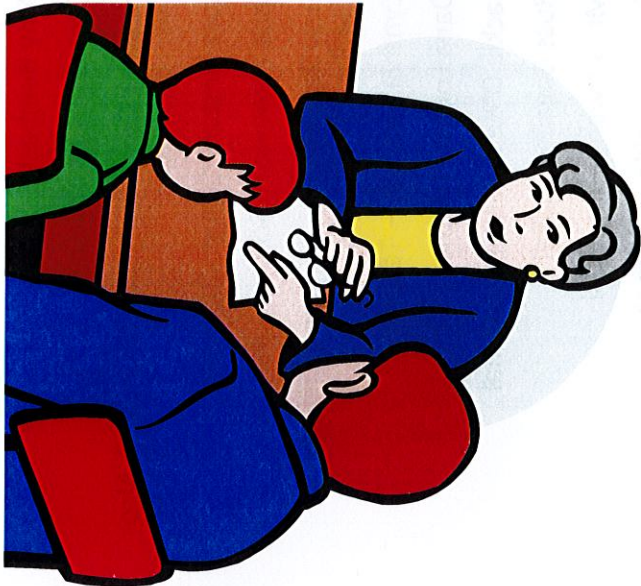


We do not diagnose, treat or refer your child for treatment. Rather, we will provide you with the information; YOU make the choices. Our goal is to help your child succeed at school.

Privacy

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

[www.sap.state.pa.us](http://www.sap.state.pa.us)



**Community Supports**

Contact Referral Source 1-800-932-4616  
(use to find a phone # for any agency or hotline support)

Al-Anon-Alateen .....1-800-665-3223  
Alcohol Hotline ..... 1-800-ALCOHOL  
Childline Abuse ..... 1-800-923-0313  
Cocaine Hotline ..... 1-800-COCAINE  
Dauphin County ..... 232-7511  
Crisis Intervention  
Dauphin County ..... 255-2984  
Drug and Alcohol  
Keystone Family and ..... 541-9620  
Children Services  
Edgewater Children Services ..... 236-7357  
Mazzitti & Sullivan D&A ..... 901-5652  
Counseling Services  
Rape Crisis ..... 1-800-654-1211  
Teen Line ..... 1-800-722-5385  
Dauphin County Human Services Bldg  
..... 827-4640  
YWCA ..... 234-7931

**Upper Dauphin  
High School**

**STUDENT  
ASSISTANCE  
PROGRAM**

What is the  
Student Assistance  
Program?

In Pennsylvania, every middle & high school must have a SAP program. A SAP team, made up of school and community agency staff, is here to help you access school and community services.



## Team Members

Amy Heimbach—School Counselor  
Clint Gehring- Teacher  
Heather Crook-Dauphin Cty Drugs & Alcohol  
Lora Nestor—School Counselor  
Jane Pianovich—School Nurse  
Susy Romberger—Keystone Children & Family  
Cynthia Minnich— Teacher  
Dana Lomma-Teacher  
Jackie O'Neal-Paraprofessional  
Russ Gavalis-Teacher  
Mr. Schwenk—Principal  
Brooke Runkle—Teacher

## Referrals

Referrals may be made by:

- ☞ Parents
- ☞ Teachers
- ☞ Students Self-Referrals
- ☞ Student Referrals
- ☞ Students who violate the Upper Dauphin Schools Drug and Alcohol Policy are automatically referred to the team.

\*If you want to make a referral, please call the high school at 362-8181 and ask to speak with any of the team members.

## Procedures

- ☞ Referrals will be reviewed by the team
- ☞ Information is collected from school staff who have contact with the student
- ☞ If a need for assistance is detected parent permission is requested to proceed in interviewing the student
- ☞ Recommendations are made to parents for community and school supports & services
- ☞ The SAP Team monitors the student's progress

## Do You see Your Child Showing Any of these Behaviors?

- Academic Performance
  - ⇒ Drop in grades
- ☞ School Attendance:
  - ⇒ Frequent Absenteeism
  - ⇒ Frequent Tardiness
  - ⇒ Refusal to Attend School
- ⇒ Disruptive Behavior
  - Defiance
  - Verbal Abuse
  - Lying

## ☞ Physical Symptoms:

- ⇒ Deteriorating physical appearance
- ⇒ Sleeping in class
- ⇒ Smell of alcohol or marijuana
- ⇒ Bloodshot eyes
- ⇒ Frequent nausea and cold-like systems

## ☞ Atypical Behavior

- ⇒ Change in friends
- ⇒ Erratic behavior
- ⇒ Isolating themselves
- ⇒ Talks freely of alcohol or drug use
- ⇒ Talks of suicide
- ⇒ Disoriented
- ⇒ Significantly older/younger social groups
- ⇒ Unusual spending habits or unexplained money

## ARE YOU CONCERNED ABOUT YOUR CHILD'S REACTION TO:

- ⇒ Recent death
- ⇒ Divorce of parents
- ⇒ Family relocation
- ⇒ 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; maybe SAP can 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