**GOALS**

The Student Assistance Program believes that all people can benefit from having someone to talk to. The Program helps support students in developing healthy coping skills, making positive lifestyle choices and avoiding substance abuse problems.

Services are also provided for students whose lives have been affected by their own or someone else’s use of alcohol or other drugs; other students are looking for help with a variety of personal problems.

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# **Confidentiality**

**Confidentiality is the cornerstone of the Student Assistance Program**. No information will travel from the program to anyone else without your permission. Exceptions to that rule include situations where a student is reporting self-harm / suicidal or homicidal behavior, child abuse or neglect. In those instances the appropriate people will be contacted.

# **Getting Help For Problems**

**Students**: If you are concerned about yourself or someone you know, please contact the Student Assistance Counselor.

Your referral and your participation will be kept strictly confidential within the guidelines of the program.

**Parents**: If you have any questions, please call the Student Assistance Program at:

674-7128.

# **Student Assistance Program**

The Student Assistance Program works with students and their families encouraging healthy coping alternatives. The program provides confidential services for students whose personal concerns may be affecting their performance or behavior at school.

Students are encouraged to use the program for assistance with a variety of issues including family problems, emotional concerns, alcohol or other drug abuse, and eating disorders. Many students become involved in the program because they are concerned about a friend. The program offers support and educational groups, information and referral services, and individual sessions.

 **Services Provided:**

* Short term counseling; individual, family and small groups
* Assessment of substance use and other concerns
* Referral to community services and follow up
* Consultation for parents and teachers
* Parent education
* Crisis intervention
* Classroom presentation

# **How the Program Works**

When the student meets with the Student Assistance Counselor, he or she will discuss their situation, explore the student’s concerns and find solutions.

Your participation is **completely voluntary**. No one can force a student to use the Student Assistance Program.

Teachers may refer you to the program if your school work is slipping, or if you are frequently absent or tardy. Many students come to the program on their own, however, some are referred by teachers, parents or friends who are concerned about them.

Although the Student Assistance Program can assist in providing the names of treatment professionals in the community, the decision to seek professional services is the full responsibility of the student or family seeking treatment.

**Could the Student Assistance Program Help You?**

1. Do you feel overwhelmed and simply don’t know what to do?

2. In spite of all your accomplish-ments, do you ever feel that you’re not any good?

3. Do you have a parent, relative, or friend whose drinking and drugging bothers you?

4. Have you, your parents, or friends ever felt that you should cut down on your drinking or drugging?

5. Are you increasingly concerned about your body weight or size? Are you involved in crash dieting, binge eating, skipped meals, or vomiting?

6. Do you continue to date people who have personal problems, abuse alcohol or other drugs or treat you badly?

7. Are you concerned about your use of drugs or alcohol?

8. Do you feel alone and depressed and that no one could possibly understand?

9. Are you upset about a loss through death, divorce or separation?

10. Are you upset about the breakup of a relationship?

11. Are you worried about a friend?

12. Are you having problems at home, with your peers or in school?

Every Yes answer to the above questions means that you may be able to benefit from this program. The Student Assistance Program can help you help yourself.

***R*ENSSELAER COUNTY DEPARTMENT OF MENTAL HEALTH**

**STUDENT ASSISTANCE PROGRAM**

Jill Augustine, M.A.

Student Assistance Counselor

Berlin Middle High School

(518) 658-1500