

S.A.P.

Student Assistance Program

General Information for Students

What is SAP?

SAP is a program within the school to offer help for students who are dealing with drug and alcohol problems, a drop in grades, depression or thoughts of suicide.

Who is on the SAP Team?

The SAP team includes teachers, counselors, psychologists, school nurses & a social worker. They've all had special training to help students with these kinds of problems. They meet twice a week, in private, to discuss SAP cases. Their names & room numbers are posted in all the classrooms.

Who will know that my friend or I have gone to SAP for help?

The SAP team keeps things very confidential. We need to have your parent or guardian sign a permission form but your meetings with the SAP counselor will remain private. The only reasons the SAP counselor would talk to your parent/guardian about the sessions are concerns about abuse, suicide or homicide. She would tell you first before talking to anyone.

Who can refer someone to SAP?

Anyone can refer to SAP – a student, teacher or parent. You can refer yourself or a friend you may be concerned about.

How can I go to SAP or recommend a friend for SAP?

Referral forms are available in the Guidance Office, the Health Suite, the Library or the lobby. They can be returned to Dr. Wexler (Coordinator of Student Support Services). If you're referring a friend, you don't need to put your name on the form if you don't want to.

What happens after I turn in the referral:

When the SAP team meets, they will review any new referrals. One member of the SAP team will be assigned to each student. Sometimes this is a teacher or counselor who knows you, sometimes not. They will then contact your parent/guardian to get a permission form signed and gather information from your teachers. We ask the teachers questions about your grades, attendance and behavior. We do NOT tell them why you're referred to SAP. We also get information from the nurse about visits to the Health Suite.

Next you'll meet with the SAP counselor in school. If the counselor thinks you may need more help, she'll refer you to additional counseling outside of school.

Your referral to SAP does NOT go on your school records.

ABINGTON JUNIOR HIGH STUDENT ASSISTANCE PROGRAM

WHAT YOU CAN DO TO HELP A TROUBLED FRIEND

- Let your friend know you care
- Encourage your friend not to use drugs or alcohol, because that could make him or her feel worse and confuse his or her judgment
- Let your friend know that help is available

- IF YOU THINK YOUR FRIEND IS...
 - THINKING ABOUT RUNNING AWAY
 - THINKING ABOUT HURTING HIMSELF OR HERSELF
 - THINKING ABOUT HURTING SOMEONE ELSE
 - BEING HURT AT HOME

TELL A RESPONSIBLE ADULT AS SOON AS POSSIBLE

WHAT NOT TO DO

- DON'T IGNORE YOUR FRIEND
- DON'T PUT YOUR FRIEND DOWN
- DON'T LECTURE
- DON'T CHANGE THE SUBJECT
- DON'T TRY TO HANDLE IT ALONE
- DON'T LET YOUR FRIEND MAKE YOU PROMISE NOT TO TELL AN ADULT

The Student Assistance Team wants to help you and your friends. The team is here to help students and their families get assistance. You may be concerned about a friend because he or she is using drugs or alcohol or seems to be very unhappy. You may be having difficulties yourself. You are not alone. The members are on the list posted in your classroom.