

**Is Your Child Experiencing Any of the Following Behaviors:**

- Withdrawn from family, friends, and/or school
- Change in 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/Changes
- A relationship problem
- Other traumatic event

**Contacting Your School's Student Assistance Program**

If you feel your child may need help, call your child's school and ask to speak with a member of the SAP Team. Someone will be there to help. Please contact the guidance office at:  
(717) 930-0739, ext. 5006

**Privacy**

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

**MIDDLE SCHOOL TEAM:**

Christopher Sattelle – Assistant Principal  
Carey Bonneau – School Counselor  
Michael DeFilippo – School Counselor  
Jodi Neuschwander – School Nurse  
Lorraine Altland - School Nurse  
Amy McPhilemy – School Social Worker  
Tom Shaffer – Teacher  
Andrea Oliver – Teacher  
Chelsea Mowrer – Teacher  
Justin Smith - Teacher

**CONSULTANTS:**

Connie Kennedy – Keystone Children & Family Services  
Robert Standland – Dauphin County Executive Commission on Drugs & Alcohol, Inc.



**Student Assistance Program**



Middletown Area School District is one of the many school districts to have made a commitment to the Pennsylvania Department of Education to sponsor a Student Assistance Program. The SAP Team is made up of trained school and agency staff to help you access school and community services. Do not feel embarrassed or uncomfortable about asking for help. When extra help is needed, knowing how and where to find help can be overwhelming. Your school's SAP 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. This intervention program identifies students having difficulty in school because of problems related to mental health issues and/or substance abuse. Students with concerns are referred for professional help. The program is modeled after many Employee Assistance Programs currently found in private business or industry.



## How is a Student Referred to SAP?

Students come to the SAP Team in different ways. Anyone can refer a student to the Student Assistance Program. Teachers and other school personnel refer some students. Any school staff member, a student's friend, or a family member can let the SAP Team know that they are worried about someone. The students themselves can even go directly to the SAP Team to ask for help. However, the SAP Team will not become involved unless we receive parent/guardian/care giver 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 SAP Team will request that you sign a permission form for your child to become involved in the program. Once you sign, the SAP Team will begin to work with you and your child. If you feel the need for more information before making a decision, please let your SAP Team know. If you do not sign the permission form, the SAP Team will not become involved. Participation is voluntary.

## What Happens After I Give My Permission?

There are several steps that the team will take after you sign the permission form:

1. The SAP Team will gather objective information about your child's performance in school from all school staff that has contact with your child. As a parent, you will also be able to share your observations, your child's strengths, and your concerns.
2. Together, you and the SAP Team will develop a plan of action to help your child achieve success in school. The plan might include services and activities in school and/or services from the community agency. If necessary, the SAP Team member will talk with you about services in the community and give you information on how to contact others who may be able help.
3. The SAP Team will continue to work with and support your child. They will stay in touch with you to talk about your child's progress and success in school. Your continued involvement is very important.