

*PEA's Academy Student Assistance Program Team*



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*Emergency:*

*911*

*Crisis / Page Counselor on Call:*

*777-3420*

*PEA Safety / Security*

*777-4444*

*PEA Counseling Dept. FAX:*

*777-4375*

*On the Web:*

*[www.exeter.edu/health/health\\_services.html](http://www.exeter.edu/health/health_services.html)*



*Academy  
Student  
Assistance  
Program*



### **ASAP? What's that?**

The Academy Student Assistance Program (ASAP) is a multidisciplinary service offered by the **Dean of Students' Office** in collaboration with Counseling & Psychological Services, the Health Education Department, and the Lamont Health & Wellness Center. It is a **non-disciplinary** program designed to encourage students to seek help as soon as possible, while providing concerned faculty and parents with options for responding to students who need extra support.

Students in ASAP usually see a health educator and one of the three counselors in the Health & Wellness Center. They also stay in close contact with their adviser, their parents, and a dean.

### **If I have a problem or question, couldn't I just go see a counselor on my own?**

Absolutely. Students can initiate counseling or health education for themselves whenever they want. Counseling & Psychological Services (CAPS) is a group of licensed mental health professionals whose mission is to promote students' psychological and academic well being. Seeing an Academy counselor on your own is free and confidential.

### **What if it's about drugs or alcohol?**

When a student who is *not* under the influence of alcohol or other drugs goes to the Health & Wellness Center on his or her own initiative to discuss a health problem—including the use of alcohol or other drugs—counseling is offered and encouraged. ASAP is not involved.

### **So how would a student get into ASAP?**

Ultimately, all referrals to ASAP are from the Dean of Students' Office. The ASAP approach is consistent with the Academy's respect for individual privacy and will not arbitrarily intrude on others' lives. However, depression, an eating disorder, alcohol or drug abuse, or some other serious problem may adversely affect a student's conduct or school performance. This becomes a community concern particularly when a student's personal safety or health is in question.

Under the ASAP, the Dean of Students' Office will use this authority in the following circumstances: (See the *E-Book* section on "Academy Policies.")

1. When a student discloses to a faculty member information about an episode of alcohol or other drug violation currently underway, involving him or herself or other students. *No disciplinary charge will result from that conversation, unless a faculty member has already observed or has obtained material evidence of a violation.*
2. When faculty members offer, after consultation with the student, a compelling basis for concern that a student may be involved in the use of alcohol or other drugs, or have another serious health problem (such as an eating disorder or depression).
3. When an intoxicated student, either accompanied or unaccompanied, seeks help at the Health & Wellness Center. The student's medical needs are cared for first, then he or she meets with a counselor. The Deans then initiate ASAP.
4. Following the completion of a major discipline case for a student who was caught using alcohol or other drugs. In such cases, the Deans' Office may require ASAP for the student.

### **Does the Academy provide drug testing?**

When the referral question involves substances, the Deans' Office may require random drug testing as a helpful adjunct to therapy and health education.

### **Is there any connection between the Discipline Committee and ASAP?**

The Discipline Committee and ASAP are not connected, and the ASAP team does not make recommendations to the Discipline Committee. As noted above, the Deans' Office usually makes an ASAP referral following a discipline case for alcohol or other drugs for which the student received probation.

If a student is required to be part of ASAP and *later* gets into disciplinary trouble for some reason, the Deans' Office will inform the Discipline Committee about the student's prior ASAP referral and whether or not they fulfilled their commitments.

**Let me get this straight. If a faculty member finds a student committing a major offense, that student must go before the Discipline Committee, but if a student or a friend takes**

### **the initiative to seek adult support first, no disciplinary charge will result?**

That's correct. The Academy's policy benefits those students who take responsibility and initiative. The policy also encourages students to seek help.

Remember, though, that a "non-disciplinary response" (NDR) doesn't mean "no consequences." When a student or a friend initiates contact with an adult about a problem, (such as drinking, cheating, or a student's mental health), the Academy will help that student in a non-disciplinary manner. The ASAP is part of that help. The program provides a non-disciplinary health response in cases where students break Academy rules, and then seek help themselves.

### **I can see that ASAP is designed to help all students, even those who don't recognize that they have a problem. But is a student's confidentiality preserved?**

Yes. When the Deans *require* counseling and/or health education, a student's involvement in ASAP is shared with a few other people. Specifically, counselors will share information about whether or not a student in ASAP is coming to counseling with parents, advisers, and a dean. *But no matter what the circumstances, the content of all sessions between students and counselors remains confidential, within the limits of the law.*

Whenever counseling is *self-initiated*, a student's involvement is kept confidential. There are only a few exceptions, designed to protect students' safety. For example, we must expand confidentiality (i.e., include other adults to help) if we believe that students are an imminent danger to themselves or to someone else.

Remember, to receive a non-disciplinary response (NDR), initiate contact with any adult in the community.

Still have questions about NDR? About confidentiality? About ASAP? Concerned about a friend? You may speak with a counselor anonymously (x3420) or read the *E-Book* section on "Academy Policies."

**We wish you health and personal success during your career at PEA.**

