

SAP CONNECTION

October, 2021



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

www.pnsas.org

PNSAS INTERAGENCY UPDATE

The Pennsylvania Network for Student Assistance Services (PNSAS) partnered with the Pennsylvania Parent and Family Alliance to develop a webinar entitled, "Student Assistance Program (SAP): Can it Help My Child Who is Struggling?" The webinar was developed to help parents and families learn about Pennsylvania's SAP model, and to explain their role throughout the SAP process. Additionally, the webinar aimed to provide useful tips and resources to parents and families for reaching out to school SAP teams and advocating for their child throughout the process. To access the webinar click [here](#).

The PA Parent and Family Alliance also wrote a blog post based on feedback from PNSAS staff, as well as several parents who have had their child go through the SAP process. Written for a parent audience, the blog post offers general information about SAP, reiterates the importance of parents' role in the SAP process, and encourages parents to reach out to their school SAP teams with questions or to find out more about how SAP operates locally. To access the blogpost click [here](#).

Prevent Suicide PSA Contest for Youth Suicide Prevention

Prevent Suicide PA is once again hosting the annual PSA contest for high school students. This is a great opportunity to engage students in a dialogue around suicide prevention, the importance of positive messaging, and communicating effectively. Staff who have participated in the past have seen this as a way to teach students on many levels (academically, socially, and emotionally), and students have been empowered to use their voice to reach out to their peers. Contest submissions are due by **Wednesday, December 15, 2021**. Full contest information, including rules and submission guidelines can be found [here](#).

All of the winning and honorable mention PSAs from previous years are available for free public use and can be accessed by visiting the website [here](#). These are great resources to use during Suicide Prevention Month and throughout the year.

PA Youth Survey

Since 1989, the Commonwealth has conducted a survey of school students in the 6th, 8th, 10th and 12th grades to learn about their behavior, attitudes and knowledge concerning alcohol, tobacco, other drugs and violence. The Pennsylvania Youth Survey, or PAYS, is sponsored and conducted every two years by the Pennsylvania Commission on Crime and Delinquency.

The data gathered in PAYS serves two primary needs. First, the results provide school administrators, state agency directors, legislators and others with critical information concerning the changes in patterns of the use and abuse of

these harmful substances and behaviors. Second, the survey assesses risk factors that are related to these behaviors and the protective factors that help guard against them. This information allows community leaders to direct prevention resources to areas where they are likely to have the greatest impact.

The PAYS will be administered in the fall 2021. Questions were added to the survey, related to the impact of COVID and experiences with remote learning, for schools taking it online. Find a list of the schools that have registered to take the PAYS on the [2021 page](#) of the PAYS website. This list is updated in real time as schools complete the online registration form.

SAP BACK TO BASICS

How to Encourage Parents to Engage with SAP Process.

One of parents' most important rights is the right to give (or not give) their consent for certain actions of the school system with respect to their child. The [Protection of Pupil Rights Amendment \(PPRA\)](#) requires that the student's and parent/guardian's rights be recognized and respected, especially in instances of surveys, analysis, or evaluations. PPRA requires written parent/guardian permission when interviewing students regarding "...mental or psychological problems of the student or the student's family; sex behavior or attitudes; illegal, anti-social, self-incriminating, or demeaning behavior."

Best practice is to ensure that the parent/guardian is knowledgeable of the SAP process, which can help build communication and collaboration between the school and family. The SAP team should keep lines of communication open and maintain a log of all calls/actions including the date and times the parents/guardians have been called. The school may suggest different supports that are available to the parent/guardian and student. The rights of parent/guardian under PPRA must be observed. The SAP team should make a written record of a refusal and check back with the referral source 30 days after the original referral. You may reference the [SAP Frequently Asked Questions and Best Practice Document \(February, 2021\)](#) for additional information.

It can be hard for SAP teams who are ready for a parent to take action to understand why a parent/guardian is not in the same place. It is helpful to consider the "stages of change model" when thinking about how to best help. The stages of change were developed by [Prochaska and DiClemente](#). The stages of change are: pre-contemplation, contemplation, preparation, action, maintenance, and (relapse). We know a person who is not aware of a problem is not ready to take action, they are in pre-contemplation stage. Asking them questions, gathering information, and sharing what you have seen at school can help them understand the behaviors that are concerning may help them contemplate there may be a problem. If they are at this stage, it would not be helpful to suggest they take action, or if you do, indicate that it may be a possible option in the future. The goal at pre-contemplation is really to get them to see the concerning behavior and possible consequences. As a SAP team, it is up to us not to push too hard and work on building a collaborative, trusting partnership with the family. Some families are able to quickly jump to preparation and action and others need more time to go through the stages. Each stages have different strategies teams should use. Remember it may take many discussions or consequences for some to reach the action stage, it is important not to judge that a parent does not "care" or that they are not willing to see things. Give them the time they need for making changes. It is important to be proactive and educate staff, students and families about SAP and all of the benefits and supports available. It is always a great idea to showcase SAP and the team members on the school or district website whenever possible. The more visible SAP is the more likely contacts with parents will be successful.

RESOURCES and NEWS

Parents, Families and Friends of Lesbians and, Gays (PFLAG)

"For youth to thrive in schools and communities, they need to feel socially, emotionally, and physically safe and supported. A positive school climate has been associated with decreased depression, suicidal feelings, substance use, and unexcused school absences among LGB students." <https://www.cdc.gov/lgbthealth/youth.htm>

As students are returning to school, the Board of PFLAG Pittsburgh wants to take this opportunity to share resources with SAP teams to help them support lesbian, gay, bisexual, transgender, and questioning (LGBTQ) students, families, GSAs, and school staff. If you are not familiar with PFLAG, it is the United States' largest organization uniting families and allies with people who are LGBTQ. For almost 50 years, PFLAG has been providing peer-to-peer support, publications, toolkits, and other resources to make sure that the family members of people who are LGBTQ get the support they need. PFLAG has nearly 400 chapters across the United States, including several in Pennsylvania, that provides support to LGBTQ youth, their families, and community organizations who would like to be better allies. Many chapters have a speakers bureau that can provide education on terminology, share their lived experiences, and discuss how to be an ally.

Resources, including Transgender 101 and Transgender 201 that were created from partnership of PFLAG Pittsburgh families and UPMC Children's Hospital of Pittsburgh, can be found under the support tab at <https://www.pflagpgh.org/>. For information on "Cultivating on Respect: Safe Schools for All" click [here](#).

SAMHSA Publications

SAMHSA has a plethora of publications and most are downloadable for free. There are several topics of interest you can search for including: mental illness, substance abuse, alcohol abuse, underage drinking, treatment and prevention, trauma, suicide, co-occurring disorder, violence, and many more. You can filter by audience, format, state, language, and others. Click [here](#) to access the publications tab and then filter the types of resources.

TRAINING OPPORTUNITIES

How to Develop a Competitive Grant Application

SAMHSA Webinar

The Office of Financial Resources at the Substance Abuse and Mental Health Services Administration (SAMHSA) will be conducting a webinar on how to develop a competitive grant application. The webinar will be offered on September 30 and October 28, 2021 at 2:00 PM.

The webinar will address:

- The four registration processes that need to be completed;
- Preparing to apply for a grant;
- Key components of the Notice of Funding Opportunity (NOFO);
- Responding effectively to the evaluation criteria;
- Resources and technical assistance that are available.

Information on how to access the webinars can be found on the [Training Events](#) webpage. There is no need to pre-register. If you would like to receive the slides prior to the webinar, send an email to: GPOtraining@samhsa.hhs.gov

Prevent Suicide PA 2021 Fall Training Series

The GLS grant team is excited to announce another round of the training series. For information on dates/times of the trainings being offered, and to register, please visit, <https://www.preventsuicidepa.org/webinars/>. Please feel free to share this with anyone who may be interested.

For any questions, please email rose.milani@jefferson.edu.

Suicide Prevention Online Learning Center

Developed by Prevent Suicide PA and the Pennsylvania Garrett Lee Smith Youth Suicide Prevention Grant team the Suicide Prevention On Line Learning Center is designed to provide research-based and best practice information to anyone who may come into contact with individuals struggling with suicidal thoughts and behaviors.

Courses Available:

- **(New)** Concussions, Depression, and Suicidal Risk: Assessment and Clinical Management
- **(New)** School and Community-Based Prevention Interventions to Prevent Adolescent Suicide
- **(New)** An Introduction to Attachment-Based Family Therapy for Suicidal Adolescents
- **(New)** Managing Non-Suicidal Self-Injury in Teens
- Youth Suicide Prevention for Educators Course
- Developing Effective Safety Plans for Suicidal Youth
- Method Restriction: Primary Care and Public Health Approaches
- Pharmacotherapy of Pediatric Anxiety and Depression

And more! To view all of the courses offered, please visit the Suicide Prevention Online Learning Center [here](#).

Center for Safe Schools: Third Thursday Online Learning Series

The 2021 Third Thursday digital learning series, which runs through November and is free to attend, will educate those new to the bullying prevention field and sharpen the skills of those who are experienced in this vital area. Webinars will cover essential topics including student safety and well-being skills, social-emotional wellness, cyberspace, and more.

[Go to Third Thursday Series](#)

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

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

PA Association of Student Assistance Professionals 2022 Virtual Conference: starting February 27th 2022, information will be available at <http://pasap.org/>

2021 PaPBS Implementers Forum

November 10-11, 2021– Webinar

This event will showcase the implementation and sustaining efforts of PBIS in schools and programs from across the Commonwealth. Additionally, schools and programs who have completed participation requirements during the 2020-2021 school year will be acknowledged for their success. Equity in education suggests ensuring ALL students are provided with the supports they need to be successful, rather than adopting a one-size-fits-all approach. Throughout the PaPBS Implementers' Forum, sessions will focus on coaching, advanced tiers, mental health supports, and initial implementation at Tier 1. Click [here](#) to register.

Proactive Approaches to School Discipline using Alternatives to Suspension and Expulsion

October 4, 2021 – November 4, 2021-Asynchronous online course

Schools implementing school-wide positive behavior interventions and supports (SW-PBIS) are seeking to achieve positive school climate and culture. Despite implementation efforts across the country, there are current statistics that suggest specific subgroups continue to be disproportionately disciplined. These subgroups may include race, ethnicity, disability status, gender, as well as socio-economic status. This workshop will focus on using alternatives to suspensions and expulsions as well as the benefits of considering equitable disciplinary practice via an SW-PBIS framework. Participants will discuss the key responsibility areas for implementing a multi-tiered system of support for behavior with a specific focus on culturally sustaining practices.

You may register online by clicking on the name of the event on the Training Events Calendar at: <https://www.pattan.net/events>. Registration will close September 30, 2021

For content related information and questions, please contact Ron Logan at rlogan@pattankop.net or 610-878-7244. For general registration information and questions, please contact: Tina Rife at trife@pattan.net or 717-901-2278.

GRANTS

2021 PA Academic and Career/Technical Training

Release Date: 9/8/2021

Due Date: 10/29/2021

Amount Announced: \$500,000.00

This is a non-competitive solicitation that is limited to privately operated residential facilities, community-based providers, and juvenile probation offices that are existing PACTT Affiliates. Funds may be used to improve services for system-involved youth in academics, job readiness, and employability skills. All such providers listed above, that are currently PACTT Affiliates, are considered eligible to apply for these funds. The goal of this funding announcement is to establish or enhance existing academic, work experience, and job skills training services provided to delinquent youth by affiliates that are residential, community-based, and/or juvenile probation office service providers operating within Pennsylvania.

Read the full funding announcement to determine eligibility and funding amount. These awards will run for 12 months, beginning January 1, 2022. PCCD has streamlined the application process for general convenience. Applications are due in the E-grants System by October 29, 2021. Click [here](#) for more information on this E-grant.

Kars4Kids Small Grant Program

Kars4 Kids is dedicated to helping children develop into productive member of their communities. To that end. The organization's small grant program supports educational initiatives and youth development programs in North America with grants ranging from \$500 to \$2000. The program is especially interested in encouraging continued education outside of school and empowering future citizens and leaders of the community. Fundable activities include libraries, afterschool programs, mentoring, exercise programs, weekend programming, incentives for continued reading and math work, and anti-bullying initiatives. Click [here](#) for more information and application instructions.

Grants for Children of Post-9/11 Combat Veterans [Our Military Kids](#) is providing grants of up to \$300 for the [support of military children](#) (age 3-18) to fund sports, arts, and other enrichment activities when their parents are deployed overseas or are recovering from severe injuries sustained in a post-9/11 overseas mission. Participation in these activities help military children cope with stress and build self-confidence during these difficult times. Learn more about the application process and requirements by visiting the [Our Military Kids website](#).