



HOW ELSE COULD MY CHILD BECOME INVOLVED IN **SAP**?

If your child is in Middle School or High School, he or she may want to participate in an in-school support group. Again, parent permission is needed for any student to participate in the support groups. **SAP** offers various groups during the year based on the students' interests and the students' needs. The groups meet once a week for approximately 8 weeks during the school day. The time of the group varies from week to week so that students do not miss the same class period each week. Some of the common **SAP** group offerings are:

- Aftercare (for students returning from mental health and/or drug and alcohol treatment)
- Dealing with Divorce
- Drug and Alcohol Insight
- Grief and Loss
- Healthy Relationships
- Life Management
- Teen Issues
- Tobacco Cessation



CONTACTING GOVERNOR MIFFLIN'S STUDENT ASSISTANCE PROGRAM

If you feel your child needs help or if you have any questions about the **SAP** process, please call Mrs. Kathy Heller, **SAP** Coordinator, at 610-775-5089.

CONFIDENTIALITY

The **SAP** team and the school will respect and protect you and your child's privacy at all times.

www.sap.state.pa.us

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GOVERNOR MIFFLIN SCHOOL DISTRICT



STUDENT ASSISTANCE PROGRAM






WHAT IS THE STUDENT ASSISTANCE PROGRAM?

The Student Assistance Program (SAP) is here to help you access school and community resources to further support your child. Every building, from the elementary schools to the high school, at Governor Mifflin has a SAP team. The SAP Team is made up of school and community agency staff. Specifically, the SAP team is comprised of:

- Administrators
- Guidance counselors
- Teachers
- School nurse
- Community agency representatives
- SAP Coordinator from Caron Treatment Centers


If your child is having problems in or out of school, the SAP team can help you. There may be times when you just don't know how to help your child. That's okay; the SAP team can assist you.



DO YOU SEE YOUR CHILD SHOWING ANY OF THESE BEHAVIORS?

- Withdrawing from family, friends and/or school
- Changing friends; no longer spending time with old friends
- Unexplained physical injuries
- Talking about suicide
- Depression or sudden mood swings
- Defying authority, both at home and at school
- Acting aggressively
- Lying
- Needing money without an explanation
- Sudden drop in grades
- Experimenting with drugs and/or alcohol

ARE YOU CONCERNED ABOUT YOUR CHILD'S REACTION TO:

- Recent death of a loved one
 - Divorce of parents
 - Family relocation
 - A relationship problem
 - Other traumatic event
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HOW DOES MY CHILD BECOME INVOLVED IN THE PROGRAM?

Students come to the SAP process in various ways. Anyone can refer a student to SAP. Specifically, any school staff member, a student's friend or a student's family member can let the SAP team know that they are worried about someone. The student can also go directly to the SAP team and ask for help. However, the SAP team will not become involved unless we receive your permission.

Governor Mifflin's SAP team will help you find services and assistance within the school, or if needed, in the community. We do not diagnose or treat your child. Instead, we will provide you with information; you make the choices. Our goal is to help your child succeed in school.

