



# Are You Worried About Your Child?

**The Student Assistance Program (SAP) can help children experiencing barriers to learning.**



## What is SAP?

A GUIDE FOR PARENTS/GUARDIANS

A SAP team made up of school and agency staff is available to help you access school and community services for your child.

In Pennsylvania, every school district is required to have a plan for identifying and assisting students who experience barriers to learning.

The Governor Mifflin SAP team will help you find services and assistance within the school, and if needed, in the community. Through a behavioral health assessment we will provide you with recommendations and you make the choice that best fits your needs. The process is completely confidential. As the parent/guardian you are an important part of the team.

## Do You See Your Child Showing Any of These Behaviors?

- Withdrawing from school, family, friends, and/or activities
- Changing friends
- Unexplained physical injuries or change in appearance
- Feeling sad/anxious
- Talking about suicide
- Defying authority, both at home and school
- Acting aggressively
- Lying
- Needing money without a good explanation
- Declining grades
- Trouble concentrating
- Experimenting with alcohol or drugs

## Are You Concerned about Your Child's Reaction to...?

- Recent death of a loved one
- Divorce of parents
- Family relocation
- A relationship problem
- Bullying
- Other traumatic event

## How Does My Child Become Involved in the SAP Program?

Anyone can refer a child to the SAP team. Some students are referred by teachers or other school personnel. A friend or family member can also let the SAP team know that they are worried about someone. The child can even go directly to the SAP team to ask for help. Schools will gather information to determine how a student is doing in their classes. However, the SAP team will not proceed with an assessment unless you give your written parent permission. Once permission is received, the SAP team will work with you to develop a plan of action to help your child achieve success in school. Participation in the program is voluntary.

## What If Someone Has Referred My Child to SAP?

A SAP team member will contact you regarding your child's referral to the program. Before a SAP team member talks to your child, you will be asked to sign a permission form. The SAP team will work with you and your child throughout the process. As a parent, your knowledge and thoughts about your child will be helpful in developing a plan of action. If you need more information before making a decision about SAP, please feel free to talk to a SAP team member.

## How Do I Contact the SAP Team?

If you have any questions about SAP or you feel that your child may need help, please contact the Student Assistance Program Specialist at 610-775-5089, ext. 6738. For additional information or to fill out a referral form visit

<https://www.governormifflinsd.org/gmhs/student-assistance-program/>

