

Student Assistance Program

The purpose of the Student Assistance Program is to identify and help students, and their families, who may be experiencing substance (alcohol, tobacco and other drugs) problems. It is recognized that the use and abuse of substances or dependency on them may interfere with the educational process of some students. The Hanover Park Regional High School District developed the Student Assistance Program to aid young people in dealing with these issues. A Student Assistance Counselor, who is also a Guidance Counselor, is available at each high school.

The program aims to help students develop healthy coping skills, make positive lifestyle choices and avoid substance abuse problems. Services are also provided for those 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.

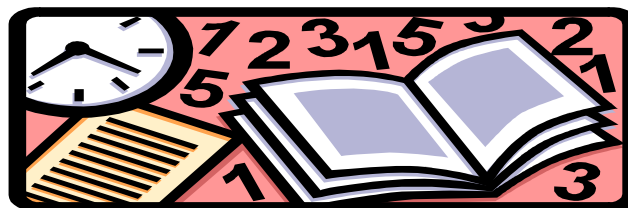
Confidentiality

Confidentiality is the foundation of the Student Assistance Program. If students contact one of the counselors, no one will know. No information will be shared to anyone else without the student's permission. Exceptions to the rule apply in cases where suicidal or homicidal behavior is evident, and the appropriate people will be contacted. The counselor must also report cases of abuse and/or neglect.

Warning Signs of Substance Abuse

It is important for parents and concerned persons to know the signs that students may exhibit that might indicate a substance abuse problem:

- *Ignoring rules and regulations both at school and at home.*
- *Increased negative attitude.*
- *Excessive lethargic behavior.*
- *Verbal or physical abuse.*
- *Involvement with the criminal justice system.*
- *Disappearance of money and/or valuables at home without satisfactory explanation.*
- *Withdrawal from family interaction.*
- *New friends and secretive about such friends.*
- *Sudden drop in grades and/or activities.*
- *Dishonesty, frequent lying.*
- *Frequent drowsiness or falling asleep in class.*
- *Red eyes, increased use of products like Visine®; frequent nosebleeds, presence of black and blue marks.*
- *Lack of motivation.*
- *Frequent mood swings.*
- *Increase and decrease in appetite.*
- *Sudden unexplained change in behavior and/or personality.*



Referral Procedures

Students with a substance concern may be referred for assistance by:

- *Voluntary Self-Referral*
- *Staff/Faculty Members*
- *Family or Peers*
- *School Disciplinary Process*

All referrals are confidential.

Although the Student Assistance Counselor can provide the names of treatment professionals, the decision to seek professional services is the full responsibility of the student and/or family seeking treatment.

If you need any additional information or have specific questions concerning substance abuse, please call:

Mrs. Stephanie Mitchell
Student Assistance Counselor
Hanover Park High School Guidance
63 Mount Pleasant Avenue
East Hanover, NJ 07936
973-887-8137

Ms. Sibila Dubac
Student Assistance Counselor
Whippany Park High School Guidance
165 Whippany Road
Whippany, NJ 07981
973-887-4963

All calls will be handled with strictest confidentiality.

Tips for Parents

Children imitate their parents...
Be a positive role model!

Children need structure...
Set clear family rules and appropriate consequences for breaking them.

Initiate conversation...
Talk with your child about substance abuse and other difficult issues.

Listen with an open mind...
Try not to panic if you hear things you don't like; allow your child to be active in making positive decisions.

Praise your child for good decisions and offer encouragement and support.

Know where and whom your child is with at all times.

Know your child's friends and be aware of the influence they may have.

Know the parents of your child's friends and be sure their household rules are consistent with your expectations.

Encourage your child to be involved in school and community activities to develop a positive self-image and build character.

Don't be afraid to ask for help...

Call the SAC in your child's building!

Available Resources

Phone Numbers

24/7 Help Line	2-1-1
Family Crisis Intervention	973-292-9257
Family Service of Morris County	973-538-5260
Dating/Domestic Violence	973-267-4763
Morris County Prevention is Key	973-625-1998
Morristown Memorial	973-971-5004
Chilton Memorial	973-831-5078
National Suicide Crisis Hotline	800-784-2433
New Bridge Services Inc.	973-839-2520
St. Clare's Hospital	973-316-1982
Addiction Hotline of NJ	800-238-2333
Eating Disorder Hotline	800-841-1515

Websites

Al-Anon/Alateen	www.al-anon.alateen.org
Smoking	www.nj.quitnet.com
AA	www.alcoholics-anonymous.org
Narcotics Anonymous	www.na.org

Don't forget, check out our SAC links on:

www.hanoverpark.org or www.whippanypark.org



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