

# SAP CONNECTION

February, 2020



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

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

## PNSAS INTERAGENCY UPDATE

### **REMINDER!! Please complete the SAP Team and Liaison Information Surveys!**

Has your SAP team or SAP Liaison Provider Agency completed the Information Surveys on Survey Monkey? **The SAP Team Information Survey was emailed to school districts on December 4, 2019 and was due on January 16, 2020** and the **SAP Liaison Information Survey was emailed on November 12, 2019 and was due on December 16, 2019**. In order to get the best input, we have kept both surveys open. **Check with others on your team or agency prior to completing the survey since we can only accept one survey per team or agency.**

For SAP Teams: <https://www.surveymonkey.com/r/SAPTeamSurvey2019-20> Due February 20, 2020

For Liaisons: <https://www.surveymonkey.com/r/liaisonsurvey2019-20> Due February 14, 2020.

The information you provide allows us to provide better technical assistance so we appreciate your completing them! If you have any questions please contact your Regional Coordinator. The contact information for your Regional Coordinator is located [here](#).

### **Act 44 Resources from PA Department of Education: Office for Safe Schools**

On June 22, 2018, The Pennsylvania Public School Code of 1949 was amended via Act 44 of 2018 (Act 44). This law specifically requires school entities to:

1. Appoint School Safety and Security Coordinators;
2. Establish mandatory school safety training for school entity employees, and
3. Establish standards for school police, school resource officers, and school security guards.

Act 44 also created the School Safety and Security Committee within the Pennsylvania Commission on Crime and Delinquency (PCCD), and established the Safe2Say Program in the Attorney General's Office.

Act 44 further requires the development of school safety and security assessment criteria. PCCD established a School Safety and Security Committee and developed a guide with specific school safety and assessment criteria.

An overview of Act 44 can be found on the Pennsylvania Commission on Crime and Delinquency's (PCCD) website, click [here](#).

## **Act 18 of 2019**

Recent amendments by Act 18 of 2019 and Act 67 of 2019 included the development of a model trauma-informed approach plan; model trainings for threat assessment teams; and set training requirements for school resource officers (SROs), school police officers (SPOs) and school security guards.

Overviews of Act 44 of 2018 (pdf) and Act 18 of 2019, which created and amended Article XIII-B, are available. A joint guidance issued by both the PA Department of Education and PCCD is available for more information about the training requirements of Act 67. If you have any questions, please submit them to RA-CD-SSSC@pa.gov.

Click [here](#) to access Pennsylvania Commission on Crime and Delinquency's (PCCD) Threat Assessment Resources. "Act 18 of 2019 Guidance for School Entities: Questions and Answers on K-12 Threat Assessment Procedures and School-based Intervention Teams" is available [here](#). SAP related questions and answers are on pages 16-17.

Click [here](#) to access the full Act 18 of 2019.

## **Safe2Say Something Annual Report**

Click [here](#) to access the 2018-19 Safe2Say Something Annual Report. The Safe2Say Something 2019 report includes an overview of the most common types of tips provided to the program's anonymous tipline for the state as well as a breakdown of the information by intermediate unit. Planning coalitions and stakeholders can use this data to gain increased understanding of the issues youth are facing.

## **2019-2022 Department of Drug and Alcohol Programs State Plan**

The Plan includes 4 goals:

- a. Reduce Stigma
- b. Intensify Primary Prevention
- c. Strengthen Treatment Systems
- d. Empower Sustained Recovery

Click [here](#) to access the plan on the website.

## **The Intersection Between Suicide Prevention and Firearm Safety**

DDAP's State Epidemiological Outcomes Workgroup released a data brief entitled, [The Intersection Between Suicide Prevention and Firearm Safety](#). This brief presents data on suicide (specifically suicide by firearm), highlights risk and protective factors associated with suicide using PA Youth Survey data, and strategies (including SAP) that can be used to help prevent suicide.

## **SAP FACTS**

We continue our series on the Pennsylvania Student Assistance Program Components and Indicators which focuses on SAP best practices. This month highlights the sixth essential component of SAP practice which is "Intervention and Recommendations". The original handbook can be located on the SAP website by clicking [here](#).

There are four phases of the student assistance process. Identified as phase three is "Intervention and Recommendations" and described by the following:

- The plan is put into action.
- The team assists in linking the student to in-school and/or community-based services and activities.
- The team might recommend a drug and alcohol or mental health screening or assessment.

While all aspects of the SAP process are important, the pivotal action step is intervening with youth that have been referred in order to initiate change. Once information is collected from everyone involved with the student, data based decisions are key to formulating an action plan comprised of various levels of intervention. Central to this is providing continuous support when offering and implementing all recommended school and community interventions. The SAP team member working with a student should monitor how the youth is doing throughout all steps of their plan.

Teams are encouraged to think broadly when determining in-school interventions. A wide range of interventions, from informal connections with school staff to structured school programs should be considered. Teams have a tendency to report limited in-school resources or at least that's their initial thought. What school and district wide activities/clubs/programs, etc. can you utilize to assist students? For example - tutoring, lunch bunch, Title 1, skill-building groups, backpack program, after school programs, check-in, check-out, and on. Take one meeting to brainstorm what's available – the list generated will surprise you! If there are limited options currently available, consider talking with administration about adding them. Some can be free or low cost but just need administrative support. You'll never know unless you ask!

When warranted, interventions can also include community resources and outreach. Teams are usually well versed in services provided by the SAP liaison and provider agency, but what about the broad based approach regarding other community services available that may benefit your SAP referred students? Examples such as: 4-H clubs, girl/boy scouts, library/hospital programs, youth groups, YMCA, etc. New community programs surface often – with your SAP liaisons, brainstorm about what's available in your local area. Keep the ideas generated and resources available in a prominent location for easy access when discussing appropriate interventions for referred students.

To ensure your team is familiar with current SAP services as well as the screening/assessment criteria and process it's helpful to annually review the school/agency SAP letter of agreement. Team operations and student interventions will benefit from this routine dialogue with the liaisons.

Youth often think there's nothing to do in their town. At times SAP teams fall into that same mindset about in-school and community resources, and may miss intervention opportunities. Take the time, think outside the box, and discuss all options available to enrich your intervention toolbox. Your team satisfaction and student success will blossom!

## **RESOURCES and NEWS**

### **Suicide Prevention Lifeline wallet cards**

Order your wallet cards for free on SAMHSA's website by clicking [here](#). It includes the national suicide prevention lifeline phone number and suicide warning signs.

### **PA Start**

What is PA Start? PA Start is about building healthy, capable children. Meeting developmental needs while providing the right guidance to achieve is a delicate balancing act. It can be a challenge to families and educators. We want kids to grow in a safe environment and learn how to make good choices, but sometimes we are at a loss in knowing what works best.

On this site you will find free, thought-provoking materials that pose a question about an important lesson or milestone. Then a positive action is suggested. They inspire and motivate.

The downloadable materials (posters, flyers, digital ads, and video public service announcements) can be used for promoting proven, evidence-based programs. These programs provide usable strategies for the caring adults who impact the life of a child.

Also included on this site are reliable resource links to help you learn more about particular topics such as, developmental stages, prevention of risk-taking behaviors, and positive discipline techniques. START building your healthy child today!

Click [here](#) for more information.

### **Reach Out PA: Your Mental Health Matters**

Gov. Tom Wolf announced a focused all-agency effort and anti-stigma campaign, 'Reach Out PA: Your Mental Health Matters,' aimed at expanding resources and the state's comprehensive support of mental health and related health care priorities in Pennsylvania. "For those struggling with their mental health, we have one message: your mental health matters and it's okay to reach out for help," Wolf said. "We are stepping up our efforts to ensure every Pennsylvanian can access mental health care and more agencies can respond to the challenges facing Pennsylvanians struggling with their mental health.

### Strengthening Mental Health Care Access

The Pennsylvania Insurance Department (PID) will pursue Mental Health Parity regulations to ensure Pennsylvanians' health insurance coverage provides access to affordable mental health care.

Recent market conduct reviews by the PID found that insurance companies are not adequately meeting federal and state requirements for mental health parity, necessitating stronger state regulations. PID also will release educational tools to help patients better understand their mental health benefits and access services.

The Department of Human Services will take steps to incentivize the integration of physical and behavioral health services to remove barriers to coordinating care and treatment. DHS will create financial incentives to encourage managed care organizations that provide Medical Assistance benefits to create, maintain and continuously improve collaboration between the entities and providers that coordinate and deliver physical health benefits and mental health benefits.

The Department of Health will conduct a review of the current network adequacy process to ensure that consumers enrolled in the Medicaid program and commercial insurance products are able to access mental health care providers when services are necessary and without prohibitive costs.

The departments of Labor & Industry and State will study solutions that address the inadequacy of the mental health workforce across Pennsylvania, including evaluating mental health practitioners across the commonwealth by level of care they provide, the competitiveness of salaries and benefits and barriers of entry to the workforce.

### Combatting Mental Health Stigma

Many Pennsylvanians do not access the mental health care they need or do not reach out for help because they fear having a label or stigma attached to them by their family, friends and community. By raising awareness of the normalcy and importance of mental health care, others will be less fearful of the stigma. Pennsylvania's nationally-recognized response to the opioid and substance use disorder crisis included public engagement and open conversations to combat stigma. The Wolf administration will deploy the practices used by the Department of Drug and Alcohol Programs to lead a similar effort around mental health and mental illness.

The Department of Education will create pathways to increase the number of highly-qualified social workers trained to work in schools. School social workers play a unique role in addressing mental health by providing holistic services and supports in the school setting, such as crisis management, mental health treatment and engaging the school, family and community in enhancing existing student support structures that ensure the success of all students. Pathways will include new certification, among other options, to enhance who can provide social work services in Pennsylvania's schools.

The Department of Education and the Pennsylvania Commission on Crime and Delinquency will evaluate how to ensure every school district can provide a full-time counselor, social worker and nurse, along with increasing more counseling and mental health services at post-secondary institutions.

The Office of Advocacy and Reform will coordinate and expand upon ongoing efforts in the commonwealth to address Adverse Childhood Experiences (ACEs) and implement more trauma-informed approaches in education, health care, the criminal justice system and other government institutions.

“We’ve seen success with a multi-pronged attack against the opioid crisis. Reach Out PA will do the same with mental health.”

To access the full article click [here](#).

### **The SHAPE System**

The SHAPE System, developed by the [National Center for School Mental Health \(NCSMH\)](#) team at the University of Maryland School of Medicine, is a free, private, web-based portal that offers a virtual workspace for school mental health teams at school, district, and state levels to document, track, and advance quality and sustainability improvement goals as well as assess trauma responsiveness. SHAPE provides reports and resources for school and district teams to improve the quality of school mental health system in 7 domains: Teaming, Needs Assessment & Resource Mapping, Screening, Mental Health Promotion Services & Supports, Early Intervention & Treatment Services & Supports, Funding & Sustainability, and Impact.

In the last year, the MHTTC Network Coordinating Office collaborated with the NCSMH to refine current and develop new resources, tools, and curricula for the SHAPE System that address unique regional and state considerations, including the recently released School Mental Health Quality Assessment and robust Resource Center, in addition to the Screening and Assessment Library with free or low-cost measures for student mental health, school climate, and much more!

You can join SHAPE as an individual or as a member of a school, district and/or state team. Also, district and state leaders can access a dashboard of school and district data unless data sharing is disabled.

Click [here](#) to learn more about the SHAPE System and the exciting new features available!

### **Supporting Student Mental Health: Resources to Prepare Educators**

Publication Date: January 14, 2020

Developed by MHTTC Network Coordinating Office

(Funded through Substance Abuse and Mental Health Services Administration)

Educators and school personnel play a vital role in promoting mental health and well-being and identifying and responding to emerging mental illness in children and adolescents. However, they often have not received the education, training, and/or ongoing support needed to respond in the classroom. The MHTTC Network and the National Center for School Mental Health at the University Of Maryland School Of Medicine collaborated on an environmental scan and needs assessment of available educator mental health literacy training and resources. This document:

- Describes the role of educators in supporting student mental health
- Explains the core components of mental health literacy
- Provides an annotated list of existing resources and trainings that instruct educators on mental health literacy

Click [here](#) to access the resource guide.

### **Greyhound-Free Ticket Home**

The Greyhound Lines and National Runaway Safeline offers a free ticket home for homeless youth.

For youth between ages 12-21.

To get a ticket, they need to call the hotline number of 1-800-RUNAWAY.

They must be listed on a runaway report and be willing to return to their families. Also, their family or guardian must be willing to accept them. If the child is under 15 the youth's family member can get a free ticket to them as well.

The ticket can only be accessed twice by the youth.

Before the youth returns, the National Runaway Safeline will work with them to develop a plan for their return and to look at local support services needed once they are settled. As the family is reunited, Safeline will follow-up to see if there are any additional services needed.

Click [here](#) for more information from Greyhound.

Click [here](#) for more information on the National Runaway Safeline.

### **Getting Relationships Right-(Free) Practical & Powerful Staff Development Activity**

How can you grow developmental relationships with young people? Are you looking for a simple way to engage the staff your school or youth program about the critical role relationships play in your work? If so, download this free discussion guide that accompanies the new TEDx Talk by Search Institute President and CEO Dr. Kent Pekel.

The talk and the guide will prompt a dialog that can lead to practical steps to strengthen the relationships you build with all young people, and the outcomes they achieve.

Click [here](#) to access the TEDx Talk, Discussion Guide, and 4S Interview Tool that Dr. Pekel refers to in the video.

## **TRAINING OPPORTUNITIES**

### **Webinar Series: Supporting Transgender Clients**

The Office of Mental Health and Substance Abuse Services is sponsoring our second annual training series "Supporting Transgender Clients" in partnership with the Gender and Sexuality Development Clinic at Children's Hospital of Philadelphia. Dates for the webinar series are below. Webinar slots are limited, if multiple staff from one location wish to participate please consider viewing jointly. All webinars will occur from 12 p.m.—1 p.m. If you have questions or would like additional information please e-mail Jill Stemple at [jistemple@pa.gov](mailto:jistemple@pa.gov)

**February 4, 2020:** K-12 Grade School Supports hosted by Samantha King, MSW, M.Ed

**February 25, 2020:** Complex Cases hosted by Dr. Linda Hawkins, LPC, MSED

Go [here](#) to register. Webinar login information will be shared prior to training date.

### **2020 PASAP Conference**

February 23-25, 2020

Penn Stater Conference Center Hotel

215 Innovation Blvd.

State College, PA 16803

Click [here](#) for information and registration.

**Live one-hour webinar on the PA Career Ready Skills**

February 24, 2020 10:00– 11:00 AM

The Pennsylvania Department of Education will be offering a live one-hour webinar on the PA Career Ready Skills, featuring Dr. Pamela Emery. The PA Career Ready Skills incorporate critical employability skills that employers seek in future employees. These social emotional learning progressions support the development of self-awareness and self-management, establishing and maintaining relationships, and problem solving. All educators are welcome to join this live training!

Click [here](#) to register for the webinar.

**PASAP Member Webinar**

“Teens and Technology”

Presenter: Sarah Billman

April 22, 2020

2:30 - 3:30 PM

Webinar Description: Social media, online gaming, video games and gambling have the same effect on the brain as drugs and alcohol. Teens, as digital natives, are the most frequent users of technology and therefore more vulnerable to the negative impacts. This workshop provides insight to this emerging process addiction.

Registration information coming soon at <http://www.pasap.org>.

**The Pennsylvania Annual Suicide Prevention Conference**

May 6-7, 2020

Best Western Premier, Harrisburg, PA

Five tracks for the conference:

- Youth Transition age youth
- Adults
- Older adults
- Military/Law enforcement
- Attempt/loss survivors

Registration information coming soon at <https://www.preventsuicidepa.org/2020-annual-conference/>

**PAPBS Implementers Forum**

May 11-12, 2020

Hershey Lodge and Convention Center,

Hershey, PA

Stay tuned for registration information.

**2020 STAR-Center Conference**

Friday, May 15, 2020

Pittsburgh, PA

Information will be available at <https://www.starcenter.pitt.edu/>

## **GRANTS**

### **PA K12 Threat Assessment TA & Training Network Grant**

PCCD Egrant

There is \$721,086 available for this competitive grant.

Eligible applicants are: Non-profit organizations, institutions of higher education (not-for-profit), and for-profit organizations.

Applications are due February 14, 2020. Click [here](#) for more information on this grant.

### **Violence and Delinquency Prevention Program 2020**

PCCD Competitive Egrant

Applications are due March 9, 2020

The amount of funding available will be contingent upon the final 2020-21 and 2021-22 state budgets. Funds are being made available to support the implementation and expansion of programs that have been proven effective in reducing or eliminating the risk factors that lead to adolescent problem behaviors. These funds will be awarded to support the programs listed below:

- Aggression Replacement Training (residential placement facilities only)
- The Blues Program
- Cognitive Behavioral Intervention for Trauma in Schools (CBTIS)
- Families Fuertes
- The Incredible Years
- Life Skills Training
- Olweus Bullying Prevention Program
- Positive Action
- Positive Parenting Program Level 4 (Standard, Standard Teen, Group, & Group Teen only)
- Project Towards No Drug Abuse (High school model only)
- Promoting Alternative Thinking Strategies
- Strengthening Families Program
- Strong African American Families
- Trauma Focused Cognitive Behavior Therapy

Click [here](#) for more information on this grant.

### **JAG (Justice Assistance Grant) Single Solicitation Local Initiatives**

PCCD Egrant

Eligible applicants are: Local units of government and private non-profit organizations

There is \$7,000,000 available for this competitive grant funding.

Applications are due March 22, 2020. Click [here](#) for more information on this grant.

**Egrants Helpdesk (800) 692-7292**