



Dear Parent/Guardian:

Cocalico High School offers a Student Assistance Program (SAP) that can help students overcome barriers to their success in school. SAP is confidential, free, and open to all students.

In addition to SAP, CHS also offers various support groups. Students gain perspective in a confidential setting from peers who share their struggles, and practice tools necessary to thrive, despite their challenges. ***There will be additional time in each group for discussions concerning the challenges students and families faced and may still be facing, due to the COVID 19 pandemic and quarantine.*** The Groups meet weekly during the school day for eight weeks. A qualified Student Assistance Specialist from Caron Treatment Centers facilitates the groups.

If you believe your child could benefit from SAP and/or a specific group, please check the line next to the requested group(s) and return the signed permission form to the counseling office. For more information, please contact Carolyn Thompson, SAP Specialist, by phone at (717) 336-1444, or e-mail at Carolyn_Thompson@cocalico.org.

SAP: Please call the school to discuss your concerns.

Resiliency: Students dealing with a multitude of different stresses and challenges will participate in sessions designed to foster resiliency skills including boosting optimism, building strong relationships, focusing on goals, becoming a problem solver and defining personal strengths.

Anger Management/Effective Coping strategies: Uncontrolled anger can wreak havoc on a student's life and those around them. In this group, students will be given opportunities to learn and practice new methods for dealing appropriately with feelings and expressions of anger.

Grief and Loss: Students meet to gain support from peers experiencing similar feelings of grief or loss because of the death of a friend or loved one. Through a variety of methods, students work through their own unique grieving process while being comforted by peers who can relate to what they are going through.

Kids of Promise: Children of Addicts, who are affected by a parent/guardian or loved one's misuse or addiction to chemicals, are often difficult to identify but are in desperate need of support. This group provides educational activities as well as a safe environment for students to begin processing their thoughts and feelings with understanding peers.

Stress Management: Students will learn to implement and strengthen coping skills to help manage stress.

Teen Issues: This group will cover relationship skills, self-empowerment, academic stress, peer concerns, and general teen issues.

Project Connect: Participants will plan, prepare, and develop skills that will help them find their own success through the nicotine quitting process.

Drug and Alcohol Insight: This group is for students identified at being at risk for chemical dependency. The objectives will be to educate students about the risks of substance use and the development of healthy coping skills.

Student Name (print)

Grade

Parent/Guardian Signature

Date