Student Assistance Program (SAP)

Also offering virtual services: assessments, prevention and early intervention (PEI) and intensive outpatient program (IOP)

Such partnerships foster successful outcomes when identified students have access to assessment, referral, and prevention and early intervention not otherwise provided at school.

The goal of the student assistance professional is to work collaboratively with the school’s counselors, social workers, administrators, and psychologists to intervene with students who have been identified as “at risk” of a substance use or mental health disorder. The position is tailored to meet the school’s current needs and can be adapted annually as new trends evolve.

Student Assistance Professionals

Rosecrance Student Assistance Professionals are available at all McHenry County schools. If you have a student you think may be using substances, struggling with substance use, or experiencing concerns with mental health, contact your SAP counselor. If your school is interested in learning more about the services provided through the SAP, please contact your school’s SAP counselor or Mary Egan, Director of Outreach, at 708.497.5928 or megan@rosecrance.org. For information about professional staff education, parent presentations, or Rosecrance services, please contact Maureen Collins, Community Relations Coordinator, at 773.962.1151 or macollins@rosecrance.org.

Resources and support for area families

Rosecrance’s McHenry and Crystal Lake clinics offers assessments, outpatient programs and a prevention and early intervention program for clients seeking substance use or behavioral health treatment. Services are by appointment only. Please call 815.363.6132 for more information or to schedule an appointment. The clinics are located at 4501 Prime Parkway, McHenry, IL, and 422 Tracy Court, Crystal Lake, IL.

More information on the reverse side
An assessment helps all of us understand what impact mental health symptoms or drug and/or alcohol use is having on a child’s life.

Your student will meet with a Rosecrance counselor either at school or at a Rosecrance office. They will be asked about past and present drug and alcohol use as well as mental health concerns and general medical conditions. If a parent or guardian is present, they will also have the opportunity to meet with the Rosecrance counselor. If a parent cannot be present during the assessment, the counselor will contact you by phone to discuss the assessment. It is important for us to have the family’s point of view as well. Your student may also be asked to provide a urine drug screen sample.

A recommendation for treatment is made based on the assessment and urine drug screen results. Rosecrance offers a full continuum of substance use and behavioral health treatment, including outpatient services that offer the least disruption to you and the child’s responsibilities.

There is no charge to the family for the assessment or drug screen.

Signs and symptoms to look for in a virtual world

Substance use symptoms
- Avoiding the camera
- Unusual mood change (overly talkative, nodding off, oversleeping, fidgeting, etc., depending on the substance)
- Paraphernalia in the background
- Dilated pupils/red eyes
- Slurred speech
- Taking unnecessary off camera/during telehealth breaks

Substance use risk factors
- Lack of parent involvement
- Lack of accountability
- Change in peer relationships
- Low self-esteem
- Talk/feelings of hopelessness, worthlessness, and lack of sense of belonging
- Change in values/goals

Mental health symptoms
- Oversleeping
- Increase irritability
- Overreaction to confrontation
- Perceived abandonment/neglect
- Increase in anxious behaviors
  - Increase in rigidity
  - Increase in repetitive behaviors for coping
- Negative self-talk/low self-esteem
- Obsessive thinking
- Ruminating
- Dropping out of social interactions
- Locking themselves in their rooms/isolation
- Avoiding

Mental health risk factors
- Lack of parent involvement
- Lack of accountability
- Lack of social interactions
- Lack of sense of belonging/self-esteem
- Poor school attendance

For more information about Rosecrance programs and services, visit rosecrance.org.

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