

SAP COUNTY COORDINATION UPDATE

September, 2017



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

www.pnsas.org

(The views and opinions expressed in portions of this update or views contained in links to other publications listed here are those of the authors and do not necessarily reflect the official policy or position of PNSAS.)

PENNSYLVANIA NETWORK FOR STUDENT ASSISTANCE SERVICES INTERAGENCY UPDATE

Sample SAP Parent Consent Has Been Revised

In keeping up with best practice, the sample parent consent form was revised in August of 2017.

The sample consent includes the following additions:

- The name and position of each school team member that will be participating on your SAP team during the current school year.
- The name, title and agency of each of the mental health and/or drug & alcohol or behavioral health consultant(s) that will be serving your SAP team during the current school year.

The consent form can be found on the SAP web site at

<http://pnsas.org/Portals/1/Uploaded%20Files/ParentConsentForm%208-2017.doc>.

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](#).

Prevent Suicide PA

The Pennsylvania Adult/Older Adult Suicide Prevention Coalition (PAOASPC) and the Pennsylvania Youth Suicide Prevention Initiative (PAYSPI) will be merging on September 10, 2017 to form a new organization called *Prevent Suicide PA*. *Prevent Suicide PA* will address suicide prevention across the life span. The organization's goal is to prevent suicide in Pennsylvania through education, training, awareness, reducing stigma, and involving those with lived experience (Loss and Attempt Survivors). *Prevent Suicide PA's* new website at www.PreventSuicidePA.org will be launched later this month.

Prevent Suicide PA will hold its first "Suicide Awareness Day" at the State Capitol on Monday, October 16th from 9:00 AM – 10:30 AM. Please join *Prevent Suicide PA* and help to bring suicide prevention and mental wellness into the spotlight. Speakers will include several legislators, mental health professionals, and attempt and loss survivors (representing lived experience from all age groups). Display tables will provide organizations with an opportunity to share suicide prevention materials.

New Report from the Pennsylvania State Epidemiological Outcomes Workgroup (SEOW)

The SEOW recently completed a data brief on prescription opioid misuse among youth across Pennsylvania. The report took data from Pennsylvania Youth Survey (PAYS) and the National Survey on Drug Use and Health (NSDUH) related to prescription opioid misuse, attitudes and perceptions toward misuse, and access to prescription drugs. The report concludes with recommendations for preventing prescription opioid misuse. The report can be found [here](#).

SAP BACK TO BASICS

SAP and Suicide Prevention

National Suicide Prevention Week begins with World Suicide Prevention Day on Sunday, September 10, 2017 and runs through Saturday, September 16, 2017. In this edition of the SAP County Coordination Update you will find resources that address youth suicide prevention that may be very helpful to your district in its continuing efforts to address Act 71. During National Suicide Prevention Week, we want to take the opportunity to remind you that the Student Assistance Program (SAP) should be, if it is not already, part of the safety net for students that your district is developing through Act 71.

Youth suicide prevention/intervention has been part of the Pennsylvania SAP model since 1986-87. It was during that time frame the Pennsylvania Department of Public Welfare (now known as the Pennsylvania Department of Human Services), Office of Mental Health and Substance Abuse Services (OMHSAS) in response to an increasing adolescent suicide rate, provided for the expansion of the model to include intervention strategies for students at risk for suicide.

To make sure your safety net is strong, each year the school/SAP team should in-service staff, students, and parents on:

- Early identification of observable at-risk behaviors.
- Process for referring students to SAP.
- Other in-school supports/resources.
- Community supports/resources.
- The district's youth suicide prevention policy and procedures for responding to suicidal behaviors, ideation or self-harming behaviors.

To strengthen the SAP portion of the safety net, take a few minutes at your next team meeting and go through the checklist below.

- ✓ How well is your SAP team functioning?

- ✓ What is the composition of your team?
- ✓ Is there a building administrator on your team?
- ✓ When was the last time your SAP team members participated in maintenance?
- ✓ Has your SAP team been in-serviced on your district's youth suicide prevention policy and procedures?
- ✓ Does your SAP team function as the Crisis team? If not how does your SAP team communicate with the Crisis team/administration after a crisis, suicide attempt, completed suicide, postvention?
- ✓ Have your SAP team members received any training in suicide awareness/prevention within the past three years?
- ✓ Is SAP being coordinated with other programs, initiatives, activities, etc.?

Suicide prevention is everyone's business. So let's be about the business of mending any holes and keep our safety net as strong as we possibly can so that our students cannot slip through! Contact your Regional Coordinator for information on resources. Don't know who your Regional Coordinator is? Click [here](#).

RESOURCES

National Suicide Prevention Week

The National Action Alliance for Suicide Prevention ([Action Alliance](#)) and its partners are coming together from September 11 to 16 to inform the public about simple actions that can support someone in crisis and help save a life. This September, during National Suicide Prevention Month and National Suicide Prevention Week, the Action Alliance is asking organizations to help educate the public about the role anyone, anywhere can play in being there for someone who is struggling or in crisis. Following are some ways to get involved:

- Sign up for the National Suicide Prevention Week [Thunderclap campaign](#).
- Promote the hashtag #NSPW in social media posts.
- Visit the Action Alliance [website](#) for information on partner campaigns focused on being there for others.
- Post [shareable social media icons](#) on your social media channels.
- Download and customize a National Suicide Prevention Week [Facebook frame](#).

Effective Suicide Prevention Video

SPRC is pleased to announce the release of its new video, [Effective Suicide Prevention](#). This four-minute recording provides a brief overview of our [Effective Suicide Prevention Model](#), which can help you carry out suicide prevention efforts that are most likely to be effective. It will guide you through the three elements of the model-- [Strategic Planning](#), [Keys to Success](#), and [Comprehensive Approach](#). Please visit our [website](#) for more information on the Effective Suicide Prevention Model and resources related to each of its three elements.

National Day of Prayer for Faith, Hope, & Life

The National Action Alliance for Suicide Prevention's ([Action Alliance](#)) Faith Communities Task Force is promoting a [National Day of Prayer for Faith, Hope, & Life](#) the weekend of September 8th through the 10th. In honor of World Suicide Prevention Day on September 10th, the task force is leading a national movement among faith communities to offer prayers and focus on ways to be there for those in distress. Take these [three simple steps](#) to prepare for the National Day of Prayer for Faith, Hope, & Life: (1) communicate, (2) plan and pray, and (3) educate community members about the event. Watch this [video](#) to learn more about how to get involved.

Fetal Alcohol Spectrum Disorder (FASD) Awareness Day/Month

September 9th is celebrated annually as International FASD Awareness Day to promote education and awareness efforts on FASD. More recently, the month of September has been designated as FASD Awareness Month. FASDs are completely preventable by abstaining from alcohol while pregnant. Despite myths and misconceptions, there is no scientific evidence that confirms a “safe” amount of alcohol that will not affect the developing fetus. To recognize FASD Awareness Month and Day this year, the National Organization on Fetal Alcohol Syndrome (NOFAS) and its Affiliate Network; the American Academy of Pediatrics (AAP); the American Congress of Obstetricians and Gynecologists (ACOG); and the CDC-funded FASD Practice and Implementation Centers (PICS), and National Partners and FASD advocates from across the globe have joined together to produce this packet of materials to assist you in planning your activities and events. Visit www.nofas.org/fasdmonth for updated details on FASD Month and FASD Day. Go [here](#) to download a comprehensive packet which provides suggestions and resources to raise awareness of the risk of prenatal alcohol exposure and to prevent FASD through the month of September and on FASD Day, September 9th. Developed by NOFAS and its FASD Month committee partners, this comprehensive packet provides suggestions and resources to raise awareness about the risk of prenatal alcohol exposure.

What is Complex Trauma: A Resource Guide for Youth and Those Who Care about Them

The National Child Traumatic Stress Network has developed a guide for youth who have experienced—or know someone who has experienced—Complex Trauma. Older youth, adolescents, and young adults can explore the information in this guide on their own to help them better understand Complex Trauma and the effects. Clinicians, caregivers, and other adults can also use the guide to have conversations with youth about Complex Trauma and about the coping methods that help, those that can cause problems, and strategies to make things better. Download the 19-page guide [here](#).

Recognizing Drug Use in Adolescents: A Quick Guide for Caregivers and Adults

Alcohol and drug use poses significant risks for the healthy development of adolescents, yet substances of abuse are often readily accessible at school, at home, and in the community. This guide has been developed to facilitate early identification of substance use problems in youth. Developed by the National Child Traumatic Stress Network, this free 32-page guide summarizes signs of intoxication, use, and abuse commonly reported by substance users and provides descriptions of numerous substances and their use. Included is information about common drugs of abuse and key information to help identify youth at risk. Included in the guide are tips on how a teenager might look, act, and feel while intoxicated as well as drug paraphernalia and language associated with each drug.

Download the guide [here](#).

Focus on Prevention: Strategies and Programs to Prevent Substance Abuse

This new publication from SAMHSA guides communities in planning and delivering substance abuse prevention strategies. It covers needs assessments, identifying partners, creating effective strategies, marketing, special populations, and program evaluation. Includes a sample timeline of tasks. Go [here](#) to download a free copy.

New Report Finds that 12th Grade Aged High School Dropouts are More at Risk for Substance Use

A new report by the Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) reveals that substance use was more likely among 12th grade aged dropouts than among 16 to 18 year olds who were still in school.

Twelfth grade aged dropouts were more likely to have engaged in past month use of cigarettes (55.9 vs. 20.2 percent), alcohol (41.1 vs. 33.7 percent), binge alcohol (31.8 vs. 22.1 percent), illicit drugs (31.4 vs. 18.1 percent), marijuana (27.5 vs. 15.6 percent), and nonmedical use of prescription-type drugs (9.5 vs. 4.6 percent).

“The impact of dropping out of high school is profound, regrettably leading to many negative economic and health outcomes both for the individual and the community” said Frances M. Harding, Director for SAMHSA’s Center for Substance Abuse Prevention. “Substance abuse prevention efforts can reduce the risk of individuals dropping out of school which greatly increases their likelihood of future positive employment, financial and health outcomes.”

SAMHSA and the National Institute on Drug Abuse have developed several educational resources on substance use for youths, parents, and other adults, including the following free resources to download.

- Online guides and tip sheets for youths that address the risks of initiating use across a wide variety of substances, including alcohol (<https://www.samhsa.gov/too-smart-to-start>), marijuana (<http://store.samhsa.gov/shin/content//PHD641/PHD641.pdf>), prescription drugs (<http://store.samhsa.gov/shin/content//SMA12-4677B2/SMA12-4677B2.pdf>), heroin (<http://store.samhsa.gov/shin/content//PHD860/PHD860.pdf>), and tobacco (<http://store.samhsa.gov/shin/content/PHD633/PHD633.pdf>)
- General guidelines for parents, educators, and community leaders (<http://www.drugabuse.gov/sites/default/files/preventingdruguse.pdf>)
- Resources for teachers (<http://teens.drugabuse.gov/educators>) and parents (<http://teens.drugabuse.gov/parents>) to address drug use among youths.

The National Survey on Drug Use and Health (NSDUH) Report: *Substance Use among 12th Grade Aged Youths, by Dropout Status*, is based on combined 2002-2014 data from the SAMHSA National Survey on Drug Use and Health (NSDUH). NSDUH is a scientifically conducted annual survey of approximately 67,500 people throughout the country, aged 12 and older. The report is available at: https://www.samhsa.gov/data/sites/default/files/report_3196/ShortReport-3196.html.

SAMHSA Releases Report on Adolescent Inhalant Use

In 2015, approximately 684,000 adolescents ages 12 to 17 used inhalants in the past year, and adolescents were more likely than adults to have used inhalants in the past year to get high. In this issue of *The CBHSQ Report*, titled "Understanding Adolescent Inhalant Use," 2015 National Survey on Drug Use and Health data are used to explore inhalant use in the United States among those aged 12 or older. The report highlights facts about adolescent inhalant use and types of inhalants commonly used by teens. Read “Understanding Adolescent Inhalant Use” [here](#).

After Charlottesville: It’s What We Do and Not Just What We Teach

One natural reaction to the events in Charlottesville is to focus on what schools should do in the aftermath. Many see this as a teachable moment. Others are concerned about the impact of the events themselves on students and what to do about helping students who feel unsafe and what to do to prevent conflicts from arising at school.

Howard Adelman & Linda Taylor at The Center for Mental Health in Schools and Student/Learning Supports at UCLA suggest that the need at schools is to proceed in four major ways:

- (1) use it as a teachable moment,
- (2) start a review process to ensure that such matters are fully integrated into the ongoing curriculum,
- (3) Identify and provide supports for affected students,
- (4) translate the values being taught into actions in classrooms and school-wide that enhance a climate that is welcoming, socially supportive and just, caring, nurturing, and respectful for all students and school personnel.

Go [here](#) for more information on possible resources Adelman & Taylor list for discussion.

FUNDING OPPORTUNITIES

The Pennsylvania Commission on Crime and Delinquency's (PCCD) Office of Criminal Justice System Improvements announces the availability of Substance Abuse Education and Demand Reduction (SAEDR)

Category Two funds. Category Two funds are designed to educate youth, caregivers of youth and employers about the dangers of substance use and increase awareness of the benefits of a drug-free Pennsylvania through media-related efforts that may include public service announcements, public awareness campaigns and media literacy.

Special considerations will be given to projects that focus on the use of opiates within the Commonwealth.

Applications must be submitted in PCCD's Egrants System no later than 11:59 P.M. on October 6, 2017. For more information go to <https://www.pccdegrants.pa.gov/egrants/Public/OpenAnnouncements.aspx>.

TRAINING OPPORTUNITIES

Webinar: Supporting Families Affected by Opioid and Other Substance Use Disorders

September 6, 2013

1-2:30 p.m. ET

SAMHSA and the Administration on Children, Youth, and Families, Children's Bureau invite you to join a webinar titled, "Supporting Families Affected by Opioid and Other Substance Use Disorders, CAPTA Plan of Safe Care."

This webinar will provide:

- Current data on the opioid crisis and child welfare services
- Information on the changes made to the Child Abuse Prevention and Treatment Act (CAPTA) through the passage of the Comprehensive Addiction and Recovery Act and Plan of Safe Care Provision
- Strategies for strengthening collaboration between systems working with pregnant women with opioid and other substance use disorders
- Lessons learned and best practices from the Substance Exposed Infants In-Depth Technical Assistance program and Policy Academy for addressing prenatal substance exposure.

To register click <https://register.gotoweinar.com/register/4134987638497339394>.

Innovative Approaches to School-Based Suicide Prevention — Notes from the Field Webinar

September 12, 2017 1-2 p.m. or September 13, 2017 2-3 p.m.

Hosted by Kognito

The 2017-18 school year begins on the heels of new CDC data documenting the rise in rates of youth suicide. The data urgently call for school districts and their partners in public health to find new and more effective ways of engaging school communities to ensure that troubled students are identified early and connected to care.

Join us for a panel discussion where school district leaders from Virginia, Maryland, Ohio, Texas, and California will talk about using a new approach to suicide prevention. Learn more and register [here](#).

Pennsylvania Juvenile Officers' Association 2017 Training Conference

October 10-12, 2017

Holiday Inn

Grantville, PA 17028

Visit www.pjoa.org for more information

SAVE THE DATE

2017 PASAP Fall 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.

Registration, agenda and workshop details will be sent out at a later date.

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

2018 PASAP-PAMLE Conference

February 25-27, 2018

Penn Stater Conference Center

State College, PA

NEWS

***13 Reasons Why* Tied to Rise in Suicide Searches Online**

New research suggests that Internet searches for suicide-related terms increased following the release of the Netflix series *13 Reasons Why*. Researchers examined Google data from the three-week period after the series premiere and found that while searches related to suicide prevention increased, searches indicating suicidal ideation rose more steeply. For example, queries for the search terms "suicide prevention" and "suicide hotline number" were 20 percent higher than expected for that time period, and queries for "how to commit suicide" were just over 25 percent higher. The authors cautioned that their findings could not determine whether the searches were connected to suicidal behavior. According to Madelyn Gould, professor of epidemiology in psychiatry at Columbia University, more research is needed to understand how the series has influenced suicide risk in the population. "These analyses, by Ayers and his team, seem to indicate that suicide awareness was heightened and I think that that is a relief, but unfortunately at what price was that awareness raised?" she said. Read the [research study](#) and check out Suicide Prevention Resource Center's (SPRC) list of [resources on 13 Reasons Why](#).

One in 6 Women with Learning Disabilities has Attempted Suicide

A new study by the University of Toronto found that the lifetime prevalence of suicide attempts was much higher for women who had been diagnosed with learning disabilities (16.6%) compared to women who had not (3.3%). Men with learning disabilities also were more likely to have attempted suicide compared to men without learning disorders (7.7% vs 2.1%).

"Learning disabilities such as dyslexia cast a very long shadow. Adults with learning disabilities still had 46% higher odds of having attempted suicide than their peers without learning problems, even when we took into account a wide range of other risk factors including lifetime history of depression and substance abuse, ADHD, early adversities, age, race, sex, income and education" reported lead author Professor Esme Fuller-Thomson, Sandra Rotman Endowed Chair at University of Toronto's Factor-Inwentash Faculty of Social Work and Director of Institute for Life Course and Aging.

“When we focused only on individuals in the survey with learning disorders, we found that people who had been exposed to chronic parental domestic violence had double the odds of suicide attempts” said co-author Samara Z. Carroll, a recent University of Toronto social work graduate.

Fuller-Thomson also noted "our findings of the strong link between learning disabilities and suicide attempts provide an additional reason to prioritize the early detection and timely provision of effective educational interventions for children with dyslexia and other learning problems. In addition to the benefits of these treatment for improving learning skills and academic success, it is possible that they may also decrease long-term suicide risk. It is unacceptable that many children with learning disabilities languish for years on waiting-lists for needed educational interventions." Read more about the study [here](#).

Report Reveals that about 1 in 8 Children Lived with at Least One Parent who had a Past Year Substance Use Disorder

About 1 in 8 children (8.7 million) aged 17 or younger lived in households with at least one parent who had a past year substance use disorder (SUD), according to a new report by the Substance Abuse and Mental Health Services Administration (SAMHSA). SUDs are characterized by recurrent use of alcohol or other drugs (or both) that results in significant impairment.

In addition, the report shows that about 1 in 10 children (7.5 million) lived in households with at least one parent who had a past year alcohol use disorder and about 1 in 35 children (2.1 million) lived in households with at least one parent who had an illicit drug use disorder in the past year.

“Substance use disorders can have a profound influence on the lives of people and their families, particularly their children,” said Dr. Kim Johnson, director for SAMHSA’s Center for Substance Abuse Treatment. “The data in this report highlights the potential breadth of substance use prevention and treatment needs for the whole family.”

The National Survey on Drug Use and Health (NSDUH) Report: *Children Living with Parents Who Have a Substance Use Disorder* is based on combined data from the 2009 to 2014 National Surveys on Drug Use and Health. The report is available at: https://www.samhsa.gov/data/sites/default/files/report_3223/ShortReport-3223.html

Many resources are available to help children when a parent uses substances or has an SUD. SAMHSA provides information and resources for professionals who work with these families: <https://ncsacw.samhsa.gov/>.

For additional SAMHSA resources, visit <https://www.samhsa.gov/treatment/>.

National Institute of Justice Releases School Safety Report

[The National Institute of Justice \(NIJ\)](#) has released "[Summary of School Safety Statistics](#)". This report provides data to support or dispel common perceptions related to school safety. Federal agencies, including the Departments of Education and Justice, and school safety experts collected the data reported in this publication. Topics addressed include school crime; school shootings and violence; traumatic events, such as bullying; and the threat of violence using social media.