

## MESSAGE TO PARENTS

Parents who are experiencing problems with their child often accept more responsibility than is necessary. When this occurs, parents begin to feel overwhelmed and under-supported. They no longer feel effective in their parenting role and worry their child may be out of control. The SAP team can help support parents in working with issues.

## WHAT HAPPENS AFTER A PARENT/ GUARDIAN GRANTS PERMISSION

There are several steps that the team will take after the permission form is signed:

1. The SAP team will gather specific information about student performance from all school staff who have contact with your child. A SAP team member will also talk with you either in person or over the phone about 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 a community agency. If necessary, the SAP team will talk with you about services in the community and give you information on how to contact others who may be able to 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 to student improvement.

## GET INFORMED

For additional information about our Gateway High School SAP Team and services, Contact **SAP Coordinator Dr. John Fournier** at (412)373-5745 or [jfournier@gatewayk12.org](mailto:jfournier@gatewayk12.org).

## WHO WE ARE

A skilled team of district administrators, school counselors, teachers, school nurses, and consultants trained to recognize high risk behaviors that create barriers to learning and impede academic success.

## MISSION STATEMENT

*To identify and assist students who are experiencing academic or behavioral difficulties that present barriers to learning.*

## ORIGINATION OF STUDENT ASSISTANCE

*In 1991, the State of Pennsylvania passed Act 211 requiring each public school district, and encouraging each private school, to establish and maintain a program to provide support services for students experiencing difficulties with alcohol, tobacco, other drugs, and mental health issues. Schools meet this requirement through their Student Assistance Teams and services.*

**PENNSYLVANIA Student Assistance Program**  
<http://www.sap.state.pa.us/>

# Student Assistance Program



**GATEWAY HIGH SCHOOL**  
**3000 Gateway Campus Blvd**  
**Monroeville, Pa 15146**  
[www.gatewayk12.org](http://www.gatewayk12.org)



## WHAT IS THE SAP PROGRAM?

A Student Assistance Program (SAP) is a way to identify students who are experiencing school-related problems. It is a method for intervening and referring these students to appropriate community services. A SAP program uses a systematic process which makes it possible for school personnel to determine which students are having problems and refer them for help. The heart of the program is the Student Assistance Team, a group of school and community personnel who are specially trained to identify barriers to learning exhibited by adolescents.

### THE SAP PROCESS

**IDENTIFICATION:** Following a referral, parents and school personnel are asked to submit information that will help to determine whether a screening is appropriate.

**INTERVENTION:** The SAP team reviews the information and determines whether further screening is in order.

**SCREENING:** All screenings are conducted by community professionals who specialize in adolescent problems and who work with the Allegheny County Student Assistance Program.

**TREATMENT:** If the assessor recommends treatment, the student and parents will be assisted in contacting the proper agency and making arrangements to begin treatment.

## LOCAL SUPPORT AGENCIES

[Al-Anon](#) 412 683-4279  
[Alcoholics Anonymous](#) 412 471-7472  
[Children, Youth, & Families](#) 412 350-5701  
[Family Services of Western PA](#) 412 335-9883  
[Childline](#) 800-932-0313  
[re:solve Crisis Hotline](#) 888-796-8226  
[Poison Control Center](#) 800-222-1222  
[Western Psychiatric Institute](#) 412 624-1000  
[Milestones MH/MR](#) 412 731-9707  
[Gateway Rehabilitation](#) 412 373-2234  
[Center for Victims](#) 412 392-8582  
[Pittsburgh Action Against Rape](#) 866-363-7273

### STUDENT ASSISTANCE PROGRAM

The basic purpose of the Gateway High School SAP program is to identify students who are exhibiting “at risk” behaviors which are impeding one’s overall learning growth. The goal is to help students before the problem becomes unmanageable.

The SAP team is a group of school and community personnel who have been trained to understand, to identify, and to assess certain behaviors in adolescents.

If a parent, student, faculty member, or community person has concerns regarding a student, he or she need only refer the student to a SAP member. *In strict confidence* the team will establish a profile of the student’s behavior. *SAP is an intervention, not a treatment program.* The team’s basic purpose is to help students whose behavior indicates possible barriers to their learning. Our goal is to help students before their problems intensify.

## SIGNS AND SYMPTOMS

Adolescence is a challenging time when youth are exposed to many pressures. Some students may respond to these pressures in ways including, but not limited to, becoming depressed, experimenting, and/or abusing substances.

Some of the negative symptoms that are cause for a referral to the SAP Team may include:

- ◆ Sudden drop in grades
- ◆ Obvious change of friends
- ◆ Confused, apathetic, disoriented behavior
- ◆ Problems in school, with the law or neighbors
- ◆ Cutting classes/school regularly
- ◆ Poor attitude toward authority
- ◆ Lack of participation as a family member in household activities
- ◆ Unexplained need for money
- ◆ Erratic moods – easily angered, moody, uncooperative, overly sensitive, extreme responses
- ◆ Dishonesty
- ◆ Defensive, elusive, withdrawn
- ◆ No longer involved in activities, sports, or hobbies
- ◆ Smell of alcohol or marijuana on breath or clothing
- ◆ Disrupted sleep patterns