SAP Connection

May 2023

Prepared by: PA Network for Student Assistance Services (PNSAS)

www.pnsas.org

PNSAS INTERAGENCY UPDATE

PDE 4092

Don't forget-all SAP data is due June 30, 2023! Contact the Jay Wasser at the PDE Help Desk at **814-243-3658 or** c-jwasser@pa.gov for assistance with technical issues getting access to the reporting site. If you have any questions on how to answer specific questions, contact your regional coordinator.

How SAP Teams Can Support Students During Summer Months

SAP Teams across Pennsylvania provided tremendous support to students and families this year. However, the school year is winding down and summer break is on the horizon. A blessing for school staff. However, for students and families who rely on regular supports provided by school, they may not see summer break as a reason to celebrate, but rather as a stressor.   SAP Teams can alleviate stress for students and families by ensuring they know where to access support when the bell rings indicating the start of summer.

What does this look like? Contacting families directly before the close of the school year to touch base is an excellent starting point.   This shows the student/family that they are cared about and opens the door for them to share any concerns they may have about the upcoming break from school.

Develop a comprehensive list of community resources that families may need to access during the summer months. This could include food pantries, clothing closets, bill-pay assistance, medication assistance, mental health crisis lines, etc. Also include county mental health and drug and alcohol offices. This list should be disseminated to all families the SAP Team is supporting, as well as placed on the school entity's website where it can be easily accessed.

Next, review the active SAP cases and identify the in-school and community supports students are currently utilizing. These are the supports that the students will be missing during the summer break. As a team, brainstorm any community supports that could help to fill this need during the summer break. Where appropriate and with the necessary consent, connect families prior to the last day of school to prevent any lapse in service.

A few key resources for all Pennsylvania families:
- National Suicide and Crisis Lifeline – dial 988 or https://988lifeline.org
- Pennsylvania resources – 988: A Direct Link for Suicide Prevention and Crisis Support – https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/988.aspx
- Crisis Text Line – Text PA to 741741 or https://www.crisistextline.org/
- Mental Health America - https://mhanational.org/
- Pennsylvania Department of Drug and Alcohol Programs - https://www.ddap.pa.gov/
- Find drug and alcohol treatment – 1-800-662-HELP (4357) or https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx
- Pennsylvania Department of Human Services - https://www.dhs.pa.gov
- Services for children - https://www.dhs.pa.gov/Services/Children/
- Department of Human Services Assistance - https://www.dhs.pa.gov/Services/Assistance/
- Pennsylvania Network for Student Assistance Services - https://pnsas.org/
- Pennsylvania Department of Education, Office for Safe Schools - https://www.education.pa.gov/Schools/safeschools/
- PA Parent and Family Alliance https://www.paparentandfamilyalliance.org/

Empowering families and offering hope will go a long way to bridge the summer break. Best wishes for a restful and relaxing summer!

BONUS SECTION- FAQ CORNER

SAP Records – "To Share or Not to Share, That Is the Question."
Puzzled and perplexed about whether your team can share records within your district or with another district's SAP team? Look no further for the answer-it is in Pennsylvania's Student Assistance Program: Frequently Asked Questions and Best Practice Responses document.

37. Are SAP teams permitted to share records with other SAP teams within the school entity (e.g., elementary to middle school, middle school to high school)?
The school entity's records policy should be adhered at all times. However, for continuity and ongoing support, teams are encouraged to share records with the next building, especially since transitions are difficult for many students. The goal of sharing records is to maintain consistent support, so the student is successful in the new building. Sharing information is particularly important for continuity of supports if the team is actively working with the student at the end of the school year. There are many variations on how this is addressed within each

school entity. Teaming between building SAP teams would be helpful to determine transition plans and effective communication.

38. Are SAP teams permitted to share records with other school entities?
The school entity must make this decision after referring to its records policy. However, SAP files should be included in the list of educational records on the transfer of educational records form. The parent/guardian signs this form, and it is sent to the original school to obtain academic and other educational records. When the new school entity receives the files, the SAP files should only be shared with SAP team members.

RESOURCES AND NEWS

May is Mental Health Awareness Month!
Click here for an agenda of events being held in communities across Pennsylvania during May.

Turn the Capitol Green for Mental Health Awareness -If you are in the business area of Harrisburg between May 1st at 8 p.m. through May 8th at 6 a.m., you will find city and county buildings lighted green along with the fountain. You don't want to miss it!

Mental Health is Health — Small Actions Equal Big Impact!

SAMHSA is recognizing Mental Health Awareness Month! Each May, their goal is to increase awareness about the vital role mental health plays in our overall health and well-being. Share resources, encourage others to seek help, or simply be there for someone when they need you.

Access the Mental Health Awareness Month Toolkit and available resources:
- Key Messages and Weekly Themes to cover the basics of Mental Health Awareness Month and to provide a foundation to develop messages that resonate with your specific audiences.
- Social Media Sharables including social media posts, static graphics, stories, and animations, to be customized or shared across platforms.
- Hashtag Recommendations to promote Mental Health Awareness Month activities on social media platforms.
- Stickers to promote Mental Health Awareness Month on Instagram and Facebook Stories.
- Resources for Content Development to provide best practices and inclusive language that resonate with your intended audiences.
- Tips for Engaging in Respectful Conversations Around Mental Health to help a loved one access services for mental health or substance use. This guide helps start conversations respectfully and assists individuals in need of helpful resources.

TRAINING OPPORTUNITIES

SAP Trainings are available both in person and virtually in certain locations throughout the state. These trainings are delivered by PA Approved SAP Training Providers. For a complete listing click here to access the training calendar.

Navigating the Juvenile Justice System with a Mental Health Challenge-PA Parent and Family Alliance
Wednesday May 3, 2023 at 7:00 PM
Join attorneys and educational advocates from Allegheny County's Juvenile Division. Click here to register.

May is Mental Health Awareness Month
There are two webinars scheduled for May:
- Be Nice to One Another and register now.
- Is It Substance Abuse, Is It Mental Health, or Is It Both? and register now.

Trauma Training: The Offices of Children, Youth and Families, and Mental Health and Substance Abuse Services have partnered with PA Care Partnership to provide any child welfare professionals in Pennsylvania FREE Trauma Training provided by Lakeside Global until September 30, 2023, or while funding is available. For individuals looking for Trauma Training, there are multiple cohorts for courses and workshops scheduled on specific dates and times available through https://lakesidelink.com/training/course-registration-2023/ Training available includes the following: Enhancing Trauma Awareness, Deepening Trauma Awareness, Applying Trauma Principals, Train the Trainers, and Trauma 101 through 109 Workshops.

2022-2023 Equity Speaker Series funded by PDE Statewide Systems of Support.
Topic: Students with Interrupted Education
May 16, 2023 (Final session in the series)
Click here to register.

HealtheKnowledge
Self-paced Professional Development & Training HealtheKnowledge offers hundreds of courses on topics related to substance use disorder, recovery, mental health, and prevention efforts. These self-paced courses are available online, anytime, anywhere! Join over 89,000 behavioral health professionals-take a HealtheKnowledge course today! Click here for more information.

Center for Safe Schools
There are several resources available at the Center for Safe Schools. Including: False Threats: Immediate Action Steps for Schools, Model Door Numbering System, Safety and Security Assessments, Training and Technical Assistance, Act 26 and Act 44, Third Thursday Digital Learning Series, and more. Click here for more information.

Commonwealth Prevention Alliance
The 33rd Annual Conference, Reimagining Prevention
June 7-9, 2023
State College
More information and registration are available here.

GRANTS

PCCD Grants
There are open grant applications in PCCD's Egrants System.
For more information, contact the Egrants Help Desk is available at: (717) 787-5887 or (800) 692-7292.