

**Saucon Valley
Middle School
SAP Team:**



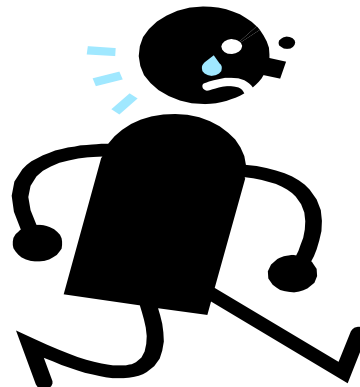
In Pennsylvania, every middle and high school, and some elementary schools, have a Student Assistance Program (SAP). A SAP team is here to help you access school and community services.

**Saucon Valley
Middle School
Student Assistance
Program (SAP)**

Mrs. Amaal Awadalla
Mr. Tom Baldo
Mrs. Pamela Bernardo
Mrs. Faye Exaros
Mr. Howard Heffelfinger
Mrs. Kellie King
Mrs. Cheryl Kittle
Mr. David Lloyd
Mrs. Claudia Powell
Mrs. Mary Ellen Prager
Mrs. Beth Ravier
Mrs. Laura Tooker
Mrs. Mary Van Galen

SAP

Referrals
from people
who care.



Saucon Valley Middle School
Main Office
(610) 838-7001

Being a middle school student is one of the greatest times of your life, but sometimes can get tough. You and your friends will be faced with choices, and the choices you make can either help or hurt you. Sometimes middle school students may find themselves in danger from drugs, alcohol, or other dangerous behaviors. This is when **SAP** can provide the support you need to start moving in a positive direction again. Sometimes we can get ourselves so upset that we don't know where to run for help. **SAP** can help!

Our middle school **SAP** team provides the chance to help you or a friend if drugs, alcohol, or another issue becomes part of your life. **SAP** is made up of a team of school personnel specially trained to help students. The **SAP** team collects information about students in order to help them.

Speak to a **SAP** team member or your school counselor. All information is kept confidential.



What do you do if someone you know needs help?

- ◆ **Fill out an anonymous SAP referral form.**
- ◆ **Put it in the box on the wall in the pond lobby.**



If you or someone you know needs help, do the right thing. Talk to a SAP team member. Help us to help you!



***If you ever need to talk to someone after school hours, call this 24-hour hotline:
(610) 252-9060***