

## What is the Student Assistance Program?

The Student Assistance Program is a comprehensive and integrated, joint schools / community program for providing students with prevention, intervention, support, and instructional services for attending to alcohol and other drug related issues.

## What Does the Student Assistance Coordinator Do?

1. Assist in revising and implementing substance abuse policies and procedures.
2. Assist in planning, developing, and updating curriculum and staff programs.
3. Assist in the training of school district staff concerning substance abuse issues and the district's program to combat substance abuse.
4. Develop and administer intervention services in the district.
5. Coordinate procedures for early identification of students at risk for substance abuse and students demonstrating symptoms of substance use and abuse.
6. Provide group and/or individual counseling to students affected by or who demonstrate concerns related to substance abuse or at risk for abusing alcohol and/or other drugs.
7. Facilitate conferences with parents or child's guardians to review, discuss, and/or implement appropriate steps and stages of intervention and options.
8. Work in cooperation with treatment facilities, counselors, parents, school personnel, and students in developing and following through with the student's aftercare plans.

## Behaviors of Concern

If you are a concerned parent and are wondering what type of behaviors to look for, remember the BEHAVIORS OF CONCERN below may mean very little individually, but together they can indicate a potential problem.

- Decline in quality of work
- Decline in grades / failing in school
- Incomplete work / work not handed in
- Disruptive in class
- Cheating
- Fighting
- Inattentive / sleeping in class
- Lack of concentration / motivation
- Negative attitude
- Tardiness to class / skipping class
- Frequent absenteeism
- Receives frequent discipline reports from school
- Defiance of authority
- Verbally abusive
- Obscene language and gestures
- Sudden outbursts of temper
- Vandalism
- Frequent visits to the nurse or lavatory
- Change in friends or peer group
- Sudden unexplained popularity
- Withdrawal; a loner
- Separateness from others

**For more information, please contact:**

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## Student Assistance Coordinator



## Toms River High School North

### Providing Student Assistance Programs and Referrals

Where can you turn when your child is struggling in school, but you may be afraid of the worst?

Who can you seek out if a friend is getting into something that may be way over their head?

Every school has someone on staff assigned to help you and your child with personal issues that may affect their performance in school. Your SAC is one of the professionals there to help you.

## Can We Help?

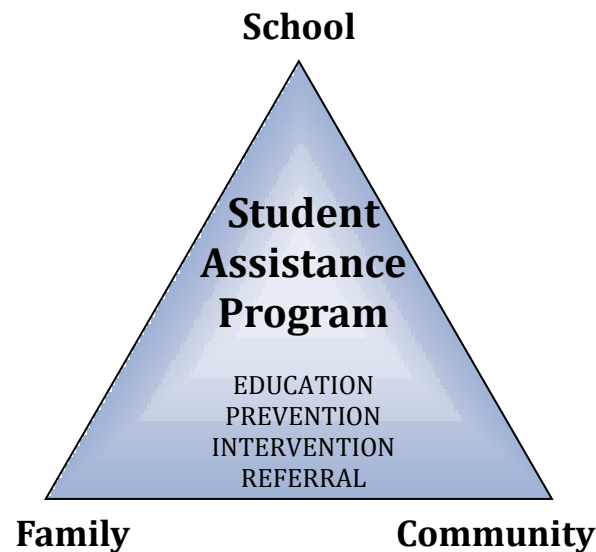
1. Do you feel confused, anxious, or overwhelmed?
2. Do you feel like your life is out of control?
3. Is your drinking or other drug use causing problems in your life?
4. Are you concerned about the drinking or other drug use of a friend or family member?
5. Are you sick and tired of being *sick and tired*?
6. Are your friends or family concerned about you?
7. Are you isolated, withdrawn, or spending too much time alone?
8. Are you overly concerned about your appearance, body weight, and/or size?
9. Do you need someone to listen and offer feedback?
10. Are you unable to say “no” even when you know you should?
11. Are you in need of information and support in order to make a responsible decision?
12. Would you like to make changes in your life but don’t know how to go about it?

## Purpose

- To provide support services for students experiencing negative effects in their lives, due to drugs or alcohol.
- To link family, school, and community in an effort to promote healthy living.
- To promote positive self-esteem.
- To encourage responsible problem-solving and decision making.
- To develop practical coping skills.
- To address issues of substance abuse which impact on school behavior and performance.

## Services

- To provide substance awareness education focused on prevention.
- To identify students in need of services and intervene on their behalf.
- To provide in-school counseling and support for identified students.
- To refer students and families to individuals or agencies in the community for appropriate treatment.
- To support parents and family members in their attempts to address issues of concern.
- To provide school and community education through speakers, workshops, and other programs.
- To work cooperatively with school staff, community groups, and other agencies in order to provide comprehensive services.
- To facilitate re-entry for students returning from treatment.
- To maintain a Core Team to identify and support students in need of services.



**Confidentiality is a prime consideration and will be respected within the limits of the law.**