

SAP COUNTY COORDINATION UPDATE

October, 2017



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

www.pnsas.org

PENNSYLVANIA NETWORK FOR STUDENT ASSISTANCE SERVICES INTERAGENCY UPDATE

SAP Flow Chart

There is an updated SAP Flow chart on the SAP website. Click [here](#) for a copy.

Parent Permission Form

The sample SAP parent permission form has been updated. Click here to download it from the [SAP website](#) under News and Events.

SAP Bridge Training

The free SAP K-12 Bridge Training available online offers one of two options for training.

1. Are you an elementary or secondary SAP trained team member interested in obtaining a SAP K-12 training certificate? This integrated SAP K-12 Bridge Training is for those trained in either elementary or secondary SAP before the current SAP K-12 model was initiated in September 2012. The Bridge Training is hosted by Central Susquehanna Intermediate Unit 16 on Eduplanet. Successful completion of the four training modules and post-tests will provide participants with a SAP K-12 certificate that enables them to serve on elementary through high school SAP teams. Any questions – please contact your [Regional Coordinator](#). To get started: email your name, email address, school district-building/agency, and original SAP training certificate to your [PNSAS Regional Coordinator](#).
2. Do you lead, supervise or oversee staff who serve on a Student Assistance Program team? If you have not already completed the SAP K-12 team training and *will not be sitting on a SAP team*, you may want to consider attending SAP Leadership Training. PNSAS is now providing an online option for completing SAP Leadership Training via the online SAP Bridge Training. This online training can be accessed by contacting your [PNSAS Regional Coordinator](#).

SAP BACK TO BASICS

Tips for SAP Teams in Elementary Schools Are you in the process of organizing your elementary school SAP team? This can be an overwhelming process. From finding the time to meet, to determining who will be the case manager, secretary, to knowing if the liaison will be present for the meeting. These details may be a challenge for new teams. Remain calm!

Here are 5 tips to support your SAP team:

1. Utilize your SAP Regional Coordinator

To smooth your way, you can access plenty of help. Your Regional SAP Coordinator will assist you on the journey that will lead to great success for your team and all students in your school! You will have access to unlimited resources located on the PNSAS website (pnsas.org) as well as in your regional coordinator's toolbox. Your Regional Coordinator can put you in touch with others school teams in your area who have already set-up and are implementing elementary SAP teams.....ETC!

2. Access other SAP teams in your district.

Reach out to the other buildings in your district to see what forms and materials they are using. Do not reinvent the wheel simply tailor the materials to meet the needs of the elementary school.

3. Get to know other teams in your region.

Attend SAP Networking and County Coordination meetings and trainings where you will learn what other schools are doing. You can share resources, successes as well as lessons learned along the way with other SAP team members from other schools in the county.

4. Utilize the SAP Liaison assigned to your district.

Your mental health and drug and alcohol SAP liaisons are invaluable members to your team. Do not hesitate to reach out to them for support with interventions, screenings or assessments. Always keep in mind this is a team effort! You are not alone.

5. Align SAP with other teams already working in your schools.

Many elementary schools have programs in place that align perfectly with SAP! Child study, PBIS, and instructional support. These teams can be combined if their members are SAP trained. SAP training is required by Act 211 of 1990 for all team members. You can check the SAP training calendar on the [SAP website](#) if you need to have additional staff members trained.

Kiski Area Intermediate School SAP Presentation

[Kiski Area Intermediate School](#) SAP team members created a video summarizing the program at their school. This is a great resource to understand the SAP process and promote it at your school! Be sure to go back and click the hyperlink.

SAP Networking and County Coordination

Once your team is up and running, you can share your own thoughts, challenges, and triumphs with others at the SAP Networking and County Coordination meetings held throughout the state. Above all, enjoy the trip; it is the start of something big—for you, your team, your teachers, your students, and your school. *Remember that we are planting seeds along our journey.*

Cause I Ain't Got a Pencil

by Joshua T. Dickerson

I woke myself up
Because we ain't got an alarm clock
Dug in the dirty clothes basket,
Cause ain't nobody washed my uniform
Brushed my hair and teeth in the dark,
Cause the lights ain't on
Even got my baby sister ready,
Cause my mama wasn't home.
Got us both to school on time,
To eat us a good breakfast.
Then when I got to class the teacher fussed
Cause I ain't got a pencil.



RESOURCES

OverdoseFree PA

OverdoseFree PA is a partnership of PA communities united to fight the opioid overdose crisis. There are links to various reports and information such as: [Naloxone information sheet](#) and the Mid-year [Emerging Threat Report collected by the DEA](#).

There are “Messages of Hope” on the website where individuals can find inspiration through the experiences of others who are recovering from a substance use disorder (SUD).

- Changing lives: Sharing stories of recovery from addiction
- People share personal experiences through their Stories of Hope
- What 11 Now-Sober Celebrities Want You to Know About Addiction
- Community Success Stories

Explore different initiatives that are driving community change while making a difference in the lives of people with an SUD and their family and friends.

- Heroin Addiction Recovery Program (HARP) at the Chesterfield County Jail in Virginia
- Testimonials from People in Recovery from The Skook Recovers (TSR)
- Opioid Treatment Success in Armstrong Raises Hope
- Janesville DROP program offers heroin addicts help
- Hope for the Addicted: Substance abuse is a plague on American society. Here are some of the donors looking to cure it.
- Social Media

Connect with groups locally and nationally to share stories and make a difference in the overdose epidemic.

- Facebook Groups
- Art/Music

Become inspired to keep moving forward with these images and music beats!

- Inspiring Quotes for People in Recovery
- Recovery playlist: 10 songs about addiction and sobriety
- 21 Motivating Recovery Songs to keep you on track!

Find more information about Opioid Crisis in PA click [here](#).

New Report on Key Substance Use and Mental Health Indicators in the United States: Results from the 2016 National Survey on Drug Use and Health

SAMHSA's National Survey on Drug Use and Health (NSDUH) report provides the latest estimates on substance use and mental health in the nation, including the misuse of opioids. Opioids include heroin use and pain reliever misuse. In 2016, there were 11.8 million people age 12 or older who misused opioids in the past year. The majority of those individuals misused pain relievers rather than used heroin—there were 11.5 million people who misused pain relievers and 948,000 people who used heroin. Download a free copy of the report [here](#).

Roadmap to Behavioral Health: A Guide to Using Mental Health and Substance Use Disorder Services

The Centers for Medicare & Medicaid Services and SAMHSA recently released a new publication titled, *Roadmap to Behavioral Health: A Guide to Using Mental Health and Substance Use Disorder Services*. The publication is designed to serve as a behavioral health resource for consumers and offers important information about mental health and substance use disorder services, including definitions of behavioral health terms and guidance on how to find a behavioral health services provider, receive treatment, and obtain follow-up care. Download the guide [here](#).

When a Parent Uses

Did you know that in the U.S., one out of four people under age 18 is exposed to alcoholism and drug dependence in their very own family (American Journal of Public Health)? The most important thing to remember is that it's not your fault if a parent abuses drugs or alcohol.

For immediate help, call the NineLine 1-800-999-9999 (This hotline is free and open 24 hours a day, seven days a week).

Why does my mom or dad keep drinking too much or using drugs?

Adults have trouble dealing with their problems too. But if you're worried about your parent's drinking or drug use, he or she might have a disease – drug addiction or alcoholism. The disease of addiction can cause a loss of control and serious emotional and mental complications that require professional help and counseling.

If they are sick, why don't they get help?

It's incredibly hard for people to admit they have a problem. Sometimes people don't realize how much control drugs have over their lives. Or, they might be terrified of asking for help or dealing with real life without drugs or alcohol.

If my parent has a drug problem, will it happen to me too?

Addiction to drugs and alcohol tends to run in families, so you could face a greater risk, which is worth keeping in mind. But, just as you aren't doomed to suffer the same problems as your parents based simply on genetics, people with no family history of addiction also develop substance abuse problems. Your environment and other influences have a strong impact, so one of the most important things you can do to keep yourself healthy is to find healthy ways of coping with stress and other problems.

Is it my fault that my parent uses drugs?

No! You can't control your parents. You didn't make them drink or use drugs, and unfortunately, you can't make them stop either. You didn't cause the disease and you are not the problem.

What can I do to help?

You can't control what your parent does about his or her problem, but you can get help for yourself. Consider speaking with a trusted adult like a teacher, aunt or uncle, counselor or coach. They will be able to support you during this tough time. There are also many groups with trained professionals who are willing to help you and your family.

For more information and help, visit the [National Association for Children of Alcoholics](#) website or call the NineLine anonymous hotline – 24 hours a day, seven days a week at 1-800-999-9999. Your parent can also seek help by calling NCADI 1-800-788-2800.

Remember, there are a lot of teenagers who are dealing with this very same problem. You don't have to feel alone anymore. Reach out for help! For more information go to <http://abovetheinfluence.com/when-a-parent-uses/>

National Campaign in October To Support Children of Incarcerated Parents

The [New York Initiative for Children of Incarcerated Parents](#), a project of the Osborne Association, will hold its [See Us, Support Us](#) national campaign during October to raise awareness about children of incarcerated parents. The campaign includes an online [toolkit](#) with resources to help support children of incarcerated parents, including a social media guide and guidance on identifying and supporting those children in child welfare.

- [View and download](#) the campaign overview.
- Read the OJJDP report "[Mentoring Children of Incarcerated Parents.](#)"

FUNDING OPPORTUNITIES

Grants.gov (U.S. Health and Human Services)

Search the various federal grants being offered.

TRAINING OPPORTUNITIES

Pennsylvania Juvenile Officers' Association 2017 Training Conference

October 10-12, 2017

Holiday Inn

Grantville, PA 17028

Visit www.pjoa.org for more information

PASAP Webinar: "Becoming Trauma Informed", presented by Stephen Paesani, MA, MTS, Children & Adolescents Training Specialists, BHTEN

October 18, 2017 from 2:30-3:30 p.m.

2017 PASAP Regional Workshops

Registration, agenda and workshop details available [here](#).

Southwestern Regional Workshop

October 4, 2017

7:30 a.m.-4:00 p.m. (registration 7:00-7:30 a.m.)

Moon High School LGI

South Central Regional Workshop

October 18, 2017

9:00 a.m. – 3:30 p.m. (registration 8:30-9:00 a.m.)

Center for Schools and Communities

Northwest Regional Workshops

October 24, 2017

8:00 a.m.-3:45 p.m.

Northwest Tri County Intermediate Unit #5

OR

November 14, 2017

Midwestern Intermediate Unit #4

8:00 a.m. -3:45 p.m.

Sponsored by: PASAP (Pennsylvania Association of Student Assistance Professionals), GLS (Garrett Lee Smith Grant), and PNSAS (PA Network for Student Assistance Services)

Southeast Regional Workshop

November 2, 2017

9:00 a.m. – 3:15 p.m. (registration 8:30-9:00 a.m.)

Caron Treatment Center

SAVE THE DATE

2018 PASAP-PAMLE Conference

February 25-27, 2018

Penn Stater Conference Center

State College, PA

Visit www.pasap.org for more information

20th Children's Interagency Conference

April 30-May 3, 2018 Penn Stater Conference Center Hotel, State College, PA

Sponsored by Office of Mental Health and Substance Abuse Services, Bureau of Children's Behavioral Health Services PA System of Care Partners, and the PA Child Welfare Resource Center

Conference focus: The 20th Children's Interagency Conference will bring together Pennsylvania's Child and Adolescent Service System Program (CASSP) and System of Care (SOC) partners providing behavioral health services to children, youth, and young adults ages 0-26 and their families. Target Audiences: Youth, young adults, and families receiving behavioral health services; service providers, supervisors, and advocates; program directors, county planners, and behavioral health managed care organizations; and partners from all the child-serving systems, including behavioral health, children and youth, developmental disabilities, drug and alcohol, early intervention, education, health, juvenile justice, and vocational rehabilitation. Areas of emphasis: Prevention, resilience, and advocacy; preschool intervention; clinical skill development; administrative leadership and policy and program development; workshops for high-schoolers. Coming soon: Call for presentations; vendor and sponsorship opportunities

For more information: Contact ra-pwinteragencyconf@pa.gov.

Website: pasocpartnership.org

NEWS

SAMHSA Grant

DDAP received funding from SAMHSA through the State Targeted Response to the Opioid Crisis Grant. The majority of funding is to be used for opioid use disorder treatment and recovery support services. A small amount of the grant funding is planned to go to Single County Authorities to use for SAP training (including SAP maintenance), as well as training and materials for certain evidence-based prevention programs. The funding will be for the 2017/18 school year. Some funding from this grant will be used to develop short online trainings for school staff that review effective prevention programming that can be implemented within schools

U.S. Department of Health and Human Services commits \$144.1 million in additional funding for opioid crisis

The U.S. Department of Health and Human Services has awarded an additional \$144.1 million in grants to prevent and treat opioid addiction in support of President Trump's commitment to combat the opioid crisis. The grants will be administered by the Substance Abuse and Mental Health Services Administration (SAMHSA).

"Those supporting prevention, treatment, and recovery efforts in our local communities are heroes in our nation's battle against the opioid crisis," said HHS Secretary Tom Price, M.D. "On our nationwide listening tour, we have heard how critical federal resources can empower their efforts to meet the challenges of substance abuse and addiction, especially with the opioid crisis. These grants will help expand treatment and recovery services to pregnant and postpartum women who are struggling with substance abuse, train our first responders to effectively use overdose reversing drugs, improve access to medication-assisted treatment, and increase long term recovery services. Together, we can heal communities and save lives."

According to SAMHSA's National Survey on Drug Use and Health, in 2016 an estimated 11.8 million people misused opioids in the past year, including prescription pain relievers and heroin. Preliminary data from the Centers for

Disease Control and Prevention for 2016 suggests the number of drug overdose deaths, most of them due to opioids will likely top 60,000.

“Opioid use disorders continue to plague our nation,” said Dr. Elinore McCance-Katz, Assistant Secretary for Mental Health and Substance Use. “These funds will support and expand prevention, treatment and recovery services in America’s communities.”

The first four of the six grant programs listed below were authorized in the Comprehensive Addiction and Recovery Act (CARA) of 2016, (P.L. 114-198). CARA authorized funding to fight the opioid epidemic through prevention, treatment, recovery, overdose reversal, and other efforts. The fifth grant program listed, Medication Assisted Treatment (MAT), received an increase in funding for opioids in the fiscal year 2017 Omnibus Appropriations bill.

SAMHSA is issuing the funding through the six grant programs. PA Department of Drug and Alcohol Programs was awarded \$5,700,000 under the Targeted Capacity Expansion: Medication Assisted Treatment (MAT) – Prescription Drug and Opioid Addiction - \$35 million will be awarded nationwide. The purpose of this program is to expand access to medication-assisted treatment for persons with an opioid use disorder seeking treatment.

The funding will be distributed to 58 recipients, including states, cities, healthcare providers and community organizations. The funds will be awarded for three to five years, subject to availability and depending on the program.

Earlier this year, HHS Secretary Price outlined five strategies to provide the Department with a comprehensive framework to combat the ongoing opioid crisis: improving access to prevention, treatment, and recovery services, including the full range of MAT; targeting the availability and distribution of overdose-reversing drugs; strengthening public health data and reporting; supporting cutting-edge research on pain and addiction; and advancing the practice of pain management.

These awards follow a separate award of \$485 million in grants in April 2017 – provided by the 21st Century Cures Act – to all 50 states, the District of Columbia, four U.S. territories, and the free associated states of Palau and Micronesia by SAMHSA for opioid abuse prevention, treatment, and recovery.

Pennsylvania State Department of Drug and Alcohol Programs was awarded \$5,700,000 for Medication Assisted Treatment-PDOA. For more information about this grant click [here](#).

Teen Dating Violence from the Centers for Disease Control

Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name-calling, are a “normal” part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence.

What is dating violence?

[Teen dating violence](#) is defined as the physical, sexual, psychological, or emotional violence within a dating relationship, including stalking. It can occur in person or electronically and might occur between a current or former dating partner. Several different words are used to describe teen dating violence. Below are just a few.

- Relationship abuse
- Intimate partner violence
- Relationship violence
- Dating abuse
- Domestic abuse
- Domestic violence

Dating violence is widespread with serious long-term and short-term effects. Many teens do not report it because they are afraid to tell friends and family. A [2017 CDC Report](#) found that approximately 7% of women and 4% of men who ever experienced rape, physical violence, or stalking by an intimate partner first experienced some form of

partner violence by that partner before 18 years of age. [The 2013 National Youth Risk Behavior Survey](#) found approximately 10% of high school students reported physical victimization and 10% reported sexual victimization from a dating partner in the 12 months* before they were surveyed.

*Vagi, K. J., Olsen, E. O., Basile, K. C., & Vivolo-Kantor, A. M. (2015). Teen dating violence (physical and sexual) among US high school students: Findings from the 2013 National Youth Risk Behavior Survey. *JAMA Pediatrics*, 169, 474-482.

What are the consequences of dating violence?

As teens develop emotionally, they are heavily influenced by experiences in their relationships. Healthy relationship behaviors can have a positive effect on a teen's emotional development. Unhealthy, abusive, or violent relationships can have severe consequences and short- and long-term negative effects on a developing teen. Youth who experience dating violence are more likely to experience the following:

Symptoms of depression and anxiety

- Engagement in unhealthy behaviors, such as tobacco and drug use, and alcohol
- Involvement in antisocial behaviors
- Thoughts about suicide

Additionally, youth who are victims of dating violence in high school are at higher risk for victimization during college.

- Why does dating violence happen?

Communicating with your partner, managing uncomfortable emotions like anger and jealousy, and treating others with respect are a few ways to keep relationships healthy and nonviolent. Teens receive messages about how to behave in relationships from peers, adults in their lives, and the media. All too often these examples suggest that violence in a relationship is normal, but violence is never acceptable. There are reasons why violence occurs. Violence is related to certain risk factors. Risks of having unhealthy relationships increase for teens who:

- Believe that dating violence is acceptable
- Are depressed, anxious, or have other symptoms of trauma
- Display aggression towards peers or display other aggressive behaviors
- Use drugs or illegal substances
- Engage in early sexual activity and have multiple sexual partners
- Have a friend involved in dating violence
- Have conflicts with a partner
- Witness or experience violence in the home

Dating violence can be prevented when teens, families, organizations, and communities work together to implement effective prevention strategies.

The following resources provide more information on teen dating violence and its prevention:

Publications

- [Understanding Teen Dating Violence Fact Sheet](#)
- [Physical Dating Violence Among High School Students—United States, 2003](#)

For the full article including additional resources and hotlines click [here](#).