

## **Student Assistance is available...**

Hello, my name is **Phoebe Terhaar**, and I am the Student Assistance Program Counselor in the Snoqualmie Valley School District, serving Mt. Si High and our three middle schools.

### **What is a Student Assistance Program (SAP)?**

Puget Sound Educational Service District established a Student Assistance Program to provide assistance to district students and their families through drug/alcohol education, screenings, individual and group counseling services, universal prevention activities, and networking with community resources.

#### **The Student Assistance Program has the following goals:**

- ❖ Remove barriers to academic success.
- ❖ To identify and help troubled students and their families.
- ❖ To reduce student alcohol, tobacco and other drug use.
- ❖ To develop an advisory (Care) team and referral process.
- ❖ To work closely with existing services.

### **Confidentiality**

Student Assistance Programs are covered under strict federal confidentiality regulations. It is important to understand that these federal regulations require that the SAP does not give out any information that could identify a student as being an alcohol or other drug user. The SAP Counselor is required to get a signed release from students in order to share any knowledge or information regarding time spent with a student

### **Missing Class**

Careful steps will be taken by the SAP Counselor to ensure that students who are participating in services will miss as little classroom instruction as possible. Hall passes, schedules and attendance rosters will be used. It is understood that a student's education is a priority. If at any time a student is not fulfilling their classroom obligations due to their involvement in the SAP, please contact the Student Assistance Counselor.

### **Warning Signs**

Students in school may be adversely affected or impaired by a variety of conditions including drug/alcohol abuse. Drug abuse we know has a definite impact on student learning. There are a number of behaviors that indicate that a referral to the SAP Counselor might be helpful. When a student is experiencing difficulties, the following symptoms may begin to surface: a drop in grades, truancy, fights, problems at home, aggressive behavior, poor concentration, or withdrawal. The Student Assistance Program is designed to evaluate whether substance use has affected a student's health or emotional well being and then address those issues.

### **Referring Students**

There are generally three types of referrals made to the SAP. Discipline-related, which come as a result of a violation of the school district drug/alcohol policy, concerned others (i.e. teachers, counselors, staff, peers, parents, etc.) and those coming from the student's own concerns. The most important aspect to remember is that the more communication I receive from those involved with a student, the more effective I can be in helping students who need assistance.

Feel free to contact me with any questions or concerns.  
Phoebe Terhaar, CDP

My office hours at Mt. Si High School are Monday's and Thursday's - 7:30-3:30 pm.  
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