

Signs and Symptoms And Reasons for Referral

Change in behavior or mood

- Easily upset, sad, angry, unpredictable, secretive, etc.

Drop in grades or school performance

- Skipping school, not completing homework, etc.

Change in friends, appearance, or interests

Physical symptoms

- Fatigue, weight loss/gain, change in sleep patterns, headaches, unexplained injuries, etc.

Defiance of rules

- Refusing to do chores, coming home late, avoiding family, taking money, etc.

Alcohol or other drug use

(no matter how minimal)

- Misusing medication, participating in drug and/or alcohol related activities, etc.

Useful Websites

PA Department of Education
<http://www.state.pa.us>

Statewide SAP
<http://www.SAP.state.pa.us>

National Drug Statistics
<http://www.nida.nih.gov>

Partnership for a Drug Free America
<http://www.drugfreeamerica.org>

National Clearinghouse for Alcohol & Drug
<http://www.health.org>

Who Do I Contact for Help?

SAP Team Members

Stacy McMillen

School Psychologist

Minnie Logue

School Counselor

Tracy Hartle

Learning Support Teacher

Linda Miller

English Teacher

Holly Irwin

School Nurse

Michelle Austin

Attendance Officer

Bill Jordan

Principal

SAP Liaisons

Clarion County Mental Health
and Drug and Alcohol

214 South 7th Avenue
Clarion, PA 16214

Eva Conner - Mental Health Resources
(814) 226-6252, ext. 551

Meredith Karg - Drug and Alcohol Resources
(814) 226-6350, ext. 102

Privacy

The SAP team and the school will respect you and your child's privacy at all time. All information regarding the program is confidential and maintained in the best interest of the student.

Student Assistance Program

An Overview for Parents,
Teachers, and Students

Making a Difference

What is a Student Assistance Program?

A Student Assistance Program (SAP) is a service designed to help school personnel identify issues, including alcohol, drugs, mental health, and behavioral concerns which could pose a barrier to a student's learning and school success. The primary goal of the SAP is to help students overcome these barriers in order for them to achieve, to remain in school, and to advance.

The SAP uses a systematic process to intervene and refer the students to appropriate in-school and/or community services. Parent involvement in all phases of SAP strengthens the parent's role and responsibility in the decision making process.

The SAP team is comprised of professionally trained school staff members and liaisons from local human service agencies. As a team they process issues to best serve all students. Student participation in the program is voluntary. All information regarding a student's involvement in the program is confidential and maintained in the best interest of the student.

SAP has been in existence in the state of Pennsylvania since 1985 and has maintained a cooperative effort with The Pennsylvania Department of Education, Health, and Public Welfare.

What is the SAP Process?

Students may be referred for many reasons including: violating the district's drug and alcohol policy, exhibiting signs of mental health issues (including the risk of suicide), displaying behavior concerns, or showing evidence of a drop in school performance. Students may be referred to the SAP team by parents, friends, school personnel, or others.

The SAP team reviews all referrals and then makes contact with the parents and ask that they sign a parent permission form so that their child may work with the team. Then an information gathering process begins. Information about the student's academic performances, attendance, behaviors, and other concerns is requested from school staff. Parents are also encouraged to provide information to the team as in many cases there are concerns at home as well.

The family and the SAP team then work together to develop a plan based upon the student's needs. This plan may include a peer tutor, an educational adolescents issues group, or an assessment by a trained drug/alcohol/or mental health professional. The SAP team does not diagnose or provide treatment.

Making a Difference

What is the Parent's Role?

The parent's support of the Student Assistance Program is necessary for student success. Students are more likely to benefit from SAP recommendations and school/agency services when parents are informed, involved, and supportive.

Tips to Help Your Child

- ✓ Become informed about issues that are affecting our children today such as alcohol and other drugs, suicide, depression, and violence.
- ✓ Establish and maintain communication with the school.
- ✓ Be open and honest with the team regarding concerns or fears. Give them the opportunity to assist your child.
- ✓ Don't enable. Enabling is when parents and adults unknowingly allow irresponsible or harmful behaviors to continue.
- ✓ Follow through promptly with recommendations from the school or agency staff.
- ✓ Ask your school about parent/student rights and responsibilities.