

# Safe & Sound

STUDENT  
ASSISTANCE  
PROFESSIONAL



Fall 2025



MARK HOWARD

## Greetings from your Lakewood S.A.P.

Hello, Lakewood Families,

Welcome back! I hope your summer was fulfilling and that you were able to soak up enough Vitamin D to last you through the winter!

I'd like to take just a moment to introduce myself to you. Hi, I'm Mark, and I'm the Student Assistance Professional here in Lakewood. Some of you may know me already from my previous role as the substance use prevention Community Coalition Coordinator.

In that role, I helped rally community members, non-profits, parents, business owners, etc. toward the common goal of preventing substance use and promoting mental health awareness among the youth in the community.

Now I have the exciting opportunity to do it from within the schools, following [SAMHSA's evidence-based Strategic Prevention Framework](#).

I began this role in May 2025, with only 3 weeks left of classes. My primary goal then was to start laying the framework for this year by making introductions and starting the process of building relationships.

Here are some services I can provide as a Student Assistance Professional:

- 1:1 meetings
- Support Groups
- Prevention Education Series
- Make referrals to community based services
- A non-judgmental, listening ear

I divide my time between the middle and high schools, but I'm still working on that schedule. Stay tuned for updates.

Thank you for your time. You can reach me at [mhowardenwesd.org](mailto:mhowardenwesd.org).

*Mark Howard*

In these quarterly newsletters you can expect:

News and Updates

Prevention Trends and Data

Stories of Impact

What does an S.A.P. do?

Community Events

Healthy Youth Survey Results