

## The Role of the Student Assistance Counselor

- The SAC is certified as a Substance Awareness Coordinator with advanced training and experience in the field of substance abuse and mental health
- The SAC offers assistance to students with familial, emotional, social, legal, physical, sexual, medical, or substance abuse problems
- The SAC serves as a structured, organized liaison among the school, parents and outside agencies
- The SAC provides prevention, intervention, support and instructional services for all students in the district (K-12)

## The Philosophy of Student Assistance

The Student Assistance Counselor (SAC) provides confidential intervention and referral services to students with academic, personal, or family difficulties due to behavioral and psychosocial problems. These may include but are not limited to the following: alcohol/drug use, depression, anxiety, eating disorders, problems with peers, grief, or crisis. The SAC meets and supports students in individual and group settings. The SAC is one component of the Student Assistance Program which provides student support, substance abuse prevention, crisis intervention, and treatment referral services to all students. The SAC coordinates care with outside treatment providers.



# Student Assistance Program

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Student Assistance Counselor

Anti-Bullying Coordinator

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(973) 450-3500 x1015

## Warning Signs:

Be aware of signs that may indicate drug use including:

- Risky behavior
- Slipping grades, lateness, skipping class
- Fights with family/friends
- Change in friends
- Change in mood, eating or sleeping patterns
- Depressed/less motivated
- Missing prescription or over the counter medication
- Missing money/valuables
- Trouble with the law
- Increased candle, incense or air freshener use
- Secretive, deceptive, or manipulative behavior
- Neglecting appearance or hygiene
- Sudden change in weight
- Slurred speech
- Skin abrasions
- Chemical smell on breath or clothing
- Glassy, red or pinned eyes
- Drug paraphanelia

## Tips for Parents

- Children imitate their parents...Be a positive role model
- Children need structure. Set clear family rules and appropriate consequences for breaking them
- Initiate conversation. Talk with your child about substance abuse and other difficult issues
- Listen with an open mind. Try not to panic if you hear things you don't like. Allow your child to be active in making positive decisions
- Praise your child for good decisions and offer encouragement and support
- Know where and with whom your child is with at all times
- Know your child's friends and be aware of the influence they may have
- Know the parents of your child's friends and be sure their household rules are consistent with your expectations
- Encourage your child to be involved in school and community activities to develop a positive self-image and build character
- Don't be afraid to ask for help...Call the SAC in your child's building

## RESOURCES

If you have a medical emergency, please call or text 9-1-1  
**NJ IS A GOOD SAMARITAN STATE AND YOU CANNOT BE PROSECUTED FOR SEEKING HELP**

**Reach NJ:** (844) 732-2465 / reachnj.gov

**Alcoholics Anonymous:** 800 245 1377

**Narcotics Anonymous:** 800 992 0401

**Al-Anon:** (973) 744 8686

**Perform Care:** (877) 652-7624

**Partnership for Children of Essex:** (973) 325-8907

**Family Support Organization of Essex County Warmline:** (973) 395-1441

**NJ Mental Health Cares:** (866) 202-4357

**2nd Floor Helpline:** (888) 222-2228

**National Suicide Prevention Lifeline:** (800) 273-8255

**Child Abuse/Neglect:** (877) 652-2873

**Domestic Violence:** (800) 572-7233