



PNSAS SAP CONNECTION

FEBRUARY 2025

www.pnsas.org

A MONTHLY NEWSLETTER BROUGHT TO YOU BY PA NETWORK FOR STUDENT ASSISTANCE SERVICES

SAP Action Planning

This year's SAP articles will focus on the four phases of SAP. The PA Network for Student Assistance Services has updated SAP training. These articles will review essential tasks in each phase and highlight any changes in the new training model. The four phases of SAP are: referral, data collection, action planning, and follow-up.

A SAP action plan is a data driven tool that provides a structure to set goals and monitor student progress towards resolution of the referral reason. Action plans support follow-through and accountability by establishing measurable indicators of success and determining if student needs are being met.

The action plan documents the steps necessary to connect students to the school and/or community services that are being recommended. Sharing the action plan document with the student and family increases collaboration and communication. The PA Network for Student Assistance Services (PNSAS) developed a fillable action plan template in the "Sample Forms" section of the [Teams page](#) on the PNSAS website. Action plan formats can vary, so feel free to amend this form or develop your own.

In the SAP action plan, teams will summarize data, prioritize concerns to be addressed, and highlight strengths. Action plans should establish goal(s) for the student. Select the data that will help monitor the student's progress towards the identified goals, which may be the same data that demonstrated the concern (e.g., attendance data, behavior checklists, etc.). For each goal, action steps will be created that document what steps will be taken, who will be responsible, and the timeline. The team should set check-in dates and timelines for monitoring student progress and making decisions about modifying the plan or closing the case, etc.

When selecting school-based interventions and supports, consider student strengths and concerns. Strengths can be used to increase engagement and build protective factors. Review the data collected to find opportunities to promote and foster resilience. Ensure the priorities of the SAP team align with the priorities, preferences, and cultural needs of the family and student. It is important to check the availability of resources both in the school and in the community.

When identifying supports, be sure to consider factors that may influence family engagement. Does the family have adequate transportation to access the recommended supports? Are the recommended supports offered at times that work for the family's schedule? Would the support cause them to need childcare for other children? Other considerations include past negative experiences, distrust, and privacy concerns. It's important to remember to practice empathy, avoid judgment, and continue to work toward a mutually agreed upon plan.

When your team has questions about potential mental health or substance use concerns, your next step should be to connect with your SAP Liaison. Liaisons have expertise and knowledge of community resources that can help inform appropriate recommendations. SAP Liaison services vary by county and may include screening or assessment for MH/D&A concerns. If your school does not have a SAP liaison, contact your local county mental health and drug and alcohol agencies to determine what resources are available.

Next month's article will continue with the action planning stage and delve into resource mapping, identifying appropriate supports, and liaison supports.

Please reach out to your [PNSAS Regional Coordinator](#) for assistance.



SAP Interagency

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Training Opportunities

SAP Training -
For upcoming
training
opportunities,
click [here](#).



Grants

For open PA
Commission on
Crime and
Delinquency
(PCCD) grant
opportunities,
click [here](#).



Announcements

PASAP Conference Registration is Open!

The Pennsylvania Association of Student Assistance Professionals is hosting their annual conference on February 23-25, 2025 in State College. Registration is now open and more information can be found by clicking [here](#).

SAP Retraining & Refresher

PNSAS is pleased to announce that over 1,500 individuals have participated in SAP Retraining & Refresher sessions!

Trainings have been held both statewide and locally. PNSAS staff will be presenting the SAP Retraining & Refresher at the 2025 PASAP Conference on Sunday afternoon (2/23).

If you are interested and were unable to register before sessions closed, please reach out to your [Regional Coordinator](#) to inquire about availability of additional sessions.



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2025 PSA Contest for Youth Suicide Prevention

Public voting is now open for Prevent Suicide PA's 13th annual PSA contest for high school students. This is a great opportunity to engage students in a dialogue around suicide prevention, the importance of positive messaging, and communicating effectively.

You may review contest entries and vote for your favorites [here](#). You may vote once daily for as many finalists as you'd like. Winners will be announced in early March. Public voting closes Monday, February 17th at 5:00 pm.



Training Opportunities

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click [here](#).

New 2023-2024 SAP Infographics Now Available!

The [SAP PDE 4092 Infographic](#) data shows SAP teams in PA received 96,518 referrals in 2023-2024. Of those referrals, 33.1% of referrals were at the elementary level, with referrals peaking in 9th grade. The top referral sources reported were Instructional Staff and School Mental Health Professionals. The top referral reasons reported were Externalizing and Internalizing Behaviors.

The [SAP Liaison Services Infographic](#) data shows liaisons participated in 30,444 SAP team meetings in 2023-2024. A total of 20,462 students were screened or assessed for suicidal ideation. Liaisons completed 15,220 screenings and 17,028 assessments in 2023-2024. Of those completed liaison assessments, 72.5% were Mental Health assessments, 11.5% were Drug & Alcohol assessments, and 16.0% were Co-Occurring Assessments.

Both infographics are located on the PNSAS website at www.pnsas.org/data.



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