

SAP COUNTY COORDINATION UPDATE

April, 2017



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

www.pnsas.org

PENNSYLVANIA NETWORK FOR STUDENT ASSISTANCE SERVICES INTERAGENCY UPDATE

PA Youth Suicide Prevention Initiative (PAYSPI)

The 2017 PAYSPI Annual PSA Contest for Youth Suicide Prevention winners and honorable mentions have been selected and can be viewed [here](#). Be sure to scroll down to view all of them! These entries are available for public use. The winners will be honored at ballgames around the state. More details about these events can be found [here](#).

SAP BACK TO BASICS

SAP and the Student Athlete

Athletics and Mental Health

Physical activity is known to not only improve physical health but mental health as well. Studies show that the release of endorphins during exercise interact with receptors in the brain that reduce the perception of pain and that they trigger positive feelings in the body. However, this doesn't mean that student athletes are without mental health struggles. In fact, quite the contrary when one considers the pressures many of them face in order to compete. "Given the inter-relationship between the physical and mental, it might be helpful to think of student-athletes with mental health problems as "injured" — just as you would of a student-athlete who has a physical or medical problem." (WebMD)

Student athletes can suffer from many different mental health or substance abuse issues. Student athletes can be at risk because pressures to succeed can trigger mental health problems.

The National Collegiate Athletic Association (NCAA) has published a handbook entitled, [*Managing Student-Athlete Mental Health Issues*](#). This tool helps those who work with student athletes be able to identify general signs and symptoms that may indicate a possible mental health concerns. The handbook contains explanations about the effects on performance and sport participation, a suicide prevention plan and recommendations for individuals at risk.

Coaches should be involved in and trained to identify mental health problems in students. SAP teams can be proactive in suggesting that their schools provide training for all coaching staff.

Substance Abuse and Student Athletes

Student athletes are under great pressure to excel on their sport(s) and in school. It is important for coaching staff as well as school staff to be educated on observable behaviors associated with possible drug and alcohol use and abuse. This may be especially important if student athletes have had an injury or operation. Student with injuries are vulnerable to misuse of prescribed medications.

According to a study published in the *Journal of Child & Adolescent Substance Abuse* reveals high school athletes are one of the groups most at risk for getting hooked on pain pills (U.S. News and World Report). The study indicates that teen athletes are more likely to use drugs than their peers. Teen male athletes are more likely to use and abuse drugs than female athletes. Also, football players reported more drug and alcohol use than other sports. Since pain medication can cause euphoria and give the user a temporary escape from stress, teen athletes are particularly susceptible to abuses. The teenage brain is in a critical stage of development and can make them particularly vulnerable.

According to an article from the NCAA by Kolodney (2015) the increase in opioid prescribing has been associated with parallel increases in opioid addiction and overdose deaths. For more information on these statistics click [here](#).

SAP Teams should be vigilant to the possibility of a student athlete's vulnerabilities following injuries and in case of possible head injury make sure appropriate referrals to medical consultations are made. SAP Teams should make a referral to their local [BrainSTEPS](#) program, which provides guidance to schools on how to best assist student with issues following a head injury.

SAP Teams need to take special care in looking at the multiple strengths and vulnerabilities associated with student athletes. Teams may need to branch out to even greater collaborations and referrals, including strong partnerships with their school's athletic department, coaches, and medical professionals.

Citations:

https://www.ncaa.org/sites/default/files/2007_managing_mental_health_0.pdf

<http://www.webmd.com/depression/guide/exercise-depression#1>

<http://brainconnection.brainhq.com/2000/06/03/brain-injuries-high-school-athletes-at-risk/>

<http://www.ncaa.org/health-and-safety/sport-science-institute/cautious-opioid-prescribing-college-athletes>

<http://www.lockthecabinet.com/news/high-school-athletes-and-prescription-painkiller-misuse/>

<http://health.usnews.com/health-news/articles/2014/08/04/abuse-of-prescription-painkillers-on-the-rise-among-high-school-athletes-survey>

RESOURCES

The New Drugfree.Org

Our nation is facing a public health crisis that's tearing families apart: 144 people are dying from drug overdoses each day. The new [drugfree.org](#) delivers critical services, information and resources, and supportive online community for parents navigating their child's substance use or addiction. The site is customized specifically for a parent's journey from discovery to recovery; through relapse and ongoing struggles; from the teen years to young adulthood.

Here are the new services and resources on the website:

- [Online Chat](#): A pilot program available on nights and weekends to give you more opportunities to reach out for help. The helpline is staffed by caring, master's-level counselors ready to listen and begin helping any parent struggling with a child's drug or alcohol use. They are here to speak with the caller confidentially, share information and help find answers. Helpline counselors listen to each caller's story — the challenges, setbacks and emotions that come along with a child's substance use. Next, they'll propose

a relevant course of action and share the best tools and resources to help you help your child, yourself and your family.

- [Parent Blog](#): A place to get valuable, timely advice from experts and parents who have been there. Read a recent blog article [“Top 8 Reasons Why Teens Use Alcohol and Drugs”](#).
- [Know Your Child Is Using?](#): A guide for parents who recently discovered their child is using drugs or alcohol.

Changes to 42 CFR Part 2

In January 2017, SAMHSA issued the final rule for 42 CFR Part 2, Confidentiality of Substance Use Disorder Patient Records (January 18, 2017; 82 FR 6052). In a *Federal Register* (FR) notice issued on February 16, 2017, SAMHSA delayed the effective date of the final regulations for 60 days in accordance with instructions received in a January 20, 2017, memo from the Assistant to the President and Chief of Staff (82 FR 10863). The revised 42 CFR Part 2 regulations became effective on March 21, 2017.

SAMHSA is now reviewing public comments for a supplemental notice of proposed rulemaking issued concurrently with the final rule on January 18, 2017 (82 FR 5485). SAMHSA also is developing sub-regulatory guidance about 42 CFR Part 2.

A recording of the webinar on 42 CFR Part 2 has been uploaded to SAMHSA’s YouTube channel. You can find the recording by clicking [here](#).

SAMHSA Launches Improvements to Public-Use Data Analysis System

The Substance Abuse and Mental Health Data Archive (SAMHDA) has made significant improvements to the [Public-use Data Analysis System \(PDAS\)](#). Through this system, you can perform online analyses to create crosstabs and perform logistic regression from your web browser. You can also download output and underlying data in csv format. Upgrades to PDAS include state data for the National Survey on Drug Use and Health Small Area Estimate, mapping and visualization tools, and an enhanced user interface. We invite you to try out PDAS and explore the spectrum of available public use files. For the full article click [here](#).

Readiness and Emergency Management for Schools (REMS) Trainings by Request

The REMS TA Center offers a variety of Trainings by Request (TBR) for delivery on-site at your school, school district, or institution of higher education (IHE). For each training, we will provide—free of charge—training materials, as well as one or more expert trainers and TA Center staff support for the event hosted at your site. To learn more about each training, as well as the requirements you must fulfill to be eligible to host, please see the information below.

There are several training topics that are offered on a rolling basis. Please note that to provide the latest information to the field and ensure that the trainings integrate research studies, federal recommendations, and lessons learned in the field, they periodically suspend delivery of particular training topics to revise the curricula. The following topics are provided: Earthquake Preparedness for Schools; Developing Emergency Operations Plans (EOPS) K-12 101; School Behavioral Threat Assessments: An Introduction; Resilience Strategies for Educators: Techniques for Self Care and Peer Support; Developing Emergency Operations Plans (EOPs) IHE 101, and various Train the Trainers opportunities are available as well. Click [here](#) to get more information on all of the training opportunities available.

Trauma-Informed Response Trainer Listing

Search for trainers in your area who teach the GAINS Center trauma response course for criminal justice professionals. The GAINS Center offers a one-day training on trauma-informed responses for criminal justice professionals. Click [here](#) to find a trainer in your county.

GRANTS

Grants for the Benefit of Homeless Individuals (including youth)

Application Due Date: Tuesday, April 25, 2017.

The Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT), is accepting applications for fiscal year (FY) 2017 Grants for the Benefit of Homeless Individuals (Short Title: GBHI). The purpose of this program is to support the development and/or expansion of local implementation of a community infrastructure that integrates behavioral health treatment and services for substance use disorders (SUD) and co-occurring mental and substance use disorders (COD), permanent housing, and other critical services for individuals (including youth) and families experiencing homelessness.

Eligible applicants are domestic public and private nonprofit entities. For example:

- Local governments;
- Federally recognized American Indian/Alaska Native (AI/AN) tribes, tribal organizations, Urban Indian Organizations (UIO), and consortia of tribes or tribal organizations;
- Public or private universities and colleges; and
- Community and faith-based organizations.

Read more about the grant [here](#).

TRAINING OPPORTUNITIES

Safe Dates Implementation Training

April 3, 2017

Hosted by: Women Against Abuse, Inc. and Lutheran Settlement House

Liberty Resources

112 N. 8th Street, 2nd Floor

Wade Blank Conference Room

Philadelphia, PA

The Center for Safe Schools, in partnership with Women Against Abuse, Inc., is pleased to announce the availability of Safe Dates Implementation Training for Pennsylvania educators and community partners. Safe Dates is an evidence-based program for preventing dating abuse among adolescents and can be used as a dating abuse prevention tool for both male and female middle and high school students. The program would fit well within a health education, family life skills or general life skills curriculum and consists of the following five components:

- Ten-session dating abuse curriculum
- Dating abuse play
- Poster contest
- Parent materials (including letter, newsletter and Families for Safe Dates program)
- Evaluation

This one-day event is being offered for those individuals who wish to support schools in the implementation of the Safe Dates Curriculum. A school counselor can offer Safe Dates as part of a support group or counseling/education program or it can be used in afterschool, community youth enrichment and faith-based youth programs. Safe Dates can also be used as an intervention tool at domestic abuse or crisis centers, in juvenile diversion programs and with victim support groups. The registration fee of \$350 includes training, curriculum (a \$245 value) and lunch. [Click here](#) for additional information and to register.

Pennsylvania Association for Student Assistance Professionals (PASAP)

Webinar - "Children of the Incarcerated: Serving Time Without Committing the Crime"

Wednesday, April 19, 2017 from 1:00-2:00 pm

Bevan Allen, a Commonwealth Approved Trainer for the Student Assistance Program and also the Chief of Operations at Compass Mark, will be the guest presenter.

Click [here](#) to register.

Services for Teens at Risk (STAR) Center's 30th Anniversary Research Symposium

"An Update on Suicidal Behavior in Youth: Causes, Treatment, Prevention"

May 3 & 4, 2017

The University Club

Pittsburgh, PA

To celebrate STAR-Center's 30th Anniversary, STAR-Center will be hosting a Research Symposium on May 3rd and 4th. This two day symposium will feature experts in the field of suicide studies. The Symposium, directed by Dr. David Brent, will bring together renowned international, national, and local experts and researchers in the field of depression and suicidality, to explore and discuss causes of youth suicide, best ways to assess risk, and review the latest evidence-based treatment and prevention approaches.

Detailed information on the Research Symposium can be found at www.star30.pitt.edu.

Contact Jamey Covalleski at 412-864-3346 or covalleskijj@upmc.edu with any questions.

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30th Anniversary Services for Teens at Risk STAR-Center Conference

"Treatment of Suicidal Youth: A Glimpse into the Future"

Friday, May 5, 2017

The William Pitt Union (University of Pittsburgh)

3959 Fifth Ave, Pittsburgh, PA

We are now accepting registration for the 30th Anniversary STAR-Center Conference. The full conference program, as well as information about cost, CEUs, etc. can be found on our web site at www.starcenter.pitt.edu.

[Click here to view the full program brochure including descriptions and objectives.](#) [Download a registration form](#) for the May 5th conference.

Contact Jamey Covalleski at 412-864-3346 or covalleskijj@upmc.edu with any questions.

2017 Pennsylvania Positive Behavior Support (PAPBS)

Implementer's Forum

May 16-17, 2017

Information will be available at www.papbs.org and www.pattan.net.

Implications of the Recently Released National Academies Report Preventing Bullying through Science, Policy and Practice: How to Use the Report to Further Your Bullying Prevention Efforts

Thursday, May 18, 2017

3:00 PM – 4:15 PM

Click [here](#) for more information and to register for each program.

2017 Pennsylvania Community on Transition Conference

Pathways to Success: Transitioning into Tomorrow Together

August 9 – 11, 2017

Penn Stater Conference Center and Hotel

State College, PA

Conference registration will be available online after May 15, 2017 at www.pattan.net.

NEWS

70 Percent of U.S. Workplaces are Affected by Opioid Painkiller Abuse

A [survey](#) recently released by the National Safety Council reveals more than 70 percent of workplaces are feeling the negative effects of opioid abuse. Nearly 40 percent of employers said employees are missing work due to painkiller abuse, with roughly the same percent reporting employees abusing the drugs on the job. Record pill abuse in the workplace is coming at a time when Americans are taking more opioids than ever before, reports the [Washington Post](#).

A recent survey from Truven Health Analytics and NPR reveals more than half of the U.S. population reports receiving a prescription for opioids at least once from their doctor, a seven percent increase since 2011. Data released by the Centers for Disease Control and Prevention ([CDC](#)) reveals that almost half of non-cancer patients prescribed opioids for a month or more are still dependent on the pills a year later.

Despite the problems opioid abuse is causing in the workplace, many employee drug tests do not look for the substance. Fifty-seven percent of businesses test for drugs, but 41 percent of those businesses do not test for opioids.

“Employers must understand that the most dangerously misused drug today may be sitting in employees’ medicine cabinets,” said Deborah Hersman, president and CEO of the National Safety Council. “Even when they are taken as prescribed, prescription drugs and opioids can impair workers and create hazards on the job.”

Among people not currently taking opioids, nearly half view addiction as the biggest threat from using painkillers. Among current patients on opioids, fears over unwanted side effects still dwarf fears about long-term dependence and addiction. Medical professionals say doctors need to start at least addictive pain treatment option, and then cautiously go from there.

A record 33,000 Americans died from opioid related overdoses in 2015, according to the [CDC](#). Opioid deaths contributed to the first drop in U.S. life expectancy since 1993 and eclipsed deaths from motor vehicle accidents in 2015. Combined, heroin, fentanyl and other opiate-based painkillers account for roughly 63 percent of drug fatalities, which claimed 52,404 lives in the U.S. in 2015.