change
- Strategize ways to reduce worry

Rethinking Drinking

- Assess alcohol and drug behaviors
- Explore emotional issues and genetic factors
- Identify personal triggers and practice how to manage them

Vaping or Marijuana Use

- Assess vaping and other alcohol or drug behaviors
- Learn the risks and consequences of use
- Explore emotional issues and triggers

**If you would like to access these coaching services,
please reach out.**

**Advocate Aurora Health SFAP
800-236-3231**