

## CARE TEAM MISSION

In a changing world, we are all confronted with a variety of problems that interfere with our ability to succeed.

Use and abuse of controlled substances and mental health concerns are some of the products of stress in our society.

Recognizing this, as individual members of our school family and the greater community, we are committed to providing appropriate resources and support for those in need.

The Conestoga CARE Team, in partnership with school, community support services, and families will:

- ✓ Encourage educational programs that promote wellness.
- ✓ Identify student needs by recognizing school behaviors that indicate a need for help.
- ✓ Assess behaviors to determine an action plan.
- ✓ Implement action plans by:
  - Intervening to help the student confront issues
  - Referring the student to appropriate professionals
  - Supporting the student through the process

## CARE TEAM MEMBERS

- Mrs. Karen Copperthwaite, teacher
- Mr. Anthony DiLella, teacher
- Mrs. Christine Dunleavy, mental health specialist
- Mr. Mark Flores, teacher
- Ms. Marcy Mariani, teacher
- Ms. Amy Meisinger, assistant principal, ext. 1018
- Ms. Gabija Radzius, teacher
- Mrs. Danielle Sculley-Ellett, teacher
- Mrs. Sarah Taylor, teacher
- Ms. Misty Whelan, counselor, ext. 1007
- Mrs. Dawn Zrebiec, school nurse, ext. 1005
- Ms. Colleen D'Lauro, Devereux liaison
- Mrs. Claire Ryan, COAD liaison

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2008-2009 School Year

CONESTOGA HIGH SCHOOL'S

## CARE TEAM

### STUDENT ASSISTANCE PROGRAM

Helping  
to remove barriers  
to learning . . .



Where to go  
and what to do  
if you or a friend  
needs assistance.

## THE CARE TEAM

Today's adolescents are often confronted with a variety of problems that can interfere with their ability to succeed in school.

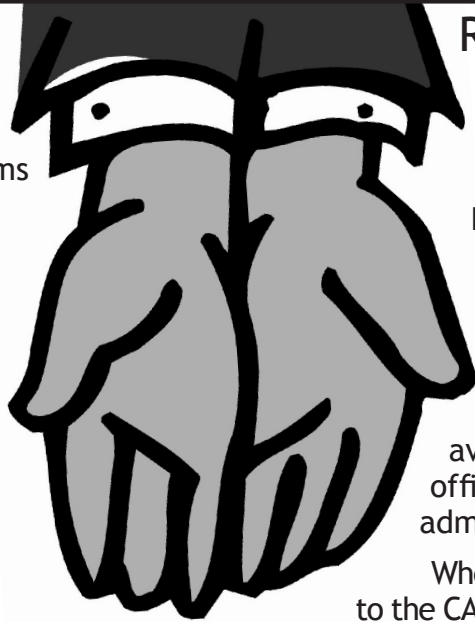
Such issues might include:

- stress
- anxiety
- peer relationships
- family concerns
- depression
- substance abuse
- eating disorders

Our students, like all young people today, must cope with a growing number of social pressures. Recognizing this, Conestoga High School is dedicated to identifying students who may need assistance to remove these barriers that affect the students' ability to succeed in school.

The CARE Team process recognizes that parents have a major role and responsibility in making decisions regarding their children, and the team will make every effort to involve parents in every step of the process.

All information collected by the CARE Team is strictly confidential.



## REFERRAL PROCESS

All student referrals should be made to the Student Support Committee.

Referrals may be made by:

- teachers • counselors
- staff • administrators
- parents • friends
- students themselves

SSC referral forms are available in the guidance office, main office, or administrators' offices.

When a student is recommended to the CARE Team by the SSC:

- ✓ A case manager is assigned.
- ✓ The student's parents are contacted.
- ✓ The case manager distributes a behavior checklist to the student's teachers. The documentation process concentrates on observable behaviors only.
- ✓ The CARE team reviews the information and one or more of the following may occur:
  - No action is needed.
  - Parent may take private medical or other action.
  - With parental consent, the student meets with the mental health or drug and alcohol counselor for an assessment.
  - The team may conduct a formal or informal intervention.

## COMMUNITY RESOURCES

When a student's situation lies beyond the scope of the school's programs, the CARE Team will inform the parents of the problem and provide information on community resources available to obtain assistance for their child.



## STATE-WIDE PROCESS

The CARE Team is part of a state-wide student assistance program. There are SAP teams in operation in all of Pennsylvania's public schools.

## EDUCATIONALLY-BASED SUPPORT GROUPS

Through the CARE Team students may be referred, with parent permission, to participate in an education/support group. Teachers, counselors, and community liaisons (COAD and Devereux) facilitate these groups on the topics of peer relationships, anxiety/stress, depression, self-esteem, drug and alcohol abuse awareness.