

## Behavior Checklists



Some behaviors that may cause concern:

- Drop in grades
- Decrease in class participation
- Increased number of absences and tardies
- Attention getting behavior
- Defiance of rules
- Blaming, denying
- Outbursts of anger
- Extreme negativity
- Change in friends
- Withdrawn behavior
- Talks freely about drug abuse
- Sudden popularity or unpopularity
- Fatigue or listlessness
- Deteriorating appearance
- Verbal expression of depression
- Written notes about suicide
- Self-harm

We have a specific behavior checklist for parent input listing specific concerning behaviors.

Please contact us if you would like a behavior checklist or if you have a concern about your student.

## Drug and Alcohol Guidelines

We also use a Drug and Alcohol consultant to do assessments for students who have broken a York Catholic Drug and Alcohol Policy (see student agenda book for policy). The consultant meets with the student for two to three class periods in order to assess the situation and makes a recommendation to the student, parents, and the school about any follow up testing, counseling, or group work that should take place with the student.

York Catholic  
Student Assistance Program

York Catholic  
Middle School & High School  
601 E. Springettsbury Ave.  
York, PA 17403  
Attn: Student Assistance Team

Parent  
SAP Brochure  
Updated 9/12/23



# YORK CATHOLIC STUDENT ASSISTANCE PROGRAM

Trained  
York Catholic Faculty  
Helping to  
Identify and Support  
Students at Risk

Phone: 717-846-8871  
Fax: 717-843-4588

[www.yorkcatholic.org](http://www.yorkcatholic.org)

## What is a Student Assistance Program?

A Student Assistance Program utilizes a systematic process by which school personnel can determine students who are having problems in school due to difficult life experiences, mental health problems, or drug and alcohol problems, and refer them for help. The heart of the program is the Student Assistance Team, which is a group of school personnel who are specially trained to work with these at-risk students and their families.

## The History of Student Assistance

In 1991, the State of Pennsylvania passed Act 211 requiring each public school district and encouraging each private school to establish and maintain a program to provide counseling support services for students experiencing problems with the use of drugs, alcohol, and dangerous controlled substances. Schools meet this requirement through their Student Assistance Program.

## York Catholic Student Assistance Team and phone extensions at 717-846-8871

### Teacher:

Mrs. Carolyn Obermeier  
x1004

### Nurse:

Mrs. Tiffany Brocius  
x1321

### Counselors:

Mrs. Jamie Loughman  
x1429

Mrs. Sarah McShane  
x1424

Mrs. Jodi Maurer  
x1332

### Administration:

Ms. Heather Hoffman  
X1320

Mr. Matthew MacDougall  
x1328

Mr. Paul Miller  
x1341



## The Student Assistance Process

York Catholic's Student Assistance Program is in place to identify students who are having difficulties in school due to alcohol or drug use, depression, other mental health problems, or difficult life experiences. Referrals are made to the Student Assistance Team by teachers, counselors, principals, parents, peers, and sometimes by the students themselves. After reviewing the referral, if the team finds sufficient reason to believe that there is a problem, a formal, confidential information-gathering process is started, and a conversation with the student and/or parents is initiated. The Student Assistance Team works with the student and/or his or her family to develop a course of action to resolve identified problems.

If the parents and student agree, York Catholic has the services of True North Wellness Services consultants who come into the school to do a confidential assessment of the situation. This assessment can last up to three sessions and is free of charge. Every effort is made to schedule a student during a study hall period, but sometimes a student does miss class. If the student and parent prefer, the assessment can be done at the consultant's office outside of the school.

It should be noted that the student assistance process is very confidential. Although individual subject teachers are aware in a general sense that someone has a concern about a student, they are given limited information unless the parents and student wish the information to be shared. Parents may contact the Student Assistance Team by calling their student's guidance counselor or any of the team members. The team meets every two weeks during the school year.

Sowing  
Seeds;  
Encouraging  
Growth;  
Celebrating  
Life!



York Catholic is provided a SAP liaison through True North Wellness Services. The liaison meets with our team on a regular basis and sees students for assessments here at school and at the True North office.