

North East School District
Student Assistance Program



Student Assistance Program (SAP) Mission

- Identify student behaviors that hinder the learning process and school success
- Gather pertinent information about student school performance
- Plan strategies with parents and colleagues to maximize student success



SAP is...

- An identification process
- An intervention program
- A referral program
- A support program

SAP is Not...

- A counseling program
- A treatment program
- A discipline program



What the Student Assistance Program does

- Targets students with educational barriers such as: substance abuse, mental health difficulties, school behavior and/or performance issues
- Provides education, prevention, early intervention, agency referral, and follow-up.

Key Components of the Program

- Core Team, known as NEST (*North East Support Team*)
- An interdisciplinary group of teachers, counselors, administrators, psychologists, nurses, probation officers, and agency personnel
- Voluntary participation by student
- Prior written consent from the parent(s), who are the decision makers, for MH/D&A counselors to meet with the student



NEST Process

➤ **Step One: Referral**

- Students may be referred to NEST by:
A concerned parent, a teacher, or a friend, themselves

➤ **Step Two: Parent Contact**

- A parent or guardian is contacted to involve them in the process
- There is no cost for this process. All NEST services are voluntary and free of charge

➤ **Step Three: Information Gathering**

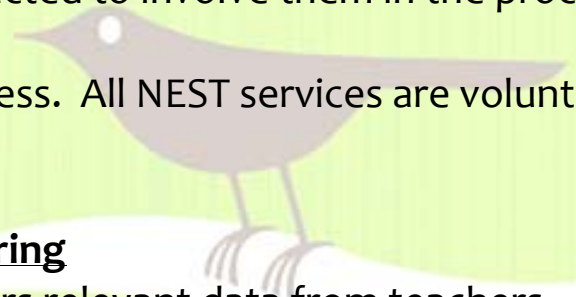
- The Core Team (**NEST**) gathers relevant data from teachers, school nurse, guidance counselors, and administration

➤ **Step Four: Evaluation**

- The Core Team (NEST) evaluates data to determine possible interventions or services available to assist the student
- If necessary, intervention or service is offered to the student and parent/guardian

➤ **Step Five: Review**

- The Core Team reviews each referral; then joins with the parents to develop intervention plans based on each student's strengths and needs
- Parent written permission is required before any student may participate in the counseling component of the program




North East N.E.S.T. Members 2011-2012

Middle School

**Greg Beardsley
Jan Brabender
Linda Chaffin
Jenna Cummings
Claudia DiNardo
Sue Greco
Becky Hall
Chris Hoyt
Nancy Kirner
Dave Murphy
Anne Narby
Cindy Olson
Beth Poor
Karen Rizzo
Cindy Rodgers
Rob Schodt
Jon Sedelmyer
Noreen Tuttle
Amy Wagner
Deby Wright**

Heidi Martin - Mental Health Counselor Perseus House

Abby Cermak - Drug/Alcohol Counselor Pyramid



North East N.E.S.T. Members 2011-2012

High School

**Jan Brabender
Brian Emick
Patrick Fordyce
Nancy Sturgeon
Jen Wilson
Regan Tanner**

**Dennis Cerami
Katie Gallagher
Noel Mraz
Laura Panek
Katherine Bierig
Bill Renne**

Heidi Martin - Mental Health Counselor Perseus House

Abby Cermak - Drug/Alcohol Counselor Pyramid

Student Assistance as a Resource

- Plans primary prevention and crisis prevention programs in the school and in the community

Intervention and Recommendation

- NEST intervention and accommodations: School-based with in-house or community resources
- Recommendation for referral of service and/or agency assessment
- NOTE: The schools do not diagnose or treat

Support and Follow-up

- Support – Services for students, parents, and faculty
- Follow-Up – After-care, monitoring, mentoring, and motivating for academic success

Specific Services Available

- Team members to meet with students and guide them to resolve problems
- Crisis Intervention
- Educational Support Groups
- Aftercare for students returning from treatment programs
- Mental Health screening assessments and referrals to community services
- Drug and Alcohol screening assessments and referral to community services



Where to Find Help

Counseling / Emergency Information

<u>Alcoholics Anonymous</u>	<u>452-2675</u>
<u>Alanon / Alateen</u>	<u>454-4730</u>
<u>White Deer Run - Outpatient Recovery Center</u>	<u>452-2991</u>
<u>Erie Hotline</u>	<u>453-5656</u>
<u>Family Services</u>	<u>864-0605</u>
<u>Pyramid Healthcare</u>	<u>456-2203</u>
<u>Solutions</u>	<u>838-2282</u>
<u>St. Vincent Serenity Center</u>	<u>452-5555</u>



Tips for Parents

It's okay...

- Say **NO** to drinking parties
- Say **NO** to hotel parties
- Say **NO** to alcohol / drug use
- Say **NO** to co-ed sleepovers



- Say **YES** to chaperoning
- Say **YES** to curfews
- Say **YES** to alcohol-free home parties





For More Information

**Contact: Jon Sedelmyer / Dennis Cerami
(725-8671, NEMS ext. 2005 / NEHS ext. 1008)**

Call us. We're here to help your child succeed.

**North East Middle School /High School
Student Assistance Program**

The End

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