

**Who should I call if
someone
I know needs help?**

Alanon/Alateen (families & friends of alcoholics)

610.696.4216

www.al-anon.alateen.org

Alcoholics Anonymous

610.527-9711

www.alcoholics-anonymous.org

Children, Youth & Families (child abuse)

610.344.5800

www.chesco.org/cyf/index.html

Chester County Mental Health Crisis Intervention (24 hour hotline)

1.877.918.2100

<http://Suicidehotlines.com/pennsylvania.html>

COAD Drug & Alcohol Information

610.363.6164

www.coadgroup.com

Valley Creek Crisis Services

610.918.2100/877.918.2100

Narcotics Anonymous

610.534-9510

www.na.org

National Runaway Switchboard

1.800.621.4000

www.nrscrisisline.org

**Educationally-Based
Student Support Groups:**

With parent permission, students may participate in support groups. Groups are facilitated by teachers, counselors, and community liaisons.

**Groups focus on the
following topics:**

- Changing Families (separation, divorce, remarriage, blended families)
- Self-Esteem & Peer Relationships
- Grief and Loss
- Drug, Alcohol, & Tobacco Intervention
- Concerned Persons (when a loved-one is using drugs or alcohol)

Contact your child's guidance counselor if you would like your child to participate in a group.

**The VFMS CARE Team
2010-2011**

Sheri DeMaris, 5th Grade Counselor
Jeremy Hampton, 7th Grade Teacher
Brett Hargest, 8th Grade Counselor
Andrew Mullen, 6th Grade Counselor
Kelly Neary, 7th Grade Counselor
Colleen O'Hara, 5th Grade Teacher
Michelle O'Leary, MH Specialist
Melissa Padula, School Psychologist
Allison Peffle, 6th Grade Teacher
Jennifer Pettia, 7th grade teacher
Noreen Richardson, School Nurse
Claire Ryan, COAD Liaison
Dawn Settle, Gifted Support Teacher
Jennifer Stauffer, 8th Grade Teacher
Oscar Torres, Assistant Principal
Kathleen Wilson, Reading Specialist

**The
Valley Forge
Middle School**

**CARE
Team**



A Guide for Parents

**Valley Forge Middle School
105 West Walker Road
Wayne, PA 19087
610.240.1300**

What is the CARE Team?

Who We Are...

The CARE Team is part of a state-wide Student Assistance Program. There are SAP teams in operation in all of Pennsylvania's middle schools.



Our Mission Statement...

The VFMS CARE Team is a certified group of teachers, administrators, school & community counselors who are trained to help remove the barriers that impede a student's academic success.

Barriers may include: self-esteem, family problems, appearing sad, use of alcohol, tobacco, and/or other drugs, issues with eating, problems with peers, etc. CARE Team members do not diagnose, treat, or refer students for treatment, but they may refer a student for a parent approved assessment.

All information collected through the SAP process is confidential

How the Referral Process Works:

- ⇒ Student is referred to CARE Team. (Referral forms are located in the guidance office, nurse's office and library).
- ⇒ Once referral is received, a case manager is assigned. The case manager distributes a checklist to all of the student's teachers. The checklist focuses only on observable behaviors only.
- ⇒ The student's parents are contacted by the case manager when the checklist is distributed.
- ⇒ Once the data is collected, the team reviews the information.

One or more of the following may occur:

- The information may indicate that no action is needed.
- The parent may pursue private counseling or medical attention.
- With parental consent, the student may be recommended to meet with the mental health or drug/alcohol counselor for an assessment.
- The team may conduct a formal or informal intervention.

PARENTAL INVOLVEMENT:

The CARE Team recognizes that you as a parent have a major role and responsibility in making decisions regarding your child. The team will make every effort to involve parents in every step of the process.

WARNING SIGNS:

- Dramatic attention-getting behavior
- Drop in grades
- Changing group of friends
- Loss of interest/eligibility in sports
- Appears sad
- Puffiness around eyes
- Bloodshot eyes that appear glassy
- Change in sleeping/eating habits

COMMUNITY RESOURCES:

When a student's situation lies beyond the scope of the school's programs, the CARE Team will inform parents of

If you suspect your son or daughter may be abusing drugs or alcohol, or is suffering from mental health issues, please contact your child's guidance counselor .