



Muhlenberg Elementary School

Student Assistance Program (SAP)

A Guide for Parents and Families



What is SAP?

In Pennsylvania, every school district is required to have a plan for identifying and assisting students who experience “barriers to learning.” The student assistance program is a Pre-K through Twelfth grade system designed for assisting parents and school personnel in removing these barriers. A SAP team, made up of school and agency staff, are available to help you access school and community services for your child.

The Muhlenberg Elementary Center (MEC) SAP team will help you find services and assistance within the school and, if needed, in the community. We do not diagnose, treat, or refer your child for treatment. Rather, we will provide you with the information necessary to make the choices. Remember, you are part of our team! Our goal is to help your child succeed in school. The SAP team also offers proactive programming, such as educational/support groups and information sessions in which all students are welcome to participate.

Do you have any of the following concerns for your child?

- Withdrawing from family, friends and/or school
- Changing friends; no longer spending time with old friends
- Unexplained physical injuries
- Talking about suicide
- Depressed
- Anxiousness or anxiety
- Defying authority, at home or school
- Acting aggressively
- Lying
- Sudden drop in grades
- Experimenting with drugs or alcohol



Are you concerned about your child's reaction to:

- Recent death of loved one
- Divorce of parents
- Family relocation
- Other traumatic events

If your child is having trouble in or out of school, we can help you. There may be times when you don't know how to help your child. That's ok, someone else may know how to help.

How does my child become involved in the program?

Students come to the SAP team in different ways. Anyone can refer a student to the team. Some students are referred by teachers and other school personnel. Any school staff member, a student's friend or family member can let the SAP team know they are worried about someone. The students themselves can even go directly to the SAP team to ask for help.

As Part of the SAP process:

1. Together, you and the SAP team will develop a plan of action to help your child achieve success in school. The plan might include services and activities in school such as participation in a school-based group, a free comprehensive behavioral assessment by a counselor from an agency who works with our team, a free family meeting conducted by a counselor from an agency who works with our team, or assistance in connecting with outside counseling or other agencies. Participation is voluntary.
2. The SAP team will continue to be available to talk about your child's progress and success in school. Your continued involvement is very important.
3. Parent permission may be required for your child to participate in certain aspects of the SAP program.

What if someone has already referred my child to the program?

A SAP team member will contact you to discuss your child's referral. The team member will ask for your input regarding the situation and will explain the options available to your child through the team.

Contacting your School's Student Assistance Program

If you feel that your child may need help, call the school office and ask to speak with a member of the SAP team or your child's social worker or school counselor. The SAP team and the school will respect you and your child's privacy at all times.



Muhlenberg Elementary Center
610 Sharp Avenue
Reading, PA 19605
Phone: 610-921-8028
Fax: 610-921-7905

