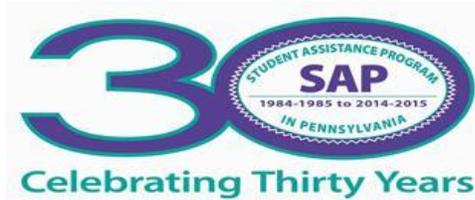


SAP COUNTY COORDINATION UPDATE

October, 2015



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

www.pnsas.org

PENNSYLVANIA NETWORK FOR STUDENT ASSISTANCE SERVICES INTERAGENCY UPDATE

New SAP Website

PNSAS is excited to unveil our new website located at <http://www.pnsas.org>. This site will be dedicated exclusively to resources and information regarding the Student Assistance Program. The previous website (www.sap.state.pa.us) will remain open only for SAP Liaison agency reporting (Joint Quarterly Reporting System-JQRS). The new website will be easier to navigate and find items of interest. There are many new features we hope you will find helpful. Please feel free to contact your regional coordinator if you have any questions or feedback!

Liaison Webinar Available for Viewing

The SAP Liaison webinar, "Suicide Prevention in the School Setting" by Dr. Matt Wintersteen that aired on September 24, 2015, is now archived and available for viewing. Dr. Matt Wintersteen, Associate Professor and Director of Research in the Division of Child and Adolescent Psychiatry at Sidney Kimmel Medical College at Thomas Jefferson University. Dr. Wintersteen is Co-Investigator and Co-Program Developer of a SAMHSA-funded study designed to build training, screening, and intervention in schools across Pennsylvania. He also serves as Co-Chair of the Pennsylvania Youth Suicide Prevention Initiative.

The link to the archived webinar is now available on the new SAP website at www.pnsas.org. Click on the "About SAP" tab and choose "SAP Liaisons" from the drop-down menu. Scroll down to "Webinar Resources" for link and instructions. We would like to thank Chester County Intermediate Unit 24 for hosting and archiving for this webinar.

SAP BACK TO BASICS

SAP COUNTY COORDINATION WHO NEEDS OR WANTS TO ATTEND ONE MORE MEETING??????

School is back in session. The SAP letter of agreement has been signed. Liaisons are back in your building. Your SAP team is up and running. All appears to be status quo with your SAP program.... no problems. Then you receive a notice that there is a SAP county coordination team meeting scheduled for the end of the month. You are swamped. WHO NEEDS OR WANTS TO ATTEND ONE MORE MEETING??????

SAP county coordination team meetings are not meetings to miss. In fact, attendance at SAP county coordination is a key component in having a successful SAP Program.

The Commonwealth SAP Interagency Committee recognized the vital need for coordination among county child serving systems including education, and adopted guidelines for SAP county coordination on August 31, 2000.

SAP county coordination provides a platform for communication, collaboration and establishes a partnership among all who are involved in helping SAP referred students achieve success. This is the table to come to discuss needs and gaps in both SAP and SAP-related services and also to develop a plan to address those issues. County coordination is where SAP training needs are addressed, county program updates are provided, team maintenance issues are discussed, and networking happens!

So go ahead and put that SAP County Coordination Team meeting on your calendar and plan on attending it!

In the meantime check out the SAP County Coordination Guidelines at <http://pnsas.org/About-SAP/SAP-County-Coordination>.

Note: If you are located in a county that does not have SAP County Coordination or maybe you are located in a county in which SAP County Coordination needs some revamping please contact your Regional Coordinator for assistance. The link to the SAP map is <http://pnsas.org/PNSAS>.

RESOURCES

Website: Students Against Texting

Organized in 2012, the Students Against Sexting's purpose is "to make the world aware of the prevalence of sexting, the many dangers and disturbing consequences of sexting, both voluntary and involuntary." The organization's website includes information for schools such as the "What Schools Should Know about Addressing Sexting Incidents", how to set up a local chapter of the organization, as well as resources for parents and students, including videos of first-hand accounts of sexting and its consequences. Read more at their website <http://www.studentsagainstsexting.org/>.

Spotlight on Suicide Postvention: A Plan for Healing

When a person dies by suicide, both the immediate survivors and many others are deeply affected. In fact, exposure to suicide can itself be a suicide risk factor, making it critical for organizations and communities to plan for the possibility of a suicide death.

In the latest addition to SPRC's Spotlight series, [Suicide Postvention: A Plan for Healing](#), you'll find resources, information, and interviews with suicide prevention practitioners to help you create a comprehensive suicide postvention plan in any setting.

Experts Release Consensus List of Warning Signs for Youth Suicide

A panel of national and international experts has collaborated to release the first list of [youth suicide warning signs](#) supported by research and rooted in clinical practice. Information is included for peers, parents/caregivers, and health care providers.

After A Suicide: A Toolkit for Schools

If your school has lost someone to suicide, students will be struggling to cope and as the community seeks a way to respond. The first step in managing this difficult situation is to find reliable information, practical tools, and pragmatic guidance.

In collaboration with the federally-funded Suicide Prevention Resource Center (SPRC), the American Foundation for Suicide Prevention created a free downloadable resource *After a Suicide: A Toolkit for Schools* to help schools in the aftermath of a suicide or other death. Developed in consultation with national experts, this toolkit offers a practical resource to schools facing real-time crises in diverse populations and communities.

The toolkit includes guidelines for action, do's and don'ts, and templates and sample materials. It covers crisis response, helping students cope, working with the community, memorialization, social media, suicide contagion, and bringing in outside help. Download the toolkit [here](#).

Resource Announcement: Youth Research Webinar

Children have unique vulnerabilities and capabilities when it comes to disasters. The Federal Emergency Management Agency (FEMA) recently posted the From Tots to Teens: Emerging Research and Practices to Address the Unique Needs of Young Disaster Survivors webinar and associated resources. This 90-minute webinar covers emerging trends in research on the coping behaviors of children affected by disasters and their practical applications when planning for or working with children. The webinar features three expert speakers who discuss youth preparedness, response and recovery, and resilience science. The webinar also covers the FEMA Youth Preparedness TA Center and the tools and resources available for those developing or implementing local youth preparedness programs. Be sure to visit the [From Tots to Teens webinar page](#), where you can access the webinar recording, transcript, and slides.

TRAINING OPPORTUNITIES

Webinar: Evidence-Based Strategies to Prevent Substance Use for Parents

Sponsored by Women'sHealth.gov

Tuesday, October 6, at 2:00-3:30 p.m. ET

Register for the webinar [here](#).

Youth Mental Health First Aid

The Pennsylvania Department of Education, Bureau of Special Education is pleased to announce the following training opportunity:

PaTTAN King of Prussia - October 14, 2015

PaTTAN Harrisburg - October 29, 2015

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. Other professionals such as substance abuse professionals, social workers, school psychologists, school counselors, and nurses may be included as part of the team, but should not serve as the majority of the team as this training is considered introductory and does not inform advanced skills/strategies.

Registration Information: Registration is NOT available on-line. To register your team, please contact the people at your regional office listed below.

Harrisburg - Wendy Weary, wwear@pattan.net; 717-901-2273

King of Prussia - Delores Lawson, dlawson@pattan.net; 800-441-3215 x7216

Responding to Students Impacted by Bullying Through a Trauma-Informed Approach

The Center for Safe Schools 2015-2016 Third Thursday Bullying Prevention Online Learning Series

Thursday, October 15, 2015

3:00 p.m. to 4:15 p.m.

This presentation will address the psychological impact of bullying on students. The focus will be on the potential traumatizing effects of bullying, including placing students at risk for the development of posttraumatic stress disorder (PTSD), depression, anxiety problems, and self-harm. There will also be a discussion of the signs that teachers and parents can look for that may suggest that a student is being seriously affected and when to seek professional help. Additionally, evidence-based treatment approaches for students significantly impacted by bullying will be described.

The Center for Schools and Communities, as a division of the Central Susquehanna Intermediate Unit, is offering Act 48 professional development credit for those with Pennsylvania teaching or administrative certificates. Please register for "Responding to Students Impacted by Bullying Through a Trauma-Informed Approach" on October 15, 2015 3:00 PM EDT at: <http://www.safeschools.info/bullying-prevention/professional-development>

After registering, you will receive a confirmation email containing information about joining the webinar.

Mark your calendars for our future 2015-16 Third Thursday On-Line Learning Series dates:

- November 19, 2015: Evidenced-Based Trauma-Informed Practices
- January 21, 2016: Screaming Mimis? Two-Headed Snakes? Influence of Adult Bullies on School Climate
- February 18, 2016: Building Empathy and Acceptance of Special needs Children Through Classroom Meetings
- March 17, 2016: Creating a Safe Space for LGBTQ Students
- May 19, 2016: Bullying; Teen Dating Violence; Hazing

Bipolar Spectrum Disorders in Youth

October 15, 2015

8:30 a.m. - 4:15 p.m.

University Club (on the University of Pittsburgh Campus)

Pittsburgh, PA

This conference conducted by the Child and Adolescent Bipolar Spectrum Services (CABS) of WPIC will focus on the assessment, differential diagnosis, and treatment of bipolar spectrum disorders in youth.

Early and correct diagnosis is critical in youth with mood dysregulation; however, it can often take up to ten years to identify and treat bipolar disorders. During the meeting, faculty from CABS will cover various topics including high risk populations, assessment methods, early diagnosis, psychosocial and medication interventions, and management of bipolar spectrum disorders in youth.

Please visit the conference website <http://www.wpic.pitt.edu/oerp/conferences> for program description and registration information, or contact Nancy Mundy at 412.204-9090 or via email mundynl@upmc.edu.

Pennsylvania Family Support Alliance Fall Conference

October 21, 2015

Genetti Hotel and Conference Center

200 West Fourth St.

Williamsport, PA 17701

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

This training day is designed for staff or volunteers in organizations addressing the needs of substance abusers, their families and children. Treatment professionals as well as family support/parent education staff will increase their knowledge of current trends substance use, intervention and treatment in Pennsylvania.

Workshops will provide information and strategies for helping families, including parents in recovery, on the impact of addiction on parenting and children, issues specific to women, resources available for recovering parents and the ways that family structure are affected by addiction. We will feature several recovering addicts and family members who have agreed to share their stories with us.

Sponsored by PA Family Support Alliance, a statewide child abuse prevention organization offering services to parent educators, early childhood educators, mandated reporters of child abuse, addiction treatment providers and prevention programs for community members.

PASAP Regional Workshops and Webinars:

PASAP Northwest Region Workshop (north)

October 19, 2015

9:00 AM – 3:00 PM

Northwest Tri County IU5

252 Waterford Street

Edinboro, PA 16412

Presenters:

Ryan Klingensmith: "Current Social Media Apps with Youth"

Susan Tarasevich: "Innovations for 21st Century SAP"

Continuing Education credits available.

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

PASAP Eastern Regional Workshop

November 5, 2015
8:30 AM – 3:00 PM
Caron Treatment Center
150 Galen Hall Rd
Wernersville, PA 19565

Presenters:

Deb McCoy: "Sexting and Act 26 Update"

Sabrina Valente, MA: "Our LGBTQ Youth and How We Support Them in Schools"

Cheryl Knepper, MA: "Sex Addiction and Adolescence- When to Be Concerned"

Continuing Education credits available.

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

PASAP Webinar: Current Social Media Apps with Youth

November 04, 2015

2:30 PM - 3:15 PM

Presenter: Ryan Klingensmith

Participants will learn about popular social media apps currently being used by youth. During this webinar, attendees will learn about different categories of apps, how they are utilized and potential maladaptive behaviors with each app and how to communicate with youth about responsible social media usage.

Go [here](#) for more information.

PASAP Webinar: Can't Quit Now! Games, Apps and the Internet

January 6, 2016

2:30 PM - 3:15 PM

Presenter: Stephanie Colvin Roy

Participants will learn about popular video games, apps and Internet hot spots that captivate young people's attention. During this webinar, attendees will examine genres of games that have the potential to become addictive and hear about free and affordable parental controls.

Click [here](#) for more information.

PASAP Northwest Region Workshop (south)

December 2, 2015

9:00 AM – 3:00 PM

Midwestern IU4

453 Maple Street

Grove City, PA 16127

Presenters:

Ryan Klingensmith – "Current Social Media Apps with Youth"

Susan Tarasevich – "Innovations for 21st Century SAP"

Continuing Education credits available.

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

Safe Schools Conference

October 29-30, 2015

"Keeping Our Children Safe: Strategies for Schools and Communities."

Hilton Harrisburg

Harrisburg, PA

Additional information and online registration is available at:

<http://www.safeschools.info/professional-development/2015-safe-schools-conference>

SAVE THE DATE

2016 PASAP/PAMLE Conference

February 28, 29 and March 1, 2016

Penn Stater Conference Center Hotel, State College, PA

For information, visit <http://www.pasap.org>

PBIS Implementer's Forum

May 5-6, 2016

Hershey Lodge and Convention Center

Registration details available in February, 2016

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

FUNDING OPPORTUNITIES

Funding Announcement: Evidence-Based Practices for Reducing Substance Use

Pennsylvania Commission on Crime and Delinquency's (PCCD) Office of Juvenile Justice and Delinquency Prevention has released a competitive solicitation for applications focusing on SAEDR Category 1, which offers funds to non-profit organizations to provide research-based approaches to prevention, intervention, treatment, training, and education services that reduce substance abuse, or provide resources to assist families in accessing these services. The focus of this funding opportunity is to support programs for youth, and their families where applicable.

SAEDR Funds are available to non-profit organizations, and may not be awarded directly to governmental agencies. Partnerships are encouraged, and non-profit organizations may jointly apply for funds with a local unit of government, but they are not required to do so.

A variety of prevention and intervention programs are eligible for funding, along with the Communities That Care process. A number of eligible programs are supported by the EPISCenter including: (*indicates a Blueprints Model Program)

- Big Brothers/Big Sisters (Community-Based only)
- Life Skills Training (Middle School only)*
- Positive Action (Elementary and Middle School Curriculum)*
- Project Toward No Drug Abuse*
- Strengthening Families Program 10-14

Additional resources and information are available at www.episcenter.psu.edu/saedr.

Due Date - All applications must be submitted, electronically through PCCD's Egrants System no later than October 8, 2015 by 11:59 p.m., Eastern Time.

Please note: The Egrants Help Desk is available to assist with questions until 4:00 p.m. Eastern Time. Contact the PCCD Egrants Help Desk at (717) 787-5887 or toll-free at (800) 692-7292, option 9 and then option 6. The Egrants email address is: RA-eGrantsSupport@pa.gov.

NEWS

Close Friendships in Adolescence Predict Health in Adulthood

Teens are often warned to beware the undue influence of peer pressure, but new research published in *Psychological Science*, a journal of the Association for Psychological Science, suggests that following the pack in adolescence may have some unexpected benefits for physical health in early adulthood.

Psychological scientists Joseph P. Allen, Bert N. Uchino, and Christopher A. Hafen found that physical health in adulthood could be predicted based on the quality of close friendships in adolescence. In addition, efforts to conform to peer norms were actually linked to higher quality health in adulthood.

"These results indicate that remaining close to -- as opposed to separating oneself -- from the peer pack in adolescence has long-term implications for adult physical health," says Allen, a researcher at the University of Virginia. "In this study, it was a robust predictor of increased long-term physical health quality."

The intense adolescent focus on forming and maintaining peer relationships may well result from an instinctive recognition that these relationships are linked to well-being.

"Peer relationships provide some of the most emotionally intense experiences in adolescents' lives, and conformity to peer norms often occurs even when it brings significant costs to the individual," the researchers write. "Cross-cultural research has found that an approach to social interactions that emphasizes placing the desires of one's peers ahead of one's own goals--much as adolescents do when they conform to peer norms--is linked to reduced life stress."

Results indicated that both high-quality close friendships and a drive to fit in with peers in adolescence were associated with better health at age 27, even after taking other potentially influential variables such as household income, body mass index, and drug use into account.

"From a risk and prevention perspective, difficulty forming close relationships early in adolescence may now be considered a marker of risk for long-term health difficulties," Allen explains.

In the future, long-term health promotion efforts may want to consider the quality of social relationships in adolescence in addition to more commonly investigated health risks, such as obesity and smoking.

Read more [here](#).

Physical Activity, Sadness, and Suicidality in Bullied U.S. Adolescents

A study to be published in the October 2015 issue of the *Journal of the American Academy of Child and Adolescent Psychiatry (JAACAP)* reports that exercise for 4 or more days per week is associated with an approximate 23% reduction in both suicidal ideation and attempt in bullied adolescents in the U.S.

Across the U.S., nearly 20% of students report being bullied on school property. Bullying is associated with academic struggle, low self-esteem, anxiety, depression, substance abuse, and self-harm. Exercise has been widely reported to have robust positive effects on mental health including reduction in depression, anxiety, and substance abuse.

Using data from a nationally representative sample of youth who participated in the National Youth Risk Behavior Survey (CDC), a group of researchers led by Dr. Jeremy Sibold of the University of Vermont, examined the relationship between exercise frequency, sadness, and suicidal ideation and attempt in 13,583 U.S. adolescents in grades 9-12. The authors hypothesized that exercise frequency would be inversely related to sadness and suicidality and that these benefits would extend to bullying victims.

Overall, 30% of students studied reported sadness for 2 or more weeks in the previous year; 22.2% and 8.2% reported suicidal ideation and suicidal attempt in the same time period. Bullied students were twice as likely to report sadness, and three times as likely to report suicidal ideation or attempt when compared to peers who were not bullied. Exercise on 4 or more days per week was associated with significant reductions in sadness, suicidal ideation, and suicidal attempt in all students. In particular, the data showed a startling 23% reduction in both suicidal ideation and suicidal attempt in bullied students who exercised 4 or more days per week.

Based on these findings, the authors concluded that exercise may represent a safe, economical, and potentially highly effective option in the response to bullying in schools. Bullying is a severe and growing public health burden with consequences reported across the life span. More research is necessary to further define the mechanisms behind these findings as well as the role that exercise can play in reducing the often severe mental

health consequences for victims. Further, the paper raises the possibility of exercise programs as a public health approach to reduce suicidal behavior in all adolescents. This is particularly important consideration due to the fact that many high schools in our country have little or no exercise programs for non-varsity athletes. Read about the study [here](#).

Study Finds Adolescents Who View Medical Marijuana Ads More Likely to Use the Drug

Adolescents who saw advertising for medical marijuana were more likely to either report using marijuana or say they planned to use the substance in the future, according to a new RAND Corporation study.

Studying more than 8,000 Southern California middle school students, researchers found that youth who reported seeing any ads for medical marijuana were twice as likely as peers who reported never seeing an ad to have used marijuana or report higher intentions to use the drug in the future. The study was published online by the journal *Psychology of Addictive Behaviors*.

Researchers say the study -- the first to explore a link between marijuana advertising and youth behavior -- still cannot directly address whether seeing ads cause marijuana use. However, the study does raise questions about whether there is a need to revise prevention programming for youth as the availability, visibility and legalization surrounding marijuana changes.

Researchers say they could not determine whether adolescents who were predisposed to use marijuana paid more attention to marijuana advertising or whether the advertising may have influenced adolescents' attitudes toward the drug.

"Given that advertising typically tells only one side of the story, prevention efforts must begin to better educate youth about how medical marijuana is used, while also emphasizing the negative effects that marijuana can have on the brain and performance," D'Amico said.

The findings also emphasize the need for a policy discussion about whether regulations may be needed to limit advertising about marijuana for both medical and recreational use, such as the regulations in place that govern advertising of alcohol and tobacco. Read more [here](#).

Adolescents More Likely Not to Smoke When Cigarette Ads Feature Older Adults

In a recent study, published in the *Journal of Consumer Psychology*, researchers found that regulators may want to rethink the guidelines they apply to the alcohol and tobacco industries. The study titled, "The effects of advertising models for age-restricted products and self-concept discrepancy on advertising outcomes among young adolescents," was written by Cornelia Pechmann, a marketing professor at UC Irvine's Paul Merage School of Business, and two Merage School PhDs, Todd Pezzuti, PhD '12, who now teaches in the Industrial Engineering Department at the University of Chile, and Dante Pirouz, PhD '10, who teaches at the Ivey Business School at Western University in London, Canada.

"Advertising policy is based on the assumption that certain similarities between the models used in alcohol and tobacco ads, and the consumers who view the ads, are what drive persuasion, especially similarity in age. On the surface, psychological research and theory seems to support this view," said Pechmann. "However, our study indicates that adolescents respond differently when the advertised product is age-restricted. This is an important finding, as it may signify a need to change the way we approach advertising guidelines for certain products to protect young people from predatory advertising practices. Cigarette and alcohol industry guidelines state they will use young adult ad models who are 25 years of age or older to protect adolescents, which seems reasonable, but in fact 14-15 year old adolescents are most persuaded to smoke and drink by those 25 year old models that they use."

During the study, Pechmann and her colleagues conducted a series of experiments which involved giving a group of adolescents professionally produced mock magazines, then having them answer questions about the magazine's content. The line of questioning included personal inquiries about the subjects' intent to smoke in the future. The magazines included different advertisements to test the research hypotheses.

Results of the first experiment showed that advertisements featuring young (17-year-old) cigarette models actually decreased the adolescents' intent to smoke. When the ads featured young adult models (25 years old),

the adolescents' intent to smoke increased. Interestingly enough, when mid-aged adult models (45 years old) were used, the advertisements had no effect on the subject group's intent to smoke.

In a third experiment, the researchers found that the level to which adolescents conformed to young adults and diverged from other adolescents, after exposure to cigarette advertisements, depended on the level of dissatisfaction the adolescents felt towards their age.

"The significance of our findings is that, while the cigarette and alcohol industries have agreed to use models that appear to be 25 years of age or older to protect adolescents, their efforts may be having the exact opposite effect," said Pechmann. "Advertisements for age-restricted products may prompt adolescents to respond to dissatisfaction with their age by behaving like young adults. In the case of tobacco advertisements, more young people may be choosing to smoke as a result." Read more [here](#).

Children with ADHD and Their Mothers May Live Less Than Average Population

Psychiatric disorders like Attention Deficit Hyperactive Disorder (ADHD) impact family's emotions and social life. It is well known. What is new is that this condition also affects the DNA of patients and their parents. Brazilian scientists from the D'Or Institute of Research and Education (IDOR) and the Federal University of Minas Gerais (UFMG) found that ADHD kids and their mothers are more likely to have shorter telomeres, a hallmark of cellular aging, which is associated with increased risk for chronic diseases and conditions like diabetes, obesity and cancer.

Telomeres cap the ends of chromosomes and act as protection against the loss of protein-coding DNA during cell division. While telomere shortening happens naturally with aging, researches indicate the process is accelerated by psychological and biological stress. The shorter the telomeres are, shorter is the biological "life expectancy" of one.

The study, published in *Frontiers of Molecular Neuroscience*, assessed the length of telomeres from 61 ADHD children (age 6 to 16) and their parents. Even among the children, who are beginning their lives, researchers found shorter telomeres than those that would be expected for their ages. Although mother's telomeres were also shorter, they did not find any alteration in the father's telomere length.

The researchers believe the phenomenon is due to the stress that ADHD symptoms generate for the children and their mothers. Mothers are in most cases the main caretaker of the offspring, showing higher levels of depressive disorders and stress in parenting their children than fathers. ADHD symptoms usually appear during childhood and vary from inattention, hyperactivity and impulsivity -- a combination that can produce negative effects on children's and its relative's lives.

The findings underscore the importance of intervening early to address behavior issues in children to prevent psychosocial stress and shortening of telomeres.

"Decreasing the hyperactivity and impulsivity levels in children is fundamental to them and their mothers and this can be achieved by several behavioral techniques applied as soon as possible," affirms another author of the study, geneticist and pediatrician Débora Miranda from UFMG. Read more about the study [here](#).