Centre County Student Assistance Programs

AN OVERVIEW FOR PARENTS

Developed by the Centre County SAP District Council

WHAT IS A STUDENT ASSISTANCE PROGRAM?

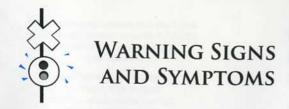
A Student Assistance Program (SAP) is designed to help school personnel to identify issues; including alcohol, drugs, mental health and behavioral concerns; which pose a barrier to a student's learning and school success.

The SAP uses a systematic process, along with specially trained school personnel, to intervene and refer these students to appropriate in-school and/or community services. Parent involvement is an important part of the process.

WHY DO SCHOOLS HAVE SAP TEAMS?

All school districts in Pennsylvania are required to establish and maintain a program to provide appropriate referrals for counseling and support services for students who experience difficulties in school. The program has been in existence since 1985 and has been maintained as a cooperative effort between the Pennsylvania Departments of Education, Health, and Public Welfare. Approximately 65,000 students in Pennsylvania are referred to SAP core teams in schools every year.

However, not all teams in schools are called the "Student Assistance Program." In Centre County, teams are also called BEST, STAR, SAT, and PASS.



- 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, 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, or misuse of medications.



Helping Students Stay On Track
Student Assistance Program

HERE ARE A FEW TIPS:

- Become informed about issues that are affecting our children today such as alcohol and other drugs, suicide, depression, and violence.
- Attend meetings and return calls/ letters regarding your child.
- Be open and honest with the team regarding your 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. Some examples: giving one more chance after a rule was broken, lying or making excuses for the child, ignoring unacceptable behaviors, promising not to tell, making deals, or blaming others.
- Follow through promptly with recommendations from the school and/or agency staff.
- Ask your school about parent/student rights and responsibilities.

HO IS INVOLVED IN SAP?

the core of the program is a team trained coording to state guidelines. Members of the eam may include teachers, principals, nurses, chool counselors, school psychologists, and expresentatives from human service agencies. The Student Assistance Program is a support ervice for students and families. All information egarding a student's involvement in the program is confidential and maintained in the best interest of the student.

VHAT IS THE SAP PROCESS?

tudents may be referred for many reasons including violating the district's drug and alcohol policy, exhibiting signs of mental health problems including the risk of suicide), behavior concerns, or change in school performance. Students may be referred to SAP by school personnel, parents, riends, themselves or others.

The SAP team reviews all referrals, and an information-gathering process begins. Information about the student's academic performance, attendance, behaviors, and other concerns is requested from school staff. If this information indicates a concern, schools in most cases will inform parents. Parents in turn may provide information which is helpful to the team.

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

WHAT IS THE PARENT'S ROLE?

Parent support of the Student Assistance Program process 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.

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For more information, contact these numbers.

Bald Eagle Area Middle/Senior High School B.E.S.S.T. (Bald Eagle Student Support Team) Contact Person: Carol Tancibok 814-355-4629

> Bellefonte Area Middle School Student Assistance Team Contact Person: Guidance Office 814-355-5466 ext. 5006

Bellefonte Area High School Student Assistance Team Contact Person: Guidance Office 814-355-4833

Penns Valley Junior-Senior High School PASS Team (Program Assisting Student Success) Contact Person: Guidance Office 814-422-8854

Philipsburg-Osceola Area Junior High School STAR Team Contact Person: Guidence Office 814-342-4860

Philipsburg-Osceola Area Senior High School STAR Team Contact Person: Guidance Office 814-342-1523

> Park Forest Middle School (State College) Student Assistance Program Contact: Counseling Center 814-237-5304

RIT Program (State College) Student Assistance Program 814-235-6351

Mount Nittany Middle School (State College) Student Assistance Program Contact: Counseling Center 814-466-5141

> State College High School South Student Assistance Program Contact: Counseling Center 814-231-5050

> State College High School North Student Assistance Program Contact: Counseling Center 814-231-1130

Delta Program (State College) Student Assistance Program contact Person: Delta Counselor 814-231-1000

Centre County Mental Health/Mental Retardation and Drug/Alcohol Program 420 Holmes Street Willowbank Office Building Bellefonte, PA 16823 Contact Person: Cathy Arbogast (Drug and Alcohol) 814-355-6744

814-355-6782

CENTRE COUNTY

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