

What is Student Assistance?

Student Assistance is a way to identify, intervene, or help high-risk students.

High risk includes:

- drug or alcohol problems
- suicide
- mental health problems
- depression
- relationship problems
- eating disorders
- school-related problems

How does SAP work?

- Identification
information on student gathered from teachers, coaches, parents, and other school personnel
- Intervention
 1. team assesses information
 2. determines severity of problem
 3. chooses appropriate line of action
- Referral
 1. students may be referred to an in-school resource counselor, peer helper, support group, etc
 2. students may be referred to an outside source if problem is more serious
- Follow Up
students are monitored by SAP team member

Who are the SAP members?

The Student Assistance Program team members are teachers, counselors, administrators, and community agency personnel committed to helping our children.

All have received special training. The SAP team is here to help those students who are suffering from depression, battling substance abuse, or having trouble coping with peer pressure or the daily pressures of adolescence.

The 2013-2014 members of the Littlestown High School SAP Team are:

- Matt Meakin..... Principal
- Christopher Fultz Asst. Principal
- Henry Hirsch..... Guidance
- Doug Hartlaub..... Guidance
- Phil Burge Psychologist
- Lisa Rummel.....Nurse
- Trin Richwine..... Teacher
- Jennifer Yutzy..... Teacher
- September Beach.....Teacher
- Tim Duff Probation Officer

Outside Agency Support

Cornerstone Counseling and Educational Services

Adams/Hanover Drug and Alcohol

Adams/Hanover Mental Health

Adams County Children and Youth

Adams County Juvenile Probation Office

Further Follow-Up Possibilities:

Groups--small groups of students with similar problems working with an adult leader:

Children of Alcoholics

Expectant Mothers

Mental Health

Grief

Substance Abuse

Recovering Abuser

What Parents, Peers & Others can do:

- If you suspect someone may be at risk for one reason or another, there are several things to do or not do:

Do

- Remain calm--volunteer to help the individual
- Confront the person about the problem
- Get as much information as possible
- Refer the person to SAP or other professionals

Do Not

- Over-react or moralize
- Make excuses for their behavior
- Blame yourself
- Make threats you cannot or will not carry out
- Make a deal with the person

SAP Referral Form
(Confidential)

1. Name of student being referred:

2. Suspected problem:

3. Behaviors you have observed:

4. Your name (optional):

5. Relationship to student (friend, peer, parent, teacher, coach, etc.):

6. May we call you? _____
Phone #: _____

Referrals can be mailed to the High School or given to any SAP team member.

**STUDENT
ASSISTANCE
PROGRAM**

Littlestown High School



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