

# GETTYSBURG AREA HIGH SCHOOL

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*Pride, Commitment, Respect, and Unity*

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## **Student Assistance Program (SAP) - Information Sheet and Referral Form**

**What is the student Assistance Program?** The Student Assistance Program (SAP) is mandated by the state and is a systematic process to identify and refer students who are experiencing barriers to learning. When the problem is beyond the scope of the school support systems, the SAP team assists parent/guardian(s) and student with information so they may access services in the community. SAP is an intervention program, not a treatment program.

**Who can refer?** Any concerned student or adult. A student can also refer him/herself.

**When to refer?** A student can/should be referred for reasons that may include:

1. Drug and/or alcohol use
2. Anxiety and/or depression
3. Threatens to hurt self or others
4. Suicidal ideations
5. Eating problems
6. Emotional concerns (angry, sad, etc.)
9. Other issues or stressors

### **How to refer?**

Please complete the bottom of this form and return it to a member of the SAP team. You may also return referral forms to one of the SAP drop boxes, located in the counseling center, nurse's office, and library. The person who makes the referral will not be identified, but you may also submit forms anonymously. Parents can contact a school counselor or administrator to make a referral.

**What happens when you make a referral?** Confidential behavioral check sheets will be distributed to staff members that interact with the referred student. This information will be compiled and then discussed at the SAP team meeting. This discussion will determine how to proceed with the referral. This information and any recommendations will be shared with parent/guardian(s). Due to confidentiality, the person (other than parent) making the referral will receive no follow-up information.

I want to refer: \_\_\_\_\_ to the SAP Team for help. Date: \_\_\_\_\_

The reason I am referring this friend/person is:

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(Additional information can be written on the back of this form.)

**\*\*\*In an EMERGENCY (suicidal thoughts/threats, threats to harm self or others, etc), concerns should be reported directly to your counselor or administrator IMMEDIATELY.**