

HUNTINGDON AREA HIGH SCHOOL

2400 Cassady Avenue, Suite 1 Huntingdon, PA 16652
Phone: (814)643-1080 Fax: (814)643-3800 Website: <http://huntsd.org>

Mr. Travis R. Lee,
Principal

Mrs. Kristen C. Streightiff,
Assistant Principal

"ALL LEARNERS, ALL FUTURES"

September 16, 2021

Dear Parents and Guardians,

During September 2021, we recognize National Suicide Prevention Month in the Huntingdon Area School District. In supporting the mental wellness of our learners, we are reaching out to let you know that we are here to support your children and families. Mental health is an important topic as we work toward our BEARCAT expectations of "Caring About the Team" and "Safety."

Provided below are parental resources regarding school resources, mental wellness and suicide prevention. Learners are encouraged to seek out resources available in the school counseling offices. Please do not hesitate to reach out to us with concerns about your child/children.

This evening, HAHS is **unveiling our STOMPER statue**, named Lumen, during the community's **Art Walk at 5:00 PM in the High School Auditorium Lobby**. The event lasts from 5:00 - 8:00 pm and will include information about the project, resources, and crafts. Please stop by at any time during the Art Walk to help us "stomp out" mental health stigma. Special thanks to the Huntingdon Borough Police Department and the Jana Marie Foundation for sponsoring the project, to Mainstream Counseling, the Huntingdon County Prevention Network, and Juniata College for supporting the project, and to Mrs. Shaffer's 2D design class for their contributions to the project.

Finally, at the community level, the Out of the Darkness Walk, sponsored by the Central PA Chapter of the American Foundation for Suicide Prevention, is on October 3rd at Detwiler Field. Registration begins at noon, and the walk begins at 1:00 pm. If you are interested in donating or participating in the walk, you can go to www.afsp.org/huntingdoncounty.

Thank you for your continued support of your students, our school, and your consideration to review the information below regarding the important topic of mental health.

Sincerely,

Travis R. Lee,
HAHS Principal

HAHS Student Assistance Program (SAP) Team

Mrs. Melanie Snare, School Counselor
Mrs. Kathleen Hershberger, Social Worker
Mr. Travis Lee, Principal
Mr. Matt Marter, Teacher
Mrs. Emily Elder, Teacher

Ms. Sara Neild, School Counselor
Dr. Chris Lantz, School Psychologist
Mrs. Kristen Streightiff, Assistant Principal
Mrs. Sarah Marter, Teacher
Mrs. Karolee Coffman, Teacher

HASD SAP Brochure

HOW DO I CONTACT THE SAP TEAM?

If you have any questions about SAP or you feel that your child may need help, call your child's school and ask to speak with any of the following team members:

Southside Elementary School Team Members:

Karen Dunham, School Counselor
Amber Gregg, Nurse
Brent Stoltzfus, Principal

Standing Stone Elementary School Team Members:

Laura Waterman, School Counselor
Aubrey Payne, Teacher
John Miller, Building Leader
Amber Gregg, School Nurse
Kristen Miller, TIU 11 LSW
Amy Mykut, Principal

Huntingdon Area Middle School Team Members:

Linda Miller, School Counselor
Amy Hiquet, Nurse
Susan Hudry, Teacher
Alison Goodman, Teacher
Milissa Smyers, Teacher
Dawn Lynn, Assistant Principal
Kristina Tharp, Nurse
Toby Mitchell, Teacher
Tim Snare, Teacher
Lynn Trobridge, TIU 11 LSW
Nicholas Payne, Principal

Huntingdon Area High School Team Members:

Melanie Snare, School Counselor
Amy Hiquet, Nurse
Matt Marter, Teacher
Sarah Marter, Teacher
Kathleen Hershberger, TIU 11 LSW
Kristen Streightiff, Assistant Principal
Sara Neild, School Counselor
Kristina Tharp, Nurse
Karolee Coffman, Teacher
Emily Elder, Teacher
Chris Lantz, HASD Psychologist
Travis Lee, Principal

CONTACT US

Southside Elementary

10906 Station Road
Huntingdon, PA 16652
814-627-1100

Standing Stone Elementary

10W 29th Street
Huntingdon, PA 16652
814-643-0771

Huntingdon Area Middle School

2500 Cassady Avenue
Huntingdon, PA 16652
814-643-2900

Huntingdon Area High School

2400 Cassady Avenue, Suite 1
Huntingdon, PA 16652
814-643-1080

Mainstream Counseling

900 Washington Street
Huntingdon, PA 16652
814-643-1114

Youth Advocacy Program

115 W Shirley Street
Mount Union, PA 17066
814-542-3256

HUNTINGDON AREA SCHOOL DISTRICT

Student Assistance Program (SAP)

All Learners. All Futures.



PRIVACY

The SAP team information is completely confidential and the team will respect you and your child's privacy at all times. If you would like more information on SAP, go to our school website at huntsd.org.



WHAT IS SAP?

A Student Assistance Program (SAP) team made up of school and agency staff is available to help you access school and community services for your child.

In Pennsylvania, every school district is required to have a plan for identifying and assisting students who experience barriers to learning.

Each SAP team will help you find services and assistance within the school, and if needed, in the community. We do not diagnose, treat, or refer your child for treatment. We will provide you with information and you make the choice(s) that best fit your needs and wishes. As the parent/guardian you are an important part of the team.

DO YOU SEE YOUR CHILD SHOWING ANY OF THESE BEHAVIORS?

- Withdrawing from family, friends, and/or activities
- Changing friends
- Unexplained physical injuries
- Feeling sad
- Talking about suicide
- Defying authority, both at home and school
- Acting aggressively
- Hitting
- Lying
- Needing money without a good explanation
- Declining grades
- Experimenting with alcohol or drugs
- Back-talking to adults

ARE YOU CONCERNED ABOUT YOUR CHILD'S REACTION TO ...?

- Recent death of a loved one
- Divorce of parents
- Family relocation
- A relationship problem
- Bullying
- Other traumatic events

HOW DOES MY CHILD BECOME INVOLVED IN SAP?

Anyone can refer a child to the SAP team. Some students are referred by teachers or other school personnel. A friend or family member can also let the SAP team know that they are worried about someone. The child can even go directly to the SAP team to ask for help. Schools will gather information to determine how a student is doing in their classes. However, the SAP team will not proceed unless you give your written parent permission. Once permission is received, the SAP team will work with you to develop a plan of action to help your child achieve success in school. Participation in the program is voluntary.

WHAT IF SOMEONE HAS REFERRED MY CHILD TO SAP?

A member of the SAP team will contact you regarding your child's referral to the program. Before a SAP team member talks to your child, you will be asked to sign a permission form. The SAP team will work with you and your child throughout the process. As a parent, your knowledge and thoughts about your child will be helpful in developing a plan of action. If you need more information before making a decision about SAP, please feel free to talk to a SAP team member.

Local/State Resources

Juniata Valley Crisis

Center for
Community
Resources



Call



1-800-929-9583

Text

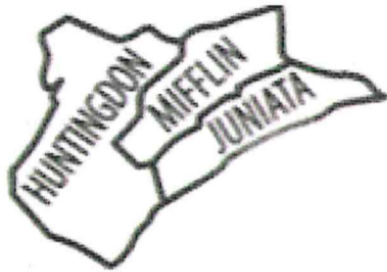


63288

Chat



CCRINFO.ORG



EASY ACCESS
TO MENTAL
HEALTH SERVICES



Juniata Valley Behavioral and Developmental Services

BACK



THE COLUMBIA
LIGHTHOUSE
PROJECT

IDENTIFY RISK. PREVENT SUICIDE.

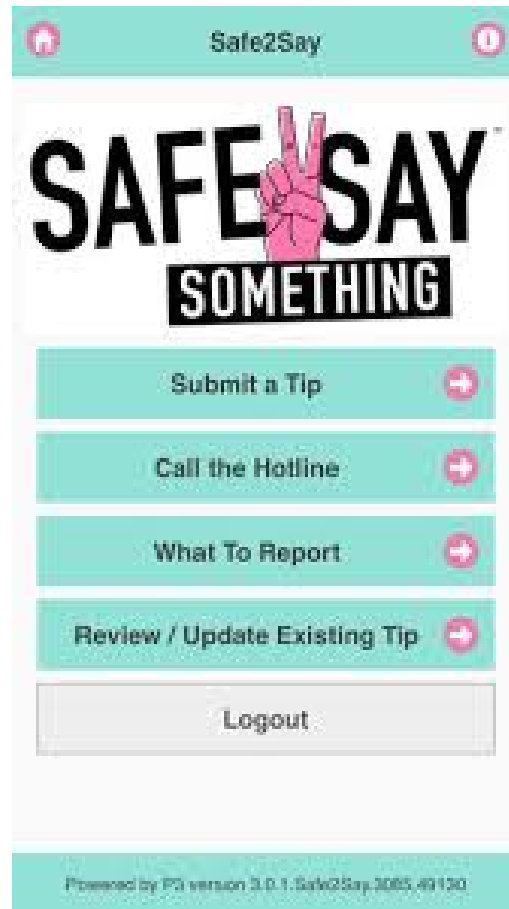
IF YOU OR SOMEONE YOU KNOW EXPERIENCES
DEPRESSION OR SUICIDAL THOUGHTS, THIS
TOOL CAN HELP ASK THE RIGHT QUESTIONS.

INSTALL THE COLUMBIA-SUICIDE SEVERITY RATING SCALE

APP FOR IOS OR ANDROID



JUST ASK. YOU COULD SAVE A LIFE.




**Mental Health + Substance
Use Disorder Resources**

Get Help Now helpline: 1-800-662-HELP

**National Suicide
Prevention Lifeline: 1-800-273-8255**

Crisis Text Line: Text "PA" to 741-741

KinConnector helpline: 1-866-KIN-2111



Additional Online Resources

https://www.preventsuicidepa.org/wp-content/uploads/2018/08/Parent-Resources_Final.pdf

<https://www.preventsuicidepa.org/task-force-county-init/huntingdon/>

<https://suicidepreventionlifeline.org/?scrlybrkr=3c578483>

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml?scrlybrkr=2662c3aa>

<https://www.cdc.gov/violenceprevention/suicide/resources.html>

<https://afsp.org/suicide-prevention-resources>

<https://www.helpguide.org/articles/suicide-prevention/suicide-prevention.htm?scrlybrkr=35ff8a24>

<https://save.org/>

<http://aevidum.com/cms/>