

## Who we are

Our district SAP teams are made up of diverse groups of trained professionals including teachers, administrators, counselors, nurses, and our community agency SAP liaison. At Berwick High School, our team members include:

### SAP liaison

Maria Smith

### School Nurse

Lisa Sheptock

### Teachers:

Michelle Timbrell

Pat Heck

### School Counselors:

April Zluchowski

Heather Melito

Jennifer Hestor

## Contact Us:

If you have any questions about SAP or you feel that your student may need help, please call the school and ask to speak to a SAP Team Member or complete an electronic SAP referral form which can be found on each buildings website under the school counselor/guidance tab. For more information about SAP, please visit the Student Services page on the district website:

[www.berwicksd.org](http://www.berwicksd.org)

## Privacy

Any information shared with the SAP Team is confidential. The team will respect you and your child's privacy at all times.



# Student Assistance Program

*Berwick Area School District  
(High School)*

*A guide for Parents, Guardians, and  
Teachers*

### What is SAP?

SAP is a collaborative team of trained school district and county agency personnel who meet regularly to identify students needs and provide support in removing barriers to learning. The SAP team does not diagnose or treat students, but can provide information and guidance to students and families to obtain school and community resources, supports, and services.

### How are students referred to the SAP team?

Anyone who has observed behavior that is concerning and poses a barrier to student's learning and success, may complete and submit a referral to the SAP team. Referrals can be made by school staff, students, family members, community members and students themselves by completing the SAP referral form link which can be found on each building website under the school counselor/guidance tab.

### What happens once a referral is made?

Once a referral is submitted, the SAP team will obtain information about the student's behavior from the adults that interact regularly with the student.

A SAP team member will contact the student's parent/guardian to review this information and obtain permission to proceed with the SAP process. With parent/guardian consent, the SAP team will collaborate with the parent/guardian to develop a plan to help the child succeed. As the parent/guardian, YOU are a very important part of the team because you know your child best!

### WHAT TO LOOK FOR...

#### DO YOU SEE A STUDENT SHOWING ANY OF THESE BEHAVIORS?

- ⇒ WITHDRAWING FROM FAMILY, FRIENDS, AND ACTIVITIES
- ⇒ CHANGING FRIENDS
- ⇒ UNEXPLAINED PHYSICAL INJURY
- ⇒ PROLONGED FEELINGS OF NERVOUSNESS AND SADNESS
- ⇒ DEFYING AUTHORITY
- ⇒ ACTING OUT AGGRESSIVELY
- ⇒ EXPERIMENTING WITH DRUGS AND/OR ALCOHOL
- ⇒ TALKING ABOUT SELF-HARM
- ⇒ DISCIPLINARY AND BEHAVIOR PROBLEMS
- ⇒ LEGAL PROBLEMS
- ⇒ PROBLEMS WITH EXTRACURRICULAR ACTIVITIES
- ⇒ LYING
- ⇒ ACADEMIC DECLINE
- ⇒ SIGNIFICANT WEIGHT LOSS OR GAIN
- ⇒ TRUANCY
- ⇒ NEEDING MONEY WITHOUT A GOOD EXPLANATION
- ⇒ PROBLEMS AT HOME

#### ARE YOU CONCERNED ABOUT A STUDENT'S REACTION TO...?

- ⇒ RECENT DEATH OF A LOVED ONE
- ⇒ TRANSITIONING TO A NEW SCHOOL
- ⇒ DIVORCE OF PARENTS
- ⇒ FAMILY RELOCATION

