

WARNING SIGNS



Have You Seen Any of These Behaviors In Your Child?

- Withdrawing from family, friends and/or school
- Changing friends; no longer spends time with old friends
- Unexplained physical injuries
- Talking about suicide
- Depressed
- Defying authority, both at home and at school
- Acting aggressively
- Lying or stealing
- Needing money without an explanation
- Sudden drop in grades or attendance
- Experimenting with drugs or alcohol
- Recently went through a difficult transition (death, divorce, trauma)



What SAP Liaisons Do

- Research and provide resources to connect families to local community services
- Act as a bridge to community resources
- Behavioral health screenings available to identify risk concerns of students

SAP CAN HELP!

The Process

SAP Teams are available to help your child succeed in school! Your SAP team will help you find services and assistance within the school as well as in the community, if needed.

REFERRAL / Anyone can make a referral. The student themselves can also make a referral to seek help and support.

PARENTAL CONSENT / Parent involvement strengthens the decision making process about any behavior impacting the education, health, safety, or welfare of their child. Active parent support of the SAP process promotes their child's success. Students are more likely to benefit from SAP recommendations when parents are informed, involved, and supportive.

HELP IS AVAILABLE / If you feel that your child may need help, call your child's school and ask to speak with a member of the SAP team.

PRIVACY / The SAP Team and school will respect and maintain confidentiality between all parties involved in the SAP process in the best interest of the student and in accordance with all State and Federal laws protecting the privacy of parents and students. A SAP referral can be anonymous.

What is the difference between a SAP Referral and a SAFE2SAY Referral? / SAFE2SAY is a confidential tip line to report immediate concerns about a student. If a student would benefit from ongoing services or more thorough assessment for anything reported, they will be considered for SAP.

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Student Assistance Program

SAP



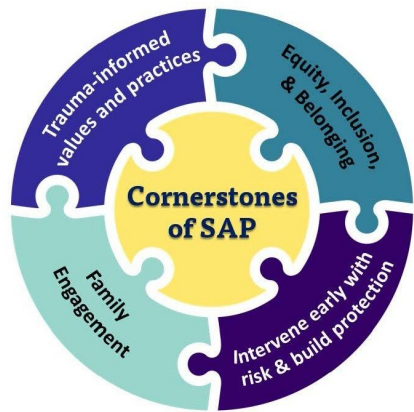
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What is SAP?

In Pennsylvania, all schools have a Student Assistance Program (SAP) which helps students overcome barriers to learning. The primary goal of SAP is helping students overcome barriers resulting in success in school and life. Some barriers include alcohol, drugs, tobacco and mental health issues. SAP is an intervention program, facilitated by a core team, that involves referrals and information gathering. SAP services are non punitive and are not part of the student's academic records. Students are referred to SAP because someone who cares about them has noticed behaviors of concern. The SAP Team does not diagnose, treat, or refer a student for treatment. Rather, SAP Teams provide school and community resources and services. Parents remain actively involved in decision making and participation.

What is ESAP?

The Elementary School Assistance Program, or ESAP, is the SAP program within elementary schools. It follows the same processes and guidelines as the original SAP program. There is a strong focus on behavioral concerns, social-emotional skills and mental health.



Reasons for a SAP Referral

There are a variety of reasons why a student would be referred to the SAP program. They include, but not limited to:

- **Academics** / Drop in grades, lower achievement, decrease in class participation, failure to complete assignments, poor short-term memory, not following direction.
- **Attendance** / Tardiness, excessive absences, cutting classes, frequent gym excuses, increased visits to health room, guidance office, bathroom visits.
- **Health** / Lack of attention to hygiene, sleeping in class, frequent report of illness, headaches, unsteady on feet, regular complaints of nausea or vomiting, odor of alcohol or marijuana, glassy, bloodshot eyes, slurred speech, unexplained frequent physical injuries, preoccupation with food and/or weight.
- **Behaviors** / Unrealistic goals, change in friends, older or significantly younger social group, sudden popularity, difficulty in relating to others, erratic behavior, inappropriate responses, appears sad or depressed, seeking adult advice without a specific problem, defensive, withdrawn, sexual activities, talks about problems at home, talks freely about drug and-or alcohol abuse, mentions or threatens suicide, mention or threatens violence of any kind.

What SAP is not

- SAP is not the first thing used to help a student. It should be used after all other school-based supports have been explored.
- SAP is not mandatory, it is voluntary.
- SAP is not on-going therapy.
- SAP is not a punishment for policy violations.
- SAP is not a crisis service.

SAP Best Practice

1 / Referral

- Observe behavior concern
- Receive SAP referral
- Engage in team discussion
- Assign a SAP team case manager

2 / Data Collection

- Distribute and collect behavior checklists
- Gather other relevant data
- Complete parent/guardian conversation and obtain written permission
- Review and summarize data

3 / Action Planning

- Engage student and family to develop an action plan
- Identify school and community resources
- If screening or assessment is recommended, obtain written consent
- Ensure the action plan is data-driven, measurable and achievable

4 / Follow-Up

- Monitor and review the action plan through check-ins with student, family, and referral source
- Track progress and adjust as needed

Center for Humanistic Change (CHC) is
a proud provider of Lehigh and
Northampton County SAP liaison services.