

# Student Assistance Program



Nutley  
School District

## Philosophy of Student Assistance...

Student assistance programs are designed to help students and their families with problems affecting their personal lives and academic performance. Although the focus of student assistance programs is on primary prevention and early intervention, the realities of life cause our school SACs to address problems that already exist and that are in some cases well entrenched. SACs help students in understanding themselves as self-respecting human beings while encouraging them to accept responsibility for their own actions. SACs also serve as trusted adults for students to confide in about issues they might not otherwise discuss with teachers, family members or peers.

## Confidentiality...

- Referrals made to SACs and subsequent information is kept *confidential* under federal confidentiality regulations (42 CFR).
- SACs are available to *all students* not just those involved in substances or those in crisis.
- SACs serve on Intervention and Referral Services Teams (I&RS) in which information is also protected under confidentiality regulations.

## Student Assistance Program (SAP)

### What is a SAP?

- A comprehensive K-12 program providing prevention, intervention, support and instructional services for all students in the district.
- The SAP offers assistance to students troubled by familial, emotional, social, legal, physical, sexual, medical, or substance abuse problems.
- The SAP serves as a structured, organized liaison among the school, parents and outside agencies.

### Components of a SAP...

- Chemical Health Curriculum Development
- Staff Professional Development and In-service Training
- Intervention and Referral Services
- Parent Education
- Community Outreach
- Substance Abuse Policy Development
- Grant Writing

# Student Assistance Coordinators (SAC)

## What are SACs?

- SACs are certified as Substance Awareness Coordinators with advanced training and experience in the field of substance abuse and mental health.
- SACs coordinate and oversee the overall components of a Student Assistance Program.
- SACs are available at each school in the district to provide confidential counseling and referral services for students and parents in the community.
- SACs serve as Anti-Bullying experts and are responsible for many duties such as guiding the School Safety Teams, leading HIB investigations, ensuring compliance with policy and procedures, and educating staff and students. The ultimate goal is to empower students to assist in the development and maintenance of a positive school climate.

## Issues SACs address...

- Substance Abuse Prevention and Intervention
- HIB / Conflict Resolution / Violence Prevention / Peer Issues
- Depression / Anxiety
- Divorce / Family Conflicts
- Death and Bereavement Issues
- Crisis Intervention / Suicide Prevention
- Truancy / Chronic School Failure

## Contact Information

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## Tips for Parents

- Children imitate their parents...  
**Be a positive role model!**
- Children need structure...  
Set clear family rules and appropriate consequences for breaking them.
- Initiate conversation...  
Talk with your child about substance abuse and other difficult issues.
- Listen with an open mind...  
Try not to panic if you hear things you don't like; allow your child to be active in making positive decisions.
- Praise your child for good decisions and offer encouragement and support.
- Know where and with whom your child is with at all times.
- Know your child's friends and be aware of the influence they may have.
- Know the parents of your child's friends and be sure their household rules are consistent with your expectations.
- Encourage your child to be involved in school and community activities to develop a positive self-image and build character.
- Don't be afraid to ask for help...Call the SAC in your child's building.