

**Dear Parents and Families,**

I am thrilled and honored to be back serving the students at Bainbridge High School as the Student Assistance Professional (SAP). In this role, I provide support, guidance, and resources for students who may be navigating emotional stressors, substance use, mental health challenges, or other concerns that can impact their well-being and academic success.

Social and emotional development is a vital part of a student's high school experience. My goal is to create a safe, supportive space where students can build healthy coping skills, recognize their strengths, and feel empowered to navigate challenges. I provide this support through individual meetings and weekly small-group sessions throughout the school day.

The goals of the Student Assistance Program include:

- Preventing substance abuse
- Reducing anxiety and depression among students
- Improving school performance
- Developing healthy coping skills
- Connecting students and families with appropriate resources and support

As a licensed social worker in the state of Washington, I am committed to building meaningful relationships with students and providing a supportive, confidential environment where they can feel heard and understood. Services are available to all students seeking support related to substance use, mental health, emotional well-being, or other challenges they may be experiencing.

**My office hours are:**

- Mondays and Wednesdays: 8:00 AM – 4:30 PM
- Alternate Fridays: 8:00 AM – 4:30 PM

I am also available as a resource for parents and families. If you have concerns about your student, would like to learn more about the program, or simply want to connect, please feel free to reach out. I am happy to answer questions, listen to your concerns, and help connect you or your student with additional resources when needed.

You can reach me directly at [ehenning@bisd303.org](mailto:ehenning@bisd303.org).

I look forward to continuing to support the students and families of Bainbridge High School and am grateful for the opportunity to be part of this community.

**Sincerely,**  
**Emily Henning, MSW, LSWAIC**  
Student Assistance Professional  
Bainbridge High School