

The VFMS CARE Team

School Counselors:

Meredith McGarrigle
Andy Mullen
Kelly Neary
Bob Sola

VFMS Teachers:

Zack Artz
Anne Busciacco
Ginny Cataldi
Ginger Perry
Jen Reid
Dawn Settle
Kris Sigle
Jess Smolij
Kathleen Wilson

School Nurse:

Barbara Kupp

Mental Health Specialist:

Lindsay Hannigan

Principal:

Matt Gibson

CARON Liaison

Suz Carlin

If you have any questions,
please contact any one of the
CARE team members at
610-240-1300

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

<http://suicidehotlines.com/>

**Valley Forge
Middle School**

CARE TEAM

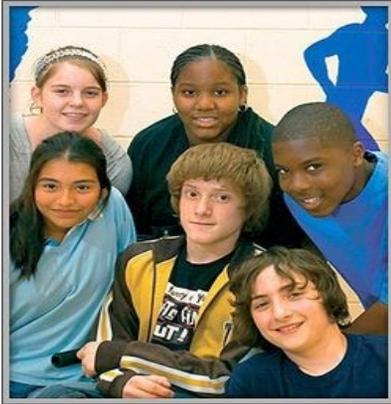


**Valley Forge
Middle School
105 W. Walker Road
Wayne, PA. 19087
610-240-1300**

What is the CARE Team?

Who We Are...

The CARE Team at VFMS is a group of teachers, counselors, administrators, and specialists working together to assist students 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

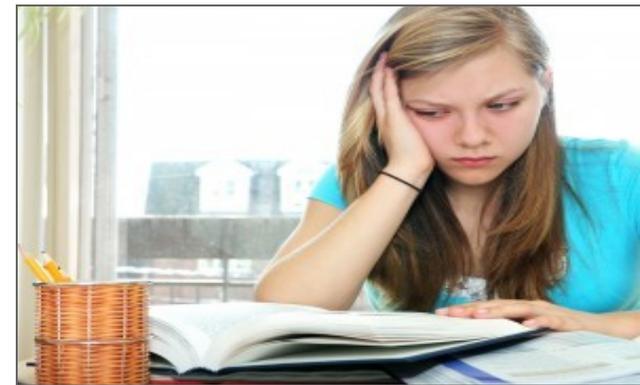
All information collected through the CARE process is confidential.

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