

## GOALS

The Student Assistance Program's goals are to help students develop healthy coping skills and make positive life style choices. The SAP helps students avoid high risk behaviors so they can succeed in attaining their academic and personal goals. Students who use the program are often looking for assistance with a variety of personal problems. Additionally, services are provided to students whose lives have been affected by their own or someone else's use of alcohol or other drugs.



## CONFIDENTIALITY

Confidentiality is a vital aspect of the Student Assistance Program. If students participate in the program, their involvement will remain private. Exceptions to the laws of confidentiality are specific in cases involving suicidal or homicidal ideation (harm to self or others) or incidents of abuse or neglect. In these circumstances, appropriate actions to protect the safety of the student and/or others are required.

## SERVICES AVAILABLE

- **Prevention Services:** Providing services to all students, which educate and assist in the prevention of substance abuse e.g. classroom visitations, seminars, etc.
- **Anger Management Group:** An opportunity for students to learn techniques and methods to resolve feelings of anger in a group setting.
- **Friend's Group:** For those students affected by the drinking or substance abuse of a close friend or relative.
- **Educational Group:** For those interested in learning more about alcohol and other drugs, addiction and recovery.
- **Student Parent Group:** For those students eager to discuss the challenges of balancing an academic career and parenting.
- **Life Skills Group:** An opportunity for students to learn about and discuss gender issues.
- **Individual Counseling:** On an as needed basis.
- **Stress Management Group:** Learn new coping skills to deal with anxiety and stress.
- **Gender Support Group**



## OUT REACH

If you are concerned about yourself or someone you know, please contact the Student Assistance Program. You may email **Mr. Branca's** or **Mrs. LaCorte's** using your mobi account at

[rbranca@pcti.tec.nj.us](mailto:rbranca@pcti.tec.nj.us)

[jlacorte@pcti.tec.nj.us](mailto:jlacorte@pcti.tec.nj.us)

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

The Student Assistance Program offices are located: **FX Wing 2<sup>nd</sup> Floor and in the Main Guidance Office**

## REFERRAL

I would like to find out more about the Student Assistance Program and support services available to me at PCTI.

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Name

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ID Number

Please place this form in **Mr. Branca** or **Mrs. LaCorte's** mailbox or give it to your Guidance Counselor / Case Manager. You may also stop by the SAP Offices located in the **FX Wing 2<sup>nd</sup> Floor and the Main Guidance Department**

### Can the Student Assistance Program Help you?

1. Are you worried about how often you feel sad?
2. Do you feel a loss of control in your life?
3. Do you have a parent, relative or substance abuse upsets you?
4. Are you concerned about your own drinking or drug use?
5. Are you increasingly concerned about your body image; weight gain or weight loss? Are you involved in crash dieting, binge eating, or vomiting?
6. Do you continue to involve yourself with people who have problem behaviors such as abusing alcohol or other drugs, selling drugs or other illegal activities?
7. Is violence a concern to you?
8. Do you feel alone, depressed and feel that no one could possibly understand you?

If you answered **yes** to any of the above questions the Student Assistance Program may be of help to you.

## PASSAIC COUNTY TECHNICAL INSTITUTE



◆ **PREVENTION**

◆ **INTERVENTION**

◆ **REFERRAL**