

SAP CONNECTION

April 2022



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

www.pnsas.org

PNSAS INTERAGENCY UPDATE

PDE has new Standards Aligned System trainings for Addressing Implicit and Explicit Bias in the Classroom. This course can be accessed for free by creating a SAS account. An upcoming course will address mental health. PDE's Principal Inspired Leadership (PIL) courses have also been updated and *Comprehensive Mental Health for School Leaders in Action* is starting this spring.

Suicide Prevention PSA Contest

The 2022 PSA Contest winners have been announced!

Thank you to all those who participated in the 2022 PSA Contest for Youth Suicide Prevention. The winners in each of the four contest categories have been announced on the 2022 Contest Finalists page. Click [here](#) to view and download any of the current winners or honorable mentions. If you have any questions or concerns, please contact [Julia Mead](#).

SAP Reporting

As the end of the school year approaches, it is time to think about the end of the year PDE 4092 SAP report. The data is due on June 30, 2022, but did you know you can enter the data now? To enter your PDE 4092 data click [here](#). PDE 4092 instructions were recently updated and are located [here](#). If you are experiencing technical difficulties with the login/ password/ application in general contact Jay Wasser from the PDE Help Desk at c-jwasser@pa.gov or (814) 243-3658. If you need information on a particular question, contact your PNSAS [regional coordinator](#).

SAP BACK TO BASICS

Suicide Prevention: How Can SAP Assist This Effort?

The Pennsylvania Statewide Suicide Prevention Plan conveys that suicide is a serious public health issue impacting individuals, families, friends, co-workers, schools, organizations, and communities throughout the Commonwealth of Pennsylvania. In 2014, PA enacted Act 71 which includes Youth Suicide Awareness and Prevention. Act 18 of 2019 addressed that school entities consider how suicide prevention efforts are aligned with threat assessment team efforts. These items illustrate the significance of suicide prevention in Pennsylvania. Through the supportive environment of the Student Assistance Program (SAP), SAP teams may be involved with suicide prevention related directly to the statewide suicide prevention initiatives. This naturally occurs when assisting individual students, but for many teams it also consists of universal suicide prevention efforts in their schools.

The last two years have been academically, physically, and emotionally challenging for many students. Referrals to SAP teams have increased for some along with the need for prevention efforts. Whatever your team's situation below are suicide prevention considerations as you move forward.

Areas for consideration:

1. **Educate** students, staff, families, school board, and community on warning signs, myths, and facts of suicide.
 - Utilize a variety of methods to get the word out on a regular basis such as: district web site, social media platforms, newsletters, posters, public service announcements, brochures at parent/teacher night, sporting events, concerts/arts events, and other extracurricular student programming, etc.
 - A yearly suicide prevention PSA contest is held, posters and videos are available at <https://psa.preventsuicidepa.org/>
 - Free suicide prevention trainings are available on the Suicide Prevention Online Learning Center at <https://psa.preventsuicidepa.org/> <https://pspalearning.com/>
2. **Advertise** local and national help lines in school buildings, classrooms, hallways, and administrative offices.
 - [National Suicide Prevention Lifeline](https://www.nationalsuicideline.org/) at 1-800-273-8255
 - [Crisis Text Line](https://www.crisistextline.org/) – Text PA to 741741.
3. **Promote** student wellness activities and connectedness among students.
4. **Provide** student support groups (awareness, skill-building, etc.), and student prevention groups such as, Aavidum, <http://aavidum.com/cms/>.
5. **Participate** with local suicide prevention task force activities and committees.
6. **Share** available community resources and how to access them.
 - Families may be unfamiliar with the array of services and accessing can be confusing.

As SAP teams collaborate and partner with school and community entities the same exists with prevention efforts. A myriad of resources is available to assist. Visit the websites below to obtain ideas, fact sheets, training, and much more!

Resources:

Prevent Suicide PA <https://www.preventsuicidepa.org/>

Jana Marie Foundation <https://janamariemfoundation.org/>

American Foundation for Suicide Prevention <https://afsp.org/>

Suicide Prevention Resource Center <https://www.sprc.org/>

CDC Suicide Prevention Resources <https://www.cdc.gov/suicide/resources/index.html>

SAMHSA Suicide Prevention <https://www.samhsa.gov/find-help/suicide-prevention>

RESOURCES and NEWS

National Contest Encourages High School Students to Write Short Essays Exploring Mental Health

The deadline for entries is April 30, 2022.

The National Institute of Mental Health (NIMH), National Institute on Minority Health and Health Disparities (NIMHD), and *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD) are co-sponsoring the “Speaking Up About Mental Health! This Is My Story” national essay challenge.

The contest aims to start conversations about mental health and encourage young people to seek help for mental health issues. U.S. high school students ages 16-18 are invited to submit a short essay. Topics may include resilience, ending stigma, improving communication among peers and adults, and more. Multiple winners will be chosen to receive cash prizes! For more contest details click [here](#).

May is National Mental Health Month

Mental Health Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

Over the past 20 years, the Substance Abuse and Mental Health Services Administration and others within the U.S. Department of Health and Human Services and across the Federal Government, the public health community, and the general public have made efforts to increase the importance of understanding both prevention and treatment of mental health problems. These efforts have significantly improved the outlook for those affected by mental illnesses.

Successful efforts that have raised awareness about the importance of mental health and promoted acceptance, support, prevention, and recovery from these mental health conditions include:

- The Affordable Care Act expands health insurance coverage to approximately 30 million Americans by 2016, and an estimated 11 million of these newly eligible beneficiaries will have substance abuse and/or mental health service needs.
- The Community Mental Health Services Block Grant provides financial assistance to states and territories to carry out state plans to offer comprehensive community-based mental health services and evidence-based practices to adults with serious mental illnesses and children with serious emotional disturbances.
- Mental Health Parity and Addiction Equity Act of 2008 eliminates the practice of unequal health treatment and improves access to much needed mental health and substance use disorder treatment services through more equitable insurance coverage.
- The Garrett Lee Smith State/Tribal Suicide Prevention Program facilitates coordination across government agencies and the private sector in the development, implementation, and evaluation of youth suicide prevention and early intervention plans among youth-serving institutions, such as schools, educational institutions, juvenile justice systems, substance abuse programs, primary care, mental health programs, foster care systems, and other organizations.

Resources:

For further information about National Mental Health Month and related resources and events, visit:

Youth.gov's [Mental Health Youth Topic](#)

Office of Adolescent Health, [Adolescent Mental Health](#)

Substance Abuse and Mental Health Administration, [Caring for Every Child's Mental Health](#)

TRAINING OPPORTUNITIES

Substance Abuse and Mental Health Services Administration (SAMHSA) launched "[Talk. They Hear You.](#)" Campaign along with SAP Webinar Series that occurred Nov. 2021 through March 30, 2022. The last webinar of the series focused on evaluation and Pennsylvania's SAP was included. Click [here](#) to access archived webinars.

Health Equity Summit

Hosted by PA Department of Health Office of Health Equity and the American Lung Association

April 6-7, 2022

Click [here](#) for more information.

2022 Virtual STAR Center Conference

May 6, 2022

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

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.

The Pennsylvania Care Partnership: offers trainings and webinars throughout the year. [Click here](#) for this year's events.

- **The Pandemic, Racial Disparity, Awareness, and Understanding: Fireside Chat**
Speaker: [Lisa Kennedy](#)
April 28, 2022, from 2:30 to 4:00 PM
Click [here](#) to register.
- **The Kids Are Not Okay, Practicing Empathy for Everyone, Even Yourself**
Speaker [Gab Bonesso](#)
May 5, 2022, from 2:30 to 4:00 PM
Click [here](#) to register.

Prevent Suicide PA Annual Conference

May 19 & 20, 2022

For the first time, the Higher Education Suicide Prevention Coalitions and Prevent Suicide PA are joining forces to bring one comprehensive conference focused on improving the lives of those in our communities. Attendees can experience presentations from both within their usual context, as well as attend sessions from this expanded format. This year the conference will be presented as a hybrid model. You can attend in person at Carnegie Mellon University in Pittsburgh or virtually. Click [here](#) for more information and to register.

The Commonwealth Prevention Alliance 32nd Annual Conference

June 21-24, 2022

Penn Stater Hotel & Conference Center, State College

Virtual and om-person options available

Click [here](#) for more information

PA Parent and Family Alliance

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

Safe and Civil Schools 26th Annual National Conference

July 10-14, 2022

Location: Portland, Oregon (In person)

In-depth professional development to improve the culture, climate, safety, and productivity of your schools and classrooms.

For more information and to register click [here](#).

FUNDING OPPORTUNITIES

SAHMSA: HHS Announces Dramatic Increase in Funding to Expand the Availability of Certified Community Behavioral Health Clinics Across the Nation

Certified Community Behavioral Health Clinics are a Proven Model for Improving Care Systems

The Department of Health and Human Services (HHS) through the Substance Abuse and Mental Health Services Administration (SAMHSA) announced two Certified Community Behavioral Health Clinics (CCBHCs) funding opportunities to expand and increase access to evidence-based mental health and substance use services for all Americans. This includes providing essential mental health services—such as 24-hour mobile crisis teams, screening, and case management—to vulnerable communities that would otherwise lack access to services. The grants total more than \$300 million to addressing the nation’s mental health crisis and overdose epidemic as part of the President’s Unity Agenda.

The CCBHC model is transforming behavioral health systems one community at a time. Since its inception, Congress has invested billions of dollars into SAMHSA’s CCBHC grants, including \$420 million in American Rescue Plan funding.

The two CCBHC grant programs are:

- [Certified Community Behavioral Health Clinic – Planning, Development, and Implementation](#) (CCBHC-PDI) grants will assist clinics to establish and implement new CCBHC programs.
- [Certified Community Behavioral Health Clinic – Improvement and Advancement](#) (CCBHC-IA) grants will support existing CCBHCs to enhance and improve their programs.

For these two programs, SAMSHA anticipates funding a combined estimated \$312 million over four years for up to 156 awards for each Notice of Funding Opportunity (NOFO) in FY 2022.

For more information click [here](#).