

THE SAC TIMES

FOR FAMILIES, PARENTS + CAREGIVERS

An informational resource brought to you by the Hamilton Township Student Assistance Counselors.*

Volume 1: Issue 1: May 2020

Q. What does SAC stand for???

A. “Great question! SAC stands for Student Assistance Counselor. The short answer is, as SAC`s we provide a variety of services to students who are dealing with non-academic issues that might interfere with their ability to achieve in school. Students are better able to succeed if these issues are directly addressed. This allows us to reduce risk factors and increase positive assets so that students can more effectively learn, grow and reach their goals.”- Hamilton SAC`s

Family Support:

[Concerned about a loved one`s substance use?](#)

[Concerned about vaping?](#)

[Online support communities for parents & caregivers](#)

[Protecting your child from the risks of substance use](#)



Tips For Parents & Families

- [What questions to ask providers when seeking substance use treatment during COVID-19](#)
- [What families need to know regarding telehealth services when used to treat substance use or mental health](#)
- [Tips for parents of teens struggling with anxiety during COVID-19](#)

Mental Health/Substance Abuse Treatment & Related Services: COVID-19 Updated

- [Princeton House Behavioral Health- Telehealth](#)
- [High Focus Centers- Telehealth](#)
- [Delphi Summit Behavioral Health Group- Telehealth](#)
- [Hampton Behavioral Health- Telehealth](#)
- [Summit Oaks Hospital- Telehealth](#)
- [Newport Academy- Telehealth](#)
- [Main Street Counseling- Telehealth](#)
- [Huntington Creek Recovery](#)
- [Caron Treatment Centers](#)
- [KidsPeace Hospital](#)
- [Princeton Center for Eating Disorders](#)
- [Center for Discovery- Eating Disorders Program- Telehealth](#)
** [Free Online Support Groups for Eating Disorders or Mental Health](#)
(Support groups are for 18+ years and older)
- [Pinnacle Treatment Centers- Telehealth- Adult Recovery](#)
- [Seabrook- Adult Recovery](#)
- [White Deer Run Treatment Center- Telehealth- Adult Recovery](#)
- [Cove Forge Behavioral Health- Telehealth- Adult Recovery](#)
- [Bradford Recovery Center- Telehealth-Adult Recovery](#)



Online Recovery Support

[NJ Al-Anon Meetings](#)

[NJ Nar-Anon Meetings](#)

[NJ Alcoholics Anonymous Meetings](#)

[NJ Narcotics Anonymous Meetings](#)

[SMART Recovery Meetings](#)



Information/Numbers

Perform Care NJ: Counseling Services for escalating emotional and behavioral health issues- Call Children's Mobile Response for immediate assistance at 1-877-652-7624; [PerformCare New Jersey](#)

Report a Case of **Child Abuse/Neglect:** Call NJ Child Abuse Hotline at 1-877-NJ-ABUSE (652-2873)

SAMHSA (Substance Abuse/Mental Health)- 1-800-662-HELP(4357);
[Substance Abuse & Mental Health Services Administration](#)

Family Support Stressline- 1-800-THE-KIDS (843-5437) (24/7 Stressline) New Jersey Based Services ;
[Parents Anonymous of New Jersey](#)

New Jersey Domestic Violence Hotline
1-800-572-SAFE (7233) (24/7 Hotline)

Suicide Prevention Lifeline-1-800-273-TALK(8255) (24/7 Lifeline); [Suicide Prevention Lifeline](#)

Contact Information

Andrea Garvey- Grice Middle School
agarvey@hamilton.k12.nj.us

Susan Niedrach- Crockett Middle School
sniedrach@hamilton.k12.nj.us

Joseph Smith- Steinert High School
jrsmith@hamilton.k12.nj.us

Jo Anne Parker- Nottingham High School
jparker@hamilton.k12.nj.us

Marjorie Fleck- Reynolds Middle School
mfleck@hamilton.k12.nj.us

Kiera McKee-HEP
kmckee@hamilton.k12.nj.us

Linda Minnella- Hamilton West High School
lminnella@hamilton.k12.nj.us

** Disclaimer: The SAC Times is informational only and resource based. Hamilton Township School District is not recommending or endorsing resources mentioned.*