

SAP CONNECTION

April, 2021



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

www.pnsas.org

PNSAS INTERAGENCY UPDATE

Funding for SAP K-12 Training

Single County Authorities (SCAs) may have funding available for SAP K-12 Training. If you are in need of funding to have staff trained, reach out to your SAP liaison who can connect you with or communicate your training needs to your SCA. If your SCA does not currently have funding, making them aware of your training needs can still be valuable. If SCAs have opportunities to request or apply for additional funding, knowing the need for SAP training can allow them to potentially include additional funds for training in their request or application.

Prevent Suicide PA PSA Contest

Prevent Suicide PA has announced the high school student winners and honorable mentions for their 2021 PSA Contest for Youth Suicide Prevention. The categories for the contest included posters, 30-second audio clips, 30-second video clips, and 60-second video clips. All PSAs are available for public use and can be accessed on the Prevent Suicide PA website at <http://psa.preventsuicidepa.org/2021-2/>. Additionally, all winners and honorable mentions from past years of the contest are available at <http://psa.preventsuicidepa.org/>. Prevent Suicide PA plans to honor the student winners this spring.

PA Department of Education-Remaking Tomorrow Survey

The challenges of teaching and learning during COVID-19 have shown how we must change and what we can't afford to lose post-pandemic. Educators across the state are facing a pivotal moment. The PA Department of Education, is hosting a series of role-specific listening sessions with teachers, principals, superintendents, out-of-school time providers, and early childhood educators.

Sessions will provide a chance for you to share successful practices and experiences from the last year. By taking part, you'll also contribute to a larger call for change. Insights from these sessions will be used to shape programming, strategies, and state-wide policy moving forward. Sessions will be 1.5 hours in length and will take place in the coming weeks.

Please direct any questions to tyler@remakelearning.org.

Register [here](#) for an upcoming session.

- April 1: 12:00-1:30 PM
- April 8: 10:00-11:30 AM

If you can't make a session, you can still take part by completing the Remaking Tomorrow survey: [Take the survey now](#).

SAP BACK TO BASICS

SAP and School-Based Outpatient Treatment: The Communication Connection.

Student Assistance Program (SAP) teams are routinely involved with prevention and intervention efforts and not treatment, so why would SAP teams be concerned with school-based outpatient treatment? What is the connection between them?

To explore this "connection" let's first review what the [SAP Frequently Asked Questions and Best Practice Responses \(updated February 2021\)](#) says regarding treatment in general and also school-based outpatient treatment. Three questions that address this area are #18, #59, and #61.

Question 18: Can the SAP team provide treatment? No. SAP does not provide treatment and is not a treatment program. SAP utilizes effective and accountable professional techniques to mobilize school resources to remove the barriers to learning and, where the problem is beyond the scope of the school, assists the parent/guardian and the student with information so they may access services within the community. SAP team members do not diagnose, treat, or refer for treatment, but they may refer for a screening/assessment for treatment.

As part of the SAP process, an intervention plan is developed that includes strategies for removing the learning barriers and promoting the student's academic and personal success to include in-school services and activities. If the SAP liaison determines intervention is necessary following the screening, they make a recommendation for treatment. Some suggestions for services and activities can include:

Academic / school based supports:

- Academic supports (e.g., tutoring, speech/language supports, Title I, etc.)
- School team supports (e.g., MTSS)
- Group intervention (e.g., Skill building, support)
- Alternative school placement

Individualized interventions:

- One-to-one counseling with school counselor and/or school psychologist
- Services by/from school social worker
- One-to-one follow-up with team member or other school personnel
- Crisis intervention

The **SAP FAQ response to question 59** indicates that a school-based outpatient treatment provider is a category of professionals that can attend SAP training but not serve on a SAP team. Based on FAQ responses to #18 and #59, we know that the SAP team does not provide treatment nor does a therapist sit on a SAP team. So, what is the connection between SAP and school-based treatment?

If a school-based therapist does not sit on a SAP team, should information be shared, and if so, how? **SAP FAQ question 61: How can an outpatient treatment provider communicate information to the SAP team?** A communication mechanism should be developed, with appropriate releases, between the outpatient treatment provider and SAP team to share educationally relevant information that may help inform appropriate action planning.

Communication is the key component and must occur to aid the intervention process and ultimately success for the referred student in the school setting. Has your team established a protocol for this to occur on an on-going basis? You know what works best! One example utilized is when the provider attends a portion of one meeting a month to verbally report on their assigned cases.

Since the Commonwealth Student Assistance Program's inception, it established the importance of school and agency collaboration which has expanded intervention options available to youth referred to the program. Following a screening and subsequent assessment, when warranted, a student may be referred for outpatient treatment services. Through letters of agreement/contracts, many schools are fortunate to have outpatient treatment delivered in the school setting. This has removed a myriad of barriers associated with youth accessing treatment and is a valuable resource; however, it is an agency service occurring in the educational environment. Each entity adheres to separate laws and regulations so it is imperative that boundaries, confidentiality, and SAP protocols be addressed when collaborating to develop the yearly letter of agreement/contract. Having this valuable resource provided in the school can be an asset or, if not properly planned and implemented, cause consternation for SAP teams, outpatient providers, and most importantly youth and families. Both SAP teams and providers need to be clear on how they connect, communicate, and interface when a SAP referred student is receiving school-based treatment. Remember, proper communication says it all! Located [here](#) is a sample agency protocol developed by Blair County SAP Coordination Team. For additional ideas, contact your [PNSAS regional coordinator](#).

RESOURCES and NEWS

Learn About Marijuana Risks-SAMHSA

Know the Risks of Marijuana

Marijuana use comes with real risks that can impact a person's health and life.

Marijuana is the most commonly used illegal substance in the U.S. and its use is growing. Marijuana use among all adult age groups, both sexes, and pregnant women is going up. At the same time, the perception of how harmful marijuana use can be is declining. Increasingly, young people today do not consider marijuana use a risky behavior.

But there are real risks for people who use marijuana, especially youth and young adults, and women who are pregnant or nursing. Today's marijuana is stronger than ever before. People can and do become addicted to marijuana. Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6.

Marijuana Risks:

Brain health: Marijuana can cause permanent IQ loss of as much as 8 points when people start using it at a young age. These IQ points do not come back, even after quitting marijuana.

Mental health: Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. It is not known, however, if marijuana use is the cause of these conditions.

Athletic performance: Research shows that marijuana affects timing, movement, and coordination, which can harm athletic performance.

Driving: People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.

Baby's health and development: [Marijuana use during pregnancy](#) may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development, resulting in hyperactivity and poor cognitive function. Tetrahydrocannabinol (THC) and other chemicals from marijuana can also be passed from a mother to her baby through breast milk, further impacting a child's healthy development.

Daily life: Using marijuana can affect performance and how well people do in life. Research shows that people who use marijuana are more likely to have relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.

For more information, click [here](#).

TRAINING OPPORTUNITIES

Suicide Risk Assessment for Mental Health Professionals

Prevent Suicide PA

April 6, 2021 from 12:00-1:00 PM

Presenter: Dr. Matthew Wintersteen, Thomas Jefferson University

Department of Psychiatry & Human Behavior

Director of Training and Higher Education Efforts

Training Details: In this training, attendees learn how to identify youth that may be at risk for suicide, through strategies including conducting a clinical interview, including parents, and stratifying risk. Additional recommendations for collecting valid data as part of a risk assessment are provided. This training is appropriate for school mental health professionals, crisis workers, and therapists.

Click [here](#) to register.

NEW Webinars added to the Transitional Age Youth (TAY) Webinar Series

The [Addiction Technology Transfer Center Network \(ATTC\)](#) is partnering with [NORC, at the University of Chicago](#) and the [Association for Multidisciplinary Education and Research in Substance use and Addiction \(AMERSA\)](#) to bring a series of virtual events examining special topics for working with adolescents and transitional age youth that relate to substance use and mental health conditions. The teen and young adult years are an important time for early intervention into substance use and mental health. There are many evidence-based practices and promising interventions that can be used effectively.

The goal of this series is to provide evidence-based and cutting-edge information on substance use prevention and intervention to an inter-professional audience of behavioral health practitioners for working with adolescents and transitional age youth (18 - 25).

[Integrating Grief and Loss Conversation into the Screening, Brief Intervention and Referral to Treatment \(SBIRT\) Model](#)

- April 6, 2021 1:00-2:30 PM
- May 5, 2021 12:00-1:30 PM

Click [here](#) to register.

Check the [AMERSA website](#) for this training and information on future topics in this series that include:

- Substance Use in Adolescents and Transitional Age Youth: Justice Involvement and Homelessness
- Digital Mental Health and Addiction Interventions for Adolescents, Young Adults and Families
- Substance Use Disorders: Appreciating the Challenges of Minority Youth
- Who? What? Where? Why? Clinical Sites for TAY Addiction Treatment

PA Care Partnership: Moral Injury: Invisible Wounds and Unspoken Words

April 8, 2021 from 2:30-4:00 PM

This presentation, provided by Rev. Toneh Smyth, L.S.W. will focus on the effects of moral injury from trauma (causal mechanisms, symptoms, behavior manifestation, psychosocial effects, and interventions). The demographic focus will be veterans with military sexual trauma, children of veterans, and family systems. It will address the gap in services as well as barriers faced. It will end with methods and current programs to address this void in interventions.

Click [here](#) to register.

Safety Planning for Mental Health Professionals

Prevent Suicide PA

April 13, 2021 from 12:00-1:00 PM

Presenter: Dr. Matthew Wintersteen, Thomas Jefferson University

Department of Psychiatry & Human Behavior

Director of Training and Higher Education Efforts

Training Details: This training will provide an overview of safety planning, a brief clinical intervention that empowers youth to recognize and utilize their own strengths and resources to manage periods of rumination and contemplation of suicide behavior. The approach was originally developed within the Veterans Administration system and has since been adapted for work outside of the VA and with youth and families. This intervention is based on a cognitive-behavioral approach and can be implemented by mental health providers across a range of settings. Attendees will learn the components of a safety plan, how to develop the plan, and how to include parents in the process.

Click [here](#) to register.

Postvention for Schools and Community Behavioral Health Partners

Prevent Suicide PA

April 20, 2021 from 11:30 AM-1:00 PM

Presenters:

Paula McCommons, Ed.D

Director, STAR-Center Outreach and Behavioral Health Liaison for Allegheny County Student Assistance Program

UPMC Western Psychiatric Hospital

Perri Rosen, PhD, NCSP

Consulting Psychologist, Pennsylvania Office of Mental Health and Substance Abuse Services

Training Details: This training provides an overview of the rationale and recommendations for conducting postvention in schools after a tragic loss, underscoring how postvention planning is a key component of comprehensive school-based suicide prevention efforts. Attendees will learn the essential components of a postvention response and the various responsibilities of postvention team members. The training will highlight tools, templates, and resources available through the STAR-Center's *Postvention Standards Manual: A Guide for a School's Response in the Aftermath of a Sudden Death (Fifth Edition)*.

Click [here](#) to register.

PASAP Member Webinar:

April 21, 2021 from 2:30-3:00 PM

Preparing for Prevention Week. This session will explore the relationship between SAP and Prevention and boost enthusiasm for Prevention Week. Speakers from Caron Treatment Center will be Gretchen Hagenbuch, Student Assistance Regional Coordinator and Madison Dorschutz, SAP Specialist.

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

Means Reduction for Mental Health Professionals**Prevent Suicide PA**

May 4, 2021 from 12:00-1:00 PM

Presenter: Dr. Matthew Wintersteen, Thomas Jefferson University

Department of Psychiatry & Human Behavior

Director of Training and Higher Education Efforts

Training Details: Restricting access to lethal means during times of suicidal crises has been repeatedly shown to reduce the likelihood of suicide attempts and death. The purpose of this training is to examine means restriction from both a public health and clinical perspective. Strategies to effectively reduce access will be discussed. Finally, skills to approach the topic of lethal means restriction with patients and their families will be covered, with the goal to assist those most at risk for suicide to reduce the likelihood of suicide attempts and death.

Click [here](#) to register.

Prevent Suicide PA Annual Conference

May 13-14, 2021

The Virtual 2021 PA Suicide Prevention Conference will be held on May 13-14, 2021. This event is designed to meet the needs of professionals, survivors, and interested parties who would like to know more about suicide prevention, intervention, and meeting the needs of suicide survivors. It designed to meet the diverse interests and needs of attendees, while creating a powerful opportunity for networking, learning, and developing techniques to prevent suicide in the community and the Commonwealth, as well as meet the needs of those who have survived the loss of a loved one by suicide.

Plenary sessions will feature Dr. Thomas Joiner and Representative Mike Schlossberg as well as an overview of statewide suicide prevention efforts by the Governor's Suicide Prevention Task Force. The agenda also includes over twenty exciting and informative breakout sessions.

Registration is \$50 per person and includes access to all of sessions. Groups over 10 individuals may qualify for a discounted group rate. Please register now to be a part of this import and exciting virtual event.

Click [here](#) to register.

Family Engagement for Mental Health Professionals**Prevent Suicide PA**

April 27, 2021 from 12:00-1:00 PM

Presenter: Dr. Guy Diamond, Drexel University

Director of Family Intervention Science and Couple and Family Therapy PhD Program

Training Details: Caregivers are typically the gatekeepers to adolescents receiving mental health care, but may experience barriers to pursuing or engaging in treatment. We begin by discussing the importance of engaging families when working with depressed and or suicidal adolescents. We also teach clinical engagement strategies based on the principles of attachment-based family therapy to help reduce barriers to help seeking and increase caregiver motivation to find appropriate care for their child or participate in family therapy. Audience members have opportunities to practice these techniques during the workshop.

[Click here](#) to register.

SAVE THE DATE

Commonwealth Prevention Alliance (CPA) Conference-Leading the Challenge

Preconference-Deep Dives May 19 & 26 and June 2 & 9, 2021

Main Event: June 15-17

To view all conference details, speakers, session descriptions, and to register, click [HERE!](#)

The Keynotes will be LIVE, 1 hour, and include a Q&A segment with the presenter.

Workshops will be pre-recorded for 30 minutes with 30 minutes of live Q&A with the presenter.

"A Seat at the Table," CPA's networking event is scheduled in the evening on Tuesday, June 15th.

Full conference registrants will be granted access to ALL sessions (including the workshops you may have missed).

The recorded videos will be available to view through July 1, 2021.

The Pennsylvania Commission on Crime and Delinquency (PCCD) and the Evidence-based Prevention and Intervention Support (EPIS), Penn State, College of Health and Human Development, Edna Bennett Pierce Prevention Research Center are supporting CPA's conference by offering up to **60 SCHOLARSHIPS** for individuals to attend the full conference. Please review the scholarship guidelines and apply [HERE!](#)

GRANTS

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

SAMHSA is accepting applications for fiscal year (FY) 2021 Screening, Brief Intervention and Referral to Treatment (SBIRT) grants. The purpose of this program is to implement screening, brief intervention, and referral to treatment services for children, adolescents, and/or adults in primary care and community health settings (e.g., health centers, hospital systems, health maintenance organizations (HMOs), preferred-provider organizations (PPOs), Federally Qualified Health Care (FQHC) systems, behavioral health centers, pediatric health care providers, Children's Hospitals, etc.) with a focus on screening for underage drinking, opioid use, and other substance use.

Eligible applicants include:

Public and private non-profit health care or behavioral health care systems such as HMOs, PPOs, FQHC systems, hospital systems, pediatric health care providers, children's hospitals, and community health or behavioral health centers. (Note: For community health or behavioral health centers, the highest office of a Director or Chief Executive Officer must be the applicant.) Preference is for systems with integrated specialty treatment care or the ability to establish integrated care mechanisms.

Application Due Date: Monday, April 19, 2021. Read more [here](#).