

Because being a middle school student can be stressful.....

- Mrs. Phillips (teacher)
- Mrs. Spade (nurse)
- Mrs. Robel (Nurse)
- Mrs. Walters (school counselor)
- Mrs. Zanolini (school social worker)
- Mr. Deljonovan (Teacher)
- Mr. Callahan (principal)
- Mrs. Allison Wilson (CMSU liaison)

We are here to help!

CONTACT ANY TEAM MEMBER TO MAKE A REFERRAL!



## CONCERNED ABOUT?

- DRUG/ALCOHOL USE
- FAMILY STRESSORS
- SELF-HARM
- PEER PROBLEMS
- SOCIAL ISSUES
- RELATIONSHIPS
- SUDDEN DROP IN GRADES
- DEPRESSION
- LYING
- GRIEF
- AGRESSION



## Are You Worried About Someone?

# SAP

### Help is Here

## The STUDENT ASSISTANCE PROGRAM (SAP)

Southern Columbia Area Middle School

## WHAT IS SAP?

The Student Assistance Program (SAP) is a group of teachers and other school staff, as well as community agency staff who are here to help students deal with problems- academic, social, or emotional. Parents are also part of the team. Parent permission is necessary in order to participate in SAP.

### HOW DO I GET INVOLVED?

Anyone can refer someone for help. Students can ask for help for themselves or classmates. Teachers and other school staff who are worried about someone can refer them too. Parents can refer their own child or any middle school student they may have concerns about. Referrals are anonymous. Contact any member of the SAP team to make a referral.

## IS YOUR CHILD EXHIBITING ANY OF THESE BEHAVIORS?

- Withdrawing from family, friends and/or school
- Changing friends; no longer spending time with old friends
- Unexplained physical injuries
  - Talking about suicide
  - Depressed
- Defying authority, both at home and at school
  - Acting aggressively
  - Lying
- Needing money without an explanation
- Sudden drop in grades
- Experimenting with drugs or Alcohol

## ARE YOU CONCERNED ABOUT YOUR CHILD'S REACTION TO:

- Recent death of a loved one
- Divorce of parents
- Family relocation
- A relationship problem

## CONFIDENTIAL

The SAP team takes confidentiality very seriously. Only members of the SAP team know who is participating in SAP in order to ensure privacy.



## WHAT HAPPENS NEXT?

1. The team will gather specific information about your child's performance in school from all school staff who have contact with your child.
2. A SAP member will make parent contact and provide permission forms.
2. IF consent is granted...Parents and the SAP team will develop a plan of action to help your child achieve success. The plan might include services and activities in school and/or services from a community agency. Either a SAP team member or agency liaison will keep in touch with you.

**Don't hesitate to ask for help.**