

SAP COUNTY COORDINATION UPDATE

February, 2016



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

www.pnsas.org

PENNSYLVANIA NETWORK FOR STUDENT ASSISTANCE SERVICES INTERAGENCY UPDATE

Reminder: Annual SAP Team and Liaison Surveys Due!

In December PNSAS sent out two annual surveys via e-mail. One survey went to SAP teams to complete and the other is for SAP liaisons. These surveys are helpful for us to have accurate contacts and to assist with understanding local training needs. Each survey should be returned to your PNSAS regional coordinator. For a list of regional coordinators click [here](#).

SAP BACK TO BASICS

Motivating Your SAP Team

Keeping the fire alive among your SAP Team is critical for its success. This can be done easily in an effort to prevent burnout among your team members. A few simple ways to keep the focus and manage the tasks at hand include following the agenda and avoiding 'fluff,' have clear expectations of each team member and the team as a whole and possibly the most important, value each team member.

Forbes Magazine, August 21, 2013 issue, identifies the following ways to motivate teams:

- Support new ideas
- Empower each member
- Don't let members become bored
- Celebrate successes, no matter how small
- Listen to team members
- Encourage learning new information/skills
- Give credit where credit is due
- Encourage laughter
- Embrace change
- Recognize members' strengths

Team members will be motivated if they believe in the team's Core Values. These should be established at the beginning of the year, however, if they are not currently established, now is the time to do it! A few examples include:

- Have a win-win attitude
- Keep communication open among team members

- Follow through with tasks
- Have common goals
- Be punctual

Excerpt modified from *Complete Student Assistance Program Handbook*, Barbara Sprague Newsam, The Center for Applied Research in Education, 1992.

PNSAS also recommends maintenance activities for every team. These activities can be conducted by the local Commonwealth Approved Trainer or in conjunction with the PNSAS Regional Coordinator. These activities allow team members to focus on themselves and caring for their team as a whole.

RESOURCES

How to Find Help Treating a Video Game Addict

Playing the occasional video game for fun is typically harmless. It is, after all, just one of many recreational activities you and your friends can enjoy together during your leisure time. Besides social entertainment, some games even come with further benefits as they can build decision-making skills, give education and help the general well-being of a person. Unfortunately, many gamers are tempted to escape reality and become so immersed in their games that they need proper treatment and care to recover from this addiction. Go [here](#) for information on recognizing gaming addiction and steps you can take to help someone with a computer or internet addiction.

WHO Manual Addresses Youth Violence as a Public Health Issue

Homicide is the fourth leading cause of death among youths 10 to 29, with an estimated 200,000 cases reported each year. For each young person killed, many more sustain serious injuries. Countless others develop mental health issues and engage in risky behaviors, like smoking and drinking, as a result.

The World Health Organization (WHO) has published a new manual, [Preventing Youth Violence: An Overview of the Evidence](#), which details effective practices and interventions for areas where resources are limited.

The manual presents an evidence-based framework that explains why some young people are more likely to become involved in violence and why youth violence is more concentrated in particular communities and populations. It addresses how youth violence is influenced by personal traits, family and peer relationships, and the community. Twenty-one youth violence prevention strategies address early childhood development, academic growth, social skills, parenting, substance use, problem-oriented policing, and urban upgrading. There are risk and protective factors for youth violence, a review of evidence on what works in violence prevention and steps policy makers can take to scale up antiviolence efforts.

TRAINING OPPORTUNITIES

Register for “Talking to Youth about Marijuana” Webinar

Please join the Monitoring, Evaluation, and Learning project team at Abt Associates for a webinar on “Talking to Youth about Marijuana: Know the Facts,” featuring Sion Harris, PhD, CPH, on Feb. 4 at 3 p.m. EST.

Dr. Harris is an Assistant Professor of Pediatrics at Harvard Medical School and Co-Director, with Dr. John Rogers Knight, Jr., of the Boston Children’s Hospital Center for Adolescent Substance Abuse Research.

Dr. Harris will discuss current trends in adolescent marijuana use, share the short and long-term consequences of use on health and development, and review special considerations when screening youth and providing brief interventions for marijuana. [Register now.](#)

Using Compassion to Address Bullying

February 18, 2016

Presented by June Jenkins, Director, Positive Connection, LLC.

As part of the Center for Safe Schools' Bullying Prevention Third Thursday webinar series, this webinar will discuss how important relationships within the classroom are – those include teacher-student and student-student relationships. Participants will learn practical strategies on how to model and teach compassion and empathy to children to help address bullying. Click [here](#) for more information and to register.

PASAP-PAMLE 2016

February 28-March 1, 2016

Penn Stater Conference Center Hotel

State College, PA

Conference registration is now open

Go [here](#) for more information and to register.

Psychological First Aid

Pennsylvania Emergency Behavioral Health Program

March 15, 2016

8:15 AM – 4:30 PM (Registration at 7:45 AM)

THERE IS NO CHARGE FOR THIS PROGRAM.

Shippensburg University

Cora I. Grove Spiritual Center, #39

1871 Old Main Drive

Shippensburg, PA 17257

Program Description:

Psychological First Aid (PFA) is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster, terrorism, and other crisis events. It is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping.

PFA does not assume that all survivors will develop severe mental health problems or long-term difficulties in recovery. It is based on the understanding that disaster survivors and others affected by such events will experience a broad range of early reactions (physical, psychological, behavioral, and spiritual). Some of these reactions will cause enough distress to interfere with adaptive coping, and recovery may be helped by support from compassionate and caring disaster responders.

Attendance and Completion Certificates will be awarded 7.0 hours.

Requests have been submitted for Social work, EMS, Nursing Contact Hours Act 58, Act 48 credits, and Coroners: Two (2) hours of continuing education by the Pennsylvania Coroners' Education Board under the provisions of Act 22 of 1988.

Registration:

Pre-registration is required. No registrations accepted by phone. Registrations are limited to the first 100 applicants. Register by March 11, 2016. If you do not have a Learning Management System account, go to https://www.centrelearn.com/login_pa.asp. If you have difficulty registering using on-line registration, please call 717-772-7788.

Creating a Safe Space for LGBTQ Students Webinar

March 17, 2016

Presented by Louie Marven, Executive Director, LGBT Center of Central PA..

In this session, we will: work toward creating a common language around LGBTQ youth in schools; discuss the environment faced by LGBTQ youth in schools; and learn strategies for creating a safe learning environment for LGBTQ youth on individual and institutional levels. Register [here](#).

Mental Health Response to Mass Violence (MHRMV)

Advanced Skills Training (EBH Program)

March 19, 2016

8:15 AM – 3:45 PM (Registration at 7:45 AM)

THERE IS NO CHARGE FOR THIS PROGRAM.

Crawford Conneaut Lake Area Ambulance Service

290 4th St Ext.,

Conneaut Lake, PA., 16316

Program Description:

Incidents of mass violence, such as the shootings in Aurora, CO and Newtown, CT, as well as the bombing at the Boston Marathon produce unique and complex psycho-social reactions in individuals and communities. This full-day program explores the types and nature of acts of mass violence, as well as the emotional and behavioral reactions to these incidents. Attention is also given to the demands on first responders and others who reach out to help. Both long- and short-term mental health effects are explored, as well as models and methods of support and intervention, and integration with Victim Service providers and other agencies responding to an act of mass crime. Facilitated seminar format uses didactic, group exercises, discussion, videotapes, and case studies to achieve the goals and objectives.

Targeted Audience:

This program is being offered to expand skills of emergency behavioral health and first responders across the Commonwealth of Pennsylvania. The target audience includes Disaster Crisis Outreach and Referral Team (DCORT) Coordinators, DCORT members, and other disaster response personnel. Applications submitted for Social work, Nursing Act 58, EMS, and Act 48 continuing education credits. Upon approval, 6.0 hours will be awarded for this course.

Registration:

Pre-registration for this program is required and limited to the first 40 applicants. Register by MARCH 15, 2016. No registrations will be accepted by phone. Please call 717-772-7788 for assistance or additional information. Register with Learning Management System at https://www.centrelearn.com/login_pa.asp if you do not have an account.

Disaster Crisis Outreach and Referral Teams (DCORT) Training

Pennsylvania Emergency Behavioral Health Program

April 20, 2016

8:00 AM – 4:30 PM (Registration at 7:45 AM)

THERE IS NO CHARGE FOR THIS PROGRAM.

Berks County, Wernersville State Hospital

Hill Hall (BLDG #31, Classroom Studio)

160 Main Street, (Route 422), Wernersville, PA 19565

Prerequisites:

Participants MUST have taken and passed the National Incident Management System (NIMS) IS100 and IS700 courses online at <http://training.fema.gov/IS/NIMS.asp> before attending this course. Certificates of completion for these courses are issued immediately by FEMA upon successfully completing the courses.

Who Should Take This Course:

This course is for individuals who are new to DCORT teams or who have NOT completed both the Basic and Advanced DCORT training. Also, available for those wanting to refresh and update response skills.

Program Description:

The Disaster Crisis Outreach and Referral Team (DCORT) one (1) day training is based on SAMHSA and FEMA best practice. Topics covered include an emphasis on crisis counseling in Disaster Recovery Centers (DRCs), crisis counseling program concepts, the psychosocial needs of isolated/quarantined individuals and the impact of pandemic influenza, review of the concepts of National Incident Management System (NIMS). In addition, the psychological impact of the following events is discussed: mass casualties/mass fatalities, economic crisis, and pandemic. This course covers potential drug and alcohol abuse issues after a disaster, children's needs following a disaster, personal and community resiliency, and also the National Bio defense Science Board recommendations to the Department of Health and Human Services.

No Continuing Education Credits are approved for this training program.

Registration:

Register by April 15 2016 at https://www.centrelearn.com/login_pa.asp. To register for the course once you have a Learning Management System account: www.paprepared.net.

Identifying Peer Abuse and Clearing the Haze: Eliminating Hazing from Our Schools Webinar

May 19, 2016

Presented by Dr. Brian Crow, Professor, Sports Management, Slippery Rock University.

In this session participants will be provided with a clear definition of hazing and identify how it is different from bullying. While most research on hazing has been conducted among college students, more recent studies have focused on hazing at the high school level. Strategies for teachers, administrators, coaches, students, and parents to recognize and eliminate hazing from schools will also be discussed. Register [here](#).

SAVE THE DATE

PBIS Implementer's Forum

May 5-6, 2016

Hershey Lodge and Convention Center

Hershey, PA

Registration details available in February, 2016

Go [here](#) for a Save the Date flyer.

FUNDING OPPORTUNITIES

Research on Measurement of Teen Dating Violence

NIJ is seeking proposals related to teen dating violence or adolescent relationship abuse that advance the accurate and developmentally appropriate measurement of dating violence perpetration and victimization among adolescents and young adults. In general, NIJ is authorized to make grants to, or enter into contracts or cooperative agreements with, States (including territories), units of local government, federally recognized Indian tribal governments (as determined by the Secretary of the Interior) that perform law enforcement functions, non-profit and for-profit organizations (including tribal non-profit and for-profit organizations), institutions of higher education (including tribal institutions of higher education), and certain qualified individuals. For-profit organizations must agree to forgo any profit or management fee. Applications are due by March 9, 2016. Read more [here](#).

NEWS

Childhood Family Breakups Harder on Girls' Health, Study Reports

A childhood family breakup can have long-term negative consequences for the children. Recent University of Illinois research looks at overall health, depression, and smoking as a health-related behavior and finds that, for girls, all three are worse.

Girls' health is more sensitive to family structure," says Andrea Beller, a university economist who studies educational attainment and the effects of single-parent family living. "Prior research shows that family breakups affect boys more than girls through cognitive, educational, and emotional channels. We find that, if you grow up in a non-traditional family structure--single parent or step-parent or a cohabiting relationship, girls are more likely than boys to be depressed and report worse overall health."

"Between ages 6 and 10 is an important life period when girls are particularly vulnerable," says Beller. "Early father absence is adversely associated with smoking behavior, overall health, and depression well into adulthood. And the pattern of findings for depression over the time periods suggests that family structure has a more complex role in girls' mental than physical health."

"Family structure and young adult health outcomes," written by Alexander N. Slade, Andrea H. Beller, and Elizabeth T. Powers was published in the *Review of Economics of the Household*. Learn more about the study [here](#).

Early Childhood Depression Alters Brain Development

The brains of children who suffer clinical depression as preschoolers develop abnormally, compared with the brains of preschoolers unaffected by the disorder, according to new research at Washington University School of Medicine in St. Louis.

Their gray matter -- tissue that connects brain cells and carries signals between those cells and is involved in seeing, hearing, memory, decision-making and emotion -- is lower in volume and thinner in the cortex, a part of the brain important in the processing of emotions. The new study was published Dec. 16 in *JAMA Psychiatry*.

"What is noteworthy about these findings is that we are able to see how a life experience -- such as an episode of depression -- can change the brain's anatomy," said first author Joan L. Luby, MD, whose research established that children as young as 3 can experience depression. "Traditionally, we have thought about the brain as an organ that develops in a predetermined way, but our research is showing that actual experience -- including negative moods, exposure to poverty, and a lack of parental support and nurturing -- have a material impact on brain growth and development."

The findings may help explain why children and others who are depressed have difficulty regulating their moods and emotions. The research builds on earlier work by Luby's group that detailed other differences in the brains of depressed children. Read more [here](#).

Brain Levels of Vitamin B12 Decrease with Age and are Prematurely Low in People with Autism and Schizophrenia

A new study published in the online journal, *Public Library of Science One (PLOS One)* found that Vitamin B12 levels in the brain are significantly decreased in the elderly and are much lower in individuals with autism or schizophrenia, as compared to their peers at similar ages. For example, children with autism under the age of 10 were found to have three times lower brain B12 levels, which are similar to levels for generally healthy adults in their 50s, indicating a premature decrease.

The international research team led by Richard Deth, Ph.D., professor of pharmacology at Nova Southeastern University's (NSU) College of Pharmacy, analyzed tissue from otherwise healthy deceased donors along with tissue from donors who had autism or schizophrenia to make the comparisons.

"These are particularly significant findings because the differences we found in brain B12 with aging, autism and schizophrenia are not seen in the blood, which is where B12 levels are usually measured," said Dr. Deth. "The large deficits of brain B12 from individuals with autism and schizophrenia could help explain why patients suffering from these disorders experience neurological and neuropsychiatric symptoms." Read more of the study [here](#).

Teens with Fewer Mental Health Issues Turn to E-Cigarettes

Teenagers with moderate mental health problems who may not have considered smoking conventional cigarettes are turning to electronic cigarettes, a new USC study has found.

Mental health and behavioral problems such as alcohol and drug abuse are well-documented risk factors that push teens to smoke, said Adam Leventhal, lead author and associate professor of preventive medicine and psychology at the Keck School of Medicine of USC.

The situation, however, is different for teens who vape e-cigarettes, battery-operated devices that deliver flavors and often nicotine in the form of vaporized aerosols. Surveyed teens who picked up vaping had emotional and behavioral problems that fell midway between smokers and teens who neither vaped nor smoked.

"In the past three years, there have been dramatic increases in recreational use of e-cigarettes among teens," Leventhal said. "Our study raises questions of whether e-cigarettes may be recruiting lower-risk teens with fewer mental health problems who might not have been interested in any nicotine or tobacco products if e-cigarettes did not exist. Electronic cigarettes could be bringing a population of lower-risk teens into nicotine use." Learn more [here](#).

Teens Likely to Use Alcohol before Trying Marijuana or Tobacco: Study

Teens are likely to try alcohol before they try either tobacco or marijuana, a new study concludes. The findings come from a study of 2,835 U.S. high school seniors by researchers recently published in the *Journal of School Health*. The researchers from Texas A&M University and the University of Florida examined data from the Monitoring the Future study, an annual survey of teen substance uses. The researchers found that teens were less likely to start using marijuana first, compared with alcohol and tobacco. Go [here](#) to read more.