

# Are You Worried About Your Child?

*Is he/she showing any of these signs or behaviors?...*

and/or

*Are you concerned about your child's reaction to...?*

- Withdrawing from family, friends or activities
- Changing friends
- Unexplained physical injury
- Feeling sad
- Talking about suicide
- Defying authority (at school or home)
- Acting aggressively (physically or verbally)
- Lying
- Needing money without good explanation
- Declining grades
- Experimenting with alcohol and/or drugs
- Back-talking staff

- The recent death of a loved one
- Divorce of Parents
- Family Relocation
- A relationship problem
- Bullying
- Incarceration of Parent or Loved one
- Other Traumatic Event

## If so...the SAP team is HERE to HELP!

### What is SAP?

SAP is the Student Assistance Program. It's a group of people here at John Harris who love and care about your child, and are here to support them and your family. We are here to talk, to be listeners and to help you get what you need to help your child be successful. We can help you get hooked up with services here in the building, or closer to home; we can get you in touch with the helpers in your lives to increase the positive energy surrounding you!

### How can I get my child connected with SAP?

You can fill out one of our blue forms - - they are located in the main office or you can fill out the electronic form located on the district webpage within the SAP section. [https://bit.ly/JHHS\\_SAP\\_referralform](https://bit.ly/JHHS_SAP_referralform) Drop the completed form in one of the BLUE Drop Boxes – located in the Nurses office as well as the Social Services Suite – room 158. Online forms will be sent directly to our SAP coordinator for review.

### How long does this process take?

To fill out the form – a few minutes! The SAP team meets weekly every Friday, so at the most, it might be a week until you would hear from someone connected with SAP. That is why this process is not for anyone experiencing a CRISIS situation. The SAP process is about connecting students with necessary supports; not diagnosing or treating them!

### Do I have some say in the helping process?

Absolutely! You are as much a part of the SAP team as we are. The team is made up of you, your child, and the helping professionals at the school. We will work together to identify what supports may be best for your child and your family; we strive to have open communication throughout the process!

### How will I know someone is on the SAP team?

Anyone trained in SAP, as well as all of our SAP mentors throughout the building will have our logo on their doors. So, when you visit our school, feel free to take a look around and ask any questions you may have to our team members and supports! Also, feel free to consult the SAP website (link above) to see a list of SAP team members and mentors as well as their contact information and school roles.

