
**Student Assistance
Confidential Concern Form**

I am concerned about:

Name of Student Grade

Reason for Concern:
(Check all that apply)

- Drop in grades
- Absence from school more than usual
- Hurting others or hurting self
- Negative attitudes
- Signs of possible alcohol and other drug use
- Unusual change of friends—hanging out with others she/he would not normally do
- Depression, anxiety, frequent mood swings – more than the typical kid
- Other concerns/comments:

Signature (optional) Date

After completing this form, place it in an envelope marked "CONFIDENTIAL" and place it in the designated box in the guidance office, health room, or media center.

**MONTGOMERY COUNTY
RESOURCES FOR HELP**

MCPS Safe and Drug-Free Schools
301-279-3041

MCPS Phoenix Schools
301-840-7198 Gaithersburg
301-649-8039 Silver Spring

Alcoholics Anonymous Meetings
202-966-9115

Narcotics Anonymous Meetings
202-399-5316

Crisis Center
301-315-4000

Alanon/Alateen Meetings
202-822-1334

Contact your school Student Assistance Team Leader, Nurse, your Guidance Counselor, or an adult who cares

**SAT Team Leader:
Leanne Euler
301-897-2260 - Guidance
301-571-3883 - Office**

TRUE FRIENDS

**HOW TO
HELP A
FRIEND**

***Student Assistance At
North Bethesda
Middle School***

MCPS Safe and Drug-Free Schools
Phone: 301-279-3041
Fax: 301-517-5910
24 hour hotline for safety: 1-877-MD-NOFEAR

Student Assistance at North Bethesda Middle School

Many of us are worried about someone else's use of alcohol and/or other drugs or potentially violent behavior. We want to help but don't know how Student Assistance at your school is just that---helping a friend. We can help and no one else needs to know about it.

- **Fill out a confidential "concern" form.** Concern forms are located in many areas of the school—the nurse's office, the guidance office, and in the media center. A concern form is on the reverse side of this page.
- **What are you worried about?** The concern form asks us to check specific areas of concern. If possible, be descriptive. Many of us see a friend using and wonder if she or he is an alcoholic or drug addict or has a mental health problem and is dangerous to himself/herself or others. There is no way we can know the answer to that. Our concern and worry makes us want to help.
- **Name your friend.** This is the hardest part. We don't want to lose a friendship—just help a friend. But we need to say something to somebody. Silence doesn't help.
- **You may sign your name as the concerned friend, or not.** It's up to you. Most of us don't. We don't want the "concern" to come back to us. We don't want anyone else to know.

• What happens to my "concern" form?

When you put your completed concern form in the locked box, you can be assured it will be treated very seriously with the utmost professionalism and in confidence by staff who care.

Your Student Assistance team members will act on your concern. They will start the process to get help for your friend.

Student Assistance Team Members At North Bethesda Middle School

Stephen Smiddy
Gert Reise
Leanne Euler
Jason McFeaters
Shirley Dietsch
Kisha Hammonds
Maureen Larson

THEN WHAT?

The Student Assistance team will confidentially ask school staff about your friend's behavior. This is not because the team members doubt your concern, but because they want to make sure the concern is valid and not a bogus concern or joke to do harm to someone.

Then, The Student Assistance team will intervene, if necessary. Your friend's teachers and parents—people who can help your friend—will be asked to meet and discuss a way to get professional help for your friend. This meeting will be a loving event, not a punishing one. Most of our friends are relieved to realize someone cares and *cares enough* to help when their alcohol and/or other drug use or threats or behavior is alarming others.

No one will know it was you

That saved a life

Ended the silence

Is the "True Friend"