

SAP CONNECTION

May 2022



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

www.pnsas.org

Thank you!

The PNSAS Network would like to thank you for all your work in supporting students and families throughout this past school year. This is the last issue of the SAP Connection for this school year. The next SAP Connection will be out in September 2022, have a safe and healthy summer.

PNSAS INTERAGENCY UPDATE

2021/22 PDE 4092 [SAP Reporting](#)

The SAP report is due on June 30, 2022. If you are experiencing technical difficulties with the login/ password/ or application, contact Jay Wasser from the PDE Help Desk at c-jwasser@pa.gov or (814) 243-3658. If you have a question, contact your PNSAS [regional coordinator](#).

PA Youth Survey 2020/2021 [Reports](#)

PAYS reports will be available April 30, 2022, and will include the following:

- School District/LEA, County and State Profile Reports
- School District/LEA and County All Questions by Grade Reports

You can find county and state reports at www.pays.pa.gov. Check out the PAYS How-to Guide for resources and direction in putting your PAYS data into action. Upgrades to this PAYS Guide are coming soon.

SAP BACK TO BASICS

How SAP Teams Can Support Students During Summer Months

SAP Teams across Pennsylvania provided tremendous support to students and families this year. However, the school year is winding down and summer break is on the horizon. A blessing for school staff. However, for students and families who rely on regular supports provided by school, they may not see summer break as a reason to celebrate, but as a stressor. SAP Teams can alleviate stress for students and families by ensuring they know where to access support when the bell rings indicating the start of summer.

What does this look like? Contacting families directly before the close of the school year to touch base is an excellent starting point. This shows the student/family they are cared about and opens the door for them to share any concerns they may have about the upcoming break from school.

Develop a comprehensive list of community resources that families may need to access during the summer months. This could include food pantries, clothing closets, bill-pay assistance, medication assistance, mental health crisis lines, etc. Also include county mental health and drug and alcohol offices, and agency providers. This list should be disseminated to all families of students the SAP Team is supporting, as well as placed on the school entity's website where it can be easily accessed.

Next, review the active SAP cases and identify the in-school and community supports students are currently utilizing. These are the supports that the students will be missing during the summer break. Brainstorm as a team if there are any community supports that could help to fill this need during the summer break. Where appropriate and with the necessary consent, connect families prior to the last day of school to prevent any lapse in service.

A few key resources for all Pennsylvania families:

National Suicide Prevention Lifeline – 1-800-273-8255 (TALK) or <https://suicidepreventionlifeline.org/>

Crisis Text Line – Text PA to 741741 or <https://www.crisistextline.org/>

Mental Health America - <https://mhanational.org/>

PA Parent and Family Alliance <https://www.paparentandfamilyalliance.org/>

Pennsylvania Department of Drug and Alcohol Programs - <https://www.ddap.pa.gov/>

Find drug and alcohol treatment – 1-800-662-HELP (4357) or <https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx>

Pennsylvania Department of Human Services - Services for children - <https://www.dhs.pa.gov/Services/Children/>

Pennsylvania Department of Human Services Assistance - <https://www.dhs.pa.gov/Services/Assistance/>

Pennsylvania Network for Student Assistance Services - <https://pnsas.org/>

Pennsylvania Department of Education, Office for Safe Schools - <https://www.education.pa.gov/Schools/safeschools/>

Empowering families and offering hope will go a long way to bridge the summer break. Best wishes for a restful and relaxing summer!

MAY IS NATIONAL MENTAL HEALTH AWARENESS 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 is essential for a person's overall health. Prevention works, treatment is effective, and people can recover.

- **National Mental Health Awareness Month Free Webinar Series:** The U.S. Department of Housing and Urban Development's (HUD) Office of Public and Indian Housing (PIH) and the U.S. Department of Health and Human Services' (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) are teaming up to present a series of **FREE webinars** this May to celebrate National Mental Health Awareness Month!

All webinars begin at 1:00 PM ET; you may join the webinar 10 minutes prior.

Join the Webex event and follow the prompts to connect audio by computer or telephone. Join by phone only (888) 251-2949 or (215) 861-0694 Webex Support: (888) 793-6118

Webinar 1: May 2, 2022 (1-2 Pm) Mental Health 101- Overview of Mental Health Issued in a modern world
Access Code: 4670871# Link: [click here the day of the event](#)

Webinar 2: May 11 (1-2 pm) 988 is Not a Joke- National Suicide Prevention Hotline Launch
Access Code: 8477433# Link: [click here the day of the event](#)

Webinar 3: May 18, 2022 (1-2 PM) Get Help- Reducing Stigma Associated with Mental Health
Access Code: 5955873# Link: [click here the day of the event](#)

Webinar 4: May 25, 2022 (1-2PM) Now What? - Mental Health Issues in Post-COVID America
Access Code: 6268721# Link: [click here the day of the event](#)

- **What Educators can do:** Educators are often the first to notice mental health problems. Here are some ways you can help students and their families. [Read more.](#)
- **Together for Mental Health:** For 2022’s Mental Health Awareness Month, NAMI will amplify the message of “together for Mental Health”. We will use this time to ring our voices together to advocate for mental Health and access to care through NAMI’s blog, personal stories, videos, digital toolkits, social media engagements and national events. [Learn more](#)

NATIONAL PREVENTION WEEK

National Prevention Week is an annual national health observance focused on increasing the prevention of substance use and the promotion of mental health. Each year, communities and organizations across the country come together to raise awareness about the importance of substance use prevention and mental health promotion.

May 8-14, 2022 is National Prevention Week is a national public education platform bringing together communities and organizations to raise awareness about the importance of substance use prevention and positive mental health. [Click here for more information.](#)

RESOURCES and NEWS

The aftermath of Covid – and the way forward. From the classroom to the lunchroom to the bus drivers and beyond, schools all over the county are facing a shortage of skilled staff to teach students, provide related services, transport children with IEP’s and serve meals. The pressure on leaders is enormous, as they continue to navigate change and attempt to stabilize their campus. The recovery period from several years of disruptive learning can be significant. It will take longer than a single school year. [To read more.](#)

What’s Trending --- Counterfeit Pills: CADCA recognizes the importance for our coalitions to stay abreast of trending topics in substance use and misuse prevention. Today, the country is facing an unprecedented opioid crisis that has already cost more than 100,000 lives in a single year, according to the Centers for Disease Control. Fentanyl ([learn more important facts about fentanyl](#)) the main driver for over 60% of these deaths, is a synthetic opioid being used illegally to produce counterfeit drugs that are lethal. According to the Drug Enforcement Administration (DEA), criminal drug networks are mass-producing fake pills and falsely marketing them as legitimate prescription pills to deceive the American public. These pills are easy to purchase, widely available, often contain fentanyl or methamphetamine, and can be deadly. Fake prescription pills are easily accessible and often sold on social media and e-commerce platforms, making them available to anyone with a smartphone, including minors. DEA’s **One Pill Can Kill Campaign** is a great tool to learn more about this trending issue, affecting every corner of our nation. We encourage you to download our new “[What’s Trending?](#)” to learn more about the dangers of counterfeit pills and share this resource with your community.

TRAINING OPPORTUNITIES:

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.

PA Parent and Family Alliance

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

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

Upcoming events include:

- **May 5, 2022, 2:30pm- 4pm** "The Kids are not okay: practicing empathy for everyone, even yourself" Gab Bonesso is a Comedian/Mental Health Motivational Speaker. In her presentation, *The Kids Are Not Okay - practicing empathy for everyone, even yourself*, Gab will discuss the pain and suffering she has personally experienced during our pandemic. In addition, Gab will share stories from parents, teachers, and students she has interviewed on the subject. [Register](#)
- **May 19, 2022, 3pm to 4:30pm** "The Pandemic has Created a Mental Health Crisis, Schools, Mental Health, and What Teens Have to Say." This webinar will be presented by a panel of teens from the [PA Youth Advocacy Network](#), building a safety net for teen mental health, a part of the Jewish Healthcare Foundation, in Pittsburgh, PA. The teens will talk about their work as teen advocates, with a focus on mental health and what teens need in school and their day-to-day lives. [Register](#)
- **June 23, 2022, 2:30pm to 4:00pm** "Getting off to a Good Start: The Importance of Early Childhood to Lifelong Health" The preschool years are an amazing time in a child's life, filled with growth, joy, and sometimes challenges. This presentation will focus on the importance of early childhood and the lifelong impact of "getting off to a good start." This session will be interactive, with lots of opportunities for questions and discussion. [Register](#)

New Staff Development Series on Addressing Human Trafficking in America's Schools

The U.S. Department of Education, in partnership with the National Center on Safe Supportive Learning Environments, is proud to announce the release of a staff development series providing educators an introduction to human trafficking prevention. The series is both rooted in the latest research and best practice in the field and drawn from the wisdom of individuals with lived experience and trafficking advocates. Sensitive to the needs of today's busy educators, the resource is designed to provide key content in brief segments that can be accessed at one's convenience. The resource includes: Three brief videos, with comments by both content and lived experience experts, providing key information on identifying potential trafficking, generating appropriate school-level responses, and conducting efforts to prevent trafficking of students. For additional information and to access all elements of the series, [visit NCSSE's website](#).

2022 Virtual STAR Center Conference: Friday May 6, 2022, For information and [registration](#).

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.

Youth Moves PA – Wellness Days 2022:

These regional retreats are for youth and young adults between the ages of 16 and 29. The retreats are being held on six different dates in over five separate locations across the Commonwealth of Pennsylvania.

The six events will be held at some of Pennsylvania's beautiful state and county parks throughout the Commonwealth. This will be an opportunity for youth, young adults, and their support person(s) to get outside and enjoy some activities at no cost, including a self-stigma workshop, teambuilding and leadership activities, art, music, hiking, fishing, and more. For Youth MOVE to be able to plan appropriately for these events, **registration is required** for all attendees, including youth and support person(s).

Registration is open, and we look forward to seeing you there. All retreats will be held from 10 am to 4 pm.

Upcoming Wellness Days

June 14, 2022

Presque Isle State Park in Erie County Register: [Presque Isle State Park at Runners Club Pavilion Beach #1](#)

June 16, 2022

Keystone State Park in Westmoreland County Register: [Keystone State Park in Pavilion #1](#)

June 21, 2022

Evansburg State Park - Montgomery County Register: [Evansburg State Park in Pavilion B](#)

June 23, 2022

Mauch Chunk Lake Park in Carbon County Register: [Mauch Chunk Lake Park in Koch Pavilion](#)

July 13, 2022

City Island in Dauphin County Register: [City Island in Riverview Pavilion](#)

July 14, 2022

City Island in Dauphin County Register: [City Island in Riverview Pavilion](#)

For information on how your organization can sponsor, donate, or be a vendor at one or more of these amazing events please go to [Youth MOVE PA - Wellness Days \(wildapricot.org\)](#) or contact us at ympa@you

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

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](#).