



Student Assistance Program (SAP)

What is SAP?

SAP is a school-based Student Assistance Program at Forest Hills Elementary School. The SAP team is comprised of professionally trained school and Cambria County agency staff. The purpose of the program is to identify and assist students who are experiencing barriers to learning.

The SAP team will work with parents/guardians to help find services and assistance within the school or, if needed, in the community for our students. The SAP team does not diagnose, treat, or refer your child for treatment. Instead, the SAP team will provide parents/guardians with information to make the choices that best meet their child's needs.

What behaviors may cause barriers to learning?

- Withdrawing from family, friends, and/or activities
- Changing friends
- Lack of motivation (apathy)
- Refusing to attend school
- Unexplained physical injuries
- Feeling sad or lacking a sense of belonging
- Talking about suicide or depression
- Defying authority, both at home and school
- Acting aggressively
- Hitting, kicking, or biting
- Lying
- Declining grades
- Experimenting with cigarettes, tobacco, alcohol, or drugs

Are you concerned about your child's reaction to any of the following?

- Recent death of a loved one

- Divorce of parents
- Family relocation
- A relationship problem
- Bullying
- Other traumatic event

How can my child become a part of SAP?

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. The SAP team will gather information to determine how the student is doing in his/her classes. However, the SAP team will not proceed unless a parent/guardian provides written permission. Once permission is received, the SAP team will work with the parent/guardian to develop a plan of action to help the referred child achieve success in school. Participation in the SAP program is voluntary.

What occurs after my child has been referred to SAP?

After a referral is made, a SAP team member will contact the parent/guardian regarding the referral to the program. Before a SAP team member talks to a child, the parent/guardian will be asked to sign a permission form. The SAP team will work with the parent/guardian and the referred child throughout the process. Input and support from a parent/guardian will be instrumental in developing a plan of action for the referred child.

How do I contact the SAP team?

If a parent/guardian has any questions about SAP or feels that his/her child may need help, please call the guidance counselor assigned to the student's grade.

Mrs. Eppley – Grades PreK, 1, 3, and 5.

Mrs. Montag – Grades K, 2, 4 and 6.

SAP Team Members at Forest Hills Elementary School

Mrs. Roberts, Principal

Dr. Dill, Assistant Principal

Ms. LaMantia, Special Education Supervisor

Mrs. Murphy-Carosi, School Psychologist

Mr. Ellenberger, School Resource Office

Mrs. Eppley, School Counselor

Mrs. Montag, School Counselor

Mrs. Nadonley, IST Teacher

Mrs. Varner, School Nurse

Mr. Carpenter, Teacher

Mrs. Kerr, Teacher

Mrs. Maderia, Teacher