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## Resourceful Telephone Numbers

- **A Center for Change**  
Affiliated Psychotherapists  
1-908-852-1324
- **High Focus Center**  
Mental Health, Alcohol & Drug Abuse  
973-726-8161
- **AIDS Hotline**  
1-800-624-2377
- **Alcoholics Anonymous**  
1-800-245-1377 or 908-687-8566
- **Al-Anon, Ala-Teen Referrals**  
1-800-425-2666
- **Center for Evaluation & Counseling**  
973-300-1900
- **Cocaine Anonymous**  
732-930-1128
- **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

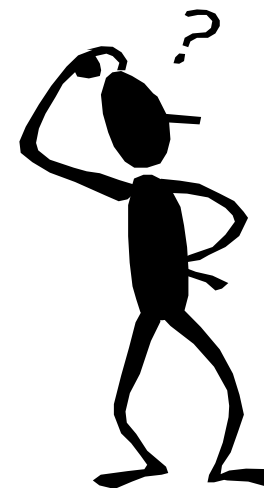
- **Morris County Prevention is Key**  
973-625-1998
- **Narcotics Anonymous**  
1-800-992-0401 or 732-933-0462  
<http://www.na.org>
- **New Jersey Child Abuse Control**  
1-800-792-8610
- **Newton Hospital**  
Mental Health, Alcohol & Drug Abuse  
973-383-1533
- **Probation—Morris County**  
973-659-3500
- **Runaway Hotline**  
1-800-RUNAWAY
- **Suicide Hotline—973-383-1533**

### For additional resources:

<https://hs.morriscountynj.gov/behavioral/mental/#selfhelp>

### For Confidential Appointments:

Danielle Van Der Veken,  
MA, SAC, LAC, NCC  
Morris Knolls High School  
973-664-2213



## WHAT IS SAC?

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, 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

## The Student Assistance Program

The Student Assistance Program promotes drug free norms and overall student wellness within the school community. It provides:

- Alcohol and Drug Education
- Prevention Education and Assemblies
- Referrals for Treatment Services
- Support services to students and their families

# Prevention Tips for Parents

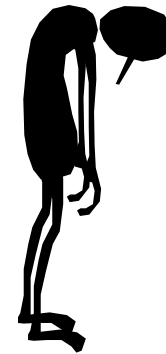
- Spend regular, quality time with your child.
- Let your child know that you do not approve of underage drinking or drug use.
- Talk with your child, not at him/her
- Listen to your child.
- Be open to discussing drugs/alcohol and controversial issues with your child.
- Set rules and apply them consistently.
- 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 need of the individual student and his/her family.**

## SAP Services

- Confidential counseling for individuals and groups.
- Crisis intervention and referral services.
- Core Team assessment and treatment planning.
- Coordination of services with community providers.
- Implementation of education and prevention programs for students.
- In-service training of staff concerning substance abuse and related issues.
- Development of curriculum related to tobacco, alcohol, and other drugs.



**For names of local therapists and treatment programs, please call Ms. Danielle Van Der Veken at (973) 664-2213. All information is confidential.**