

## STUDENT ASSISTANCE COUNSELOR

The Student Assistance Counselor (SAC) aims to identify and help students and their families by encouraging healthy coping alternatives. Students are encouraged to meet with the SAC for help with family problems, emotional concerns, relationship issues, alcohol or other drug use, school dilemmas, eating disorders or any type of addiction.

The SAC offers support, educational groups, information, referral services, and individual sessions.

### WHAT CAN I EXPECT?

When you first meet with the SAC, she will discuss your situation with you and tell you about services that are available in the school and in the community to help you. You may choose to see her again and/or be referred to additional support systems, such as groups and community resources.

Your participation is completely voluntary unless you are referred for violating Becton Regional High School's Chemical Use Policy.

Your teachers care about you and are concerned about your well-being. When they aren't sure how else to help, they may refer you to the SAC. Signs they look for are: frequent lateness, absence from class, a decline in school work, and disengagement.

Friends or parents may also refer you if they notice a change in your behavior or mood.

## THE PURPOSE

The Student Assistance Counselor (SAC) offers students a safe place to talk about any problems they may be having. Discussions are confidential and do not become part of school records.

The student assistance counselor aims to help students develop healthy coping skills, make positive lifestyle choices, and avoid substance abuse problems. Services are provided for students whose lives have been affected by their own or someone else's use of alcohol or drugs. Some students may not be personally involved with substances but may be looking for help with other personal concerns.



## CONFIDENTIALITY

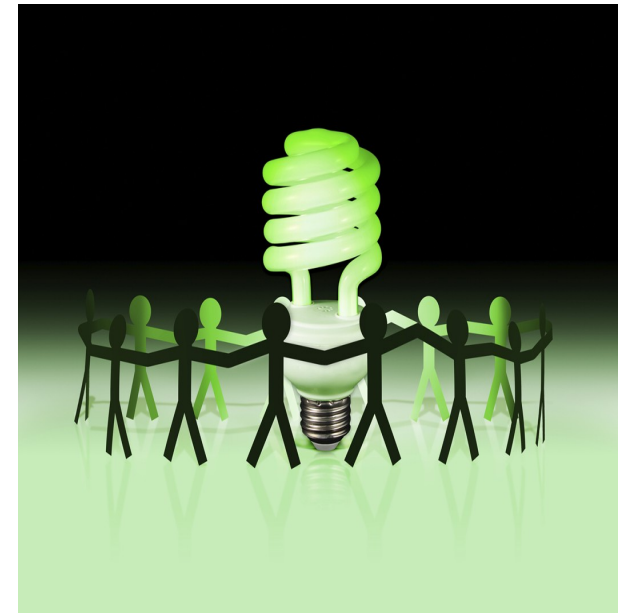
The relationship formed between students and the Student Assistance Counselor is based on trust and confidentiality. Information will not be shared unless you are being abused, or there is immediate danger present to yourself or others, such as suicidal or homicidal behavior. In these cases, appropriate people will need to be contacted.

## GROUPS

Groups will be facilitated on an as needed basis for students to share ideas, experiences, and friendships, as well as to receive peer support. When students participate in group activities, absences from classes may be excused, but students will be responsible for all work missed.

All groups are informational, educational, and supportive in nature. Groups might include:

- Discussion groups: open for any teen concerns.
- Friends' Group: for students affected by the drinking or drug use of a close friend or relative.
- Recovery Group: for students interested in staying clean and sober.
- Specific Topic Groups: for students interested in a specific topic ie. (divorce/single parent/blended families, anger management, diversity, alcohol and other drug education).



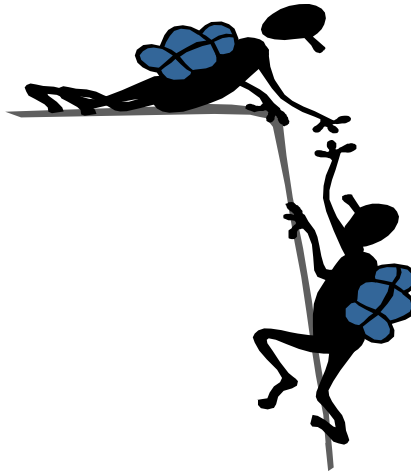
## **How Can Meeting with Your Student Assistance Counselor Benefit You?**

1. **Do you feel overwhelmed and simply don't know what to do?**
2. **In spite of all your accomplishments, do you ever feel as if you are not good enough?**
3. **Have you ever felt that you should cut down on your own drinking or drug use?**
4. **Do you have a parent, relative, or friend whose drinking or drug use bothers you?**
5. **Are you increasingly concerned about your body weight or size? Are you involved in crash dieting, binge eating, skipping meals or vomiting?**
6. **Do you continue to date people who have personal problems, abuse alcohol or other drugs, or treat you badly?**
7. **Do you find that you can't remember parts of what happened while you were drinking or using drugs?**
8. **Do you ever feel alone or depressed and believe that no one could possibly understand?**

Every **yes** to the above questions means that you are troubled by something. When problems aren't resolved, they tend to get worse.

Your Student Assistance Counselor can help you help yourself.

# **REACH OUT**



# **TAKE ACTION!**

**CONTACT YOUR  
Student Assistance Counselor**

**Ms. Michele Klamerus**

**201-935-7074 ext. 139**

**Guidance Office**

**Periods 2,3,4,5,7, & 8**

# **YOUR STUDENT ASSISTANCE COUNSELOR**

**at  
BECTON  
REGIONAL  
HIGH SCHOOL  
CAN**

