SAP CONNECTION

November, 2019

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

www.pnsas.org

PNSAS INTERAGENCY UPDATE

ACT 147 OF 2004 WEBINAR

On October 8, 2019, the Office of Mental Health and Substance Abuse Services (OMHSAS) hosted a statewide webinar to discuss Act 147 of 2004, Mental Health Treatment – Consent to Treatment, Release of Medical Records. The recording of the webinar along with supporting documentation can be found here.

A frequently asked questions document is also being created and will be available upon completion.

If you have any questions regarding Act 147 of 2004, please submit them to: ra-pwAct147of2004@pa.gov.

2019-20 Student Assistance Program PDE-4092

The 2019-20 SAP reporting website opened at the beginning of October to accept your data! The PDE-4092 form has been updated based on input from schools. Please review the form, particularly to the changes that have been made to questions: 8, 9, 10, 16, 20, 21, and 22. The due date for submission of your 2019-20 SAP data is June 30, 2020. If you have any questions, please contact your SAP Regional Coordinator.

Coming Up! SAP Liaison Online Networking Opportunity November 21, 2019

The Pennsylvania Network for Student Assistance Services is pleased to announce an online networking opportunity for SAP liaisons to be held on Thursday, November 21, 2019 from 2:30 p.m.--4:00 p.m. The format of this live networking session will allow liaisons to ask questions and exchange ideas that focus on their role as SAP liaisons. This will be held via the Zoom platform and can be accessed via computer or phone. Registration will be required due to limited capacity.
An email with the link will be sent out once registration is closed. Registration deadline is November 14, 2019.
Complete the survey link to register: https://www.surveymonkey.com/r/ML2VN95.

2020 PSA Contest for Youth Suicide Prevention

Prevent Suicide PA is once again hosting the annual PSA contest. This is a great opportunity to engage students in a dialogue around suicide prevention, the importance of positive messaging, and communicating effectively. Staff who have participated in the past have seen this as a way to teach students on many levels (academically, socially, and emotionally), and students have been empowered to use their voice to reach out to their peers.

This year's contest will be announced during National Suicide Prevention week, starting **Monday, September 9, 2019** and all submissions are due by **Friday, November 15, 2019**. Please be on the lookout for additional information in early September. All of the winning and honorable mention PSAs from previous years are available for free public use and can be accessed by visiting http://psa.preventsuicidepa.org. Any questions about the contest or the PSAs can be emailed to rose.milani@jefferson.edu.

SAP FACTS

We continue our series on the Pennsylvania Student Assistance Program Components and Indicators which focus on SAP best practices. This month highlights the third essential component of SAP practice which is "SAP Referral Mechanisms". The original handbook can be located on the SAP website at http://pnsas.org/Portals/1/Uploaded%20Files/componentsandindicators.pdf

SAP Referral Mechanisms
The Student Assistance process is initiated by the referral source submitting the referral that would reference his/her concern for a student. A SAP referral can be submitted by anyone in the student's life is concerned (e.g. school staff, peer, family member, community member). The school's SAP team should make referral forms easily available via the school's website, as well as in accessible locations in the building (e.g. near nurse's office, library, guidance, etc.). Locked SAP drop boxes should be available for the completed referral forms. Some schools even promote SAP at their Parents' Night and make the referral forms available then, along with other general SAP information.
Of course, students themselves can go directly to a SAP team member or guidance counselor to ask for help. When counselors or other staff are approached, that staff member would be the person to complete the school's SAP referral form.
Regardless of the way the referral is received, this initial SAP referral can fall into a few basic categories. The first might be for a general "student at-risk" or environmental concern (i.e. "family", "social", "other"). The second category involves observations including changes in behavior, a decline in academics, increased health concerns, or decreased attendance at school.
No incoming referral or its source should be trivialized. Ultimately it is up to the discretion of the SAP team to determine how to move forward with the referral. Decisions by the SAP team should be based on a combination of parent contact and, data obtained as part of the referral. Teams should consider the use of the Student Information/Behavioral Observation Forms to ensure that decisions are made based on observable data and not on a "gut feeling" or opinion.
For the current 2019-20 school year, the SAP Reporting Form (the 4092) includes additional referral sources. This was designed to accommodate the integration of other school-based teams (e.g. Child Study, MTSS, PBIS) and the Safe2Say initiative. The 4092 Form can be accessed on https://www.safeschools.pa.gov.

RESOURCES and NEWS

School Safety District Guide
As part of National Preparedness Month in September, the Department of Education, along with the Departments of Health and Human Services, Homeland Security, and Justice, issued a planning guide to help districts support schools in developing and maintaining customized emergency operations plans (EOPs). "The Role of Districts in Developing High-Quality School Emergency Operations Plans" delivers on an interagency recommendation from the Federal Commission on School Safety's final report to provide resources for schools and districts in developing customized EOPs with community partners, such as first responders. It serves as a complement to the "Guide for Developing High-Quality School Emergency Operations Plans," suggesting specific roles and responsibilities for district-level leaders and staff.

Supporting Youth Affected By Substance Abuse
Mental health and substance abuse treatment professionals play an important role in identifying and addressing trauma exposure, traumatic stress and substance abuse and the extent to which it affects overall emotional, behavioral and social well-being of children and their families. The National Child Traumatic Stress Network (NCTSN) offers resources to help professionals and parents or caregivers support youth impacted by substance use.

Recognizing Drug Use in Adolescents: A Quick Guide for Caregivers and Adults
Recognizing drug use in adolescents can sometimes be difficult for concerns caregivers and adults. Developed to facilitate early identification of substance use in youth, this guide provides information about commonly abused drugs and key details to help you identify at-risk youth. Download the guide here.

Helping Your Teen Cope with Traumatic Stress and Substance Abuse
A guide for parents and caregivers who believe their teenagers might be experiencing problems as a result of traumatic stress and substance abuse. This guide provides information about the connections between trauma and drug abuse, tips for helping your teen cope with trauma and stay drug free, and additional resources for getting help for your teen. Download this resource here.

Understanding the Links between Adolescent Trauma and Substance Abuse: A Toolkit for Providers
For substance abuse professional, mental health providers, parents, and caregivers, the relationship between trauma and substance abuse in youth sometimes goes unnoticed. This comprehensive toolkit is designed to explore the connection between trauma and substance abuse, stress the importance of proper assessment of the co-occurring disorders, and address the challenges and barriers in providing youth with adequate care. Download the toolkit here.

The Role of Trauma among Families Struggling with Substance Abuse
Members of the NCTSN Trauma and Substance Abuse Committee, as well as presenters with lived experience, offer their perspectives on the intersections between trauma, caregiver substance use, parenting, and prenatal substance use exposure.   Download the resource here.

TRAINING OPPORTUNITIES

Webinar:
"The Integration of Opioid and Suicide Identification, Prevention, and Care: A National Perspective"
November 4, 2019
12:00 PM—1:00 PM

This webinar will focus on the current state of what we know about opioid use and suicide. In part 1, Dr. Jane Pearson, Chair, NIMH Suicide Research Consortium, will address overall data on opioids and suicide, affected sub-groups, and why certain sub-groups are affected more than others. In part 2, Dr. Richard McKeon, Chief, Suicide Prevention Branch, Center for Mental Health Services, will speak on challenges and opportunities regarding the integration of opioid use and suicide. He will also describe Zero Suicide and other suicide prevention initiatives. To register go to https://tinyurl.com/y282lyul

Webinar
"Bullying Prevention: Building a Culture of Respect"
November 7, 2019
2:00 PM—3:00 PM
In this webinar, sponsored by Kognito, hear a panel presentation where you'll learn how two school districts are addressing bullying in their communities, as well as a national perspective on curbing bullying to improve school climate. All registrant will receive a recording of the webinar. Go here to register.

PASAP Member Webinar:
"Five Things Educators Need to Know about Trauma & PBIS (and most don't)"
Presenters: Susan Tarasevich, Addiction Medicine Services of UPMC &
Carrie Frohnapfle, Allegheny Intermediate Unit
November 13, 2019
2:30 PM—3:30 PM
Webinar Description: Two of every three children by age 17 may experience or witness a traumatic event that disrupts thinking, memory, and regulation. Skilled educators can mitigate the effects trauma in students. Come and explore research-informed principles underpinning a five-step framework for creating a trauma-responsive, school

environment that aligns with PBIS. Using lessons learned from current initiatives in area schools, review a model for integrating awareness of trauma into existing PBIS.   Register here.

PASAP Member Webinar:
"How Can SAP Teams Help with All This Vaping?"
Presenter: Melissa Groden, Council of Southeast Pennsylvania
January 15, 2020
2:30 PM—3:30 PM
This webinar will provide current education on vaping in schools and discuss ways SAP teams can support students who would like a vape-free school, those who would like to stop vaping and how team members can provide education/resources to their educational community.   Register here.

SAVE THE DATE

2020 PASAP Conference
February 23-25, 2020
Penn Stater Conference Center Hotel
215 Innovation Blvd.
State College, PA 16803
Information will be available at: http://pasap.org/

PASAP Member Webinar:
"Teens and Technology"
Presenter: Sarah Billman
April 22, 2020
Registration information coming soon

Webinar Description: Social media, online gaming, video games and gambling have the same effect on the brain as drugs and alcohol. Teens, as digital natives, are the most frequent users of technology and therefore more vulnerable to the negative impacts. This workshop provides insight to this emerging process addiction.

2020 STAR-Center Conference
Friday, May 15, 2020
Pittsburgh, PA
Information will be available at: https://www.starcenter.pitt.edu/

GRANTS

Kars4Kids Small Grant Program
Kars4Kids is dedicated to helping children develop into productive members of their communities.
To that end, the organization's small grant program supports educational initiatives and youth development programs in North America with grants ranging from $500 to $2000. The program is especially interested in encouraging continued education outside of school and empowering future citizens and leaders of the community. Fundable activities include libraries, afterschool programs, mentoring, exercise programs, weekend programming, incentives for continued reading and math work, and anti-bullying initiatives. Go here for more information and application instructions.