

## **What is Holcomb Behavioral Health Systems?**

Holcomb Behavioral Health Systems provides a comprehensive range of services and supports for people with mental health, substance abuse, intellectual and developmental disabilities, and co-occurring disorders. Holcomb provides an array of prevention and educational programs for youth, parents, and adults to encourage healthy choices and lifestyles.

Holcomb's Student Assistance Program (SAP) Services Department works with the public secondary schools in Chester County.



## **What Does The Holcomb SAP Liaison Do?**

The SAP Liaison provides technical assistance to the Student Assistance Team. The Liaison may also provide the SAP Team with other services. Liaisons may meet with students for screenings, refer students and families to community-based resources, facilitate educational support groups, and meet one-on-one with students.

## **What is a Screening?**

Holcomb's SAP Liaison uses a comprehensive screening tool when meeting with students. Written Parental/ Guardian permission must be received before the screening process can begin. The screening is usually voluntary for the student to participate. The screening could take a few hours to complete.

The Liaison asks the students a variety of questions in the areas of emergent care, mental and emotional health, school and family functioning, and substance use and abuse. Information is gathered from the school and the parents/guardians. The information the student tells the Liaison is confidential unless the student discloses intent to harm him/herself, someone else, or that someone is harming him/her.

A recommendation from the screening will be shared with the student, the parents/guardians and the school's SAP Team. If the family desires, the Liaison will assist in accessing services related to the recommendation. Recommendations could be, but are not limited to: drug and alcohol or mental health counseling, educational support in school, participation in an educational group, seeking medical attention, and family counseling.

## **Educational Groups!**

Educational groups are facilitated or co-facilitated by the SAP Liaison. These groups take place during the school day and usually last 6-10 weeks.

Parent/guardian permission is needed for students to participate. Topics could include: drug and alcohol education, intervention, and recovery, anger management, self-esteem, responsible decision making, children affected by someone else's addiction, grief, etc.



## **Parental/Guardian Involvement!**

Parents/Guardians are an essential component in the SAP process. A Liaison will make efforts to contact parents/guardians and are available to assist parents/guardians during the process. Parents/Guardians can provide the Liaison with valuable information during the process!

## What is SAP?

SAP stands for Student Assistance Program. In Pennsylvania every secondary school is mandated to have a SAP Team. The SAP Team consists of school and agency staff trained to identify issues that may pose a barrier to a student's learning and school success. Concerns related to attendance issues, mental health concerns, academics, substance use, grief, and other issues tend to be addressed.

SAP is an intervention program, not a treatment program. SAP works to mobilize school and community resources in order to remove barriers to learning. Schools may call their SAP team by another name.



Student Assistance Program Services  
467 Creamery Way  
Exton, PA 19341  
Phone: 610-363-1488

## Helpful Phone Numbers

### Community Resources

Valley Creek Crisis Center  
24 hour hotline: 610-280-3270

### County Resources

Dept. of Children, Youth, and Families  
610-344-5800

Dept. of Drug & Alcohol Services  
610-344-6620

Juvenile Probation Department  
610-344-6295

Dept. of Mental Health  
610-344-6265

### Hotlines

Chester County Drug & Alcohol  
Information & Referral  
1-866-286-3767

Childline (Child Abuse Hotline)  
1-800-932-0313

National Runaway Switchboard  
1-800-RUNAWAY  
(1-800-786-2929)

National Suicide Prevention Lifeline  
1-800-273-8255

Sexual Assault Hotline  
610-692-7273



## Student Assistance Program (SAP) Services

### Brochure for Parents and Guardians

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