



Student Assistance Program Fall Bulletin

Welcome to a New School Year with the Student

Assistance Program!

A Note from Lea Forster, LMHC (program coordinator)

The start of a new school year is an exciting time! However, Fall can also bring about difficulties related to stress and transition. Whether you have used the Student Assistance Program in the past or you are just finding out about us now, SAP is here for you. We believe in a collaborative, strength based approach in helping students. We appreciate you taking the time to learn a bit more about us and look forward to working with you this year!

What is Student Assistance?

In short, the Student Assistance Program is a proactive service that supports students during the school day.

Thanks to generous grant funding, SAP places master's level Lahey Health Behavioral Services clinicians onsite at six local high schools and middle schools.

SAP clinicians hold office hours ranging from 15 to 30 hours per week, during which they address the wide range of obstacles that interfere with students' ability to succeed academically.

SAP clinicians are more than a supplement to school's existing guidance and adjustment staff. Program clinicians provide a safe place for students to seek help, they offer valuable input to parents and school staff and they are able to provide fast and appropriate outside referrals. Additionally, SAP clinicians have an impact on school culture by offering engaging presentations to their students on diverse topics like bullying, substance use and suicide prevention.

How to use SAP

Consent: For a student to receive ongoing SAP services, the program requires a signed consent form from a parent. This will be sent home with your child or can sometimes be emailed to you by request. *Even if parents signed a consent form last year, a new one is required for the 2015-2016 school year.*

To Learn More: If you have further questions about our service or would like to refer a student, our school's SAP counselor would be happy to talk to you directly about how they can help. Feel free to give them a call using the contact information below.

Your SAP Counselor

Shawn Huth (978)921-6132x11109

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Tuesdays and Thursdays in BHS Guidance