

IBER HOLMES GOVE MIDDLE SCHOOL

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Thomas Waldron, Principal

Brigitte Cunningham, Assistant Principal

Dear Parents,

I want to introduce myself. My name is Abigael Cosgriff and I am the Student Assistance Program (SAP) Counselor here at IHGMS. I want to make myself known to you and your family as a support. This is my 3rd year here in this role. I am working full time in the district. I have my Master's Degree in Social Work, previous experience working with adolescents, and specialized training in prevention and intervention strategies with adolescents at risk of having substance related problems. My supervisor is Samantha Horrigan, the Raymond School District's Director of Health and Wellness.

Iber Holmes Gove Middle School, along with other secondary schools in Rockingham County, is continuing a Student Assistance/Project SUCCESS Program for the 2024-2025 school year. This program is funded by the NH Department of Health and Human Services, The Student Assistance Network as well as the John Snow Inc (JSI), a public health organization. This program will provide alcohol, tobacco, and other drug prevention, education, and counseling services to students including early identification of students experiencing, or at high risk for, substance related problems, and students involved in bullying situations. It is anticipated that this combination of services will accomplish the following goals:

1. Prevent the development and reduce the incidence of alcohol, tobacco, and other drugs or related problems.
2. Improve school performance and attitudes toward school among program participants

SAP is a voluntary program that is available to offer supportive services to students experiencing academic, behavioral, and/or emotional difficulties that may pose barriers to school success.

Services that SAP can provide include:

- **Screenings/Assessments (i.e. suicide screenings)**
- **Prevention Education for 7th grade starting in September (Topics include: Being an Adolescent, Alcohol, Tobacco/Nicotine and Other Drugs, Friends and Family Relationships, and Coping Skills)**
- **Individual Sessions**
- **Group Sessions**

- **Referral/Case Management**
- **School-Wide Awareness Activities**

In addition, please see a list of potential warning signs/risk factors on the next page that might indicate a referral to SAP.

Students can be referred to SAP by parents/guardians, school personnel, peers, or self-referral. My goal is to work with you and to offer support and recommendations for your students. In situations where barriers may occur beyond the scope of the school, I can provide coordination between families and community resources.

Under CFR 42 Part 2, if your child is 12 years or older, confidentiality will be maintained with your child during the sessions we have together with strict guidelines. In the event your child reports harm to themselves, harm to someone else, or someone else harming them, or other concerns around your child's safety, this will be reported through the proper channels and parents will be notified immediately..

I am available to see students who are using substances, or have personal, peer, school, and/or family issues that could increase their risk of using substances including involvement in bullying situations. If you would like to speak to the Student Assistant Program Counselor about your child, please call or email her directly at (603) 895-3395 x4304 or a.cosgriff@sau33.com. All calls and emails will be confidential, however, this position follows mandating reporting laws regarding abuse or neglect.

If your child is referred to and/or refers themselves and you do NOT want your child to meet with the Student Assistant Counselor, please complete the form at the end of this letter and return it to me.

Best,

Abigael Cosgriff

Potential warning signs/risk factors that might indicate a referral to SAP:

- Withdrawing from family, friends and/or school
- Changing friends; no longer spends time with old friends
- Unexplained physical injuries
- Talking about suicide
- Depressed
- Defying authority, both at home and at school
- Acting aggressively
- Lying
- Needing money without an explanation
- Sudden drop in grades
- Experimenting with drugs or alcohol

Are you concerned about your Child's reaction to:

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

If so, please reach out to SAP or the behavioral health team. SAP contact information provided on first page

Please return to the Principal only if you DO NOT want your child to be seen by the Student Assistance Program Counselor. Name of Student: _____ Grade: _____ Parent Name
_____ Parent Signature _____ Date _____ If my
child is referred and/or refers him/herself to the Student Assistance/Project SUCCESS Counselor, I do not want
him/her to meet with the Student Assistance/Project SUCCESS Counselor for individual or group counseling