

# SAP CONNECTION

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

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



## PNSAS INTERAGENCY UPDATE

Spring is on the way, 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? Enter your [data here](#). If you are experiencing technical difficulties with the login/ password/ application in general contact Jay Wasser at [c-jwasser@pa.gov](mailto:c-jwasser@pa.gov) or (814) 243-3658.

## SAP BACK TO BASICS

### **Be A Visible Supporter for Gender Diverse Youth in Schools**

Sometimes, because we are afraid of saying the wrong thing, we say nothing. Learning new terms and proper etiquette can seem overwhelming. It is vital to remember that, for gender diverse students (including transgender, nonbinary, and gender expansive students), just knowing they have a safe adult can make a difference. A simple **“I see you, and I support you,” “I care about you, and I’m in your corner,” or “I am here for you,”** is a heartfelt way to let a student know that you care. Never underestimate the value of a simple show of support.

“Transgender and nonbinary students face numerous challenges that may impede their ability to perform well in school. According to the CDC, in 2019, one-third of transgender high school students reported experiencing bullying at school, 35 percent attempted suicide at least once, and over 50 percent reported feeling sad or hopeless.”

“...The struggles that gender diverse children experience have been compounded by the COVID-19 pandemic and the news that **2020 has been one of the deadliest years on record for transgender people**. Trans youth have been isolated at home, away from friends who may support them, and surrounded by family members who may not even know who they are. As educators, we can offer a beacon of hope for students who need it most.”

**Strive first to be a visible supporter.** Set the tone for those around you and let them know you support all students. Then, take time to educate yourself so that you can effectively and authentically support transgender, nonbinary, and gender expansive students.

[7 Non-Negotiables for Supporting Trans & Nonbinary Students in Your Classroom](#)  
[Responding to Concerns: Supporting Transgender Students](#)  
[Engaging the Families of Transgender and Gender Diverse Children](#)

## **RESOURCES and NEWS**

**How Acceptance Can Reduce Substance Use, Suicide Risk for LGBTQ Youth.** Research from The Trevor Project examined the realities of substance use and suicide risk among LGBTQ young people in the United States. [Read more.](#)

**Surgeon General Warns of Youth Mental Health Crisis:** The U.S. surgeon general has released a report calling for urgent efforts to address youth mental health. According to the report, mental health challenges among teens have been rising in recent years and have worsened because of the pandemic. For example, preliminary data suggest adolescents had more emergency department visits for suspected suicide attempts in early 2021 compared to the same period in 2019. The exact reasons for these trends are unclear and may include a lack of in-person connection, social stressors such as racial inequity, and barriers to accessing behavioral health care. Social media is often blamed for youth distress, but many researchers say it can heighten a teen’s current emotional state, increasing distress among some and boosting feelings of connection, among others. It is also possible that self-reports of depression and anxiety may have increased because they are talked about and measured more often now than among previous generations. [Click here for the report.](#)

**How Teachers can Empower Students Who are Experiencing Trauma:** While teachers are not social workers, just saying the right things to a student suffering from trauma can make a significant difference. [Read More](#)

**School-based Suicide Prevention: Promising Approaches and Opportunities for Research:** In this NIMH-hosted webinar, presenters from Washtenaw County and Detroit, MI, Boston, MA and Baltimore, MD described innovative practices in school-based suicide prevention they are currently implementing, with a particular focus on risk identification, follow up, and referral for additional services for high-risk youth. In addition to describing the programs, presenters discussed preliminary research efforts and challenges, as well as ways to overcome common barriers to implementing suicide prevention in schools, including data collection and evaluation. [Watch the recording.](#)

**County Level Special Reports/Preliminary Highlights Reports on the Impact of Covid are Posted!** They are available on the 2021 PAYS site at [www.pays.pa.gov](http://www.pays.pa.gov) .

### **New Training Website on ACEs, Overdose, and Suicide**

The American Public Health Association ([APHA](#)) and Centers for Disease Control and Prevention ([CDC](#)) have launched a training [website](#) on addressing the related public health issues of adverse childhood experiences (ACEs), overdose, and suicide. It offers resources such as a collective messaging framework, talking point generator, infographics, and presentations.

**One Pill Can Kill Campaign:** The DEA launched this campaign to inform the American public of the dangers of fake prescription pills. [Download a copy of the One Pill Can Kill Fact Sheet here.](#)



### **WELLNESS RESOURCES**

**Focus on Wellness:** Did you know that the optimal temperature for sleep is between 60 and 67 degrees Fahrenheit and that dark chocolate can help improve alertness? Learn about how you can catch some more ZZ's, wake up on the right side of the bed, and make your day more productive by boosting your mental health through these simple [tips and tricks](#)!

**Teacher Wellness Resources:** teachers (and students) can only take so much. For more information, [click here](#). This site shares evidence and practitioner-based learning strategies that empower you to improve K-12 education.

**TeacherWise** (Well-Being in School Environments) Research-informed program that helps teachers and school staff manage five areas of their well-being: physical, occupational, intellectual, social, and emotional. You must create a login and make an account. [Read more.](#)

**Focus on Wellness:** Did you know that according to a recent study, stress is the largest threat to worker health, ranking above even physiological issues such as obesity? Other surveys suggest that most workers in the United States suffer from stress. Check out these [20 helpful tips](#) to keep stress at bay while you're at work.

**7 Ways to Maintain Relationships** during your school closure. [Read the article.](#)

**National Institute on Drug Abuse study:** A Longitudinal survey data of more than 3,000 adolescents ages 11-14 recorded before and during the early months of the COVID-19 pandemic in 2020 found that supportive relationships with family and friends and healthy behaviors, like engaging in physical activity and better sleep, appeared to shield against the harmful effects of the pandemic on adolescents' mental health. [Read more.](#)

**3 Ways School Leaders Can Fight Burnout:** A middle school principal shares how she is getting through tough times by focusing on what really matters at her school. [Read the article.](#)

**The Mind Matters Curriculum:** the Jana Marie foundations Mind Matters curriculum teaches the power of mindfulness, hardiness, and a positive mindset. This course in resilience is designed to provide practical tools to adolescents in grade 6-12. For more information [click here.](#) This website also includes a section called Candid Conversations, which is a series of concise web videos created to serve as a quick reference for recognizing and addressing serious problems related to our children's mental health, emotional, and physical health. [Click here to see the videos.](#)

**PDE Staff and Student [Wellness Guide](#):** remember to check out the wellness guide on the PDE website, and watch the webinar on [YouTube.](#)

## **TRAINING OPPORTUNITIES**

**Center for Safe Schools' Thursday Training Series:** March 17, 3-4:30 ET: The Sandy Hook Promise Presentation Designed to educate the audience on Sandy Hook Promise's "Know The Signs" programs. This presentation includes Information about Say Something's and Start With Hello's goals, framework, and program cycle, Navigating and using the Learning Center, Empowering student leaders through SAVE Promise Clubs. [Register here.](#)

March 21-23, 2022 [PDE Data Summit: A New Beginning- Cultivating Save and Equitable Systems for School Improvement](#) Main topic tracks: PIMS Collection and Administrator Info, PDE Guidance & Initiatives, School Improvement, Equity & Inclusion, Social Emotional Learning, Cybersecurity & Virtual Learning, Special Education, Data Use & Visualization

**Health Equity Summit Registration** ([click here](#)) hosted by PA Department of Health Office of Health Equity and the American Lung Association (April 6-7, 2022).

**2022 Virtual STAR Center Conference: Friday 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.

**PA Parent and Family Alliance:** upcoming and archived webinars, tip sheets, and resources are located on their [website.](#)

## **FUNDING OPPORTUNITIES:**

**Support for Student Mental Health Needs:** PCCD has opened a new funding opportunity. The grant is available to nonprofit organizations, school districts, and school entities. Applications are due March 28 with awards of up to \$150,000 over two years. For additional information [click here.](#)