

SAP COUNTY COORDINATION UPDATE

May, 2016



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

www.pnsas.org

PENNSYLVANIA NETWORK FOR STUDENT ASSISTANCE SERVICES INTERAGENCY UPDATE

2014-2015 Joint Quarterly Reporting System (JQRS) Executive Summary Now Available

The Executive Summary provides a statistical profile of the FY 2014-2015 Pennsylvania Network for Student Assistance Services' (PNSAS) Student Assistance Program (SAP). The report provides the statistics of the screening, assessment, consultation, and treatment services delivered by Pennsylvania's Department of Human Services (DHS)-Office of Mental Health and Substance Abuse Services (OMHSAS); and Department of Drug and Alcohol Programs (DDAP)-Division of Prevention and Intervention; through a network of 48 county Mental Health/Intellectual Disabilities programs, 47 Single County Authorities (SCAs), and contracted providers. To view the report click [here](#) and scroll down to the "The SAP Joint Quarterly Reporting System (JQRS)" heading.

PDE-Funded SAP Training

Due to a late state budget approval and subsequent funding available for the PDE-funded SAP training initiative, district requests were prioritized based on past participation of receiving funding. The Safe Schools Office, along with the help of the PNSAS staff, is currently working with Commonwealth Approved Trainers and eligible districts to facilitate the scheduling of trainings to occur between now and early June.

Pennsylvania Youth Suicide Prevention Initiative (PAYSPI) Suicide Prevention and Awareness Night at the Ballpark

Join the Pennsylvania Youth Suicide Prevention Initiative (PAYSPI) for Suicide Prevention Night at the Philadelphia Phillies on Friday, May 20, 2016. The game starts at 7:05, but get there early to see one of the winning PSA's played on the big screen! Click [here](#) to get your discounted tickets. \$7.00 from each ticket purchased through our site is donated to PAYSPI. Feel free to spread the word about this great event!

SAP BACK TO BASICS

SCHOOL'S OUT FOR THE SUMMER, YAY.....well.....almost! Although, we know some students are approaching summer mode about now. We always hear how children lose some of the skills and knowledge they gained during the school year over the summer months. For this reason, schools encourage and provide a variety of summer time assignments, ideas, or activities to pursue so academic achievement does not decline and impact the upcoming school year. What about the students your SAP team has supported, mentored, and/or connected to community agencies during this school year? What can be done to assist them this summer so academic, social, and emotional strides do not suffer? That's a tough question as most SAP team services are not available throughout the summer. Of course, your team and school administration have an established protocol to handle crises that occur, but the ongoing support for youth involved with SAP is typically not available.

Let's explore a few ideas for your consideration, some of which you may already utilize.

1. Case manager connections – between now and end of the school year, team members meet with each of the students that were on their caseload this year. Review how things are going, reinforce all the progress he/she made, discuss ways to continue momentum over the summer, and most importantly, how and where they can seek assistance if needed. Come prepared with written resources to give to the student. For those overwhelmed by the sheer numbers this would entail, think of others who might be able to assist (within the realm of confidentiality, such as people already SAP trained but schedules didn't allow for them to attend team meetings). Another option, if the number of students prohibits individual face-to-face meetings, reach out to them using approved use of school technology. The connection will start summer off in the right direction.
2. Parent/guardian connections – for students that have been open and active on your SAP caseload the past three months, call the parent/guardian to discuss what the student is currently working on, summer support plans and ideas to sustain progress made this year.
3. Resource connections – send a thank you for participating in the Student Assistance Program to all students and families that your team reached out to this school year. Include a listing of school and community summer programs and events you feel may be of interest to them while providing summer support for their child.

Consulting with your SAP liaisons will be helpful as you prepare individual student ideas as well as overall resources to share.

May is an extremely busy month for schools but please discuss with your team the best way to connect and offer suggestions for summer support to students and families you assisted.

It will help make.....



RESOURCES

2016 National Children's Mental Health Awareness Day

The 2016 national event will take place on Thursday, May 5, at 7 p.m. EDT in Washington, DC, at The George Washington University School of Media & Public Affairs' Jack Morton Auditorium. The event—Awareness Day 2016: "Finding Help, Finding Hope"—will explore how communities can increase access to behavioral health services and supports for children, youth, and young adults who experience mental or substance use disorders and their families.

The event will feature a highly interactive format in which youth and family leaders, educators, law enforcement officials, and behavioral health professionals will discuss how communities can work together to improve access to behavioral health services and supports. The event will be webcast live as a special edition of [Knowledge Network for Systems of Care TV \(KSOC-TV\)](#).

Organizations and individuals from communities around the country also will share insights on strategies for overcoming barriers to behavioral health care access. Audience members will have the opportunity to ask questions and share their perspectives. In addition, SAMHSA will present a Special Recognition Award to this year's Honorary Chairperson, Reid Ewing—best known for his role as Dylan on “Modern Family”—for his efforts to promote openness and educate others about mental health.

Communities, collaborating organizations, and individuals around the country will participate in *Awareness Day Live!* activities to [view the live webcast](#) and interact with the onstage discussion by sharing questions, ideas, or insights via email, Twitter, or text. As moderator, NBC4's Aaron Gilchrist will share questions and comments from viewers around the country onstage. Some *Awareness Day Live!* activities will be large, community-level gatherings hosted by systems of care or national collaborating organizations, while others will take place within smaller groups. Viewers are encouraged to use the hashtag #HeroesofHope when participating in the national event discussion on social media.

Communities nationwide can participate in the national event by:

- **Organizing an *Awareness Day Live!* viewing event on May 5 at 7 p.m. EDT.** Gather a group to watch the live webcast and participate in the onstage discussion via digital or social media using the hashtag #HeroesofHope.
- **Hosting a viewing event of the on-demand version of *Awareness Day Live!*** The event might involve a viewing of all or part of the national webcast, along with a discussion of the unique challenges and opportunities related to behavioral health care access in your community.
- **Join the social media conversation using the hashtag.**

For more information and resources go to <http://www.samhsa.gov/children>.

Knowledge Network for Systems of Care TV

The Knowledge Network for Systems of Care (KSOC) TV is a web-based technical assistance program featuring behavioral health experts discussing cutting-edge issues in children's mental health. Watch the recent KSOC-TV webisodes:

- [Finding Help, Finding Hope, What to do if you think your child may have a mental health problem](#) (aired January 9, 2016)
- [Addressing Emotional and Behavioral Health Issues in K-5 Classrooms](#) (aired November 3, 2015)

National Prevention Week

National Prevention Week, May 15-21, is an annual health observance dedicated to increasing public awareness of, and action around, mental and/or substance use disorders. Daily health themes, such as “Prevention of Underage Drinking & Alcohol Misuse” (Tuesday, May 16) and “Prevention of Suicide” (Friday, May 20), will be highlighted within the overall theme for 2016 of “Strong as One. Stronger Together.”

Explore the National Prevention Week website to learn more about how you can get involved, from planning a community event to participating in the “I Choose” Project. Learn more about National Prevention Week and access promotional and toolkit materials [here](#).

From Reporting to Supporting: Using Facebook's New Tool to Support Someone in Suicidal Crisis

Seeing a friend post a cry for help on Facebook can be scary—especially if you're unsure of what to do. But now, instead of just reporting the post to Facebook and hoping for the best, Facebook has created a new suicide prevention support tool to help those who may be feeling suicidal. The new tool aims to give friends and family more resources

when they think a loved one needs help. Facebook partnered with the National Suicide Prevention Lifeline, Suicide Awareness Voices of Education and Forefront to develop the initiative. Watch a video explaining the new tool [here](#).

Caring for Every Child's Mental Health: Public Service Announcements

Public service announcement videos from SAMHSA highlight how positive mental health is essential to a child's healthy development from birth. They illustrate how mental health initiatives promote positive child, youth, and young adult development, recovery, and resilience. View these announcements [here](#).

In Brief: Substance Use and Suicide: A Nexus Requiring a Public Health Approach

This new SAMHSA [publication](#) highlights the relationship between substance use and suicide while discussing the scope of the issue and providing prevention professionals at state and tribal levels with evidence-based programs that address substance use prevention and suicidal ideation.

FUNDING OPPORTUNITIES

Resiliency in Communities after Stress and Trauma (ReCAST Program)

The Substance Abuse and Mental Health Services Administration, Center for Mental Health Services is accepting applications for fiscal year (FY) 2016 Resiliency in Communities After Stress and Trauma (Short Title: ReCAST Program) grants. The purpose of this program is to assist high-risk youth and families and promote resilience and equity in communities that have recently faced civil unrest through implementation of evidence-based, violence prevention, and community youth engagement programs, as well as linkages to trauma-informed behavioral health services. The goal of the ReCAST program is for local community entities to work together in ways that lead to improved behavioral health, empowered community residents, and reductions in trauma and sustained community change. Go [here](#) to read more about the grant and eligibility requirements.

SAMHSA Grant Opportunities

View other grant opportunities by going to <http://www.samhsa.gov/grants/grant-announcements-2016>.

TRAINING OPPORTUNITIES

Youth Mental Health First Aid

The Pennsylvania Department of Education, Bureau of Special Education is pleased to announce this training opportunity at:

PaTTAN Pittsburgh – May 2 & 3, 2016 (9 a.m.-1:30 p.m.)

Hershey Lodge and Convention Center – May 4, 2016 (8 a.m.-5:30 p.m.)

PaTTAN King of Prussia – May 11, 2016 (8 a.m.-5 p.m.)

PaTTAN Harrisburg – May 24 & 25, 2016 (9 a.m.-1:30 p.m.)

Youth mental health first aid is an 8 hour; introductory training designed to teach school teams the early-warning signs and symptoms of possible mental health issues of youth ages 12-18. This training event is being offered to school teams consisting of five members to ensure ample support is available to students. Suggested team members are listed below. Please note: You must register as a school team, individual registration is not available.

Target Audience:

This training is only open to LEA school-based teams consisting of FIVE members. LEAs are public, private, approved private and Charter schools. The five team members must include one or more of the following: classroom teachers, coaches, administrators, social services staff, bus drivers, volunteers, paraprofessional and/or family members.

Registration is NOT available on-line. To register, interested participants should contact:

- Pittsburgh - Kristen Olszyk, 800-446-5607 ext. 6848 or kolszyk@pattan.net or Dona Alvino, 800-446-5607 ext. 6870 or dalvino@pattan.net
- Harrisburg - Wendy Weary, 717-901-2273, wweary@pattan.net or Nikole Hollins, 717-901-2283 or nhollins@pattan.net
- King of Prussia – Debra Jordan, 800-441-3215 ext. 7224 or djordan@pattan.net or Amy Smith, 610-265-7321 ext. 7262 or asmith@pattan.net

PASAP Webinar: Understanding Your Role in Serving Students Experiencing Homelessness

May 4, 2016 from 2:30-3:30 PM

Free webinar for PASAP members

Presenter: Sonia Pitzzi

Webinar Description: In this webinar best practices will be shared around topics such as identification/eligibility, transportation and appropriate services and resources to promote students' academic success. The new SAP training document, with specific suggestions for SAP professionals and teams for best serving this population, will be reviewed. Go [here](#) for more information and to register

PA Positive Behavior Support Implementers Forum, “Keys to a Successful PBIS Framework”

May 5-6, 2016

Hershey Lodge and Convention Center

Hershey, PA

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

Services for Teens at Risk (STAR-Center) Conference

Friday, May 6, 2016

William Pitt Union, University of Pittsburgh Campus

Pittsburgh, PA

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

Identifying Peer Abuse and Clearing the Haze: Eliminating Hazing from Our Schools Webinar, Center for Safe Schools

May 19, 2016 from 3:00-4:15 PM

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

In this session participants will also 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 now](#)

Commonwealth Prevention Alliance (CPA)

26th Annual Statewide Prevention Conference

June 15 - 17, 2016 plus a Professional Development Day on June 14, 2016

Penn State Conference Center Hotel, State College PA

NEW: PCCD is offering scholarships to the 2016 CPA Conference.

[Click here for scholarship application directions](#) and to check the eligibility requirements before you register for the conference. Individuals who are already registered for the conference do not qualify.

Applications for a scholarship will be open from April 27 to noon of May 25, 2016.

[Download Conference Brochure Here](#)

[Register for Conference Online Here](#)

SAVE THE DATE

PASAP-PAMLE Annual Conference
February 26-28, 2017
Penn Stater Conference Center Hotel
State College, PA

NEWS

Youth Activities as a Protective Factor

Research in Canada provides evidence that engaging adolescents in personally meaningful activities may protect them from suicide ideation and risk even if they have other risk factors such as depression, low self-esteem, and a lack of social support. The authors suggest that interventions that engage youth in such activities could protect youth while avoiding the stigma that can be associated with programs that focus on suicide or mental health.

This research on secondary school students (13–19 years old) found that higher levels of engagement in meaningful activities were correlated with a lower risk of meeting the clinical definition of suicidal thoughts and risk even if the youth had other risk factors (e.g., depression). The authors cautioned that these activities must be personally meaningful to the youth – that is, the youth must feel that the activities are, for example, important and difficult to give up. Read more [here](#).

Teenage Girls Now Try Alcohol Before Boys Do: Study

Teenage girls in the United States now start to drink alcohol sooner than boys do, a new study shows.

"This is becoming a public health issue," said lead researcher Dr. Hui Cheng, an adjunct assistant professor at Michigan State University. "We really don't know why girls are surpassing boys -- that's the next question we want to answer," she said.

Among the possible explanations, according to Cheng: drinking has become more socially acceptable. Also, because girls typically reach puberty sooner, some start engaging in risky behaviors such as drinking earlier. It might also be that younger girls are spending time with older boys, "so there is more exposure to drinking," she added. Cheng also pointed to advertising that targets girls by promoting sweet, fruit-flavored drinks, such as wine coolers, which are popular among underage girls who drink.

Most strategies to curb underage drinking are aimed at boys, Cheng said. But given these new findings, more policies are needed to reduce underage drinking among girls, she said. For the study, Cheng and her colleagues collected data on about 390,000 U.S. teens and young adults aged 12 to 24 who took part in government surveys on drug use and health from 2002 to 2013.

The researchers found that in mid-adolescence, girls are more likely to start drinking than boys. After age 19, boys went on to drink more than girls, the researchers added. However, a 2015 report from the U.S. Centers for Disease Control and Prevention found adult women are catching up to men when it comes to using and abusing alcohol.

"We found that over that period of time, differences in measures such as current drinking, number of drinking days per month, reaching criteria for an alcohol use disorder and driving under the influence of alcohol in the past year, all narrowed for females and males," report author Aaron White, senior scientific advisor to the director of the U.S. National Institute on Alcohol Abuse and Alcoholism, said at the time.

"Males still consume more alcohol, but the differences between men and women are diminishing," White added. Read more [here](#).

National Prescription Drug Abuse and Heroin Summit

At the end of March, over 1,900 people convened in Atlanta, Georgia, at [the National Prescription Drug Abuse and Heroin Summit](#), with attendees including advocates, clinicians, treatment providers, law enforcement officers and government officials. The summit, now in its fifth year, reported record attendance and stated this was the first time heroin was included in the conversation. With the increasing rates of opioid use and deaths, there was a new sense of urgency this year.

The conference was put on by [Operation UNITE](#), and CEO Nancy Hale stated there was a push to change the way society thinks about patients who are struggling with addiction issues. Surgeon General, Dr. Vivek Murthy, made statements to remind those in attendance that individuals struggling with substance use disorder are not struggling with a moral failure or lapse in judgement. Individuals should be reminded that addiction is a chronic condition that requires the same skill, same urgency and same compassion as is given to patients with other conditions.

Opioids have killed over 500,000 people since 1999, which is more than World War II, the Korean War, and the Vietnam War *combined*. According to the [CDC](#), Heroin use alone has more than doubled in young adults aged 18-25 in the last decade. The American Society of Addiction Medicine (ASAM) also [estimates](#) that of the 21.5 million Americans 12 or older that had a substance use disorder in 2014, 1.9 million of those individuals were addicted to prescription pain relievers and 586,000 involving heroin.

According to an April 12, 2016 Forbes Magazine article the four takeaways from the summit are:

1. Reduce Demand

Prescription medication often serves as a gateway drug to heroin use, and prescription drug use alone is sweeping the nation. By reducing demand for heroin and other opiates, medical professionals can both pave and lead the way in ending the opioid epidemic. Going hand-in-hand with ending demand, the [CDC's new prescriber guidelines](#) will help clinicians better determine when and how prescription opiates should be used with a better understanding of addiction.

2. Clinician Education

Expanding on the CDC's prescribing guidelines, it's been identified that in order to foster the reduction of demand for opiates, clinician and medical provider collaboration and education are *essential*. In addition to the CDC's new prescribing guidelines, the Obama administration has announced that at least 60 medical schools have signed on to teach a more thorough course on prescribing guidelines to continue tackling the demand of opioids through education for medical providers.

3. Holistic Approach

A common topic at the RX Summit was the fact that substance use issues are not something that we can arrest our way out of as a society. Having a holistic approach is key to combating the effects of opioid addiction, which means a stronger push toward evidence-based strategies, including effective long-term treatment that is more widely available. In efforts to make treatment more widely available, the Obama administration and the Substance Abuse and Mental Health Services Administration (SAMHSA) have [committed](#) \$11 million in funding toward expanding medication-assisted treatment programs in 11 states and another \$11 million to increasing the availability of Naloxone, an opioid overdose reversal drug.

4. Collaboration

Of the many next steps needed to combat opioid addiction and the deaths that result from it, collaboration remains key. With many groups represented – medical professionals, advocates, law enforcement officers, and

treatment providers, Hale said, “We are all in this together – we each have our separate responsibilities, but we have to work together.” Education and collaboration among the many people invested in helping those struggling with substance use are vital to ensuring no more people are subjected to die at the hands of opiates. On the last night of the summit, Acting Administrator of the DEA, Chuck Rosenberg, re-enforced this concept, stating that it is important to pursue community involvement, as the opioid crisis is not something that society can continue to prosecute, enforce, or jail our way out of.

For a copy of the full article from *Forbes Magazine*, go [here](#) for a link to the article.