

## ELEMENTARY STUDENT ASSISTANCE TEAM MEMBERS

### Green Ridge:

Mrs. K. Pollock..... Nurse  
Mrs. T. Zeaser..... Teacher

### Hampden:

Mrs. L. Hitchings..... Counselor  
Mr. S. Flom..... Teacher  
Mrs. S. Coburn..... Nurse

### Middlesex:

Mrs. K. Harlan..... Counselor  
Mrs. K. DeLuzio..... Teacher  
Mrs. M. Rulapaugh..... Nurse

### Monroe:

Mr. L. Leopold..... Counselor

### Shaul:

Mrs. M. Stoner..... Counselor  
Mrs. C. Zoerb..... Nurse

### Silver Springs:

Mrs. L. Burns..... Teacher  
Mrs. R. Gochenaour..... Nurse  
Mrs. C. Peterman..... Counselor

### Sporting Hill:

Mrs. M. Bushey..... Counselor  
Mrs. R. Abelson..... Nurse

### ALL TEAMS

Ms. A. Miller..... Behavioral Specialist  
Mrs. J. Weigle..... School Social Worker

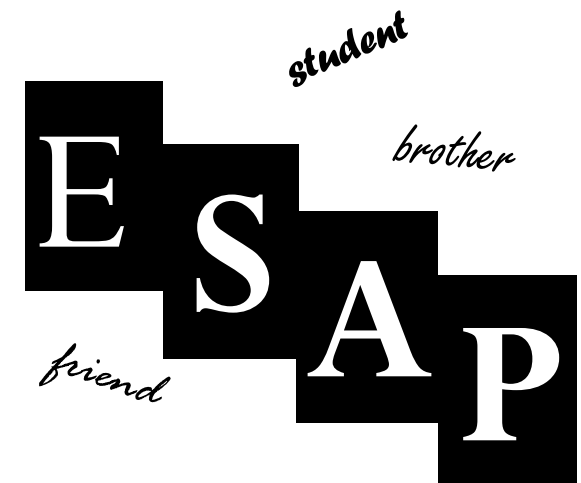
**Liaisons from Cumberland/Perry Drug & Alcohol and Teenline.**



*Soaring to greatness, through devotion to our students, families, and community*

2017-18  
Cumberland Valley  
School District

## Are You Worried About Someone ?



....Student Assistance  
Can Help

*son*

*daughter*

*sister*

# STUDENT ASSISTANCE PROGRAM

## WHAT IS THE STUDENT ASSISTANCE PROGRAM (SAP)?

In Pennsylvania, every middle, high school, and some elementary schools have a Student Assistance Program (SAP). A SAP Team made up of school and community agency staff is here to help you access school and community services. If your child is having trouble in or out of school, we can help, as there may be times when you just do not know how to help. That's okay; someone else may know how to help. Don't feel embarrassed or uncomfortable about asking for help. When extra help is needed, knowing how and where to find it can be overwhelming.

## 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/has a family member abusing drugs or alcohol

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

- Recent death of a loved one
- Divorce of parents
- Family relocation

## HOW DOES MY CHILD BECOME INVOLVED IN THE PROGRAM?

Our 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. Rather, we will provide you with information; **YOU** make the choices.

REMEMBER, YOU ARE PART OF OUR TEAM.

Our goal is to help your child succeed in school. Students come to the SAP team in different ways. Anyone can refer a student to SAP. Some students are referred by teachers and other school personnel. Any school staff member, a student's friend, or family member, can let the SAP team know that they are worried about someone. The students themselves can even go directly to the SAP team to ask for help. However, the SAP team will not become involved unless we receive *both* parent and student permission.

## WHAT IF SOMEONE HAS ALREADY REFERRED MY CHILD TO SAP

First, know that your child was referred because someone is concerned about observable changes they are seeing in your child. Perhaps a teacher or friend has noticed changes in behavior and habits that you may or may not have noticed at home. Your observations of your child at home are important.

The SAP team will request that you sign a permission form for your child to become involved in the program. Once you sign, the SAP team will begin to work with your child and keep in touch with you. If you feel you need more information before making a decision, please let your SAP team know. If you do not sign the permission form, the SAP team will NOT become involved. Participation is voluntary.

## WHAT HAPPENS AFTER I GIVE MY PERMISSION?

There are several steps that the team will take after you sign the permission form:

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. Together, you and the SAP team will develop a plan of action to help your child achieve success in school. 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. We will remain concerned and interested in your child.

## CONTACTING YOUR SCHOOL'S SAP PROGRAM

If you feel that your child may need help, call your child's school and ask to speak with a Student Assistance team member or your child's school counselor. Someone will be there to help you.

## PRIVACY

The Student Assistance Teams and the school will respect you and your child's privacy at all times.