SAP COUNTY COORDINATION UPDATE
March, 2019

Prepared by: PA Network for Student Assistance Services (PNSAS)
www.pnsas.org

PENNSYLVANIA NETWORK FOR STUDENT ASSISTANCE SERVICES INTERAGENCY UPDATE

Calling All School Aged Youth!! Conference Theme Needed!!

The Office of Mental Health and Substance Abuse Services (OMHSAS) and the PA Care Partnership are seeking youth to create the theme for our 21st Children's Interagency Conference

Creating a theme is one of the most important aspects of our conference planning. The theme is the cornerstone of our conference and directs all marketing and advertising.

Submission date deadline: March 7, 2019

The themes should reflect inclusivity and be welcoming and inviting to all our stakeholders. Our key stakeholders include children, youth, young adults, families, county planners, managed care organizations and provider agencies (from mental health, children and youth, juvenile justice, education, early childhood, and developmental services and vocational rehabilitation).

Previous themes "We are Better Together," "Team Work Makes the Dream Work," and "Building Bridges Towards an Integrated System of Care for Children and Families." highlight our collaborative relationship with key stakeholders.

Theme evaluation must meet the following criteria:
* Limited to 15-20 words.
* Contain appropriate content (content not judged to be negative or objectionable)
* Inclusivity, capturing our commitment to diversity
* Uplifting and encouraging.
* An element of playfulness and fun, and promotes positivity
* Can be easily translated into artwork

We appreciate your willingness to share your ideas. We will notify all participants of the winning theme via email. Please note that this is not a contest and there is no monetary award associated with this activity. The selected theme will include the name of the person who designed it. Submit a theme here.

2019 PSA Contest for Youth Suicide Prevention Winners Announced!
Congratulations to the 2019 Prevent Suicide PA PSA Contest for Youth Suicide Prevention Winners, Honorable Mentions & Notables! Scroll down to view all of them! These entries are available for public use. The winning entries are available for public use and can be viewed here. The winners will be honored at ballgames around the state. More details about these events can be found here.

Consent to Mental Health Treatment
A recent bulletin from the PA Department of Human Services (DHS), Office of Mental Health and Substance Abuse Services (OMHSAS) has been posted to the PNSAS website. The bulletin, *Consent to Mental Health Treatment for Minor Children*, provides information on consent to treatment for both inpatient and outpatient services for minors as well as control of confidentiality of medical records in inpatient and outpatient settings. Go here to read the bulletin.

BACK TO BASICS

Student Engagement is KEY!
  SAP teams are extremely skilled in identifying students that need support in order to be successful in the school setting. They are also well versed in developing interventions and referring students to resources in and/or out of school. Although at times, a team challenge emerges when reaching out to youth to offer SAP assistance. They are not interested and how dare you even intimate they might need assistance from you or anyone else! Hopefully this reaction is not the norm but for those situations where it is, revisit a few basic SAP precepts to refresh routine student interaction.

Student engagement is multifaceted but consider these factors into the student's reaction when offering SAP support.

- *Culture* - what is the SAP culture in your school? Is SAP viewed positively, negatively or neutral by students? Is it the place "bad" kids or the "druggies" go? Their perception sets the initial stage of your interaction with a student. Obviously if SAP is viewed negatively, any interaction for involvement starts off on the wrong foot. Identify ways to impact this perception so SAP is viewed favorably and not stigmatized. You know your building and what works best to change viewpoints. The SAP culture, real or perceived, initiates it all!

- *Visibility* – do all students know that SAP exists? Make sure SAP is visible and students understand it to be a helping resource. Yes - posters, PSAs, and webpages all aid this task, but also ongoing inservicing students about the program reinforces the positive messaging for SAP.

- *Connection* – who is the first point of SAP contact with the young person? Never underestimate this interaction! This too can yield success or big time failure. Your team needs to orchestrate the best possible person to make this work. Sometimes it's not the most convenient but will help achieve student willingness to participate.

- *Always return* – when students out and out refuse your offer in no uncertain terms, do you routinely and regularly circle back no matter how adamant the response? For many of these youth, they knew the moment you asked to talk with them what it was about - but denial, disbelief, and fear may have factored into your first interaction. If and when they realize someone genuinely cares, is listening, and wants to assist then the tables will turn.

Continue your SAP quest towards positive culture, exceptional visibility, meaningful connections, and replays to maximize student engagement.

Of course student participation is dependent on parent/guardian written consent. A new tool available to assist SAP teams with this important step is the "Sample SAP Parent Phone Call". Recently released by PNSAS it is intended to provide tips for the significant initial parent/guardian connection.

RESOURCES

National Prevention Week Planning Guide and Resource Calendar
The Substance Abuse and Mental Health Services Administration (SAMHSA) has produced a planning guide and resource calendar for National Prevention Week which is May 12, 2019-May 18, 2019. This planning guide and resource calendar helps communities plan and implement their National Prevention Week (NPW) 2019 activities. In addition to information on health observances and SAMHSA resources, the guide includes quarterly checklists, planning tips, and introductions to NPW's federal partners. This year's calendar also features Augmented Reality (AR), so the calendar can come alive for users after they download a free app for their mobile device. Download the resource here.

U.S. Department of Education Acts on School Safety Report Recommendation on Student Privacy Law
The Federal Commission on School Safety (FCSS) released an in-depth report in December 2018, which observed that "substantial misunderstanding remains at the local level among officials and educators concerning [FERPA], and in particular its application to school-based threats." On Feb.12, the U.S. Department of Education released a comprehensive set of frequently asked questions (FAQs) on schools' and districts' responsibilities under the *Family Educational Rights and Privacy Act* (*FERPA*) in the context of school safety.

This FAQ document, titled *School Resource Officers, School Law Enforcement Units and the Family Educational Rights and Privacy Act (FERPA)*, consolidates previously issued guidance and technical assistance into a single resource to help raise schools' and districts' awareness of these provisions. The document consists of 37 commonly asked questions about schools' and school districts' responsibilities under FERPA relating to disclosures of student information to school resource officers, law enforcement units and others, and seeks to explain and clarify how FERPA protects student privacy while ensuring the health and safety of students and others in the school community.
For additional information on the meetings, field visits, listening sessions, roundtables and other resources used to produce the FCSS report, please visit the school safety website.

Substance Use + Mental Health: Your Guide to Addressing Co-occurring Disorders
It's difficult enough if a teen or young adult is struggling with a substance use disorder, but what if they *also* are struggling with a mental health disorder, like depression or anxiety, at the same time? Formerly referred to as "dual diagnosis," someone struggling with a substance use disorder and a mental health disorder at the same time has a **co-occurring disorder**. 30 to 45 percent of adolescents and young adults with mental health disorders have a co-occurring substance use disorder, and 65 percent or more of youth with substance use disorders also have a mental health disorder. Often, it can be challenging to determine which one came first -- a sort of 'chicken or egg' situation--and how to treat the symptoms and underlying causes of each. It's for parents and other caregivers in this situation that the Partnership for Drug Free Kids collaborated with Child Mind Institute on a new PDF guide, ***Substance Use + Mental Health in Teens & Young Adults: Your***

Guide to Recognizing & Addressing Co-occurring Disorders. What may be behind a young person's change in behavior is often hard to pin down, particularly when substance use and mental health are both factors. But understanding how these challenges can manifest in a child's life, and sometimes entwine to create new problems or complicate treatment, is essential to keeping kids healthy. Read more and download the guide here.

Teach Digital Citizenship Skills
Teenagers are often the first to use new social media and digital technology. Research shows that 95% of American youth aged 12-17 use the internet. Among U.S. teens that use social media, 88% witness mean or cruel behavior, 67% observe others joining in those negative behaviors, and 21% admit to joining in at least once in a while. Also, while teens may not want or intend to access or post inappropriate content online, 44% admitted to giving a false age to access a website or sign up for an online account. Parental knowledge and involvement in mediating teenagers' online activities influence whether teens behave appropriately and responsibly when using digital technologies. Parents are the first source of advice teens go to about responsible internet use. And parents can monitor what their children do online in a variety of ways. Teachers are the second source of information for teens. Both parents and teachers play an important role in teaching digital citizenship skills, including digital safety and digital etiquette to children and teens. Stopbullying.gov provides a fact sheet with tips for parents and educators. Download the fact sheet here.

Fact Sheet for Schools and Institutes of Higher Education on Addressing Opioid Emergencies
Opioid overdose deaths among children and teenagers have tripled since 1999, according to a recent U.S. Centers for Disease Control and Prevention research article, indicating that opioid abuse and misuse continue to be a problem for schools and institutions of higher education (IHEs). To help the educational community address such an emergency, the REMS TA Center has released a fact sheet on Preparing for Opioid-Related Emergencies for K-12 Schools and Institutions of Higher Education (this link will open in a separate browser window). The fact sheet:
- Describes briefly how prescription opioids can be misused or abused and how K-12 schools and IHEs can be affected.
- Details how to plan for opioid-related emergencies via the recommended six-step planning process described in the Guide for Developing High-Quality School Emergency Operations Plans and Guide for Developing High-Quality Emergency Operations Plans for Institutions of Higher Education; included are considerations such as who can provide input into the planning process.
- Shares activities to help prevent, protect from, mitigate the effects of, respond to, and recover from opioid emergencies.
- Lists additional resources, including the report Federal Resources for Rural Communities to Help Address Substance Use Disorder and Opioid Misuse, which was recently released by the Rural Opioid Federal Interagency Working Group.

For additional strategies to support students, see the National Center on Safe Supportive Learning Environments Webinar on The Opioid Crisis and K-12 Schools: Supporting Students at School. More information on addressing substance abuse is available on the REMS TA Center's topic-specific web page for Supporting Efforts to Create a Public Health, Medical, and Mental Health Annex as a Part of Your Emergency Operations Plan.

TRAINING OPPORTUNITIES

The New Three Rs: Trauma-Invested Strategies for Fostering Resilient Learners
Tuesday, March 5, 2019
3:00 PM-4:00 PM

In this engaging and practical webinar, learn from Kristin Souers and Pete Hall, coauthors of *Relationship, Responsibility, and Regulation: Trauma-Invested Strategies for Fostering Resilient Learners*, about the importance of trauma-invested practices in the school setting.

Participants will learn about how to address the need in our students versus getting lost in how they show us their behavior. Further, participants will be introduced to the New Three *Rs* (Relationship, Responsibility, and Regulation) and strategies for how to address student need using that lens. Register here.

PDE Conference 2019 Making a Difference: Educational Practices That Work!
Monday, March 11, 2019 from 9:00 AM to 4:00 PM
Tuesday, March 12, 2019 from 9:00 AM to 5:00 PM
Wednesday, March 13, 2019 from 9:00 AM to 12:45 PM
Hershey Lodge and Convention Center, Hershey, PA
Click here to register

Safety and Security Symposium
March 15, 2019
8 a.m.—4:15 p.m.
Indiana University of Pennsylvania
Kovalchick Convention and Athletic Complex
711 Pratt Drive
Indiana, PA 15705

This free safety and security symposium is designed to improve the safety, security, climate and culture of your organization. Presenters include: Attorney General's Office, Beard Legal Group, Pennsylvania State Police, 911 Emergency Operations Center, Safe2Say Something, Pennsylvania School Boards Association (PSBA), PaTTAN, IUP faculty, and other community Agencies.   Act 48 hours available.
Preregistration is required. Click here to register and for complete information.

PASAP Southeast Region Workshop
Thursday, March 21, 2019
Caron Treatment Centers
Wertz Training Center
65 Werner St., Wernersville, PA
Click here for more information

Understanding Teen Depression
Thursday, March 21
7:00 PM-8:15 PM
Families for Depression Awareness is presenting a free webinar on teen depression. Presenter Rebekah Gibbons, LICSW, will provide a wonderful overview of Teen Depression. This webinar covers an overview of what teen depression is; communication strategies for teens and parents; treatment options; where to get help; and what to do if help is refused. The program is designed for parents, guardians, caregivers, youth workers, and any adults interested in teen mental health.   Go here to register.

2019 Pennsylvania Suicide Prevention Conference
May 1st & 2nd, 2019
Best Western Premier
800 E Park Drive
Harrisburg, PA 17111
Click here for more information.

2019 STAR-Center Conference
"Students, Sleep and Safety: Evidence-Based Approaches to Reducing Teen Suicide Risk"
Friday, May 10, 2019
The William Pitt Union
(University of Pittsburgh Campus)
3959 Fifth Avenue
Pittsburgh, PA 15260
Go here to register and for more information.

Mental Health Awareness Day
Harrisburg, PA
May 8, 2019
9:00 a.m. to 1:00 p.m.

SAVE THE DATE

PaPBS Implementer's Forum
May 14- 15, 2019
Hershey Lodge and Convention Center
Hershey, PA

FUNDING OPPORTUNITIES

Start a New Prevention Program in Your Community!
Problems like mental illness, violence, and addiction can be overwhelming for our Pennsylvania communities to cope with. But, did you know it is possible to stop these problems before they start AND that there is funding available for human service providers and schools who want to focus on prevention?

Non-profits and schools can **apply today for up to $200,000, over two years**, to secure training, materials, and pay staff to implement a menu of 15 different evidence-based programs. This funding comes from the Pennsylvania Commission on Crime and Delinquency (PCCD) Office of Juvenile Justice and Delinquency Prevention (OJJDP). For over 20 years PCCD has provided funding and technical assistance to help communities get upstream of the issues that lead to justice system involvement.   All applications must be submitted electronically through PCCD's Egrants System no later than **March 20, 2019**. Click here for more information and to download the application.

Reducing Underage Drinking and Dangerous Drinking Grant
The Pennsylvania Liquor Control Board is now accepting applications for grants to fund programs that discourage and reduce underage and dangerous drinking and promote a message of responsible alcohol consumption by those of legal drinking age.

The grant cycle is for one year, from July 1, 2019 through June 30, 2020. Grants will be awarded on a competitive basis with a maximum award of $20,000 per grantee. **Eligible grant applicants include Pennsylvania school districts** and institutions of higher education (including technical, trade, and post-secondary establishments), community organizations, municipal police departments, municipal officials/representatives, and nonprofit and for-profit organizations. **The deadline to apply for grants is Friday, March 15, 2019 by noon**. The grant application and related information is available for download from the grants page of the PLCB website or on e-Marketplace at http://www.emarketplace.state.pa.us/Solicitations.aspx?SID=20190205.

NEWS

Vaping on the Rise among Teens While Opioid Misuse Declines
E-cigarette use among teens has risen dramatically in the past year, according to the annual ***Monitoring the Future*** survey. Increases in teen vaping from 2017 to 2018 were the largest ever recorded in the past 43 years for any teen substance use in the United States, the survey found. The percentage of 12th grade students who reported vaping nicotine in the past 30 days almost doubled—from 11 percent to 21 percent. Teens' use of other illicit drugs was flat or decreased. The percentage of 12th grade students who misused a prescription opioid in the last 12 months declined to 3.4 percent in 2018—almost two-thirds lower than the peak of 9.5 percent recorded in 2004. Binge drinking among 12th grade students significantly declined in 2018 by 2.8 percentage points, to 14 percent. Read more here.

Child Suicides Can Be Linked to Bullying, but It's Never the Sole Cause, Mental Health Professionals Say
While bullying can be linked to suicide risk among kids, experts caution it is never the sole cause. Chronic relationship stressors, such as bullying, can place children at risk for depression, anxiety, and suicidal thoughts. However, multiple factors influence suicide risk, and adults can play an important role in addressing it. For example, parents and teachers can intervene when they see negative interactions between kids and help support those who are struggling. "We don't want to send the message that if you're being bullied, it's inevitable that you will suffer and think about killing yourself," said John Ackerman, psychologist and suicide prevention coordinator at Nationwide Children's Hospital Center for Suicide Prevention and Research in a December 13, 2018 *USA Today* article. Families and schools can be in a position to identify that [bullying] is going on, address it, and help children develop coping skills."
Read more of the article here. To learn more about the relationship between bullying and suicide, download the ten-page resource "The Relationship Between Bullying and Suicide: What We Know and What it Means for Schools" from the National Center for Injury Prevention and Control, Division of Violence Prevention.