Resourceful Telephone Numbers

A Center for Change
Affiliated Psychotherapists
1-877-669-8870

• High Focus Center
Mental Health, Alcohol & Drug Abuse
1-866-935-4424

• AIDS Hotline
1-800-624-2377

• Alcoholics Anonymous
1-866-350-7537

• Al-Anon, Ala-Teen Referrals
1-866-210-1303

• Center for Evaluation & Counseling
973-512-3700

• Cocaine Anonymous
1-610-876-6666

• National Eating Disorder Association Information and Referral Services
1-800-931-2237

• Family Crisis Intervention Unit
973-586-5243

• Mental Health Association of Morris County
973-334-3496

Resourceful Telephone Numbers

Your Morris County Prevention is Key
973-625-1998

• Narcotics Anonymous
1-800-992-0401 or 732-933-0462
http://www.na.org

• New Jersey Child Abuse Control
1-877-652-2873

• Newton Hospital
Mental Health, Alcohol & Drug Abuse
973-383-1533

• Probation—Morris County
973-659-3500

• Runaway Hotline
1-800-RUNAWAY

• Suicide Hotline—Call or Text 988

For additional resources:
https://hs.morriscountynj.gov/behavioral/mental/#selfhelp

For Confidential Appointments:
Shari Russo
Morris Knolls High School
973-664-2218

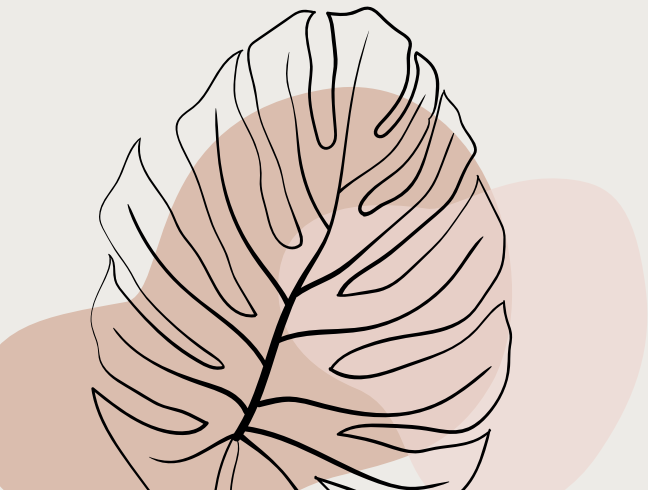
WHAT IS A SAC?

Student Assistance Coordinator

The Student Assistance Counselor provides assistance to the students having school-related, personal, or family difficulties due to behavioral and psychosocial problems that include but are not limited to the following: Alcohol/drug use, eating disorders, anxiety, depression, lack of appropriate peer interaction, or a loss of a loved one. The SAC interacts with students in both individual and group settings. The program offers prevention, intervention, referral services, and support to all students.

SIGNS A STUDENT IS AT RISK

- Sudden changes in mood or attitude
- Decline in school performance or attendance
- Increased resistance to discipline
- Impaired relationships with family members
- Noticeable change in people, places, and things in the student's life
- Changes in sleeping or eating patterns
- Isolation from family or peers
- Increased secrecy
- Lack of hygiene
- Drug talk or evidence of paraphernalia

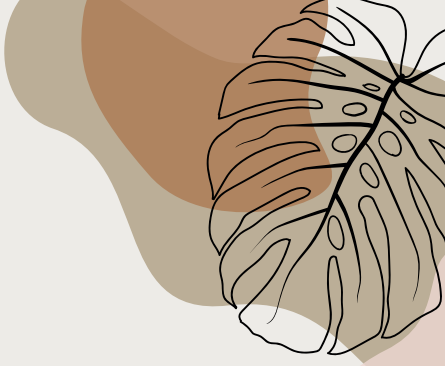


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PREVENTION TIPS FOR PARENTS

- Spend regular, quality time with your child.
- Let your child know that you do not approve of underage drinking or drug use.
- Talk with your child, not at him/her
- Listen to your child.
- Be open to discussing drugs/alcohol and controversial issues with your child.
- Set rules and apply them consistently.
- Encourage and support extra-curricular activities.
- Always know where your children are and who they are with.
- Know your child's friends and their parents
- Allow your children to feel comfortable in their decisions by giving them choices

The Student Assistance Program (SAP) provides support services in school. Appropriate referrals are made to an integrated system of resources within the community based on the needs of the individual student and his/her family.



How to support a loved one

- Offer practical help
- Listen with empathy
- Validate their feelings
- Avoid judgments and criticism
- Promotes communication
- Encourage seeking professional help