

SAC Intervention Policy & Procedures

Ms. Laurel Olson

Supervisor of Student Support Services

2026-2027

PATERSON PUBLIC SCHOOLS

Learning Today, Leading Tomorrow



Agenda

- What is a SAC?
- Substance Abuse Policy and Procedures
- Referrals
 - Referral for SAC Substance Intervention
 - Referral for SAC Counseling Intervention
- Confidentiality Regulations
- Vaping
- Identification Quiz
- NJ Recreational Marijuana



**NO
DRUGS**

Who are we?

What is a SAC counselor?

What is a SAC?

A Student Assistance Coordinator (SAC) is responsible for school-wide coordination of the prevention, intervention and postvention programs for students in the areas of **substance use and mental health**.

The Student Assistance Program in the Paterson Public School District provides prevention, education, intervention and support services, including, but not limited to:

- | | |
|---|--|
| <ul style="list-style-type: none">•Alcohol, Tobacco and Other Drugs•Anger Management•Bias and Cultural Awareness•Bullying/Cyber Bullying•Child Abuse and Neglect•Dating Violence/Relationship Issues•Depression/Mental Health Awareness•Divorce in the Family•Domestic Violence•Eating Disorders•Gang & Violence Prevention•Gambling | <ul style="list-style-type: none">•Gender/Sexuality•Grief and Loss•HIV and AIDS•Internet Safety•Legal Implications of Substance Abuse•Mental Health and Wellness•Peer Mediation/Conflict Resolution•Physical and Sexual Abuse•Science and Treatment of Addictions•Self-Esteem•Self-Injury•Suicide |
|---|--|

Why choose a SAC?

Kids under 5 are grabbing their parents' vapes and getting sick at record levels, researchers say

NBC News

Published: Apr. 10, 2026,

Judge orders Meta to pay hundreds of millions over kids' mental health

Meta says it will appeal the order by a New Mexico judge that said the social media giant has to pay close to one billion dollars to address...

3 days ago



Teens And Parents Face A Growing Family Mental Health Crisis

By **Jennifer Jay Palumbo**, Contributor. © Writer by day, Comic by night, who ai...

Published Mar 31, 2026, 07:32pm EDT

News-Medical

Vaping or smoking found to reduce fitness in young people by 15%

Vaping or smoking found to reduce fitness in young people by 15% ... Young people who vape or smoke cigarettes have reduced blood vessel...

1 month ago

NBC4 Washington

Kids as young as 11 being treated for cannabis use disorder, Children's National Hospital says

NBC Universal, Inc. Young patients are telling doctors at Children's National Hospital that it's easy to access cannabis products. Doctors say...

Mar 6, 2026

INSTAGRAM

Alerting Parents if Teens Show Signs of Distress in Conversations With Meta AI

July 16, 2026

TAPinto

Child Survives Taking Fentanyl-Laced Pill, Two Other Kids Checked Out, Hackensack Man Charged

An unresponsive child who swallowed a pill containing fentanyl was rushed to the hospital and two additional children had to be checked out...

May 27, 2026

ADDICTION

Why Teen Cannabis and Nicotine Co-Use Is Rising

THC and nicotine, increasingly combined, present new addiction and mental health risks.

Updated July 22, 2026 | Reviewed by Kaja Perina



Teenagers face health crisis from sleep loss caused by late-night smartphone use

Julia Musto

Tuesday 19 May 2026 17:00 BST



New Study Could Show How TikTok's Algorithm Affects Youth Mental Health

A Georgia Tech-led research team is conducting a multi-year study using data from more than 10,000 adolescents to investigate how TikTok's recommendation algorithm and passive content consumption impact youth mental health.

Columbia University Irving Medical Center

For Teens, Any Cannabis Use May Have Impact on Emotional Health, Academic Performance

Using marijuana just once or twice a month is associated with worse school performance and emotional distress for teens, according to a...

Dec 23, 2025



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Policy & Procedures

What do I do when I suspect substance use?

Policy and Procedures

“The Board of Education recognizes that a student’s abuse of harmful substances seriously impedes that student’s education and threatens the welfare of the entire school community.”

(Substance Abuse Policy 5530)

The district Substance Abuse Policy **should not** be used as a disciplinary tool, rather, it is used to gauge where intervention may be needed.

Referrals

How do I make a referral to a SAC?

Referral for Substances

- Students **currently** suspected to be under the influence of alcohol or drugs on school grounds or at school-sponsored functions
- Students seen in possession of alcohol, drugs or drug paraphernalia

Being under the influence is considered a medical emergency and needs to be reported immediately!

Helpful in Determination

Common signs of substance use include:

- Eyes – glassy, bloodshot, dilated, constricted
- Nose: runny/bleeding
- Smell of smoke on breath or clothes
- Changes in speech (slurred, incoherent)
- Laughing for no reason
- Loss of interest in activities
- Poor hygiene
- Diminished personal appearance
- Skin discoloration
- Avoiding eye contact
- Frequent hunger or “munchies”
- Secretive behavior
- Unusual tiredness
- Tremors/Shaking
- Needle Marks
- Frequent illness
- Flushed face
- Outbursts
- Aggressiveness
- Boasts of getting high/drunken
- Lacking motivation
- Sudden drop in grades/attendance
- Sleeping with an inability to respond
- Unusually talkative
- Depressed/Withdrawn
- Cheating/Lying
- Paranoia
- Hyperactivity/Overly energetic
- Wearing drug related attire and clothing
- Sudden decline in extra-curricular activities

Marijuana & the Youth Brain

- Memory issues: short- and long-term
- Usage will increase risk of developing mental illness for those predisposed
- Onset of mental health issues are more difficult to treat if someone is younger
- Serious long-term cognitive issues, especially related to task achievement and motivation
- Increased behavioral concerns
 - ADHD escalated
 - Suicidal ideation (more in females)

Procedure: Substance Referral

- 1) Staff member reports student for substance referral via Google Form – “[Referral for Substance Use Intervention](#)”
- 2) Building Admin/Designee/School SAC will provide intervention by contacting the student and their guardian
- 3) Student will be seen by the Nurse for their vital signs
 - PPS Nurses will record the vital signs on the [Nurse’s Substance Abuse Vital Screenings Form](#)
- 4) Student will be evaluated at the [New Bridge Medical Center](#) with alert given to the District SAC Supervisor, either allowing or disallowing to return to school that day
- 5) Dependent upon screening results, referrals will take place by SAC and SAC Department

Important Updates for Referrals!

We are no longer using the Immedicenter in Totowa.

Student substance screenings and medical exams will be performed by **New Bridge Medical Center**.

To initiate student screenings and request transportation (if needed), please call the following numbers below in order. Should you get no answer, you can email:

- 1) **Ms. Jayme Sileo: 201-321-6403**
- 2) **Ms. Lauren Lehr: 551-419-8852**
- 3) **suspicionofuse@newbridgehealth.org**

Referral for Counseling

Students who are not currently under the influence of alcohol or drugs

Students who have started to display signs and symptoms of at risk behaviors

Student has friends and/or family who use substances or exhibit at risk behaviors

Student's behavior, attitude and/or appearance has noticeably changed

You have tried other interventions with no positive results

You foresee their behaviors as becoming a problem

Helpful in Determination

- A sudden or unusual change in behavior or mood
- Frequent whining, crying, complaining
- Extreme sensitivity or shyness' an almost paralyzing fear of rejection
- Moodiness, sullen irritability, inappropriate and frequent anger or rage
- Prolonged periods of sadness, feeling empty, hopeless
- Sudden drop in grades or in the quality of schoolwork
- Loss of interest or pleasure in things previously enjoyed
- Withdrawal or isolation from others
- Significant weight gain or loss
- Continual fatigue; drowsiness, inability to fall asleep or stay asleep
- Difficulty concentrating - delayed responses
- Overactivity, increased physical agitation
- Forgetfulness, confusion
- Unusual interest or pleasure in violence, threats or bullying
- Self-destructive behaviors: recklessness, substance abuse, self-injury, eating disorders
- Running away
- Minor, vague physical complaints: headaches, fainting, nausea
- Prolonged or repeated interest in death, morbidity or suicide

Procedure: Counseling Referral

- 1) Staff member reports student for counseling referral via Google Form – “[Referral for SAC Counseling Services](#)”
- 2) School SAC (*or assigned SAC*) will provide intervention by contacting the student and family via phone, email, Google Meet and/or in person
- 3) Students and families will be contacted within 24-48hrs of the receipt of the submitted referral



Where Are the Forms?

All SAC referral forms are located on the [PPS Student Support Services](#) webpage.

- **Step #1:** Navigate to the PPS homepage
- **Step #2:** Under the Departments tab, click on “*Student Support Services (SAC)*”
- **Step #3:** Once there, scroll down to the [SAC Online Referral Forms](#)
- **Step#4:** Choose your appropriate referral
 - Substance Use or Possession
 - Vital Signs (*nurses only*)
 - Vape Device
 - Counseling Services

The screenshot shows a web browser window with the URL paterson.k12.nj.us/departments/student-support-services-sac/welcome. The page title is "Student Referrals/Student Drug Testing". Below the title, there is a "Confidentiality:" section with a paragraph stating that Paterson Public School Student Assistance Coordinators are well versed in federal confidentiality law (42 CFR-Part 2) and both they and the school respect a student's and their families' right to privacy at all times. Another paragraph explains that a student may request services on his/her own or be referred by a teacher, any other staff member or by his/her parent. There is a referral form that can be obtained from the building Student Assistance Coordinator. Once a student is referred, a careful assessment of his/her needs is performed and recommendations made to the student and parent. A third paragraph states that if a student is suspected of being under the influence of alcohol/drugs or is in possession of a substance believed to be a controlled dangerous substance, the student must have a medical examination/drug screening and breathalyzer test. Failure to comply with the policy, receiving a positive diagnosis, being in possession of a controlled dangerous substance/alcohol/paraphernalia/counterfeit controlled substance, failing to comply with the testing procedures or tampering with the specimen will be considered an automatic positive offense and require an immediate assessment/evaluation by a licensed clinician before the student returns to school N.J.S.A. 18A: 40A-12; N.J.A.C. 6A: 16-4.1(c)2. The licensed clinician will recommend a treatment plan for the student to follow and the parent to approve if required. A final paragraph states that the referral process is not a disciplinary one but rather a means to identify at-risk students in order to provide them with the appropriate services. On the right side of the page, there is a blue box with the title "SAC Online Referral Forms" and a button labeled "SAC Online Referral Forms". Above this box is a "Read more" button.

Who Should Refer?

- Administrators
- Teachers
- Professional School Counselors
- Child Study Team members
- Other School Staff
 - *Instructional and/or Personal Aides, Security, Cafeteria Monitors, Custodians*

Confidentiality

Anonymity and Safety

Confidentiality

**Civil Immunity: N.J.S.A. 18A:40-13, 18A:40A-14;
N.J.A.C. 6A:16-4.3(c)**

“No civil action of any kind shall lie against any employee, officer or agent of the Board because of actions taken under the education statutes on substance abuse (N.J.S.A.18A:40A-1 et seq.), provided the skill and care given is that ordinarily required and exercised by other such employees, officers and agents of the Board.”

Confidentiality

- Your referral is confidential
- SAC counseling interventions are confidential
- SAC records are confidential
- Treatment records are confidential
 - *Federal Confidentiality Law (42 CFR Part 2)**
- Once you make the referral, your job is done

** 42 CFR Part 2 Exceptions to make disclosures without permission are addressed on the next slide*

Exceptions to Confidentiality

- Medical Emergencies
- Suspected child abuse or neglect
- Drug distribution in school
- Credible threat of imminent danger to self or others
- Crime on school grounds, at school function
- Internal sharing as needed to support student
- Court order

Vaping

Vaping Products and Procedures Overview

2025 NATIONAL YOUTH TOBACCO SURVEY (NYTS) 3 KEY UPDATES

WHAT WE'RE SEEING. WHY IT MATTERS.

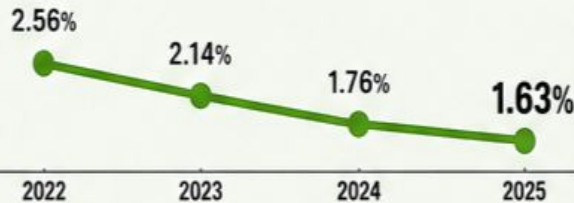
1 CONTINUED DECLINE IN E-CIGARETTE USE

E-cigarette use among middle and high school students continues to decline.

1.63%

of students currently use e-cigarettes in 2025

(Lowest level since 2011)



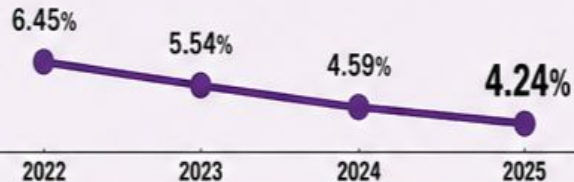
2 FEWER YOUTH USING ANY TOBACCO PRODUCT

Overall tobacco product use among middle and high school students declined again.

4.24%

of students currently use any tobacco product in 2025

(Down from 6.45% in 2022)



3 E-CIGARETTES REMAIN THE MOST USED TOBACCO PRODUCT AMONG YOUTH

Despite the decline, e-cigarettes remain the most commonly used tobacco product.

MOST COMMON TOBACCO PRODUCT USED IN 2025:



E-CIGARETTES



1.63%

E-cigarettes



0.92%

Nicotine Pouches



0.36%

Cigars



0.33%

Hookahs



0.24%

Cigarettes

Decreased Usage!

- Price Increases
- Public Education campaigns
- Comprehensive Smoke-Free Policies
- Regulatory Enforcement
- Social & Environmental Factors

Vape Procedures:

PPS Student Smoking Policy - 5533

The Board also prohibits the possession of any item listed in N.J.S.A. 2A:170-51.4 at any time in school buildings or on school grounds, at school-sponsored events away from school, or on a school bus. Electronic smoking devices will be confiscated from those pupils found to be in possession and will not be returned.

If it appears to an educational staff member or other professional, upon confiscating such item(s), that the student may currently be under the influence of alcohol or other drugs, the staff member shall inform the Principal or designee. The Principal or designee will immediately notify the parent and the Superintendent or designee. The Principal or designee will arrange for an immediate medical examination of the student and shall comply with all of the provisions of N.J.A.C. 6A:16-4.3 and Policy and Regulation 5530 - Substance Abuse.

Procedure: Confiscated Vape Pens

- 1) Alert your administrator of the vape immediately.
 - *Item is removed from student's possession by a school administrator*
- 2) Report the vape pen you discovered on the [Vaping Reporting Form](#) via Google (*example to the right*)
- 3) Should you believe that the student who was in possession of the item(s) is currently under the influence, fill out the [Referral for Substance Use Intervention](#)

After you complete either one or both of the above forms, your job is complete.

A SAC, Building Administrator/Designee will take over.



Vaping Report Form

This form should be utilized to report vaping devices found. Please fill out all fields below and hit submit.

Should you have any questions, please reach out to the Department of Student Support Services

- Supervisor - Ms. Laurel Olson, at 973-321-0694 or lolson@paterson.k12.nj.us
- Data Coordinator - Ms. Sarah Miller, at 973-321-0646 or millers@paterson.k12.nj.us

PLEASE NOTE - Once this report is completed, the vaping device should be given to your Building Administrator for disposal.

* Indicates required question

Email *

☐ Record lolson@patersonschools.org as the email to be included with my response

Date of Incident: *

Date

mm/dd/yyyy

Your Name: *

Your answer

Examples: Nicotine Vape Pens



Examples: Marijuana/THC Vape Pens



Helpful in Determination

THC Vape Pens

- Smaller clouds
- Scent of marijuana, possible fruity aroma mixed in
- Slender cartridges, usually on the smaller side filled with yellow-orange waxy liquid

Nicotine Vape Pens

- Bigger and thicker clouds
- Strong smells include fruity, sweet, or minty aromas
- Lavas, UNC/YME, Elf Bar are popular

Professional Observations

- Behavioral and physical appearances

Identification Quiz

Test Your Skills!

Identification Quiz

Which item below is a nicotine vape pen?



A



B

Identification Quiz

Which item below is a nicotine vape pen?



A



B



Identification Quiz

Which item below is a nicotine vape pen?



A



B

Identification Quiz

Which item below is a nicotine vape pen?



A



B

Identification Quiz

Which item below is a nicotine vape pen?



A



B



Identification Quiz

Which item below is a nicotine vape pen?



A



B



Identification Quiz

Which item below is a nicotine vape pen?



A



B



Identification Quiz

Which item below is a nicotine vape pen?



A



B

NEITHER ARE VAPES!



Identification Quiz

Which item below is a nicotine vape pen?



A



B

Identification Quiz

Which item below is a nicotine vape pen?



A



B

Identification Quiz: High Light Nicotine Vape



Identification Quiz: Newer Nicotine Vape Products



Identification Quiz: Newer Nicotine Vape Products



Video Link: <https://vimeo.com/987734107>

Identification Quiz: Newer Nicotine Vape Products

GS
GEEK BAR

GEEKBAR EDC CHALLENGE

JOIN & WIN EDC TICKETS!
APR 10 - MAY 10

- Challenge Period: Apr 10 - May 10
- Winners Announced: May 12

SOLARIS

Nicotine 5% up to 25000 PUFFS

1st Solar Charging Vape

Triple Animation HD Screen
Star Light Embedded Glow



Brandon Podesta# 01-08-2025

New Geek Bar Nicotine Pouches: The G- Pulse, A Game- Changer



21+

WARNING: This product contains nicotine.
Nicotine is an addictive chemical.

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Identification Quiz

Test Your Skills!

Identification Quiz

Which item below is a marijuana/THC vape pen?



A



B

Identification Quiz

Which item below is a marijuana/THC vape pen?



A



B



Identification Quiz

Which item below is a marijuana/THC vape pen?



A



B

Identification Quiz

Which item below is a marijuana/THC vape pen?



A



B

Identification Quiz

Which item below is a marijuana/THC vape pen?



A



B

Identification Quiz

Which item below is a marijuana/THC vape pen?



A



B

Identification Quiz

Which item below is a marijuana/THC vape pen?



A



B

Identification Quiz

Which item below is a marijuana/THC vape pen?



A



B

Identification Quiz

Which item below is a marijuana vaporizer pipe?



A



B

Identification Quiz

Which item below is a marijuana vaporizer pipe?



A



B



Identification Quiz

Which item below is a marijuana vaporizer pipe?



A



B

Identification Quiz

Which item below is a marijuana vaporizer pipe?



A



B

New Jersey Recreational Marijuana

What does the law mean for schools?

New Jersey Marijuana Q&A

- 1) Does the decriminalization of marijuana affect how schools should operate as drug-free organizations?
- 2) Does a school still retain the right to discipline a student who is found to be under the influence of marijuana or in possession of marijuana or paraphernalia at school or a school sponsored event or activity?
- 3) Do the reporting requirements under N.J.S.A 18A:40A-12 for appearing to be under the influence at school or at a school event change in light of the new marijuana laws in NJ?

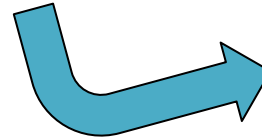


New Jersey Marijuana Q&A

- 4) Do the new laws bar school officials from contacting parents for initial marijuana infractions?
- 5) Can students bring foods that contain cannabis and/or cannabis derivatives to school?

Thank you!

Optional: Share your feedback on this presentation by scanning the QR code!



Ms. Laurel Olson

Supervisor of Student Support Services

SAC Department

lolson@paterson.k12.nj.us

973-321-0694