

The Commonwealth of Pennsylvania's Student Assistance Program (SAP) is administered by the PA Department of Education's Division of School Options and Safety in partnership with the PA Department of Public Welfare's Office of Mental Health and Substance Abuse Services. It is designed to assist school personnel in identifying issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student's success.

The primary goal of the SAP is to help students overcome these barriers in order for them to achieve, remain in school, and advance.



Commonwealth of Pennsylvania  
Commonwealth of Student Assistance  
Program Interagency Committee

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

**James M. Coughlin**  
**High School**  
**Administration**



**Mr. Patrick Patte**  
*Principal*

**Mr. James Geiger**  
*Assistant Principal*

**Mrs. Melissa Myers**  
*Dean of Students*

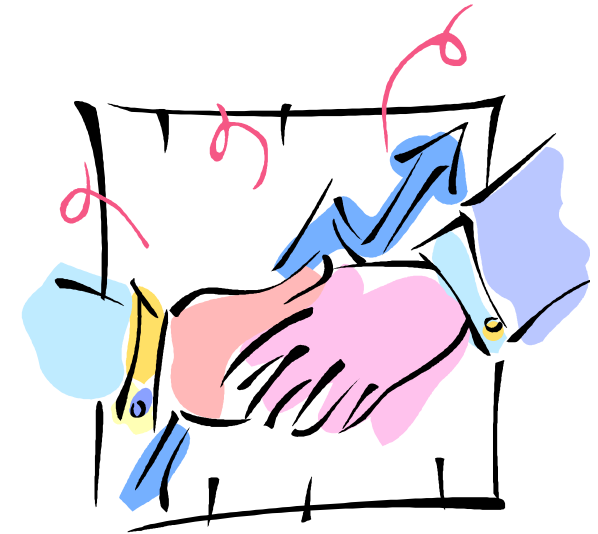
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**James M. Coughlin**  
**High School**



**Student Assistance  
Program  
**(SAP)****



**Reaching Out to Help**

## What is SAP?

### Student Assistance Program in Pennsylvania

Pennsylvania's **SAP** is a school-wide resource for students and families who are experiencing barriers to learning because of a variety of reasons which may cause concern, such as:

Withdrawing from family, friends, and/or school

Changing friends; no longer spending time with old friends

Unexplained physical injuries

Talking about suicide

Depression

Defying authority (home or school)

Experimenting with drugs or alcohol

Sudden drop in grades

Low self-esteem

Aggression

Lying

Destructive decisions

Reluctant school attendance

Decreased motivation

Sudden change in behavior

Reaction to recent death/divorce/relationship problem/relocation

### What is the process?

**Referral:** A student is referred to a SAP team member by anyone, even the student themselves. Parent contact is made for permission to proceed.

Parent/guardian consent is required for the process to occur.

**Team Planning:** Specific information about school performance will be gathered (grades, discipline, attendance). Team meets with parent and student. A plan is developed that includes strategies for removing learning barriers and promoting academic and personal success. This may include in-school and/or community based services and activities.

#### **Intervention & Recommendations:**

The plan is put into action. The team assists in linking the student to in-school and/or community based services and activities.

**Support & Follow-up:** The SAP team continues to work with and support the student and their family. Follow-up includes monitoring, mentoring, and motivating for academic success.

### How are students referred to SAP?

Any concerned individual may refer a student to SAP, including parents, teachers, and students. It is strictly out of concern. All referrals will be taken seriously, following a state-guideline process.

Referral forms are outside of the nurse's office and in the library where they can be picked up and returned in the locked box. The form may also be scanned and emailed to a team member.

The key to a valid referral is **OBSERVABLE** changes and **OBSERVABLE** concerns.

ALL REFERRALS ARE CONFIDENTIAL!

*The **SAP team** is a trained team of school personnel and local community liaisons who recognize high-risk behaviors that create barriers to learning and impede academic success.*

*The team does not diagnose or provide treatment.*