

SAP COUNTY COORDINATION UPDATE

March, 2017



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

www.pnsas.org

PENNSYLVANIA NETWORK FOR STUDENT ASSISTANCE SERVICES INTERAGENCY UPDATE

PA National Guard Northeast Counterdrug Training Center Opioid Awareness Seminar

The sudden rise of heroin and prescription opioid deaths, both nationally and throughout the Commonwealth, has presented a unique challenge to local communities. The free Opioid Awareness Seminar, from the Pennsylvania National Guard, is designed for educators, administrators and faculty members, other school employees, and law enforcement, focuses on national, statewide and local trends relating to both heroin and prescription opioids. Overdose awareness, recognizing a potential addiction and community prevention/treatment programs will also be discussed providing a realization of how the opioid epidemic can affect the school environment and the community. This free 60 minute seminar can be held during in-service days or as a part of faculty staff meetings. You determine the time and location that best fits your training schedule. For more information contact MSgt Brandon Staudt at 717-861-9396 or c-brstaudt@pa.gov.

Just a Reminder!

The [SAP Core Team Information Form](#) as well as the [SAP Liaison Questionnaire](#) was due to your Regional Coordinator by February 7, 2017. If you have not done so, please complete the form and return it. If you have any questions, you can contact your Regional Coordinator. Contact information for each coordinator can be found at <http://pnsas.org/PNSAS>.

SAP BACK TO BASICS

Suicide Prevention and SAP Teams

“There is no single cause to suicide. It most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition (American Foundation for Suicide Prevention (AFSP), <https://afsp.org>).” According to the Centers for Disease Control “Facts at a Glance 2015”, suicide is the THIRD leading cause of death among persons aged 10-14 and the SECOND among persons aged 15-34. While the causes are vast and the prevalence wide, it is preventable!!

But how is it preventable? As Student Assistance Professionals, just knowing the signs can save the life of a student. If a student talks about, exhibits these behaviors, or displays one or more of these moods, connect the student with a mental health professional (www.AFSP.org/about-suicide)!

Being a burden to others	Acting recklessly	Loss of interest
Feeling trapped	Withdrawing from activities	Rage
Experiencing unbearable pain	Isolating from family and	Irritability
Having no reason to live	Excessive or too little sleep	Humiliation
Killing themselves	Giving away prized sions	Anxiety
	Saying goodbye to people	Depression

Students have the potential to display these signs on a good day. So when does it rise to a higher level of concern? According to the AFSP, when there is a **drastic** change in the person.

SAP Teams have the ability to educate the school community, staff and students, as well as parents and guardians about these warning signs through any number of venues...newsletters, school announcements, informational tables set up during lunchtimes, PSA/Poster contests, posters throughout the schools, including on the back of bathroom stall doors.

Additionally, SAP Teams have the opportunity to connect students and families to community resources that can aid them with the challenges in front of them. This comes as a result of exploring and gathering information and then developing a reasonable strategy when they have been made aware of the drastic changes in **BEHAVIOR**.

But remember, if there is an immediate concern, it should be addressed right away, do not delay!

Resources:

American Foundation for Suicide Prevention www.afsp.org

Suicide Prevention Resource Center www.sprc.org

PA Youth Suicide Prevention Initiative www.payspi.org

RESOURCES

Relationships First: Creating Connections that Help Young People Thrive

The Search Institute has created a downloadable resource to aid adults in creating meaningful, developmental relationships with youth. It outlines Search Institute’s Developmental Relationships Framework which involves a dynamic mix of five elements, which are expressed through 20 actions. **Free for a limited time**, the guide includes “55 Ideas for Deepening One-to-One Relationships.” Download the guide [here](#).

Crisis Connection for Adolescent Boys from HHS/OAH

The U.S. Department of Health and Human Services, Office of Adolescent Health has released the first in new series of videos featuring experts on adolescent development topics. *The Crisis of Connections for Adolescent Boys* features "30 years of research on how social connections and friendships support the health and development boys and young men, and steps youth-serving professionals and families can take to support them." View the videos and resources [here](#).

Youth Suicide and Self-Harm Prevention: 2017 Resource Guide

The Children’s Safety Network (CSN) has released a resource guide on youth suicide and self-harm prevention. The guide organizes selected resources into seven sections: (1) organizations, (2) policy and legislation, (3) evidence-based practices,

(4) program planning, (5) campaigns, (6) data and research, and (7) resources and publications, which is divided into sub-sections by topic area. The guide contains links to organizations, webpages, evidence-based practices, workshops, toolkits, reports, fact sheets, archived webinars, and journal abstracts and articles. Access the guide [here](#).

Tools to Keep Kids Safe Online

Many social media sites and apps now publish their own safety guides to keep kids safe from online predators and cyberbullying. Below are a few resources:

Facebook offers guides for parents, educators and communities on www.facebook.com/safety. ConnectSafely.org offers the [A Parent's Guide to Snapchat](#) and [A Parent's Guide to Cyberbullying](#) and other social media guides. OnGuardOnline.gov [Net Cetera campaign](#) provides toolkits and videos on talking to kids about being online.

Crisis Response Resources

The California Department of Education has published *Crisis Response Box: A Guide to Help Every School Assemble the Tools and Resources Needed for a Critical Incident Response*. Download the free guide [here](#). The Center for Safe Schools also has a resource guide, *Focus on Go-Kits*, which can be accessed [here](#). In addition, *Responding to a Crisis at School* by UCLA Center for Mental Health in Schools can be downloaded [here](#).

Youth Risk Behavior Survey Youth Online Update Released

The Division of Adolescent and School Health (DASH) released an updated version of *Youth Online* a user-friendly data access application that allows you to view and analyze Youth Risk Behavior Survey data from 1991 – 2015. *Youth Online* now contains national, state, and local data on two aspects of sexual orientation sexual identity and sex of sexual contacts. *Youth Online* can be found at www.cdc.gov/yrbs.

TRAINING OPPORTUNITIES

The Impact of Incarceration on Children and Families

Millersville University's Center for Public Scholarship and Social Change in Partnership with
Ambassadors for Hope

Pennsylvania's Department of Corrections Secretary John E. Wetzel

March 8, 2017 at 7:00 p.m.

The Ware Center, Owen Salon Room

42 N. Prince Street

Lancaster, PA 17603

Free admission

RSVP to Amy Marenick at atmarenick@lancaster.k12.pa.us by March 3, 2017

2017 Social and Emotional Learning Conference

Building Skills for Lifelong Success

March 13, 2017

Harrisburg, Pa.

Register at <https://selconference.center-school.org/>

STAR-Center's 30th Year Anniversary Research Symposium

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

May 3 & 4, 2017

The University

Pittsburgh, PA

Registration information available [here](#).

2017 STAR-Center Conference

Treatment of Suicidal Youth: A Glimpse into the Future

Friday, May 5, 2017

8:30 a.m. – 3:30 p.m.

(Registration: 8 to 8:30 a.m.)

William Pitt Union

University of Pittsburgh Campus

3959 Fifth Avenue

Pittsburgh, PA 15260

Registration information available [here](#).

2017 Pennsylvania Positive Behavior Support (PAPBS) Implementer's Forum

Hershey Lodge and Convention Center

Hershey, PA

May 16-17, 2017

Registration information is available at www.papbs.org and www.pattan.net

Center for Safe Schools - 2016-17 Third Thursday Online Learning Series

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

Go [here](#) to register.

SAVE THE DATE

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

FUNDING OPPORTUNITIES

2017-18 Creating a Healthy School Environment Grant and Awards Program

The Highmark Foundation is pleased to announce the 2017-18 Creating a Healthy School Environment Grant and Awards Program. The goal of the program is to create healthier school environments that experience positive, sustainable and lasting change through comprehensive strategies. The program is open to schools (public, private, parochial, charter and vocational), grades K-12, in central, northeast and western Pennsylvania and West Virginia.

Application deadline: March 17, 2017. [Apply now.](#)

NEWS

Effects of Childhood Incarceration in Adulthood

A new study has found evidence that children and adolescents committed to juvenile centers are likely to suffer from depression and have an overall increased risk of poor health as adults. This information is increasingly important as schools continue efforts to decrease the disproportionate use of discipline of students of color. The author notes that investments made now may be able to prevent the future incarceration of some children and ultimately save costs.

Read more [here](#).

Opioid Misuse and Serious Mental Illness in the Past Year among Adults Aged 18 and Older: 2015 NSDUH

According to the 2015 National Survey on Drug Use and Health, about 11.7 million adults have misused opioids in the past year (4.8%) and 9.8 million adults had a serious mental illness (SMI) in the past year (4.0%). The misuse of opioids includes any use of heroin in the past year and the misuse of prescription pain relievers in the past year. SMI is defined in NSDUH as adults who in the past year have had a diagnosable mental, behavioral, or emotional disorder (excluding developmental and substance use disorders) of sufficient duration to meet diagnostic criteria and has resulted in serious functional impairment substantially interferes with major life activities.

Little is known about the co-occurrence of opioid misuse and SMI among adults. In 2015, 1.5 million adults aged 18 or older with a past year SMI have misused opioids in the past year. These 1.5 million adults with both SMI and opioid misuse represent 0.6 percent of all adults. Another way of thinking about 1.5 million people with co-occurring SMI and opioid misuse is to look at what percentage they represent among people with SMI and among people who have misused opioids in the past year. About 1 in 8 (13.0%) past year opioid misusers also had SMI in the past year. Alternatively, about 1 in 7 (15.6%) adults with SMI in the past year were past year misusers of opioids. Read more at [SAHMSA CBHSQ Report](#).

Brain Differences in ADHD

The largest imaging study of ADHD to date identifies differences in five regions of the brain, with greatest differences seen in children rather than adults. Attention-deficit hyperactivity disorder (ADHD) is associated with the delayed development of five brain regions and should be considered a brain disorder, according to a study published in *The Lancet Psychiatry*. The differences observed were most prominent in the brains of children with ADHD, but less obvious in adults with the disorder. Based on this, the researchers propose that ADHD is a disorder of the brain, and suggest that delays in the development of several brain regions are characteristic of ADHD.

The study is the largest to look at the brain volumes of people with ADHD, involving more than 3,200 people. The authors say the findings could help improve understanding of the disorder, and might be important in challenging beliefs that ADHD is a label for difficult children or the result of poor parenting. Read more [here](#).