

STUDENT ASSISTANCE COUNSELOR NEWS

FOR FAMILIES, PARENTS + CAREGIVERS

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

The SAC TIMES: Volume 1: Issue 2: October 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 Resources:

[HTSD Community Partnerships- UPDATED](#)

[COVID-19 School Age Tuition Assistance for Working Families](#)

[Family Virtual Support Groups-Parenting through Pandemic](#)

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

[How to talk with your child about vaping- A Parent`s Guide](#)

[Online support communities for parents & caregivers- substance abuse issues](#)

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

[Supporting your child through substance abuse treatment](#)



Tips For Parents & Families

- [What questions to ask providers when seeking substance use treatment during COVID-19](#)
- [Tips for parents of teens struggling with anxiety during COVID-19](#)

As mentioned above, a primary aim in coordinating SAC services revolves around the overall goal of reducing factors that increase students’ risk for engaging in or continuing unhealthy behaviors, such as substance use. These are known as “risk factors”. We simultaneously seek to support and enhance factors that decrease the risk of students engaging in unhealthy behaviors. We call these “protective factors.”

Parents and families can aid in these efforts at home. The chart below (from [The Family & Youth Institute](#)) contains examples of risk and protective factors that can be present in different life areas:

Risk factors		Protective factors
<ul style="list-style-type: none"> • Difficult temperament • Low self esteem • Negative thinking style 	child	<ul style="list-style-type: none"> • Easy temperament • Good social and emotional skills • Optimistic coping style
<ul style="list-style-type: none"> • Family disharmony, instability or breakup • Harsh or inconsistent discipline style • Parent/s with mental illness or substance abuse 	family	<ul style="list-style-type: none"> • Family harmony and stability • Supportive parenting • Strong family values
<ul style="list-style-type: none"> • Peer rejection • School failure • Poor connection to school 	school	<ul style="list-style-type: none"> • Positive school climate that enhances belonging and connectedness
<ul style="list-style-type: none"> • Difficult school transition • Death of family member • Emotional trauma 	life events	<ul style="list-style-type: none"> • Involvement with caring adult • Support available at critical times
<ul style="list-style-type: none"> • Discrimination • Isolation • Socioeconomic disadvantage • Lack of access to support services 	social	<ul style="list-style-type: none"> • Participation in community networks • Access to support services • Economic security • Strong cultural identity and pride

See here for much more information on how you can reduce risk factors and enhance protective factors at home: [childwelfare.gov prevention PDF](#)

You can also ask your SAC for assistance in addressing a specific risk or protective factor.

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)



Adult Recovery

- [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@htsdnj.org

Marjorie Fleck- Reynolds Middle School
mfleck@htsdnj.org

Susan Niedrach- Crockett Middle School
sniedrach@htsdnj.org

Kiera McKee-HEP
kmckee@htsdnj.org

Joseph Smith- Steinert High School
jrsmith@htsdnj.org

Lauren Baldasari- Hamilton West
High School

Jo Anne Parker- Nottingham High School
jparker@htsdnj.org

lbaldasari@htsdnj.org

**During the COVID-19 Pandemic
your mental health is vital.**

**For Free Emotional Support
from Trained Staff**

Call 866-202-HELP (4357)
(Multilingual Service Available)

OR Text NJHOPE to 51684
7 Days/Week, 8 a.m. — 8 p.m.



This program is brought to you through NJ Hope and Healing Crisis Counseling Program (CCP). The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services is offering this CCP through a (FEMA/SAMHSA) grant.

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