## The TEMS CARE Team

**School Counselors:** 

Ms. Kristin Abell

Mrs. Marguerite Gordon

Mr. Robert Kirkby

Ms. Maria Marano

**TEMS Teachers:** 

Mrs. Kati Matilla

Mrs. Anne McCarthy

Ms. Kelly McKee

Mrs. Mary Parente

Mrs. Lisa Stehouwer

Mrs. Betsy Toscano

**School Nurse:** 

Mrs. Leigh Ann Coary

Mental Health Specialist:

Ms. Melissa Salzberg

**Assistant Principal:** 

Mr. John Mull

**CARON** Liaison

Mrs. Suz Carlin

If you have any questions, please contact any one of the CARE

team members at 610-240-1200

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

Alanon/Alateen www.al-anon.alteen.org

Family and Friends of Alcoholics 610-696-4216

Alcoholics Anonymous www.alcoholics-anonymous.org 610-527-9711

Children, Youth, and Family www.chesco.org/cyf/index.html

Child Protective Services 610-344-5800

COAD Drug & Alcohol Information www.coadgroup.com 610-363-6164

> Narcotics Anonymous www.na.org 610-344-3250

National Runaway Switchboard www.nrscrisisline.org 800-621-4000

> Suicide Prevention 1-800-273-TALK

Mental Health Crisis Text Line Text "Start" to 741-741

Valley Creek Crisis Intervention 24 hr Mental Health Crisis Hotline 610-280-3270/610-918-2100 Tredyffrin/Easttown
Middle School

# CARE TEAM



http://Suicidehotlines.com/

Tredyffrin/Easttown Middle School 801 Conestoga Road Berwyn, PA. 19312 610-240-1200

#### What is the CARE Team?

#### Who We Are...

The CARE
Team at T/E
Middle School
is a group of
teachers, counselors, administrators, and
specialists
working together to assist stu-



dents in removing barriers to their learning.

Barriers may include: social stressors, self-esteem, family stressors, emotional stressors, tobacco/drug or alcohol issues, or irregular eating patterns.

The CARE Team is our version of the Pennsylvania state-mandated Student Assistance Program (SAP). The CARE Team members do not diagnose or provide treatment to students. The role of the team is to assess the needs of students and help offer supports as needed. The needs of a student are assessed using a parent approved assessment.

#### How the CARE Team Can Help

Students can be referred to the CARE team by themselves, a parent, a peer, a teacher, or a counselor. The team will contact the parents and the teachers of the student to collect information about their school performance. The team will work with the parent to provide options of support, which may include a referral to an in-school support group or an outside assessment.

#### **How the Referral Process**

#### Works

- ⇒ Student is referred to CARE Team by a parent, teacher, or administrator.
- ⇒ 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.
- ⇒ The student's parents are contacted by the case manager throughout this process.
- ⇒ Once the data is collected, the team reviews the information.

### Possible Outcomes of the Referral Process

- 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

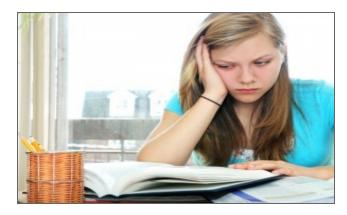
All information collected through the CARE process is confidential.

#### **Parental Involvement**

The CARE Team recognizes that a parent has a major role and responsibility in decision making for his/her child. The CARE Team will make every effort to involve parents throughout the CARE Team process.

#### Warning Signs

- Drop in academic performance
- Loss of interest in usual activities
- Change in group of friends
- Appears sad
- Angry outbursts at home or at school
- High absenteeism
- Statements of despair ("I don't care" or "I'm no good")
- Hurting oneself
- Bloodshot eyes that appear glassy



#### What You Can Do As a Parent

- Listen to your child
- Let your child know you're concerned
- Let your child know that help is available
- Contact a member of the CARE team to make a referral

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