

Where You Can Get Help

Mental Health Services
Drug and Alcohol Services

- Clear Concepts
436-9634
- Counseling Services at Cedar Grove
Brethren-in-Christ Church
436-6023
- Lewistown Hospital Counseling Center
248-6611
- Children and Youth Services
436-7707
- Teenline
1-800-722-5385
- Juniata River Center for Human
Resources
248-8540
- Mental Health/Mental Retardation
242-0351
- Mid-Pennsylvania Counseling
436-5524
- Alcoholics Anonymous
242-1517
- Alanon
242-1517
- Center for Behavioral Health
242-7264

Contact any of the SAP members if you have any questions or would like to make a referral.

S.A.P. Core Team Members

Mrs. JerrehianPrincipal
Mr. SliskiAssistant Principal
Ms. StraubSchool Counselor
Mrs. SperlichSchool Counselor
Mrs. RitzmanSchool Nurse
Mr. Cameron.....Teacher
Mrs. Snyder.....Teacher
Mr. Ciecierski.....Teacher
Mr. ShehanMental Health Liaison
Youth Advocacy Program
Ms. Martinelli.....Drug and Alcohol Liaison
Clear Concepts
Mrs. ImesChildren and Youth Liaison
Ms. ParsonProbation Liaison
Mr. Stenlake Probation Liaison

If you need to talk to someone or if you or someone you know is in need of help, please call:

Tri-County Crisis

1-800-929-9583

**24 Hours a Day,
7 Days a Week**

East Juniata High School

S.A.P.

Student Assistance Program

What is SAP?

The Student Assistance Program is a way to identify students who are having school-related problems because of alcohol and drug use or who are at risk of suicide and other mental health problems. It is also a method for intervening and referring these students to appropriate community services. It is not an intervention and referral program, not a treatment, program.

Why is S.A.P. important?

The primary responsibility of schools is to educate students. If a student is under the influence of mind altering chemicals, that student cannot learn. If a student is depressed and feels hopeless, he or she cannot learn as effectively. If the student disrupts the school climate, other students will not be able to learn and teachers will not be able to teach.

Schools are the only institutions through which all young people must pass. This gives the school officials a unique opportunity to identify and help students whose lives are being negatively affected by some high-risk behavior.

How are students referred?

Students, parents, teachers, administrators, or the students themselves may make referrals to S.A.P. Those who violate the school's drug and alcohol policy are automatically referred to the team.

Referral forms are available in the high school office. They may be dropped in the mailbox of the building principal or school counselor. In addition, referrals may be handed to a S.A.P. member. If it is inconvenient for you to obtain a referral form, please call the guidance office at 436-2111 to make a referral.

Confidentiality

Strict rules of confidentiality apply to those who are referred to S.A.P. Moreover, the privacy of an individual who makes referrals is closely guarded.

The only exception to the confidentiality rule occurs when students are suspected of being an immediate danger to themselves or others. In this case, the student may be referred to the appropriate authorities immediately.

What are some warning signs?

- Deterioration in physical appearance
- Health problems
- Grades have slipped
- School attendance is irregular
- Moodiness
- Withdrawal from or change in friends
- Possession of drugs or paraphernalia
- Odor of drugs or "cover up" scents
- Talk of suicide or death
- Giving away possessions
- Sudden good mood following a depression
- Lost interest in hobbies, sports, and other activities
- Eating and sleeping patterns have changed
- Has a hard time concentrating
- Expressions of anger at self and the world.

How can I help?

- Watch for signs
- Listen to the person – do not judge
- Encourage the person to talk to a trusted adult
- Go with the person, if necessary
- Do not promise not to tell, if you think it is serious, trust your feelings

What can parents do?

- Demonstrate your respect for human life in the way you treat your child and others.
- Teach your child about the dangers associated with alcohol and other drug abuse.
- Do not hesitate to hug your child and say, "I love you."
- Get involved in their activities, know their friends, know where they're going, and what they are doing.
- Be a good role model for your child.
- Avoid entertainment that contains excessive violence or devalues people.
- Teach your child that pain and problems are temporary, that patience and endurance are positive aspects of mature character, which can only be learned through experience.
- Demonstrate how much value you place upon your child's life by responding to his/her legitimate needs with sensitivity.