

Are You Worried About Your Student?

**The Student Assistance Program (SAP) can help students experiencing barriers to learning.**

### **A Guide for Parents/Guardians**

#### **What Is SAP?**

A SAP team made up of school and agency staff is available to help you access school and community services for your student.

In Pennsylvania, every school district must have a plan for identifying and assisting students who experience learning barriers. Our school's Student Assistance Program team name is the Student Assistance Committee (SAC).

The SAC team will help you find services and assistance within the school, and if needed, in the community. We do not diagnose, treat, or refer your child for treatment. We will provide you with information and you will make the choice(s) that best fit your needs and wishes. As the parent/guardian you are an important part of the team.

#### **Do You See Your Student Showing Any of These Behaviors?**

- Withdrawing from family, friends, and/or activities
- Changing friends
- Unexplained physical injuries
- Feeling sad
- Talking about suicide
- Defying authority, either at home or school
- Physically and/or verbally aggressive
- Lying
- Needing money without a good explanation
- Declining grades
- Openly talking about or experimenting with drugs, alcohol, or tobacco
- Self-harm (such as cutting)
- Skipping school
- Bullying

#### **Are You Concerned about Your Student's Reaction to...?**

- Recent death of a loved one
- Family changes i.e., divorce/separation
- Financial problems
- A relationship problem
- Bullying
- Peer pressure
- Other traumatic event

## **How Does My Student Become Involved in the SAP Program?**

Anyone can refer a student to the SAC team. Some students are referred by teachers or other school personnel. A friend or family member can also let the SAC team know that they are worried about someone. The child can even go directly to the SAC team to ask for help. Schools will gather information to determine how a student is doing in their classes. However, the SAP team will not proceed unless you give your written parent permission. Once permission is received, the SAC team will collaborate with you to develop a plan of action to help

## **How Do I Contact the SAC Team?**

If you have any questions about SAC or feel that your student may need help, call your student's school, and ask to speak with any of the following active team members:

- Colton Moyer, Principal
- Maggie Roberts, Assistant Principal
- Scott Smolleck, School Counselor
- Brienne Doak, School Counselor
- Jill Raymond, School Nurse
- Jill Bruder, MH, and D&A liaison, CMSU
- Tonya Hatter, School Social Worker
- Faithe Bastian, Teacher
- Jackie Cook, Teacher
- Derek Hicks, Teacher

## **Privacy**

The SAC team information is completely confidential, and the team will always respect you and your student's privacy.

## **Community Resources**

- TapLine (24 hour crisis hotline): 1(800) 222-9016
- Safe2Say Something: 1-844-723-2729
- CMSU (Mental Health/Drug & Alcohol): (570) 275-4962
- Gaudenzia Addiction Tx and Recovery: (570) 261-7549
- National Suicide Prevention Lifeline: 1 (800) 273-8255
- Snyder County Children and Youth: (570) 374-3570
- Childline (child abuse reporting): 1 (800) 932-0313