

## GOALS

The Student Assistance Program aims to help students develop healthy coping skills, make positive lifestyle choices and avoid 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. Some students who use the program are not involved with substances but are looking for help with a variety of other personal problems.

## CONFIDENTIALITY

Confidentiality is the cornerstone of the student assistance program. If you contact the program, no one will know unless you tell them. No information will travel from the counselor to anyone else without your permission. Exceptions to that rule are that in cases where suicidal or homicidal behavior is evident, the appropriate people will be contacted. The counselor must also report cases of abuse and neglect.

**HELP**

## GETTING HELP FOR PROBLEMS

**STUDENTS:** If you are concerned about yourself or someone you know, please contact the student assistance counselor. You may make an anonymous referral if you choose.

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

The student assistance counselor is located in the guidance suite.

## PARENTS:

If you have any questions, please call the student assistance counselor directly at 973-838-5500 X 1211.

## COMMUNITY AGENCIES

The student assistance program wants to work in cooperation with your efforts. Please contact the program directly at 973-838-5500 X 1211.

## COULD THE STUDENT ASSISTANCE PROGRAM HELP YOU?

Do you feel overwhelmed and simply don't know what to do?

In spite of all of your accomplishments, do you ever feel that you're not any good?

Do you have a parent, relative or friend whose drinking or drug use bothers you?

Have you ever felt that you should cut down on your drinking or drug use?

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

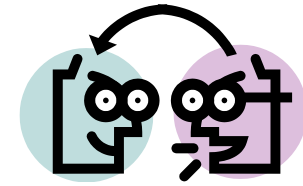
Do you continue to date people who have personal problems, abuse alcohol or other drugs or treat you badly?

Do you find that you can't remember parts of what happened while you were drinking or drug-ging?

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

Every YES to the above questions means that you are troubled by something. When problems aren't taken care of, they tend to get worse. The student assistance counselor can help you help yourself.

## STUDENT ASSISTANCE PROGRAM GROUPS



Students are encouraged to participate in group meetings to share ideas, experiences and friendship with peer support. When students participate in group, the absence is excused but students are responsible for all class work missed. Groups meet on a rotating basis to avoid missing the same class.

All groups are informational, educational, and supportive in nature:

\**Discussion Group:* open discussion for any teen concerns (friends, dating, peer pressure)

\**Friend's Group:* for those students affected by the drinking or drug use of a close friend or relative

\**Educational Group:* for those interested in learning more about alcohol and other drugs, addiction and recovery

\**Recovery Group:* for those interested in staying clean and sober

\**Special Topic Groups:* for those interested in a specific topic (divorce, blended families, eating disorders)

All information shared in the groups is also confidential.

## STUDENT ASSISTANCE PROGRAM

The student assistance program aims to identify and help troubled students and their families and to encourage 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 help with family problems, emotional concerns, alcohol or other drug abuse, and eating disorders. Many students become involved because they are concerned about a friend. The program offers support and educational groups, information and referral services, and individual sessions.



## HOW IT WORKS

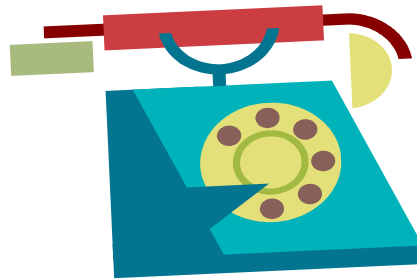
When you first meet with the counselor, she will discuss your situation with you and tell you about services that are available in the community to help you. Your participation is *completely voluntary* unless you are referred for violating the KHS substance abuse policy.

Teachers may refer you to the counselor if your school work is slipping, or if you are frequently absent or tardy, because they care about you and want to help. Friends or parents may refer you if they notice a change in your behavior or mood.

Although the student assistance program can assist in providing the names of treatment professionals, the decision to seek professional services in the full responsibility of the student or family seeking treatment.

## PHONE NUMBERS

24/7 Helpline	2-1-1
Family Crisis Intervention	973-292-9257
Dating/Domestic Violence	973-267-4763
Psychiatric Emergency (Chilton Memorial)	973-831-5078
National Suicide Crisis Hotline	800-784-2433
Addiction Hotline of NJ	800-238-2333
National Eating Disorder Hotline	800-841-1515



## WEBSITES

Al-Anon/Alateen	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>
Gay, Lesbian Straight	<a href="http://www.glsen.org">www.glsen.org</a>
PFDFFA	<a href="http://www.checkyourself.org">www.checkyourself.org</a>
NIDA	<a href="http://www.thecoolspot.org">www.thecoolspot.org</a>

# KINNELON HIGH SCHOOL

## Student Assistance Program



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