



## What is SAP?

- **Student Assistance Program:** A team of school staff who have received specialized SAP training and certification on how to best help students with issues preventing them from being successful in school.
- The team includes: teachers, nurses, counselors, administrators, special education staff, school psychologists and a liaison from the Caron Foundation.
- SAP teams are present in all Conrad Weiser School Buildings. At the elementary level, they are called ESAP teams.
- The team is knowledgeable about many school wide and community resources to best support students and assist families. Assistance with accessing health insurance is also available.
- **Anyone** can make a referral to the SAP team. Referrals can be made in person or anonymously via phone, email, mail, or drop boxes in the HS and MS libraries. There are also referral forms which can be found in the office and counseling office of each building. Direct contact information is on the back of this brochure.



# Conrad Weiser Area School District

For more information contact:  
**Barbara Boland, LSW BCBA**  
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O: 610-693-8565  
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Offices in both High School and Middle School

To get help for your child, another student you are concerned about or to ask more information about the SAP program, please call or email. You may leave a confidential or anonymous voice mail.

## Conrad Weiser Area School District Student Assistance Program (SAP)



*Being a teenager can be stressful at times. Sometimes the many demands and pressures teens face can be overwhelming.*

*Teenagers don't always know how to cope with stress at home, expectations in school, social drama or the anxiety of how to "fit in". In an effort to cope, some teens may choose unhealthy or even dangerous means to reduce negative feelings.*

*The Student Assistance Program (SAP) is designed to help all students who are struggling both in and out of school with any type of barrier preventing them from being successful. These barriers can include: Mental health, substance abuse, medical, family issues, financial concerns, homelessness, separation from parents, or response to a loss or crisis.*

# GETTING HELP FOR YOUR CHILD DOESN'T HAVE TO COST MONEY

## What types of concerns or behaviors may warrant a referral to the SAP team?

- Drop in grades or poor quality work
- Losing interest in favorite or typical activities such as family time, sports or outings with friends
- Change in personal appearance, including weight changes
- Changing groups of friends or isolation
- Experimenting with drugs or alcohol
- Not getting along with others, mood changes or unusual irritability
- Having thoughts of suicide, self harm or hurting someone else
- Concerns of domestic violence or having unexplained physical injuries
- Current or past trauma or abuse
- Change in family through divorce, death or illness, including incarceration or legal issues of a family member
- Family member serving in the military
- Dealing with a breakup of a relationship
- Defiance of authority or aggressive behavior with peers

## How does a student become involved in the Program?

- **Once a SAP referral has been received, the team will discuss the nature of the referral and how to proceed.**
- **Teachers and other school personnel who work with the student will be asked to complete observation forms to provide a complete picture of the behaviors and concerns in their classroom or setting in which they see the student.**
- **Team members will discuss the responses on the observation forms and determine if the SAP process should be continued.**
- **If SAP is beneficial, the parents/guardians of the student will be contacted for the next steps.**
- **If the SAP process is not beneficial at that time, the student may be monitored by periodically sending out additional behavior observation forms.**
- **If the SAP referral indicates that a student is in crisis, the above steps will be bypassed to get the student help immediately!**

## What happens next?

- When the SAP process is warranted, parents are called to discuss the referral concerns and feedback on the behavior forms.
- Parents and a SAP team member will discuss options to get help which would include a **FREE** assessment from the school's liaison with the Caron Foundation. This liaison is highly skilled at mental health and drug or alcohol concerns.
- Parents will need to consent to the SAP assessment process with written permission.
- The Caron representative assessment which occurs in school is highly **CONFIDENTIAL** and the recommendations will only be shared with the consenting parent(s) and the SAP team.
- The outcome of the assessment may include referrals to outside agencies, suggestions for additional support at school or home, help with insurance or other support services in the community.
- Follow through will require parent participation and consent.