

WHAT IS THE STUDENT ASSISTANCE PROGRAM?

S.A.P. identifies students having difficulty in school because of problems related to substance abuse or emotional difficulties. The **Student Assistance Program** has many resources that can help students overcome difficulties, improve their outlook, and decrease barriers to learning.

SAP IS ...

An identification team

An intervention team

A referral team

SAP IS NOT ...

A counseling team

A treatment team

A discipline team

Elementary (ESAP) & Student Assistance Program

ESAP operates at the elementary level. Students demonstrating aggressive/violent behavior or students who are at high risk for future substance abuse and/or violent behavior may be referred to SAP.

School and Community Resources

| | |
|---|-------------------|
| Federal Programs Office | 248-0148, ex.2547 |
| East Derry Elementary School | 543-5615 |
| Indian Valley Elem. School | 667-2123 |
| Lewistown Elementary School | 242-5823 |
| Strodes Mills Elem. School | 248-7154 |
| Lewistown Intermediate School | 242-5801 |
| Mifflin County Middle School | 242-1401 |
| Mifflin County Jr. High School | 248-5441 |
| Mifflin County High School | 242-0240 |
| Youth Advocate Program, Inc. | 242-2563 |
| Clear Concepts | 242-3070 |
| Center for Behavioral Health | 242-7264 |
| Juniata River Center for Human Services | 248-8540 |
| MC Children & Youth | 248-3994 |
| MH/MR of Juniata Valley | 242-0351 |
| At-Risk Youth Programs | 248-4942 |

WHOM CAN YOU REFER TO SAP?

Any student who you think may be having problems may be referred.

A student may even refer himself/herself.

WHO CAN MAKE REFERRALS?

Teachers, Students, Parents, Community Members, Anyone Who Cares

HOW DO YOU MAKE A REFERRAL?

Student Assistance Program

For middle school and high school referrals, call the school the student attends and ask for a SAP team member.

Safe & Drug-Free Schools Program or ESAP

For elementary school referrals, call the school the student attends and ask for a SAP team member.

WILL EVERYONE KNOW THE STUDENT'S PROBLEMS?

NO!

Strict rules of confidentiality apply to all phases of the **Student Assistance and Safe & Drug-Free Schools Programs**, to those who refer others and to those who are referred. **The only exception is if the student is in immediate danger of hurting himself/herself or someone else. Those who refer always remain confidential, however.**

KNOW THE FACTS

MENTAL HEALTH

Suicide is the 4th leading cause of death for youth ages 10 – 14 and is the 3rd leading cause of death for youth 15 – 21 years old. About 75% of youth who commit suicide had a significant decline in academic performance in the year before their deaths.

Mental illness is a health condition in which there is a disorder of the brain, and it is a treatable condition. Mental illness can affect anyone, even children. Millions of children suffer from depression, anxiety disorder, obsessive compulsive disorder, eating disorders, and other mental illnesses. Anyone can become mentally ill.

DRUGS

Use of the gateway drugs (alcohol, tobacco, and inhalants) is linked with progression to the use of illicit drugs such as marijuana, cocaine, and heroin.

Results from the Pennsylvania Youth Survey (PAYS), in which 1,076 students across grades 8, 10, and 12 participated in 2009, include the following: More than half (58.4%) of MCSD's surveyed students have used alcohol in their lifetimes, and over one quarter (28.7%) have reported using alcohol in the past 30 days. Reported past 30-day use ranged from 15.9% for 8th graders to 44.4% for 12th graders. The reported rates for lifetime (32%) and past 30-day (17.7%) use of smokeless tobacco by surveyed students in the MCSD are much higher than the national rates. Overall, 41.9% of surveyed students in the district reported smoking cigarettes in their lifetimes. 20.0% of those have done so within 30 days of the survey. Lifetime prevalence rates for marijuana were at 25.3%, with 30 day use of marijuana at 10.8% of those surveyed. Inhalants seem to be a rising problem with 9.6% reporting use. Adolescents who begin drinking before the age of 15 are 4 times more likely to develop alcohol dependence than those who begin drinking at age 21. Alcohol use among adolescents is associated with considering, planning, attempting, and completing suicide.

WHAT CAN PARENTS DO TO HELP?

Actions speak louder than words.
Demonstrate your respect for human life in the way you treat your child.

Be more involved with your child's activities.

Be selective in choosing entertainment. Avoid excessively violent television, movies, and music. Avoid programming which displays people in a negative light.

Teach your child about the history of your family, stressing hardships that have been overcome and positive qualities of character inherent in your family.

Teach your child about his or her own unique nature and that no one can take his or her place.

Teach your child that pain and problems are temporary and that patience and endurance are positive aspects of mature character which can be learned only by experience.

Teach your child about the dangers associated with drug and alcohol abuse.

Demonstrate how much value you place upon child's life by responding to his or her legitimate needs with sensitivity, respect, and compassion. Hug your child and tell your child, "I love you."

BE A GOOD ROLE MODEL

FOR YOUR CHILD!

HOW CAN YOU KNOW IF A PERSON MIGHT BE HAVING

PROBLEMS?

Watch for changing patterns of appearance, performance, and behavior.

WHAT ARE SOME CLUES?

Deterioration in physical appearance and health;
Downward turning grades;
Increase in tardiness, absenteeism;
Moodiness;
Withdrawing from or changing friends;
Possession of drugs
Odor of drugs or "cover-up" scents;
Talk of death or suicide;
Giving away possessions;
Sudden good mood, following a depression.

HOW CAN I HELP?

Watch for signs.

Listen; refrain from judging.

Encourage the person to talk to a trusted adult. Go with the person if necessary. Do NOT promise "not to tell." If you think it's serious, trust your feelings. Remember, you are not a counselor. Refer to the SAP Team if someone needs help.

Take care of yourself, too. It is stressful to feel responsible for a friend.

SCHOOL DISTRICT STUDENT ASSISTANCE PROGRAM



SAFE AND DRUG-FREE SCHOOLS PROGRAM

*Mifflin County School District
Federal Programs Office
248-0148, ext. 2547*

MIFFLIN COUNTY