

What students are saying about RAP

“I felt like I finally had an outlet to explain how stressed and overwhelmed I get with school and found many people to relate to.”

“I loved the discussions. They helped me cope with stuff going on in my life.”

“When we would talk, it got a lot of weight off my shoulders.”

“Group helped me recognize things that were bothering me and helped me try to make steps to make everything better.”

“Group was the best part of my year.”

2017-2018 RAP Core Team

Andrew Anastasiades - English

Matt Bennett –English

Elaina Bruck - Counseling Intern

Brian Calhoun - Social Work Intern

Ben DeBruin - Special Education

Cari Franz - Counselor

Anthony Gliffe - Counseling Intern

Jim Gyori - Counselor

Elizabeth Hanses - Division Head for P.E./
Electives

Mary Jo Jones - Special Ed. Paraprofessional

Justyna Kapustka - Achievers Social Worker

Eileen Kelly - Speech Therapist

Kathleen Leynes - School Social Worker

Mark Lippstreuer - Math

Dolores Miller - Italian

Haley Morelli - Social Work Intern

Katie Petty - Student Advocate

Toni Pemberton - English

Giovanna Portanova - Italian

Renee Rudnicki - ESL

Gretchen Selzer - Counselor

Jen Snyder - Director of Student Services

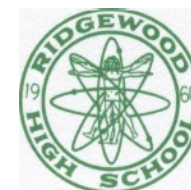
Candace Reid - School Nurse

Dan Rosenberg –Special Education

Amanda Timothy - Social Studies

Ridgewood Assistance Program

Confidential educational support groups to help you perform better in school.



Ridgewood Community High School

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Norridge, IL 60706

www.ridgenet.org



What do we do?

The Ridgewood Assistance Program (RAP) helps students face their problems and get the help they need in order to be more successful in school.

The RAP core team is composed of Ridgewood faculty and staff. Our team works with students directly through educational support groups facilitated by two staff members. Students are referred to RAP groups through teachers, counselors, deans, parents and other members of the Ridgewood community.

Why it's effective

RAP identifies and responds to student concerns as they occur throughout the school setting. These concerns may include emotional, physical, social, behavioral and alcohol or other drug related problems.

Early intervention in any of these areas may facilitate increased school attendance, improved grades, reduced classroom management difficulties, higher student participation, enhanced student health, decreased student chemical abuse and generally a more positive school environment.

RAP Groups

RAP offers a number of support groups throughout the school year.

Concerned Others: This group is for students who live with an alcohol or drug-addicted family member.

Interpersonal Stress: This group is for students who are experiencing elevated levels of stress due to friends, dating, family and other interpersonal relationships in their lives.

Academic Stress: This group is designed for students who are experiencing high levels of stress due to academic circumstances including underachievement, procrastination and/or pressure to excel.

Girls Group: This group is for young women who are experiencing academic, interpersonal, social, behavioral or attendance concerns.

Grief and Loss: This group is for students who have lost a parent or sibling to death at any point in their lives.

Mindfulness : This group helps students who struggle with stress and anxiety to focus on the present through meditation and guided relaxation.



Unique Families: This group is for students who live in a non-traditional family dynamic including parents who are separated, divorced, never married or separated by circumstance (ie: incarceration, one parent living in another country, etc.)

Anger Management: This group is for students who struggle with anger and wish to identify their personal triggers and develop positive coping strategies.

ESL Transitions: This group is for students who have recently immigrated to the United States.

Confidentiality

As with other counseling services, confidentiality is expected from group leaders and group members, except when a student's safety is endangered or if a student's thoughts, words or behavior indicate that they are a danger to themselves or others.

If you are concerned or worried about an issue, please see your counselor or a member of the RAP core team for more information on how RAP can help you.

If you are a parent/guardian and would like more information on how RAP can help your student, please call 708-456-4242 ext. 1283.