

What is Student Assistance?

A Student Assistance Program (SAP) is a systematic intervention process designed to help students who may be at risk of engaging in harmful behavior. A student referred to SAP may have an emotional, social, and/or substance abuse problem which conflicts with the normal learning process. These problems include, but are not limited to, the following:

- Academic and behavioral difficulties
- Student neglect; physical, psychological, and sexual abuse
- Student eating disorders
- Student pregnancy
- Student depression and other mental health disorders
- Student truancy and drop-out
- Student substance abuse
- Suicidal tendencies
- Grieving process

Confidentiality Statement

The SAP Team is committed to the utmost confidentiality in all aspects of the intervention process. Matters brought before the team members will not be shared outside the team, unless there is a professional/parental need to know. However, as school personnel, the team members are obligated to report to the proper authorities cases of child abuse and neglect (as defined by the Pennsylvania Child Protective Services Law) and situations where a student may deliberately harm himself or others.

Middle School Team

The heart of the Student Assistance Program is the specially trained SAP team. The focus of the Middle School SAP Team is to identify and help students who may have school-related problems because of mental health needs, substance abuse problems or suicidal intentions. Building administrators, school counselors, a certified school nurse, and classroom teachers form the team. Working closely with the team are trained drug and alcohol counselors and mental health professionals. Students referred to the program may eventually receive professional counseling at appropriate drug and alcohol, or mental health, community agencies.

How does the SAP Team function?

The most basic of the principle activities of the SAP Team are as follows:

- To receive referrals concerning students at-risk
- To conduct needs assessments for referred students
- To arrange assistance from intervention resources in the school and the community

The SAP Team will receive referrals from school personnel, parents, and students as well as student self-referrals. A written referral should be submitted.

After receiving a referral, team members will gather factual, school-based information about the student and will also talk with the student. From the information received, the team will develop recommendations and, in some instances, facilitate the student's access to intervention or treatment. Parental and student involvement is crucial to the success of this process. Therefore, permission from parents and student is required in order for an assessment to take place. Any student who violates the Drug and Alcohol Policy of the York Suburban School District is presently required to undergo a professional evaluation, which may result in a recommendation for treatment programs. Assistance will be provided for students who are returning to school after discharge from residential treatment programs.