

Participating Agencies

Cumberland/Perry Mental Health
Trained ESAP School Team
Cumberland/Perry Drug & Alcohol
Diakon
Perry Human Services



referrals and information:



Cumberland-Perry

MH.IDD

**Mental Health
Intellectual &
Developmental Disabilities**

1615 Ritner Highway . Carlisle . PA 17013

www.cumberlandcountypa.gov/mhidd

email: mhidd@cumberlandcountypa.gov

ATTENTION: ESAP Liaison

717.240.6320

Perry County Residents:

1.888.240.6320

or

866.240.6320

a service of



Cumberland-Perry

MH.IDD

Mental Health . Intellectual & Developmental Disabilities

Life Can Be A Puzzle



Cumberland - Perry

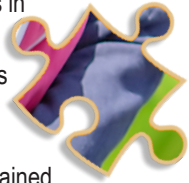
ESAP

Elementary Student Assistance Program

**can help put the
pieces back together**

ESAP Elementary Student Assistance Program is a service of **Cumberland-Perry Mental Health** and consultive support via **Cumberland-Perry Drug & Alcohol**. The program is designed to assist students in K-5 who may be struggling with overwhelming stress such as:

- Arguing with Parents
- Behavior Challenges
- Bullying
- COVID-19
- Death of Friend/Relative
- Difficulty Sleeping
- Drugs and/or Alcohol
- Feelings of Anxiety
- Loss of Appetite
- Parent Divorce
- Problems with Friends
- Problems in School
- School Attendance
- Stress or Depression
- Sudden Changes in Interests
- Suicidal Thoughts



The ESAP core team consists of professionally trained members including school staff and an ESAP mental health liaison. In addition, student assistance staff members from Cumberland-Perry Drug & Alcohol, Diakon, and Perry Human Services are available for student-related consultation. The team identifies issues, determines if the issues lie within the responsibility of the school, and makes recommendations to assist the student and family.

The ESAP process consists of four phases; Referral; Team Planning; Intervention & Recommendation; and Support & Follow-up. This voluntary program provides short-term assistance to help families access appropriate supportive services for their child to be successful within the home, school and community. Parents and caregivers are empowered to make all decisions for their child's needs. The Team also assists with making referrals to access appropriate resources and support for the family.



Questions & Answers about ESAP



Q What is ESAP?

A ESAP is an integrated team process used to mobilize school resources to remove learning barriers and assist in identifying stress issues which pose a barrier to a student's success.

Q Who is eligible for ESAP services?

A Any child enrolled in elementary school who maybe struggling with stress in school and/or at home.

Q Are the parents & family of the student involved?

A Yes. Active participation from parent or guardian is required from start to finish of the program. Strong family engagement enables a more successful outcome for the child.

Q What is the cost for ESAP services?

A There is no charge for ESAP services.

Q How long is the service provided?

A ESAP is a short-term prevention and intervention service which helps families access appropriate supportive services in order for their child to be successful within the home, school and community.

Q How do families get involved in the program?

A Referrals to the Elementary Student Assistance Program may come from school personnel or from parents or other concerned parties.

Empowering & supporting individuals & their families in the community

