



# Aldersgate Youth Service Bureau Student Assistance Program (SAP)

Free \* SAP Support Services for Children & Teens Referred by their School's Student Assistance Team in:

**Abington – Bishop McDevitt – Cheltenham – Jenkintown – Lower Moreland  
Springfield Township – Upper Moreland – Wissahickon School Districts**

*\*All Services Funded by Montgomery County Department of Health & Human Services,  
Offices of Drug & Alcohol & Mental Health*

**Aldersgate SAP Services available this year:**

- ✓ **SAP Consultations, SAP Parent/Teacher Meetings, SAP Core Team Meeting participation & collaboration & SAP Support Groups for identified and referred youth**
- ✓ **Social Emotional skill building groups, workshops and classroom lessons on coping strategies, stress management, resiliency & decision making for youth and their parents.**
- ✓ **SAP Screenings:** Screening for students K-12 for symptoms of depression, trauma, substance abuse, anxiety, bullying, personal or family factors, eating disorders & other emotional issues. Referral form and release required to facilitate. Linkages to community resources provided.
- ✓ **Mental Health (MH3):** Three hours of individual support for eligible referred students and/or their parents related to their child who may be struggling with a mental health issue or concern impacting school performance. Referrals initiated by the school's SAP Team; release required to initiate.
- ✓ **Teen Intervene:** Brief solution-focused program for youth experiencing mild to moderate problems associated with alcohol or other drug use. Motivational interviewing, stages of change techniques, and cognitive behavioral therapy addressed. Three one-hour sessions; parent participation at one meeting is required.
- ✓ **MBI (Marijuana Brief Intervention):** A four to six session evidence-based program for cannabis-related issues including **VAPING\*\***. Sessions address preparing for change, strategies for change, managing withdrawal, problem solving, and relapse prevention specific to marijuana use and experimentation.
- ✓ **INDEPTH (Intervention for Nicotine Dependence: Education, Prevention, Tobacco, and Health):** The American Lung Association's evidence-based intervention program for teens struggling with nicotine-related issues (smoking, vaping, and chewing tobacco). The INDEPTH program consists of four weekly sessions.

All services available virtually, by phone, and in-person at school and/or at Aldersgate when able.

Please contact Aldersgate at

215-657-4545; or email: [info@aldersgateservices.org](mailto:info@aldersgateservices.org).

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[www.aldersgateservices.org](http://www.aldersgateservices.org) / You Tube: Aldersgate Youth Services