

WARNING SIGNS - WHEN TO MAKE A REFERRAL

- Talking about suicide
- Withdrawing from family, friends, and/or school
- Unexplained physical injuries (ie. Cutting)
- Depression (feelings of despair)
- Experimenting with drugs and alcohol
- Acting aggressively
- Sudden drop in grades
- Defying authority, at home and at school
- Risk-taking behavior
- Loss of interest in normal activities, hobbies, etc.
- Change in personal grooming patterns
- Frequently skipping class and/or school
- Any changes in behavior that cannot be explained

Montrose Area School
District

Student Assistance Program



Montrose Area Jr/Sr High School
50 High School Road
Montrose, PA 18801
Phone (570) 278-3731

STUDENT ASSISTANCE PROGRAM

WHAT IS SAP?

In Pennsylvania, every middle and high school has a Student Assistance Program (SAP). A SAP team, made up of trained faculty members and agency staff, is here to help you access school and community services. The SAP team provides assistance to students who are “at risk” and may be experiencing depression, suicidal ideation, self-harm, drug & alcohol abuse, family hardships, abuse, and other mental health issues.

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.

Once a referral is made, the SAP team will investigate the referral to make sure it is legitimate. The SAP team will help students find services and assistance within the school and, if needed, in the community. Parents will

be informed and permission is needed in order to render any services. **Remember, you are a part of our team.** Our goal is to help your child succeed in school.

REFERRAL PROCESS

Referrals may be made by students, school personnel, or parents. Confidential referral forms are available in the nurse's office waiting room and may be placed in the wooden lock box or given to a SAP team member.

Parent/Guardian Referral: Parents or guardians may refer their child to the SAP team by contacting the nurse's office, a team member, or their guidance counselor.

Teacher & High School Staff Referral: Teachers make referrals either directly to a SAP team member or by placing a referral form in the box.

Self-Referral: Students may approach a SAP team member or obtain and complete a confidential referral form to ask for help.

Peer Referral: Peers or friends may approach a SAP team member or obtain and complete

the confidential referral form to express a concern for the problems a student is having.

Confidentiality

The SAP team follows strict rules of confidentiality. The information given to the SAP team will not be given to other teachers or administrators. The only exceptions to this are the cases in which it is believed that the student may seriously harm himself or herself or another person.

SAP TEAM MEMBERS

- James Tallarico, Principal
- Russ Canevari, Assistant Principal
- Jean Hollister, School Nurse
- Katherine Oehler, Guidance Counselor (Grades 7 & 8)
- Angela Nebzydoski, Guidance Counselor (Grades 9 & 10)
- Mary Beth Ohmnacht, Guidance Counselor (Grades 11 & 12)

- Katie Fischer, Librarian
- William Host, Teacher
- Charlene Kempa, Teacher
- Eric Powers, Teacher
- Charlotte Sherwood, Teacher
- Dr. Theresa Kaub, START
Counselor