

# SAP CONNECTION

May, 2020



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

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

## PNSAS INTERAGENCY UPDATE

### **2019-20 Reporting (PDE 4092)**

The SAP data submission timeline and the formal “release” of the current (2019-20) school year’s SAP data remains the same as it has been for years past. This means that schools may officially “release” their SAP data starting mid-May and then throughout June, up until June 30<sup>th</sup>. The school’s final “releasing” process (see [www.safeschools.pa.gov](http://www.safeschools.pa.gov)) by the June 30<sup>th</sup> date aids the state’s timely and accurate collection for the SAP state and county reports that are published in September. In the event that a school has a technical issue acquiring access to submit (enter) and/or “release” its SAP data, the responsible person may call Joseph Loccisano (717-346-4253) or email [jloccisano@pa.gov](mailto:jloccisano@pa.gov) for guidance.

### **Considerations for Remote Screening/Assessment during COVID-19 for SAP Liaisons**

PNSAS is pleased to share a recently developed document for SAP liaisons with considerations for remote screening/assessment, as well as outreach to school SAP teams during COVID-19. Please note that this document is not meant to provide guidance, nor are the questions and considerations within required. Rather, it is meant to serve as a helpful resource with suggested areas for discussion for SAP liaison agencies that may be adjusting current protocols during COVID-19. The document can be found [here](#).

### **Liaison Networking Zoom**

There will be a SAP liaison networking zoom meeting on May 14<sup>th</sup> from 1:00-2:00 PM. SAP liaisons should have received an email invitation. Please contact your [regional coordinator](#) for more information.

## NEWS

### **PAYS**

The 2019 Pennsylvania Youth Survey (PAYS) data summary report has been released to school districts as of April 30<sup>th</sup>! This is the 15<sup>th</sup> bi-annual iteration of the PAYS report. To access your district’s PAYS report, please contact your Superintendent, or school PAYS representatives. There are many tools and support available for understanding your PAYS data at <http://www.episcenter.psu.edu/pays> or [https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-\(PAYS\).aspx](https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS).aspx). You may submit direct questions to <http://episcenter.psu.edu/node/599>, and someone will be in contact to assist you!

The Pennsylvania Youth Survey (PAYS) is a student survey administered in odd-numbered years (e.g., 2015, 2017, 2019) to youth in 6th, 8th, 10th, and 12th grades in participating schools throughout the Commonwealth. The survey is anonymous, voluntary and confidential. Youth are never required to complete the survey and their identity is not connected to their answers.

The questions asked in the survey cover many types of attitudes, knowledge, behaviors, and experiences. Youth respond to questions on topics such as:

- Violence and drugs on school property;
- Being bullied;
- Involvement in gangs;
- Use of alcohol, tobacco, and other drugs (ATOD);
- Depression; and
- Gambling.

Youth also answer questions related to risk and protective factors (RPF). Risk Factors increase the chances of a youth having problems while Protective Factors decrease those chances. RPF questions in the PAYS cover many areas of a youth's life including their experiences in:

- Community
- School
- Family
- Peer/Individual

The PA Commission on Crime and Delinquency (PCCD) sponsored the administration of the PAYS since 1989. In 2013, the PA Dept. of Education (PDE) and PA Dept. of Drug and Alcohol Prevention (DDAP) joined PCCD in sponsoring school-district participation in the survey.

## **RESOURCES**

### **May is Mental Health Month**

Taking care of our mental health is now more important than ever. During Mental Health Month in May, help National Institute of Mental Health (NIMH) raise awareness about mental health in your community by using [these free education and outreach materials](#) to spread the word. NIMH encourages you to use the hashtag #shareNIMH in your social media posts to connect with people and organizations with similar goals.

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

### **Pennsylvania Care Partnership System of Care (SOC): VIRTUAL Mental Health Awareness 2020**

SOC is celebrating Mental Health Awareness Week (!) virtually during the week of May 18th. Throughout the week, they will be publishing on Facebook, Twitter and Instagram as speakers go live during the week as well as youth and family resources, training and more.

Click [here](#) for more information.

## **National Alliance on Mental Illness (NAMI)-Mental Health Month**

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

### You Are Not Alone

NAMI's "You are Not Alone" campaign features the lived experience of people affected by mental illness to fight stigma, inspire others and educate the broader public. Now more than ever before, it is important for the mental health community to come together and show the world that no one should ever feel alone.

The campaign build connection and increases awareness with the digital tools that make connection possible during a climate of physical distancing. Even in times of uncertainty, the NAMI community is always here. Reminding everyone that *you are not alone*.

Throughout the month, NAMI will feature personal stories from real people experiencing mental health conditions. You can submit your story at [nami.org/yourstory](http://nami.org/yourstory). By reading about lived experience, they aim to make people feel less alone in their mental health journeys.

Share with NAMI how you stay connected by writing your personal story or sharing #NotAlone graphics and messages with your community.

## **Self-Care Tips During the COVID-19 Pandemic**

By the Mayo Clinic: April 6, 2020

COVID-19 can feel overwhelming due to new information, long work hours, and caring for your family and yourself. It's important to pause for a moment and collect your thoughts, as worldwide pandemics can be taxing. Remaining calm can help.

It is normal to feel stressed or overwhelmed during uncertain times. Emotions in response to uncertainty may include anxiety, fear, anger and sadness. You also could feel helpless, discouraged and, occasionally, out of control. Physical responses may include headache, muscle tension, fatigue and sleeplessness. Taking care of yourself is important so you are equipped to help your family through this time. This article provides tips you can use to take care of yourself regarding physical health, mental health, and symptoms to watch for.

Click [here](#) to visit the Mayo Clinic article and website.

## **PA Department of Human Services**

### **PA Support & Referral Helpline**

The Department of Human Services (DHS) launched a statewide Support & Referral Helpline staffed by skilled and compassionate staff who will be available 24/7 to assist Pennsylvanians struggling with anxiety and other challenging emotions due to the COVID-19 emergency and refer them to community-based resources that can further help to meet individual needs. The toll-free, round-the-clock support line is officially operational.

The number to call is 1-855-284-2494. For TTY, dial 724-631-5600.

### **Pennsylvanian Helplines:**

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Nacional de Prevención del Suicidio: 1-888-628-9454

Crisis Text Line: Text "PA" to 741-741

Veteran Crisis Line: 1-800-273-TALK (8255)  
Disaster Distress Helpline: 1-800-985-5990  
Get Help Now Hotline (for substance use disorders): 1-800-662-4357  
Pennsylvania Sexual Assault Helpline: 1-888-772-7227  
National Domestic Violence Helpline: 1-800-799-7233

Additional resources for citizens and DHS providers related to COVID-19 are available [here](#).

Visit the PA Department of Health's dedicated [Coronavirus webpage](#) for information regarding COVID-19.

### **PA Department of Drug and Alcohol Programs**

#### **Department of Drug and Alcohol Programs (DDAP) Resources for Individuals and Providers during COVID-19 Mitigation.**

In order to support the safety and well-being of those individuals with substance abuse disorders DDAP has provided information and resources for individuals, families, and providers on their website. This includes information on virtual recovery resources for both individuals and families, podcasts, as well as DDAP guidance for providers.

Access the information [here](#).

### **PA Department of Education**

#### **Coronavirus (COVID-19) School Community Guidance & Resources**

Mitigation efforts related to the Coronavirus (COVID-19) in Pennsylvania have required everyone to work within rapidly changing, complex circumstances which create a variety of unique situations and conditions for students, staff, educators, caregivers, and communities. The Pennsylvania Department of Education is committed to providing school communities with ongoing guidance, resources, and information. Go [here](#) to access the resource page which is updated regularly. PDE provides school communities with [information, guidance, and resources on a specially-designed COVID-19 website](#). We regularly add and update [answers to frequently asked questions on a variety of topics](#). PDE posts [messages sent to school administrators](#) each week. There are a growing collection of [mental health and well-being resources](#). The website provides instructional resources for educators, information on [where students and families can access food, a compilation of waivers](#) the department has submitted and received, and much more. If you haven't already, please take a look: [education.pa.gov/COVID19](http://education.pa.gov/COVID19) and help share these important resources.

#### **PA Promoting Positive Learning Climates Online**

The Pennsylvania Department of Education has developed a resource list to support educators' and parents' efforts to maintain a positive learning climate while students are physically separated from their teachers and classmates due to the COVID-19 school closures. Access the resource list [here](#).

#### **Pennsylvania 211: Get Connected. Get Help.™**

If you need to connect with resources in your community, but don't know where to look, Pennsylvania 211 is a great place to start. From help with a utilities bill, to housing assistance, after-school programs for kids, and more, you can dial 211 or text your zip code to #898-211 to talk with a resource specialist for free.

Visit the [guided 211 search page](#) to explore programs available in your community.

#### **Accessing Emergency Food Assistance Information for Pennsylvanians**

PA Agriculture Secretary Russell Redding has issued guidance for accessing emergency food assistance for Pennsylvanians at risk of hunger due to measures to slow the spread of COVID-19.

Click [here](#) for more information on emergency food assistance.

### **Centers for Disease Control (CDC): Stress and Coping**

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. The CDC has provided information and suggestions for handling stress and helping loved ones cope, including behavior changes to watch for in children as well as ways to support them during this time. Access the information [here](#).

### **PA Parent and Family Alliance, Family Support Partners Can Help**

Family Support Partners offer a caregiver to caregiver approach to supporting families caring for children, youth, and young adults (up to age 26) with identified or suspected mental health or substance use challenges.

Parent support line: 888-273-2361 Click [here](#) to access their website for more information.

## **TRAINING OPPORTUNITIES**

### **SAMHSA webinar: Trauma-Informed, Resilience-Oriented Leadership During a Pandemic**

May 11, 2020

Time: 6:00-7:00 PM

Hosted by Pacific Southwest MHTTC. Click [here](#) to register.

Moving towards a trauma-informed and resilient organization involves intentional and equitable approaches to systemic and organizational change. This webinar focuses on systems and agency leadership approaches that embrace trauma-informed care. This session will help leaders to understand the fundamentals of leading their organization towards becoming more trauma-informed and resilience-oriented. The content will blend brain science, principles for building a safe environment, and promising practices for trauma-informed systems.

For more information contact [pacificsouthwest@mhttcnetwork.org](mailto:pacificsouthwest@mhttcnetwork.org)

### **SAMHSA webinar: Shining a Light on API Mental Health in the Time of COVID-19**

May 15, 2020

Time: 3:00-4:30 PM

Hosted by Pacific Southwest MHTTC. Click [here](#) to register.

This roundtable is the first of a series that will address key issues including:

- The mental health implications for APIs, including the impact of racism
- The relationship between mental and physical health
- Strategies to cope with COVID-19 and trauma
- Creating healthy communities beyond the current pandemic

To access full webinar description click [here](#).

### **SAMHSA webinar: Leadership in Times of Chaos**

May 18, 2020

Time: 6:00-7:00 PM

Hosted by Pacific Southwest MHTTC. Click [here](#) to register.

Leadership during change is, at best, a constant learning and adapting process. It requires leaders to reflect and learn about existing challenges; find solutions collaboratively with other leaders and team members; and determine new solutions, recognizing that finding solutions is an iterative process. In times of chaos and turbulence, the work of leading through change is further buffeted by the unpredictability and severity of the challenges being confronted. This session will explore these new strategies, including foresight thinking, foresight planning, and ongoing communications at all levels.

Click [here](#) to get more information on other COVID-19 webinars.

### **Mental Health Awareness Week Trainings-Trauma Training Workshops**

Provided by Lakeside Global Institute

PA Care Partnership is offering free Trauma Training provided by Lakeside Global Institute. You are eligible to take one or more of the following classes. We ask that you have taken Trauma Training 101 before taking 102; and, have taken 101 and 102 before taking 103.

- [Trauma Training 101](#): May 19, 9:30 to 11:30 AM
- [Trauma Training 102](#): May 20, 9:30 to 11:30 AM
- [Trauma Training 103](#): May 21, 9:30 to 11:30 AM

These trainings are **free** and open to anyone. Each of these trainings is a **live, web-based training**. Participation by **video and audio is required**. Sorry, no phone only participation. **CEUs available**: Social Work, PQAS (enter PA Keys ID when registering), and CMEs

Click [here](#) to access more information.

### **Attachment-Based Family Therapy (ABFT); Introductory Online Webinar and Workshops**

Hosted by Drexel University

<b>Track 1</b>	<b>Track 2</b>
May 28 and 29, 2020 9:00 AM – 12:45 PM	May 28 and 29, 2020 1:00 – 4:45 PM

ABFT is an empirically supported family therapy model specifically designed to target family and individual processes associated with adolescent suicide and depression. ABFT emerges from interpersonal theories that suggest adolescent and young adult internalizing disorders can be precipitated, exacerbated or buffered against by the quality of interpersonal relationships in families. In this workshop, you will learn about the theoretical principles ABFT is based on as well as the clinical strategies that comprise ABFT.

## **GRANTS**

### **Respite Care Application Announcement**

PA Care Partnership and Youth MOVE PA

Release Date: April 24, 2020

The PA Care Partnership, a state-wide System of Care Grant initiative funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Office of Mental Health and Substance Abuse Services, Bureau of Children's Behavioral Health Services, is pleased to announce the Respite Care Funding Opportunity for the 2020/2021 fiscal year, through our partner, Youth MOVE PA.

They are looking for ways to explore innovative options for respite services to support families in caring for a child, youth, or young adult from birth to 21 years of age with complex behavioral health challenges. Youth MOVE PA will award up to eight (8) counties, programs, or organizations a Respite Funding Opportunity in an amount up to \$7,000.

Click [here](#) to visit the PA Care Partnership website for more information.

For more information, contact Mark Durgin at [Durginm@upmc.edu](mailto:Durginm@upmc.edu).

### **2020 PA Start Messaging Campaign**

Pennsylvania Commission on Crime and Delinquency (PCCD)

Application due: June 9, 2020

PCCD is accepting applications for funding to provide up to \$102,000 in Federal State Opioid Response Funds to provide support for the PA Start Messaging Campaign. This Campaign is a Primary Messaging Campaign and is intended to support, advocate, and supplement existing or future programming, targeting caregivers and influencers of a correspondingly younger target demographic before risky behaviors, unhealthy choices, etc., have had time to develop.

Eligible Applicants: Any private non-profit agency, any private for-profit agency, public agency, or unit of local government. Must have a Dun and Bradstreet Data Universal Numbering System (DUNS) number.

For more information, please call 1-866-705-571. Click [here](#) for more information on this grant.