

Illinois Association of Student Assistance Professionals

PO Box 9091, Springfield, IL 62791

Special Points of Interest

- IASAP “going GREEN”....
- At this year’s conference , workshop handouts and information about IASAP was given to attendees on a 2GB flash drive.
- To continue this effort our newsletters will now emailed to members as a PDF

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WORKING WITH PARENTS

Suzanne S. Walker, LCPC, CADC

I am always impressed by people who work with kids. Teachers, school staff, counselors, student assistance professionals and therapists often demonstrate a great deal of energy and passion in their work. Most of their time is spent working directly with students. So isn’t it ironic that most school counselors and SAP’s (student assistance professionals) spend the bulk of their time working with students, but in a crisis, it is parents who hold the key to a successful outcome!

Parents are the gatekeepers. It is parents who must make a conscious decision to follow through with the counselor’s recommendation. In order to work successfully with students, we must work effectively with their parents. To do this it is important to be prepared for potential situations that may develop.

Fortunately, there are parents who readily seek help and follow through with suggestions. These are not the parents I am addressing here. Parents present to us in many ways, under many circumstances. The parents addressed here are parents of kids who are in trouble. Working with them can be very difficult. But, we must work with them effectively if their child is to get the help he/she needs. We need to get their parents approval and support.

Parents come to us under many situations. Some come to us by choice. Their child may be demonstrating some prob-

lems at home or at school. They are worried and seek help from the school professional they trust. Clearly, it is important to keep up with both school and community resources in order that we may make the best possible suggestions. Others come because their child was caught in a negative or dangerous activity. They may be forced to address the problem, due to school policies or due to legal concerns.

Though parents present in different ways, there is an approach that can work in most situations. The key word is LISTEN. Listen to their concerns and acknowledge that you really hear them. Pat answers like “I understand” don’t always work. Actively listen to what they say and respond specifically and concretely. Listen first, and then educate them about the situation, the need for their action, etc. Help them move into action by providing concrete steps or the decision-making process. Recommend outside resources or therapy if needed by the student and/or parent.

The following is a list of ways parents may present when we meet them in a crisis and some tips that may help for specific encounters.

ANGRY. Parents may be angry at the school, at the person who caught their child, at life, at themselves, or at you.

TIP: Allow them to share their concerns. Try not to get defensive. The issue is really theirs.



A Message from Our President..



Dear Illinois Association of Student Assistance Professionals,

As Thanksgiving has just passed and as the Holidays get into full swing, it is important for all of us to reflect on our accomplishments and disappointments throughout the last year and look how we can make our next year even more successful than this one. I already know that one of the ways IASAP will be better this year is by putting on a spectacular conference on February 17 & 18, 2011. Our Conference Committee has been hard at work to insure all of us of this. In addition the Governing Board is hard at work looking at all the ways that we can better serve the membership of IASAP by being the best advocates, promoters, and networkers for effective Student Assistance services. I think I speak for all of us on the Governing Board that we do not take this responsibility lightly. We certainly have lively discussions around our mission and vision for what we can accomplish on a state, regional and local level. Always during these discussions your voice is represented by your regional delegates if there are topics of concern that you would like to bring to us as your governing board please do not hesitate to contact your regional delegate or myself. We are here as a Governing Board to serve the needs of all the SAP's in the state. We look forward to seeing all of you at our conference and we look forward to serving you in the coming year.

Sincerely,

Dale Gasparovic

Conference

MARK YOUR CALENDARS

18th Annual IASAP Conference

FEBRUARY 17 & 18, 2011

SPRINGFIELD HILTON

**Registration forms can be downloaded
from the IASAP web site**

Any questions, please email Conference Chair,
Sandy Stelmach at sandystel@aol.com
or call 630-739-1182

2010-2012 IASAP EXECUTIVE BOARD

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IASAP Regional Map



Attend a Governing Board Meeting Become a Delegate

Attend our Governing Board meetings and see how you can be a part of our Association. We will meet Wednesday, February 16 at 11 AM at the Springfield Hilton and May 2nd at the Martin Luther King building of Chestnut Health Services in Bloomington from 10 AM-2 PM.

Many Regions are in need of representation including #5, 8, 9, 13, 15 and 17. Are you in one of these regions? Step up and have a voice regarding Student Assistance. Contact John Schwaller about becoming involved. (jschwaller@hfhighschool.org)

Delegate Job Description

Represent your IASAP region at Governing Board meetings four times a year. The meetings are held in Bloomington in September, November and May; and in Springfield the day before our conference in February.

Facilitate communication between the Association and the general membership in your region.

Facilitate networking among general membership in your region by conducting regional meetings throughout the year.

Serve on at least one IASAP committee (awards, by-laws, certification, conference, ethical standards, evaluation, legislative, membership, newsletter, nominating, public relations, website).

Contribute information to the IASAP newsletter.

Delegates serve a two year term.

Please note that according to our bylaws, Article III, Section 9, "The IASAP Governing Board and Executive Board members shall not accept awards, recognition, contributions, gifts or bequests from tobacco or alcohol beverage industries whose practices and/or products are inconsistent with the health and welfare of children, or from any organization which is supported by the tobacco or alcohol beverage industries."



(Continued from page one)

SCARED. They may be frightened for their child's life or for their future.

TIP: Normalize the situation for them as much as possible. Let them know there are solutions. Be specific.

ENTITLED/power trippers. Some parents will try to demand special attention to their "unique" situation. They may name-drop or may also demean those who can actually help their child.

TIP: Respectfully listen to what they have to say. There is no need to be defensive or score points. Once they say their piece, they may listen to you.

MEEK, RESPECTFUL of AUTHORITY. They are generally less educated or less knowledgeable about the situation.

TIP: A gentle, less complicated approach tends to work here.

CONTROLLERS OR MICROMANAGERS. Likely to be "helicopter" parents, their efforts to control often cause more time and trouble and stress for their child.

TIP: Keep your focus direct and specific.

IMPAIRED PARENTS. Parents with their own substance abuse or mental health issues are increasingly more common and definitely problematic. They often are in denial about their own issues or they may fear their problem will be revealed. They are often quick to remove their child from the recommended treatment.

TIP: Keep the focus on the student's problem. If not, the parents will likely fail to follow through.

SEPARATED/DIVORCED. Unfortunately, these parents issues often surface here and threaten to overshadow the student's problem.

TIP: Make an effort to get the parents to work together as a united front, for the child's sake. Sometimes meeting with the parents separately is, unfortunately, necessary.

Working with parents can be very stressful. The stakes are high and the final outcome not often within our control. Enlisting parents support can be daunting. Remember it is a process. The results may not always be optimum. Take care of yourself. Decompress by reviewing the situation with a trusted co-worker or supervisor. Take time to relax and focus on activities you enjoy. A calm, relaxed, focused approach can accomplish much. And, remember to listen, acknowledge, advise, educate and support the students and their parents.

Region #16 Summary

Region #16 includes the counties of Clinton, Macoupin, Madison, Monroe, Randolph, St. Clair, and Washington. All IASAP members in the region were extended an invitation to attend the spring regional meeting.

Delegates present were introduced and new delegate nominees were welcomed. Introductions were made and each one present provided information about how they served students through SAP.

The value of completing the IASAP End of the Year Report was highlighted. Copies of the form were distributed. The incentives provided by partnering the resources of the Student Assistance Center and Illinois Association of Student Assistance Professionals were discussed.

Networking and sharing information was combined with discussing goals for next year.

It was suggested that we garner a location and time to meet as a region at the conference and that we endeavor to increase attendance at our regional meetings.

After refreshments were served all present were thanked for their attendance and the meeting was adjourned.

Submitted by Region #16 Delegate, Sharon Pohl



IASAP Award Nomination Information

There will be four awards presented at the IASAP conference in February 2011. Please submit the name (s) and a brief explanation as to why you are nominating this person. Also include your name, phone number address, and fax number.

This year we would also like to place the award winners in the IASAP newsletter, the winner's local paper, their school newspaper and send a letter to the administration about the award winner. Please include that information, as well.

All nominations must be received by January 5, 2011 to be considered.

Administrator Award -- Awarded to the administrator who supports, promotes, and encourages SAP programs throughout the district. They work at helping you make your programs successful.

Friend of SAP Award -- Awarded to someone who isn't an administrator or coordinator, who give of themselves and is a great assistance to your SAP program.

110% SAP Award -- Awarded to one of our own, who had promoted the growth, awareness and support of SAP in your community or throughout the state. Someone who gives 110%.

VIP of SAP -- Awarded to a highly visible politician, corporation or community leader who supports promotes and makes a difference in your SAP programs.

Submit to:

Barb Kotches
Award Nomination Chairperson for IASAP
Bremen High School
15203 Pulaski Road.
Midlothian, IL 60445
Phone: 708-396-8135
bkotches@bhdsd228.com

Also include:

Your Name:

Fax. #

Your email:

Your Address:

Your phone #

Who you are nominating:

Their phone # , Email and Address

Administrator we can send a letter to if your nominee wins:

Local Newspaper Name and Address:

Editor of your School Newspaper:

Reason for your nomination:

Important Websites for Student Assistance Professionals



www.iasap.org



www.prevention.org

Does your Student Assistance Program need a GPS?

GPS typically stands for Global Positioning System. How could a Student Assistance Program (SAP) be in need of a GPS? Most of the time, one uses a GPS to mark a potential path from where you are to where you hope to go, much like an SAP could use some technical assistance to reach their goals by using another type of GPS, a *Growth Potential System*.

When using a GPS, you can often request that only major pathways be utilized, which theoretically means that you will be using the interstate highway system for most of your journey. These are streamlined roadways that have clearly marked signage and limited side traffic interference. Similarly, a *Growth Potential System* can streamline the pathway an SAP can take in reaching their goals by limiting interference from uncharted strategies that are not evidence based.

Using *Best Practices Standards for Student Assistance* as a touchstone for your path is always a solid foundation. It is like using the interstate system; there are clear proven indicators that designate structure, services, activities, and ways to monitor progress toward goals. To obtain a copy of this tool, visit Prevention First at www.prevention.org and select Educators and Schools. Then, click on Student Assistance Program and choose Tools from the menu on the right. This will provide you with a variety of tools designed by the Student Assistance Center to help you stay on the right path as you remove barriers to learning for your students. Those tools include: *Best Practices Standards for Student Assistance*, *IASAP-SAC Year End Reports*, *FY11 IASAP SAC Year End Report Individual Student Data (Excel)*, *FY11 IASAP SAC Year End Report Data (Excel)*, *FY11 IASAP SAC Year End Report Data (Word)*, and *FY11 IASAP SAC Year End Report Cover Letter*.

If you fail to program a GPS with accurate data, you are destined to miss your destination. Likewise, it is *extremely* important to collect the data requested by the Year End Report. The format is the same as last year and the individual student

data tool can be used to serve students, as well as tally your year-end efforts. The data on this report is a record for your SAP to use as a benchmark in providing support for students. Marketing to your staff, administrators, school boards, and students can be effectively done with the information you will select to share. The consequential value of this tool is to assist the Student Assistance Center by submitting your protected confidential information to be combined with all other Illinois schools returning this report. An aggregate four page report for the State of Illinois will be generated from protected individual school information. This aggregate can then be distributed to schools, key stakeholders, legislators, and other policy makers to advocate and document the value of SAP.

The shortest route to your destination on a GPS seems like it will yield a fast and efficient route, and sometimes it does. However, unexpected delays may appear without notice because conditions have changed, such as construction projects. When an SAP continues to follow the same path they have always followed without the benefit of current information to guide them, it may initially seem like the shortest route to their destination. In reality, it may actually be a delay in disguise. The *Illinois Youth Survey* is one of the most valuable sources for current information that can guide your SAP. Currently, the data collected in 2010 is online by county. You can access this data by visiting www.illinoisyouthsurvey.org and choosing "by County" from the menu on the left. This will yield a summary for grades 6, 8, 10, and 12. The data provided shows past 30-day use of Alcohol, Tobacco and Marijuana, Perceived Risk of Harm, Perceived Parental Disapproval, and for grades 8 and 12, the mean age of first use. This data can help an SAP understand the age to target some strategies, the type of substance issues perceived to be harmful, and the perceived parental concerns.

If you do not glean current information to guide your SAP efforts, you may inadvertently run into a delay in the form of wasted time and efforts. Hopefully, you will find that using the *Growth Potential System* will help you arrive at your destination by obtaining the desired feedback for your SAP.

Submitted by
Sharon Pohl, Prevention Specialist II
Chestnut Health Systems



Fund Raising Idea

Are you having difficulties having enough money for all of your prevention activities now that the Safe and Drug Free Schools money has been eliminated? Let me share what District 228 did last year. District 228 is made up of four high schools, Bremen, Tinley Park, Oak Forest and Hillcrest and we had a "Dancing with the District #228 Stars" event. Yes, we had a ball room dance competition between the schools. A faculty couple, the ones kids would love to see (like the varsity football coach and female dean) from each school competed, as well as a teen couple from each building. These couples were given 4 dance lessons that were donated by a local dance studio. The females got their hair and make-up done by a local salon who volunteered their time and the couples dressed their parts.

Also participating were a Teen team dance group and a Faculty team dance group from each school. The group dances were more like drill team or pom dances. Mostly they just wore shirts that were the same color. These groups received help with their routine through our Pom Pom Coaches. We also had our four Pom Pom Teams perform during the breaks. One of our sports announcing teachers MC the evening, and a mirrored ball was in the center of the gym.

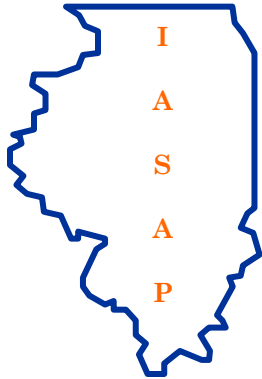
We pre-sold advertisements in a booklet and had businesses sponsor ads for the dancers. We charged \$250 for a dance sponsor. Obviously the Dance Studio and Hair Salon were given free ads as well as other businesses that contributed. Local pizza restaurants in our area donated pizzas, as well as stores that donated hot dogs, nachos, popcorn, pop, chips and candy for our concession stand. Raffle prizes were donated from business as well, but also baskets of school athletic wear, prom tickets, snowball retreat registrations, and student parking permits.



Extra votes we also sold. The admission was \$5.00 to enter, plus you also received 2 vote tickets. You could purchase more vote tickets for \$1.00 each. We had boxes set up on tables by the entrances where people would place their votes and also had students walking through the bleachers selling extra tickets. The dance winners were chosen by the number of votes received and given mirrored trophies. Raffle prizes were drawn and prizes awarded that night.

I was totally amazed. We had standing room only in the gym. And we raised \$7000.00 in one night. It did take a lot of time to set up but with a variety of committees to take care of just a piece of it, it was very doable. If you have questions, feel free to contact me Barb Kotches @bhsd228.com or 708-396-8135. Good luck with all your events this year.





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Region #15: (Moultrie, Coles, Edgar, Shelby, Cumberland, Clark, Bond, Fayette, Effingham)

Region #16: (Macoupin, Madison, St. Clair, Clinton, Monroe, Washington, Randolph)
Patricia Gorman – 618-474-6989
Sharon Pohl – 618-288-3100 x 3358

Region #17: (Marion, Clay, Jasper, Crawford, Richland, Lawrence, Jefferson, Wayne, Edwards, Wabash, Hamilton, White)

Region #18: (Perry, Franklin, Jackson, Williamson, Saline, Gallatin, Union, Johnson, Pope, Hardin, Alexander, Pulaski, Massac)
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Pat Berry--800-252-8951 x 109

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Student Assistance Center IASAP Data Important Source of Information

Year-End Report Data Tells the Story

The Student Assistance Center and IASAP conduct an annual reporting process to collect formative and summative data from SAPs throughout the state. The report was initiated in 1993 by IASAP, and has been conducted 16 of the past 17 years. The Student Assistance Center assumed the collection and reporting tasks during the 2007-2008 school year and suspended data collection to work with the Center for Prevention Research and Development in aligning the reporting categories with evidence-based practices. The voluntary reporting process was reinstated with the 2008-2009 school year.

Three schools were winners in the drawing for free IASAP Conference registrations for returning their reports by June 30th. This year's winners are Tingley Park High School, Eisenhower Middle School in Rockford, and Silver Creek Elementary School in Troy. **Your school could be a winner next year by making sure you submit your completed report by June 30th, 2011.** Blank report forms are available at www.iasap.org.

You don't need to wait until the end of the school year to begin collecting report data; an Excel file to use on a weekly or monthly basis is available.

Sixty nine schools returned the completed voluntary report. We are impressed with the numbers that came out of the great work being done by SAPs around the state.

Diperna and Elliot (2000) stated that one of the five factors critical for academic competence is school connectedness. The perception of adult support is a primary protective factor in building school connectedness. Report data shows that 2310 students were connected to a positive adult mentor in the building as part of their SAP services.

Report data shows that 1714 students received a continuation of services from the previous year and 2719 students received SAP services for the first time.

Substance use intervention and appropriate treatment have always been a central part of SAP services and are often not found as part of general school services without a Student Assistance Program.

- ⇒ 277 students were directed to SAP services for a substance use policy violation.
- ⇒ 488 students were connected to substance use community services through their SAP.

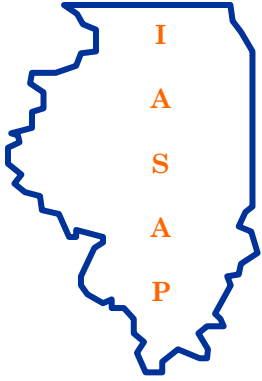
Student progress was also evident. Report data shows:

- ⇒ 1662 students receiving SAP services progressed in multiple areas (academics, behavior, school attendance, violence, and other behavior health issues).
- ⇒ 1132 students demonstrated academic progress.
- ⇒ 812 students demonstrated or reported a more positive attitude toward school.

Integration between RtI and SAP has been a focus during the past year. 815 students receiving SAP services were also receiving RtI Tier 2 or 3 services in their building.

Student Assistance has a 45 year national history of successful student and school outcomes. This year is no exception in Illinois. The 2009-2010 full report will be issued at the IASAP Conference in February.

Submitted by Patricia Berry, Director,
Student Assistance Center at Prevention First



Illinois Association of Student Assistance Professionals

P.O. Box 9091
Springfield, IL 62791

WHY WAS THE ILLINOIS ASSOCIATION OF STUDENT ASSISTANCE PROFESSIONALS FORMED?

The Illinois Association of Student Assistance Professionals (IASAP) was formed in November 1990, in recognition of the need for the promotion of the field of Student Assistance and advocacy for Student Assistance Professionals. A group of professionals representing upstate, central and down state geographic areas responded to the challenge of developing an organization to address these needs. IASAP is the result. IASAP is committed to promoting the field of Student Assistance, assisting in developing the resources and skills of the professionals working in this field, and expanding the network of Student Assistance Professionals.

Membership Renewal time If you aren't attending our 2011 Conference

Please complete the following and send it along with a check for \$35.00 to:

IASAP, P.O. Box 9091
Springfield, IL 62791

NAME

ORGANIZATION/SCHOOL

POSITION

WORK ADDRESS

COUNTY

PHONE

EMAIL

MISSION STATEMENT

IASAP has been established to advocate, promote, and network for the delivery of effective and comprehensive Student Assistance Program services that support student achievement and academic success by addressing youth related issues including alcohol, tobacco and other drugs concerns.

Have a healthy and happy winter break!