

What is the Student Assistance Program?

Student Assistance Programs (SAP) were designed to aid school personnel in identifying and assisting middle and high school level students who may be experiencing problems which may affect academics or behavior at school. At times, these problems may be related to mental health concerns, depression, suicidal thoughts or alcohol and other substance abuse. The SAP team utilizes a systematic process, along with specially trained school personnel, to intervene, and refer these students to appropriate in-school and/or community services.

How does SAP Work?

The core of the program is a professionally trained school staff and a Prevention Specialist from UPMC. Student participation in the program is usually voluntary and is meant to be a support service for all students. All information regarding a student's involvement in the program is confidential and maintained for the best interest of the student.

Students can be referred for different reasons:

- exhibiting signs of mental health problems including the risk of suicide
- serious behavioral concerns
- drop in school performance
- violation of the district's drug and alcohol policy
- concerns of alcohol or substance abuse

Student referrals are confidential and can be made by:

- school personnel
- parents or guardian
- friends
- themselves
- outside agencies

What is the Parent's role?

The SAP team recognizes the importance of the parent's role in the child's well-being and success. With the exception of emergencies, parental notification and permission is required before any services are initiated.

During the process, the parent will be asked to:

- return a signed permission form
- complete a parental questionnaire
- follow through promptly with recommendations from the school and/or agency staff

When to make a Referral... It may be time to make a referral if you notice these signals:

- Severe Drop in Grades
- Cutting School
- Change in Personal Appearance
- Erratic Behavior

- Symptoms of Anxiety or Depression
- Suspicion of alcohol or substance abuse
- Change in eating or sleeping habits
- Threatens harm to oneself or others

If you recognize any of these signals or have other concerns for your child's well-being, please make a referral to the school's SAP team.

How do I make a Referral?

Please contact your child's school counselor.

Services offered by the SAP team:

- Support Groups
- Mental Health pre-Assessment
- Drug and Alcohol pre-Assessment
- Check-in, Check-out
- Screening and referral to outside agencies when warranted

SAP Team Members

MHS SAP Team Members
Mr. Robert Carlisle, Associate Principal of Academics and Student Affairs
Ms. Danielle Langdon, School Counselor for Students with the last name A - Go
Ms. Barbara Magill, School Counselor for Students with the last name Gr - Pe
Ms. Christina Kolbert, School Counselor for Students with the last name Pf - Z
Ms. Kathy Sokol, School Nurse
Mr. Ryan Klingensmith, Prevention Specialist