

# *Cathedral Preparatory School*

## *Student Assistance Program*

**Confidential**

### Coach /Advisor Checklist

Student: \_\_\_\_\_

Date: \_\_\_\_\_

Coach/Advisor: \_\_\_\_\_

*Please submit this form to the SAP Team after you have shared your observations and concerns with the parents/guardian of the student. Please remember that all information is confidential and respected as such. Please remember that Federal regulations require that this information be made available to the student's parents/guardian upon request. Return this completed form to: SAP Coordinator, Mrs. Linda McKean, Mr. Tom Calabrese, SAP Counselor or Mr. Bill Flanagan, Athletic Director. Date of parent contact: \_\_\_\_\_*

**Behavioral Observations:**

- Misses practices/meetings
- Seeks constant reassurance
- Difficulty making decisions
- Loss of eligibility
- Easily distracted
- Denies responsibility
- Verbally abusive
- Blames others
- Inappropriate language
- Decrease in participation

**Physical Observations:**

- Unsteady on his feet
- Complains of nausea
- Glassy, bloodshot eyes
- Smells of alcohol/marijuana
- Frequent cold-like symptoms
- Noticeable weight change
- Slurred speech
- Poor hygiene
- Appears to be disoriented
- Self abuse
- Decline in skills and performance
- Appears fatigued

**Peer Interaction Observations:**

- Hits / pushes others
- Disturbs or taunts other teammates
- Easily influenced by peers
- Frequent changes in friends
- Does not interact with peers

**Emotional Observations:**

- Expresses desire to die
- Expresses desire to join someone who has died
- Sudden outbursts of anger
- Suicide threat or gesture
- Sudden changes in behavior
- Recent death of family member or friend
- Expresses anger towards parents
- Often critical of self/others
- Easily frustrated
- Expresses feelings of worthlessness, hopelessness
- Expresses fear/anxiety

**Strengths/skills:**

- Demonstrates a desire to learn
- Displays good reasoning skills
- Helps others on team
- Works well in a group
- Cooperative
- Accepts responsibility
- Good communication skills
- Can accept criticism

**Additional Comments**

Resulting from observable behaviors \_\_\_\_\_

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