

SAP CONNECTION

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

www.pnsas.org

PNSAS INTERAGENCY UPDATE

Spring is on the way, time to think about the end of the year PDE 4092 SAP report. The data is due on June 30, 2023. Need help completing the form, download a copy of the [PDE 4092 Instructions](#). Enter your [data here](#). Remember once you have submitted your data don't forget to release it.

Did you also know that you can generate a district and school report? Instructions for doing this are available by downloading the PDF document [How to generate SAP Reports.pdf](#).

If you are experiencing technical difficulties with the login/ password/ application in general contact Jay Wasser at c-jwasser@pa.gov or (814) 243-3658.



WHAT'S IN YOUR SAP FILES?

Good question! Check out the following Q&A from one of our favorite resources the Pennsylvania's Student Assistance Program: Frequently Asked Questions and Best Practice Responses document. [SAP FAQ 2021](#)

SAP Q&A: # 40. What routinely should be kept in a student's SAP educational record?

Please remember the SAP record is part of the student's educational record. Considerations for what should be maintained in a student's SAP record include, but is not limited to, the following:

SAP Team

- Referral form with reason for referral (should only include objective, observable behaviors, not opinion and hearsay)
- Student information forms (behavioral checklists)
- Student documentation utilized in planning, i.e., attendance records/discipline records
- SAP intervention plan developed with parent/guardian involvement
- Date and outcome of parent/guardian contacts
- Agency and/or school entity release of information forms, if applicable
- Following parent/guardian permission, documentation of SAP team meeting action plan with outcomes
- Follow-up actions taken by SAP team
- Copy of SAP PDE 4092

Parent/guardian

- Written parent/guardian permission form
- Documentation of parent/guardian refusal
- Documentation of follow-up contact with parents/guardians, including participation at meetings and involvement in intervention planning

Agency/liaison

- If applicable, the name of the MH and/or D&A agency
- Date that the MH screenings/assessments occurred and recommendations, if provided
- Date that the D&A screenings/assessments occurred and recommendations, if provided. Do not include dates without a release signed by the student from the assessment provider.
- Date that the BH screenings occurred and recommendations, if provided
- Do not include any written copies of reports from treatment agencies with the SAP record. This would also include screenings/assessments done by SAP liaisons.

SAP FAQ Q&A: 45. How long do SAP records need to be kept, and how should they be destroyed?

- As part of the educational records, SAP records fall under the school entity's policy.

INFORMATION



RESOURCES AND NEWS

Engaging Staff, Students, and Families: A Schoolwide Approach. A look at how school leaders can get started bringing their community together to work toward shared goals. [Click here for rest of article.](#)

Practical Theorist on Fentanyl: Fentanyl is one of the most dangerous substances circulating in communities across America. It is a synthetic opioid that is up to fifty times stronger than heroin and 100 times stronger than morphine (DEA Fentanyl Factsheet, 2020). As little as 2mg of fentanyl – the equivalent of a few grains of salt – can be lethal, particularly for youth, young adults, or others who have not previously used fentanyl or other opioids (EMCDDA, 2011). [Click here to download document.](#)

Cybersecurity and Infrastructure Security Agency (CISA) released its [“Partnering to Safeguard K-12 Organizations from Cybersecurity Threats”](#) report with a supporting [toolkit](#). The report provides recommendations and resources to help K-12 schools and school districts effectively reduce their risk in the evolving, disrupting, and damaging cybersecurity threat landscape. It also provides insight into the current threat landscape and the K-12 community’s capacity to prevent and mitigate cyberattacks, offering simple steps school leaders can take to strengthen their cybersecurity efforts.

The Office of Mental Health and Substance Abuse Services (OMHSAS) is issuing this Bulletin to provide guidance for the implementation of Act 65 of 2020 (“Act 65”) (35 P. S. §§ 10101.1-10101.2). Act 65 governs who can provide consent for voluntary mental health treatment of minors who are 14 years of age and less than 18 years of age (“minor”), in both inpatient and outpatient settings. Act 65 also addresses which individuals may grant consent to the release of a minor’s medical records.

Act 10 of 1970 (“Act 10”) provided minors the ability to consent to medical, dental, and health services. Act 147 of 2004 (“Act 147”) amended Act 10 to include provisions regarding voluntary inpatient and outpatient mental health treatment for minors.

On September 21, 2020, Act 65 replaced Act 147 and further amended Act 10, by providing clarity on who can consent to voluntary inpatient and outpatient mental health treatment of minors and the release of their mental health records. Act 65 governs the mental health treatment of minors in conjunction with the Mental Health Procedures Act (“MHPA”) (50 P. S. § § 7101—7503).

Questions and Comments regarding Bulletin OMHSAS-23-01 may be directed to (717) 705-8289 or RA-PWACT65of2020@pa.gov.

Recent Changes in Suicide Rates by Race and Ethnicity and Age Group

The Centers for Disease Control and Prevention ([CDC](#)) has released a [data brief](#) on changes in suicide rates between 2018 and 2021 by race and ethnicity and age group. The data show disparities in suicide rates among populations by race and ethnicity and age group in the context of a rise in overall suicide rates. These findings reinforce the need for a [comprehensive approach](#) to preventing suicide, especially in communities that are disproportionately affected.

988 Mental Health Line Receives Over Two Million Calls and Texts in Six Months

In the six months after its transition to a three-digit number, the [988 Suicide & Crisis Lifeline](#) received more than two million calls, texts, and chat messages. At the end of 2022, the Lifeline and the [Veterans Crisis Line](#)—which can be reached by calling or texting 988 and pressing 1—saw increased call volume compared to the same period in 2021. “It does let us know that people are struggling, people are having a hard time,” said Miriam Delphin-Rittmon, assistant secretary for mental health and substance use in the Department of Health and Human Services. “Where I feel heartened is that people are getting connected to services and supports, as opposed to struggling on their own.” The number of 988 centers taking calls in Spanish has also grown, with plans to launch Spanish text and chat options later this year. A new pilot line for LGBTQ youth may also be expanded, and some states are considering dedicated lines for certain populations, like Washington’s [crisis line](#) for American Indian and Alaska Native people. Find [resources](#) for implementing 988.



WELLNESS CORNER

Motivation is a key factor in many areas of our lives. From work to home to school, motivation keeps us moving in the right direction and helps us achieve our goals. However, motivation does not come without effort. It takes work to build and maintain. Consider these tips for staying motivated:

- **Seek Encouragement** – Building a network of supporters, including friends, family and co-workers, will help to keep your motivation level high.
- **Find Inspiration** – Is there an image or saying that makes you feel like the sky's the limit? Keep it in the forefront of your mind.
- **Break Up Your Goals** – Small steps lead to big progress. Take it one step at a time, rather than in one large stride.
- **Maintain Positivity** – Frame your statements and goals in a positive way, focusing on what you will achieve, rather than what you might lose.
- **Practice Forgiveness** – Recognize that mistakes happen. Do not let a mistake or setback stifle your motivation.

Source: Optum live and work well

TRAINING OPPORTUNITIES

SAP Trainings are available both in person and virtually in certain locations throughout the state. These trainings are delivered by PA Approved SAP Training Providers. For a complete listing [click here](#) to access the training calendar.

PA Care Partnership : virtual Speaker Series 2023: [click here for details](#).

- **Thursday, March 9, 2023, from Noon to 1:30 pm.** Healing-Centered Practices and Psychological Flexibility for Providers, Community Members, and Healers: A case study of AAPI communities and mental health. [Register now.](#)

Prevent Suicide PA is offering new courses at pspalearning.com. These are just a two of the new courses being offered:

- [Why People Die by Suicide](#)
- [Novel Approaches to the Assessment and Management of Suicidal Risk in Adolescents](#)

[Click here](#) to register and access these courses and more. Enrollment is free and open to anyone.

Trauma Training: The Offices of Children, Youth and Families, and Mental Health and Substance Abuse Services have partnered with PA Care Partnership to provide any child welfare professionals in Pennsylvania FREE Trauma Training provided by Lakeside Global until September 30, 2023, or while funding is available. For individuals looking for Trauma Training, there are multiple cohorts for courses and workshops scheduled on specific dates and times available through <https://lakesidelink.com/training/course-registration-2023/>. Training available includes the following: Enhancing Trauma Awareness, Deepening Trauma Awareness, Applying Trauma Principals, Train the Trainers, and Trauma 101 through 109 Workshops.

Handle With Care program, a simple and inexpensive communication program between law enforcement and schools to support youth exposed to traumatic events. Check out the webinar video: <https://youtu.be/tGJNovC1VIO>, and document, <https://resilientlehighvalley.org/handle-with-care/>.

Trauma ScreenTime Schools Course: is a free online training course on how to screen children for trauma in schools. Developed by the [Child Health and Development institute](#), in collaboration with families and experts. The course is based on current research and best practices and is appropriate for child-serving staff and administrators in various roles within a school, with a particular focus on those who are not clinically trained. The course shows how to develop a screening process, conduct brief trauma screening, and connect families with their preferred supports and services. Continuing education credits are available for completing the whole course.

National SEL Conference – Finding Common Ground, May 15-17, 2023, [Click here to register](#)

HealthKnowledge: Self-paced Professional Development & Training

[HealthKnowledge](#) offers hundreds of courses on topics related to substance use disorder, recovery, mental health, and prevention efforts. These self-paced courses are available online, anytime, anywhere! Join over 89,000 behavioral health professionals—take a HealthKnowledge course today!

Center for Safe Schools:

- Listen to Joey Melvin on WITF’s Smart Talk (School violence is a growing concern, here’s some ways to resolve it) [click here](#)
- Review previously recorded sessions on topics from the third [Thursdays series](#)

2022-2023 Equity Speaker Series: [Click here for courses and registration](#) the speakers series is funded by PDE Statewide Systems of Support.

Topics of upcoming trainings include:

- 3/14/2023: Black/African American
- 4/18/2023: Hispanic/ Latino
- 5/16/2023 Students with interrupted education



PCCD Grants: PCCD announces all funding opportunities on its website. Use this Link to see what current opportunities are available. <https://www.pccd.pa.gov/Funding/Pages/default.aspx> You can also subscribe to receive email notifications when these opportunities are available. [Click here to do so.](#)