

SAP CONNECTION

November 2022



Prepared by: PA Network for Student Assistance Services (PNSAS)
www.pnsas.org

PNSAS INTERAGENCY UPDATE



Reminder

2023 PSA Contest for Youth Suicide Prevention:

This year's submissions are due by Wednesday, December 14, 2022.

[Click here](#) for entry categories and contest rules.

PDE 4092: The 2022-2023 blank reporting form is available on the Safe Schools Online [website](#). The deadline for submission of your SAP data is June 30, 2023. [Download](#) a copy of the 2022-2023 SAP PDE 4092 Blank Printable Form. For assistance completing the form [download](#) a copy of the PDE 4092 Instructions.

Annual PNSAS Surveys

PNSAS is conducting two annual surveys, the SAP Team and Liaison surveys, these are **due by November 30, 2022**. The goal of the surveys is to help your regional coordinator provide better technical assistance for your area. There should be one SAP Team survey submitted for each SAP team. The SAP Liaison Survey should be completed by one person from each agency. If the agency provides services in more than one county, they should complete one survey for each county they serve. If you have any questions, contact your [Regional Coordinator](#).

Pennsylvania Psychostimulant Symposium - Overcoming Barriers & Making A Difference

Registration is open for the **4th Annual VIRTUAL Psychostimulant Symposium** on Wednesday, December 7 and Thursday, December 8, 2022.

Pennsylvania is still seeing a rise in stimulant misuse. However, data continues to show that polysubstance use has increased among individuals experiencing a substance use disorder (SUD). Additionally, as we look to treat this disease and help Pennsylvanians in long-term recovery, we must also recognize the barriers and challenges that these individuals experience every day. This symposium will use data to tell the story of what is happening across the state and nationwide. A focus will also be on addressing current issues that prevent individuals from seeking treatment or maintaining their recovery,

barriers, and what we can do to help them while making a difference in our communities. The goal of the symposium will be to educate and provide resources to attendees to assist in their work to help Pennsylvanians suffering from SUD.

Attendance is free, but pre-registration is required. Register today: [PA Psychostimulant Symposium \(papsymposium.org\)](http://papsymposium.org) Have questions regarding the symposium? Call 610-494-8044 or email registrations@bridgeconsultingcorp.com.

SAP BACK TO BASICS

SAP Team Case Management

It is only November, and your SAP team has been inundated with referrals. Quite frankly you and the rest of the team are feeling very overwhelmed trying to manage all of them, and the holiday break cannot come soon enough. Case management of referrals can help eliminate some stress for teams and provide parents/guardians with a single point of contact which helps in engaging them in the process.

Case managing referrals should not be left up to one or two team members. It is not the responsibility of just the school counselor nor the job of the SAP liaison.

Implementing case management as part of the SAP team member's role can be effective and efficient when it comes to the four phases the SAP process.

Check out the [Sample Case Manager checklist](#) on the PNSAS website.

Referral

At the meeting, once the team receives the referral, it gets assigned to a case manager. The SAP team case manager role is to send out, collect, and compile all the observable behavior checklists.

Tip: When selecting a case manager, identify if there is anyone on the team that is familiar with, and has a good rapport with the student. A good relationship that has already been established is helpful when working with the student and family.

Tip: Be sure to evenly distribute referrals so no one team member is overwhelmed with the number of referrals they are case managing.

Tip: Please note that some teams are required to contact parents/guardians, explain SAP, and get signed permission before sending out the observable behavior checklists.

Team Planning

The SAP team case manager:

- Reviews the compilation of the observable behavior checklists with the team.
- Contacts the parent(s)/guardian(s) to explain SAP and obtains written permission for the SAP process and gathers data, perspective.
- Meets with the student to explain SAP and gather data.
- Assist in creation of intervention/action plan.

Tip: Collecting data will be a part of the process throughout the four phases, be sure to bring any additional information collected to the team when updating on a specific case. Be sure to collect information from the parent/guardian to assist in the planning.

Tip: If part of the action plan is a referral to the SAP liaison for screening and/or assessment, be sure that releases of information are obtained for the liaison to share in future team meetings.

Interventions & Recommendations

The SAP team case manager:

- Collaborates with the SAP liaison.
- Provides monitoring of intervention/action plan and updates with parents/guardians and team.

Tip: Remember that implementing the intervention/action plan is important and will need to be adapted throughout the process.

Support and Follow-up

The SAP team case manager:

- Closes case if goals of intervention/action plan are met.
- Completing the PDE4092.

Tip: Remember it is not necessary to keep cases open for the entire school year. If the supports are in place and the intervention/action plan goals have been met, then you can close the case. A student can always be referred again to SAP.

The SAP team case manager is responsible for maintaining the records in the SAP file.

If you have questions about the role of the SAP team case manager, have a chat with your regional coordinator. Not sure who your regional coordinator is? [Click here](#) for a map of the regions and contact information.

RESOURCES AND NEWS

2022 state trends in child well-being: The 33rd edition of the Annie E. Casey Foundation [KIDS Count Data Book](#) presents national and state data across four domains - economic well-being, education, health, and family and community - and ranks states in overall child well-being. The book comprises prepandemic figures and recent statistics. The data book identifies racial and ethnic disparities. An updated [interactive site](#) allows exploration of KIDS COUNT Data Book findings and rankings online. State data profiles on child well-being are available in English and in Spanish.

Comprehensive School- Based Mental and Behavioral Health Services and School psychologist:

Research demonstrates that students who receive social-emotional and mental and behavioral health support achieve better academically. School climate, classroom behavior, engagement in learning, and students' sense of connectedness and well-being all improve as well. Mental health is not simply the absence of mental illness but also encompasses wellness promotion; social, emotional, and behavioral health; and the ability to cope with life's challenges. [Read more.](#)

6 Books for Young Students about Making choices: Helping young learners negotiate the process of making choices can start with these engaging picture books and guided questions. [Click here.](#)

6 Ways to involve Families in Elementary School Classrooms: Building relationships with families early in the school year helps teachers create a strong classroom community. [Click here.](#)

Bullying Prevention: About 1 in 5 high school students reported being bullied at school and more than 1 in 6 high school students reported being cyberbullied in the last year. Bullying can be prevented, and the CSN resources below share how parents, schools, and states can help:

- [Fast Fact: Preventing Bullying Fact sheet](#)
- [Child Safety Data for Bullying Victimization \(fact sheet\)](#)
- [Youth Cyberbullying During the COVID-19 Crisis \(blog post\)](#)
- [Bullying Prevention Resource Guide](#)

Cultural Inclusiveness and Equity WISE ([Well-Being Information and Strategies for Educators](#)), is a FREE mental health literacy training package including an online course, video library + resource collection, and website, that was developed by the Central East MHTTC in partnership with the National Center for School Mental Health. This training package is a companion training to **Classroom WISE**. In Cultural Inclusiveness and Equity WISE, educators learn how inequities in education impact student mental health and how implicit bias influences our perceptions and responses. Educators are also equipped with culturally inclusive and equitable strategies to promote student well-being and support students experiencing adversity, distress, and mental health conditions. A free certificate of completion will be provided to participants upon fulfillment of the course requirements.

An Educator's guide to easing anxiety in the classroom: Adults need to learn what the triggers are for the children, and then help the children identify those triggers, so that they can do better. For instance, in a classroom, it might be certain words that trigger something worrying. The first thing we must do is know our children, and what I call the emotional baggage that they are coming into the classroom with, because a lot of our children are coming in with a lot of baggage. [Read more!](#)

How Anxiety Leads to Problem Behavior: What most of us think are symptoms of anxiety such as clinging to parents, avoiding things, or being very shy are not all inclusive. Often problem behavior can also be a symptom of anxiety. That is because some anxious children feel an overwhelming need to get out of the situation that is making them uncomfortable. That behavior may look like anger or defiance. [Read more!](#)

WELLNESS CORNER



Center for wellbeing at work website. There is a new website, wellbeing4working.com, which is packed with information, methods, and tips on how to lead a culture of wellbeing in your workplace. This website is a clearinghouse and technical assistance center aimed at supporting the wellbeing of staff. Take a deep dive into practical strategies to help you create an environment where people want to

work. [Visit their website.](#)

Learn from the experts how a culture of wellbeing helps employees engage and even thrive under pressure. Plus, explore creative strategies to care for your employees' wellbeing. This website also has prerecorded webcasts- their October 21 episode, "as Leaders we...Stand up' for Human connection. The episode dives into the importance of human connection when times are hard. [Listen now!](#)

The # 1 Way Educators can help keep themselves healthy this winter. [Read more](#) about healthy habits do school and home.

Tapping into Compassion When Students Push your buttons.: our brains are -wired for knee-jerk responses- so how can you keep compassion and empathy front of mind? [Read more.](#)

52 Teacher Wellness & Balance ideas in 2022: Tips to balance teaching, stress and bringing Zen into the classroom. [See more ideas](#) about teaching, teacher, teacher burnout.

Preparing for the Start and End of Daylight Savings Time: Gradually adjust your schedule, sleep well beforehand, consider relaxation techniques, set your clocks before bed, prioritize daylight exposure, take precautions in case of sleep disruption, upgrade your sleep hygiene, and eat a healthy diet. [Read more.](#) **Five ways to help kids adjust to Daylight Savings time.** [Read more.](#)

TRAINING OPPORTUNITIES

SAP Trainings: PA Approved SAP Training Providers deliver these trainings and are available both in person and virtually in certain locations throughout the state. [Click here](#) to access the training calendar.

PA Parent and Family Alliance

Upcoming and archived webinars, tip sheets, and resources are located on their [website](#).

The Pennsylvania Care Partnership: offers trainings and webinars throughout the year.

Center for Safe Schools: Stay tuned for The Third Thursday series. If you missed any of last years' trainings, they are recorded and available by clicking [here](#).

2022-2023 Equity Speaker Series : [Click here for courses](#)

November 15, 2022 - 3:30 PM - 4:45PM: Economically Disadvantaged

December 6, 2022 - 3:30 - 4:45PM: Transgender

Virtual Suicide Prevention Webinars from Prevent Suicide Pa and GLS

November 3, 2022 - 12:00 - 1:15 PM: Postvention Training for Schools and Community Behavioral Health Partners

November 10, 2022 - 12:00 - 1:00 PM: Lethal Means Reduction for Mental Health Professionals

Click [here](#) for more information and to register for any of the webinars.

November 30-December 2, 2022: PA PBS Implementers Forum, Hershey lodge and convention Center, [click here](#) for additional information. [Click here to register.](#)

December 15, 2022: Youth Mental Health First Aide training (8-5pm). This will be an in person training to be held at PMHCA/Youth MOVE PA Office, 2551 Walnut street Harrisburg , Pa 17103 [Register here.](#)

PASAP Conference: In person at the Penn Stater Hotel and Conference Center

February 26 - 28, 2023 The Penn Stater Hotel and Conference Center, State College, PA.

Registration coming soon!