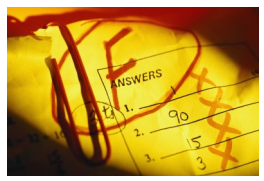


# What is the Student Assistance Program?

Student Assistance Program (SAP) is a school-based program designed to identify and support students and families who are having school-related problems.



The Student Assistance Program offers a team approach for finding appropriate services and solutions to students' school-related problems.

SAP is NOT a treatment program.



## Who gets referred to SAP?

- Students struggling socially to make and keep friends.
- Students who seem depressed or who express feelings of depression.
- Students who are using or are at-risk of using drugs and alcohol.
- Students whose behaviors have changed drastically in a negative way.
- Students dealing with grief issues.



## How are students referred?

- Students, parents, teachers, and administrators may make referrals.
- Students who violate the school's drug and alcohol policy are automatically referred.

## How do I make a referral?

- Referral forms are available in the main office and in the guidance office at TJHS.
- Completed forms may be given to any SAP Team member.
- A phone referral may be made by calling the guidance office at 436-2165 ext. 5048.

## How do I know if I need a referral?

Some signs that a SAP referral might be necessary are...

- Negative change in physical appearance.
- Health problems.
- Sudden negative change in grades.
- Poor or irregular school attendance.
- Moodiness.
- Withdrawal from friends.
- Change in friends.
- Drug possession or known experimentation.
- Talk of suicide or death.
- Loss of interest in hobbies, sports, or other activities.
- Expression of anger at self and the world.
- Giving away possessions.
- Change in eating and sleeping patterns.



## SERVICES OTHER THAN SAP

- *Clear Concepts Counseling* 436-9634
- *Cedar Grove Brethren in Christ Church—Counseling Services* 436-6023
- *Children and Youth Services* 436-7707
- *Mid-Pennsylvania Counseling* 436-5524
- *Lewistown Hospital Counseling Center* 248-6611
- *Juniata River Center* 248-8540
- *Mental Health/Mental Retardation Services* 242-0351
- *Alcoholics Anonymous* 242-1517
- *Alanon* 242-1517
- *Center for Behavioral Health* 242-7264
- *Teenline* 800-722-5385



## Student Assistance Program

### Core Team Members

Mr. Bennett	Principal
Mr. Mitchell	Assistant Principal
Ms. Mann	Guidance Counselor
Mrs. Boyd	Teacher
Mr. Smith	Teacher
Mr. Lupolt	Teacher
Mrs. Reed	Teacher
Mrs. Jennifer Rinard	Mental Health Liaison Youth Advocacy Program
Mrs. Nikki Knepp	Drug/Alcohol Liaison Clear Concepts
Mrs. Penni Abram	Children & Youth Liaison
Mr. Chris Tate	Probation Liaison

**For immediate help or information, call:**

**Mifflin/Juniata County Crisis  
Hotline**

**800-929-9583**

**24 Hours a Day, 7 Days a Week**

# Tuscarora Junior High

# Student Assistance Program

