



Quilcene School District #048

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Superintendent
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PARTNERING WITH COMMUNITY FOR ALL STUDENTS

Dear Families,

We are excited to announce that Quilcene Secondary is offering, and continuing, a Student Assistance Program¹ to improve the social and emotional health of our students. The program provides a wide variety of substance abuse education, prevention, intervention and recovery support services to secondary students. The Student Assistance Professional provides information, guidance and support to students who are impacted by substance use, emotional stressors and mental health challenges.

The goals of the program include:

1. Prevent and reduce substance abuse among teens
2. Increase awareness of the harms of substance use
3. Develop healthy coping skills
4. Improve school performance

Jay O'Connor is the Student Assistance Professional assigned to Quilcene. His campus hours are Monday - Friday from 7:30AM – 4:00PM. However, evening hours may be arranged to meet with parents and community groups. Mr. O'Connor will be meeting with students individually and in small groups to provide counseling support. He will provide education and guidance to students, teach refusal and coping skills, and assist students in making healthy choices. In addition, he will be providing Second Step Middle School education, a social-emotional learning program, to our seventh and eighth grade students.

Mr. O'Connor is available to meet with parents as well. If you are worried about your student and would like to speak to the SAP, please call him directly at (360)765-2961 or email joconnor@qsd48.org. All communication will be confidential.

The following link provides additional information on Washington States' Student Assistance Prevention Intervention Program

<https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health/substance-use-prevention-intervention>

Sincerely,
Mark Gudger
Principal
Quilcene PK-12

¹ Funding for the program is through Washington State Health Care Authority and Quilcene School District. This project is a collaboration with the Health Care Authority and the Olympic Educational Service District 114.