

Isolated instances of unusual behavior do not always indicate a problem. It may be a “phase” that teens quickly grow out of as they progress toward maturity; however, when this kind of behavior is not isolated, it can signal the need for help.

- Changes in eating or sleeping habits
- Drastic change in appearance and personal habits
- Poor school attendance
- Sudden and unexplained decline in school performance
- Excessive need for privacy
- Change in friends
- Loss of interest in other favorite activities
- Unexplained physical illnesses
- Moodiness, resentment, or anger
- Deterioration of family relationships
- Violation of school rules and/or community laws
- Drug and alcohol use
- Promiscuity
- Risk-taking activities
- Runaway behavior

How can I help my teen?

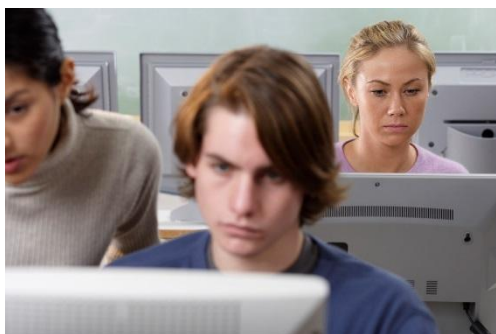
Parents who are experiencing problems with their teen often accept more responsibility than is necessary. When this happens, parents begin to feel overwhelmed. It is important that parents not automatically blame themselves for their teen’s problems, but take an active stance in seeking help.

What not to do ...

- Deny or endure the problem
- Minimize or justify misbehavior
- Make threats you don’t intend to carry out
- Withdraw or avoid the problem
- Strike a deal (“If you quit ..., I’ll ...”)
- Wait for “it” to go away
- Protect the acting-out person
- Blame someone else
- Accept the lie that “all teens act this way”

What to do ...

- Take a firm stance and make it clear that you will not allow your teen to engage in harmful behaviors
- Express your concern, love, and willingness to help
- Allow the adolescent to experience the consequences of his/her behavior even though these consequences may be painful and/or embarrassing
- Remain consistent and unified in your approach to setting limits
- Contact professionals in the community for additional assistance



Student Assistance Program



**Manheim
Township
School
District**

What is the Student Assistance Program?

The Student Assistance Program attempts to identify students who are having school-related problems because of personal difficulties, emerging mental health issues, or concerns related to drug and alcohol involvement. It is a process for intervening and referring students to appropriate school-based and/or community services for assistance in dealing with these problems. Student Assistance is an intervention program, not an in-school treatment or disciplinary program.

Who are the members of the Student Assistance Team?

The Student Assistance Team is a group of specially trained teachers, nurses, guidance counselors, school psychologists, home and school visitors, and administrators. Each secondary building has a Student Assistance Team. Help is available at the elementary level through the Instructional Support Team.



How does the Student Assistance Program work?

Referrals may be made by school personnel, parents, peers, and by student self-referral. All referrals are handled confidentially. Once a referral is received, the team collects additional information regarding observable student behaviors in school. Based upon the results of this fact-finding, the team makes a decision whether there is a concern requiring further action. If so, the team designs an intervention plan that may include a recommendation for further assessment. The team is committed to working with both the student and parent(s) throughout this process.

The team has accomplished its mission when the student and family have an awareness of the problem, an understanding has been reached for the need to change and recommendations for assistance have been provided. The decision to seek that assistance ultimately rests with the student and family. The team firmly believes in the right of the student and family to decide on a personal course of action.

Why do we have a Student Assistance Program?

The primary responsibility of school is to educate students. If a student is depressed and feels hopeless, or is under the influence of mind-altering chemicals, he or she cannot learn effectively. The Manheim Township School District believes our young people are our most precious natural resource. The school has a unique opportunity to identify students

who are being negatively impacted by high-risk behaviors and intervene in a timely manner. It is the hope of the team that, as a school, community, and parents work together, students will be directed toward more positive, productive lives and experience school success.

Whom do I contact if I have a concern about my child?

For high school students, call 560-3096.

For middle school students, call 560-3114.

Ask to speak to the SAP coordinator who will listen to your concerns and work with you to help your child.



“Just a Phase”? ... or a real problem?

Adolescence is a time of passage when young people draw away from their parents and begin to establish their own identities. In the process, some teenagers will experiment with different forms of behavior. For parents, this process may be disturbing. Teens may experiment with drugs, risk-taking activities, and other kinds of alarming behavior.



CONFIDENTIAL

STUDENT ASSISTANCE PROGRAM REFERRAL

Student's Name: _____ Grade: _____ Date: _____

Describe the observable behaviors or concerns, which prompted the referral:

Previous attempts to resolve the situation (check all that apply):

☐

Student Conference

☐

Parent Contact (phone/email)

☐

Parent Conference

☐

Guidance Referral

☐

Discipline Referral

☐

Other

(please clarify) _____

Comments:

Signature (optional)

Note: All student assistance records are considered to be educational records.
Parents may request to review them at any time as per FERPA.

Please fold this referral form, staple and place in Michelle Stoudt's mailbox.

Thank you for your concern for this student.

MTHS Student Assistance Team