

What is the Student Assistance Program?

In Pennsylvania, every middle and high school and some elementary schools have a Student Assistance Program (SAP). A SAP team, made up of school and community agency staff, is here to help you access school and community services.

Do you see your child showing any of these behaviors?

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

If your child is having trouble in or out of school, we can help you. There may be times when you just don't know how to help your child. That's okay; someone else may know how to help.

Don't feel embarrassed or uncomfortable about asking for help. When extra help is needed, knowing how and where to find help can be overwhelming.

How Does My Child Become Involved in the Program?

You school's ESAP team will help you find services and assistance within the school and, if needed, in the community. We do not diagnose, treat, or refer your child for treatment. Rather, we will provide you with information; **you** make the choices.

Remember, you are part of our team. Our goal is to help your child succeed in school.

Students come to the ESAP team in different ways. Anyone can refer a student to the Elementary Student Assistance Program. Some students are referred by teachers and other school personnel. Any school staff member, a student's friend or family member can let the ESAP team know that they are worried about someone. The students themselves can even go directly to the ESAP team to ask for help. However, the ESAP team will not become involved unless we receive your permission.

What if Someone Has Already Referred My Child to the Program?

First, know that your child was referred because someone is concerned about observable changes they are seeing in your child. Perhaps a teacher or friend has noticed changes in behavior and habits that you may or may not have noticed at home. Your observations of your child at home are important.

The ESAP team will request that you sign a permission form for your child to become involved in the program. Once you sign, the ESAP team will begin to work with you and your child. If you feel you need more information before making a decision, please let your ESAP team know. If you do not sign the permission form, the ESAP team will not become involved. Participation is voluntary.

