



# PNSAS SAP CONNECTION

SEPTEMBER 2024

[www.pnsas.org](http://www.pnsas.org)

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

## Referrals: Receiving SAP Referrals and Observable Behaviors

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.

### Referrals

Every school should have a written referral process that is clear. The process should be shared annually with all stakeholders. Referrals should be written and based on observable behaviors of concern. Referrals should not include feelings or judgements. It is helpful when school staff are trained regularly on how to make referrals based on observable behaviors of concern.

Any student K-12 can be referred to SAP! There may be some behaviors that you won't directly "see" or "hear" at school. Referrals may come from a parent, peer, or the student, or even if you overhear something (it can be helpful to use direct quotes on a referral form). Families may report behaviors of concern that may not be directly observable at school (such as vaping). Be mindful of cultural and individual differences in terms of how some concerns may or may not present. SAP team members and school staff need to be aware of their own biases as they collaborate with students and families.

Who can refer to SAP? Anyone! Including: administrators, teachers, school mental health professionals, contracted staff (transportation, custodial, or food service staff), school safety staff, paraprofessionals, parents/guardians, peers, self, or other school teams. Sometimes, community members even refer students.

The PA Network for Student Assistance Services developed a [Sample SAP Referral Form](#) for schools to download and customize. Some school referral forms ask for additional details, such as student strengths, prior strategies/supports tried, and parent/guardian contact(s) made.

After a crisis, referrals may be appropriate for SAP after immediate needs have been addressed. A new stance for SAP is that unless it is a crisis or a clear issue for another school-based team, all referrals should at least move to the data collection phase. We need to make sure students do not fall between the cracks and that we at least explore things before making a decision that they do not need SAP services. After receiving a referral, some teams send a "thank you" to the referral source without sharing specific details being discussed by the SAP team. This ensures the referral source that you have received it and are looking into their concern.

Schools may want to review their referral process and make any updates and share with all stakeholders.



### SAP Interagency

[Department of Drug & Alcohol Programs \(DDAP\)](#)

[PA Department of Education \(PDE\)](#)

[Department of Human Services \(DHS\)](#)



### Training & Networking Opportunities

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

**SAP Liaisons** - SAP Liaison Networking Meetings are being held on these dates:  
10/24/24: 3pm-4pm  
1/15/25: 11am-12pm  
3/11/25: 3pm-4pm  
5/15/25: 11am-12pm  
Access the meetings via zoom [here](#).



### Grants

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



## Announcements

### Standardized

#### 2-Day SAP K-12 Training



SAP training has been standardized across the state of PA. The updated 2-day training is now available for new SAP team members everywhere and Act 48 and Act 45 credits are available. Review all SAP K-12 Trainings available and access registration information [here](#).

### SAP Retraining & Refresher

This new training opportunity was offered by PNSAS as a free 1 hour virtual retraining covering parts of the revised training, including: the new four phase SAP process, updated best practices, and revised SAP terminology.

\*All Fall sessions are currently full!

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

### SAP Liaison Networking Meetings

**SAP Liaisons** - Join liaisons from across the state for networking opportunities on the following dates:

10/24/24: 3pm-4pm

1/15/25: 11am-12pm

3/11/25: 3pm-4pm

5/15/25: 11am-12pm

Access the meetings via zoom [here](#).



### 2025 PSA Contest for Youth Suicide Prevention



Prevent Suicide PA is excited to announce the 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. The 2025 contest will be announced on Monday, September 16, 2024. All submissions are due by Friday, December 20th, 2024. This year we are introducing a deadline for students who would like feedback on their submissions. Students who would like our feedback on their PSAs before they are judged must submit their PSAs by Friday, December 6th, 2024. Contest rules and submission guidelines will be available on the PSA website soon. We're introducing a [PSA Contest Toolkit](#). This toolkit includes updated rules and submission guidelines, tips on how to promote the contest, social media shareables, and a list of suicide prevention resources. All the winning and honorable mention PSAs from previous years are available for free public use including 2024 winners [here](#). These are great resources to use during Suicide Prevention Month (September) and throughout the year.

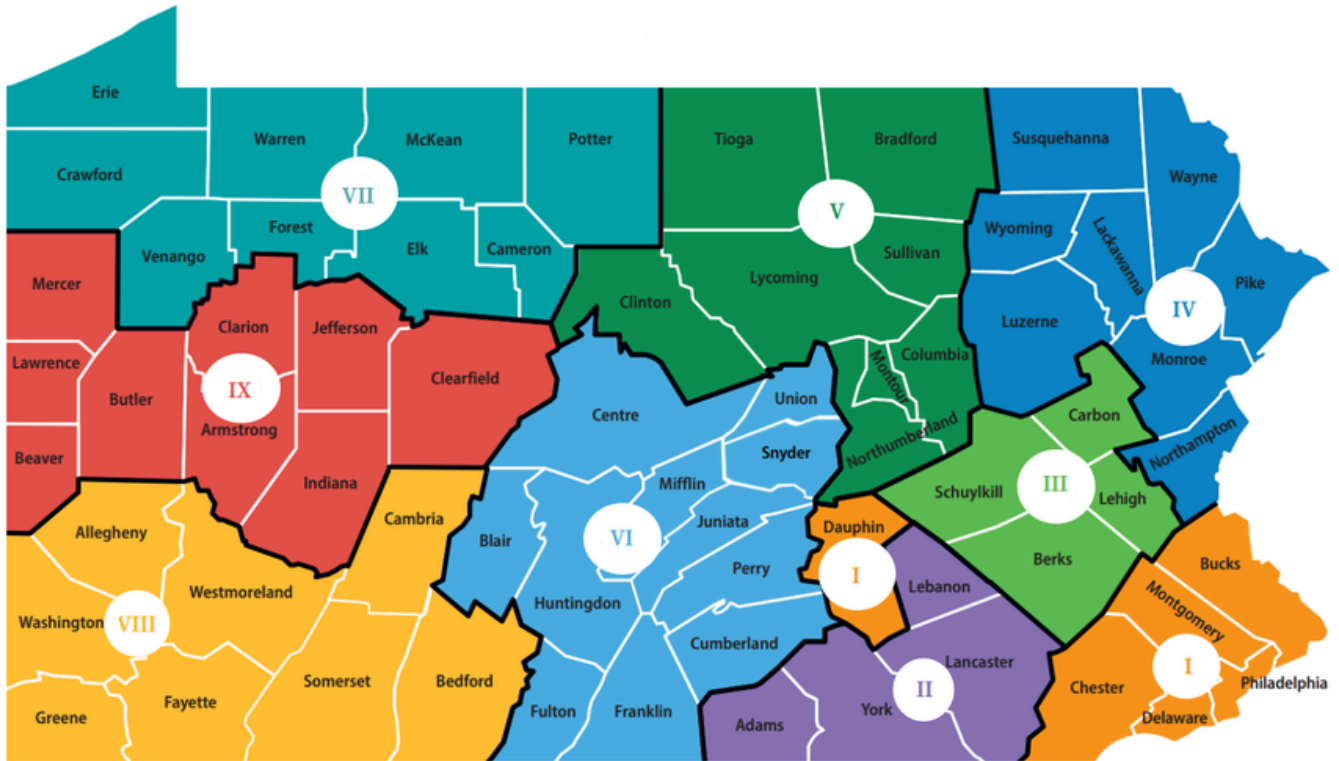


### Pennsylvania's Suicide Prevention Month Guide "Start the Conversation"



The Jana Marie Foundation, Aavidum, Prevent Suicide PA, Pennsylvania Network for Student Assistance Services (PNSAS), STAR-Center at the University of Pittsburgh, and Garrett Lee Smith (GLS) Youth Suicide Prevention Grant are pleased to share a [resource guide](#) for National Suicide Prevention Month. Within the month of September, the week of September 8th-14th is recognized as National Suicide Prevention Week, with Tuesday, September 10th marking World Suicide Prevention Day. This year's theme is "Changing the Narrative on Suicide," with a call to action to "Start the Conversation."

The resource guide provides examples of activities that you can implement in your organization or community to raise awareness of the importance of suicide prevention. This includes ideas for events, training, social media posts, virtual backgrounds, a sample proclamation, and more.



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