

# SAP CONNECTION

February 2023



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

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

## PNSAS INTERAGENCY UPDATE

The “Pennsylvania Student Assistance Program Guidelines for Teams” has been updated. Click [here](#) to download a copy for your team to review.

### **State Leadership**

With new administration there have been some statewide staff changes. The new Secretary for PA Dept of Education is Khalid Mumin. The Secretary for Department of Human Services is Dr. Valerie Arkoosh. The new Secretary for the Department of Drug and Alcohol Programs is Dr. Latika Davis-Jones.

### **Project AWARE** (Advancing Wellness and Resiliency in Education)

Two grants awarded to Pennsylvania. One led by MCIU and one led by CSIU, IUs engaged: Carbon-Lehigh Intermediate Unit (CLIU), Luzerne Intermediate Unit (LIU), and the Montgomery County Intermediate Unit (MCIU)). They will be posting for project directors and coordinators. Both are focusing on mental health.

- MCIU grant focuses on suicide prevention training, mental health screening, and electronic pathway to connect school-based practitioners with mental health services available for students. Click [here](#) for more information on the grant services in this area.
- CSIU grant- focus on increased awareness of MH, substance misuse, and co-occurring concerns, mental health literacy, promote and foster resilience building and MH for students, targeted services for students with higher needs, connection for students and families to services, and improving access to culturally relevant, developmentally appropriate, and trauma informed school and community-based activities. Click [here](#) for more information on the grant services in this area.



## **In School Supports: SAP Beyond the Referral**

SAP is more than just a referral for screening or assessment. How can your team support students in the classroom and beyond? What strategies can we give to teachers to better support their students? There are many resources and supports that often get overlooked when considering recommendations for students referred to SAP. Even teams who feel they lack resources often have more informal services available than they initially realize.

One way to identify resources is to complete resource mapping to identify supports. This may have already been done to support other tiered or support teams in your school, or maybe you're starting from a blank slate and need information on how to create resource lists. Resources are available to assist your school or team in completing resource mapping, including The Mental Health Technology Transfer Center Network's ["National School Mental Health Best Practices"](#), which has online modules available for use. Liaisons are also a great connection for community resource information!

It's important to consider that school-based supports and resources may be formal or informal. Consider things that may already happen in your school – including "lunch bunch" groups held by teachers or school counselors, "Check In/Check Out", "Check and Connect", SAP team member/Case Manager check-ins with students, educational support groups, one-on-one supports with counselors, social workers, encouraging involvement in positive school activities to build peer connections and self-esteem such as special jobs in school (line leader, office helper etc.), peer and school staff mentoring connections, and more! Sometimes it helps to make lists of the activities happening in your school and keeping that list in SAP meetings when considering what school-based supports might assist the students you're working with (whether they are receiving a screening or assessment, or not!)

Students can benefit from strategies implemented in classrooms. Teachers appreciate suggestions on way they can help student in their classes, especially if they have tried to help and have not felt they have been able to make any impact. Some SAP teams are unsure what they can share with the student's teachers. Sharing educational and behavior management strategies can be done without divulging private information about the student. These can be simple things like giving the student a leadership jobs or increasing positive social interactions. Ideas could include collecting papers, line leader, and group leader. For quiet, shy students it might include asking the teacher to pair them with supportive students for projects etc. The options are endless, and teachers may be helpful in brainstorming ideas once they understand the types of strategies needed.

Taking time to map your resources and brainstorm to expand strategies can help SAP teams be more effective and can ensure students you work with have a more rewarding school experience.

## INFORMATION



### RESOURCES AND NEWS

---

#### **The Trevor Project**

The Trevor Project is the world's largest suicide prevention and mental health organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people. The Trevor Project recently published its first-ever state-by-state analysis of LGBTQ youth mental health in all 50 states. This report, based on the latest national survey of nearly 34,000 LGBTQ young people across the U.S. provides critical insights into the suicide risk, barriers to mental health care, anti-LGBTQ victimization, and negative impacts of recent politics reported by LGBTQ youth. Click [here](#) for information on the data collected.

The information provided will help everyone to better understand how to support and affirm the experiences of the LGBTQ young people closest to them, and reveal disparities across communities. [Learn more about the challenges faced by LGBTQ young people in your state](#) and how to create accepting and affirming spaces in your community.

### WELLNESS CORNER

**1. Get Outside Often-** It's easy to avoid going outside in winter. A covered garage can make it easy to go from your car to your office then back to your car again to arrive back home without ever feeling that icy sharpness on your face. But staying inside for days on end, with nothing but artificial warmth and sniffing companions for company can increase your chances of getting sick over winter. Choose a day when the sky is blue and clear or it's not raining. Dress warmly and step out and feel that winter sunshine. Admire how beautiful and clean your world looks when there is snow on the ground. You'll feel much better for it.

**2. Keep Up the Exercise-** Thumbs up if you have made it your goal to [exercise more](#). How's that going for you? Don't begrudge yourself if things haven't gone as well as planned. We know that it can be harder to stay motivated when it's cold outside and the days are shorter. Choose a gym that is close to your home or work, or find a local fitness group or yoga class that fits in with your life. Buy something appropriate to wear and schedule in workouts as you would an appointment. Download a mobile app such as Fitness Buddy to chart your fitness. Make the most of a beautiful sunny winter's day, dress warmly, and run in the cold.

**3. Make the Most of Nutritious Winter Fruits and Vegetables-** Eating during winter doesn't have to be boring and vitamin deficient. Keep carbohydrate-laden foods such as white bread and pasta to a minimum and fill your plate with dark leafy greens, winter squash, citrus and pomegranate, which thrive in the chill of winter. These fruits and vegetables are laden with nutrients, antioxidants and fiber which increase your energy and help keep that winter-weight at bay. They may help reduce your risk of cancer too.

**4. Protect Your Skin From the Inside-Out and Outside-In-**Cold, dry air quickly sucks moisture from our skin. Combine that with a blasting of hot air from a central heating unit and some nice scratchy winter fabric and your skin can end up being one dry, itchy, scaly mess. Keep moisture locked into your skin with a heavy, oil-based [moisturizer](#). Lather it on every time you bath or shower or whenever your skin feels dry. Drink plenty of water and eat foods like berries which are high in antioxidants, omega-3 fatty acids (found in salmon, walnuts, or take omega-3 supplements), and consider using a humidifier to help add moisture to the air.

**5. Watch Your Vitamin D Levels-** Do you seem to succumb to every cold, flu, or stomach bug doing the rounds? Perhaps you are just generally feeling a bit blue. Both our immune system and our mood rely on vitamin D. Because vitamin D is made in our bodies after exposure to the sun, it is not uncommon for people to become vitamin D deficient during the winter months. Vitamin D also helps ensure that our bodies absorb and retain calcium and phosphorus for building bone. Ask your doctor for a blood test to determine where your vitamin D levels fall. If yours are low, you may benefit from a daily vitamin D supplement of 400–800 IU/day (10–20 micrograms).

**6. Try to Keep a Regular Sleep Schedule-** Our sleep-wake cycle is regulated by the hormone melatonin, which is released in response to light. Exposing yourself to too much light at night - such as that emitted from computer screens, TV screens or electronic devices - inhibits the release of melatonin which decreases sleep quality and quantity. This makes us feel sluggish and tired the next day. Get up and go to bed at the same time of day regardless of the season. Restrict computer use and TV watching at night. Consider a melatonin supplement if you also have trouble sleeping.

**7. Thwart That Cold or Flu In Its Tracks-** Maybe your throat has become a bit sore or scratchy. Perhaps your nose or eyes are starting to feel a bit congested. You can feel a change in your health but it's still in the early stages. Keep some natural remedies at home to take at the first sign of a cold or flu. Olive leaf, garlic, echinacea, elderberry, vitamin C, and zinc may help to boost your immunity and increase our resistance to those nasty winter viruses.

These tips are from [Drugs.com](https://www.drugs.com)

## **TRAINING OPPORTUNITIES**

**SAP Trainings** are available both in person and virtually in certain locations throughout the state. These trainings are delivered by PA Approved SAP Training Providers. For a complete listing click [here](#) to access the training calendar.

**Trauma Training:** The Offices of Children, Youth and Families, and Mental Health and Substance Abuse Services have partnered with PA Care Partnership to provide any child welfare professionals in Pennsylvania FREE Trauma Training provided by Lakeside Global until September 30, 2023, or while funding is available. For individuals looking for Trauma Training, there are multiple cohorts for courses and workshops scheduled on specific dates and times available through <https://lakesidelink.com/training/course-registration-2023/> Training available includes the following: Enhancing Trauma Awareness, Deepening Trauma Awareness, Applying Trauma Principles, Train the Trainers, and Trauma 101 through 109 Workshops.

**PaTTAN Training:** Proactive Approaches to School Discipline Using Alternatives to Suspension and Expulsion. (Asynchronous from January 9, 2023– February 13, 2023, via Schoology online course).

This course will focus on using alternatives to suspensions and expulsions as well as the benefits of considering equitable disciplinary practice via a SW-PBIS framework. Learners will discuss the key responsibility areas for implementing a multi-tiered system of support for behavior with a specific focus on culturally sustaining practices. **Registration Information:** You may register online by clicking on the name of the event on the Training Events Calendar at: <https://www.pattan.net/events/>

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

**2022-2023 Equity Speaker Series:** [Click here for courses and registration](#) the speakers series is funded by PDE Statewide Systems of Support.

Topics of upcoming trainings include:

- 2/14/2023: Religious Diversity
- 3/14/2023: Black/African American
- 4/18/2023: Hispanic/ Latino
- 5/16/2023 Students with interrupted education

**PASAP Conference:** February 26 - 28, 2023. In person at the Penn Stater Hotel and Conference Center, State College, Pa. [Click here for Registration](#).



**GRANTS**

**The Office of Mental Health and Substance Abuse Services (OMHSAS) Grant**

OMSAS has released a funding opportunity for behavioral health providers. The opportunity will allow qualified entities to request funding to invest in technology and training for behavioral health telehealth providers.

The funding opportunity will be posted on February 1, 2023, on the following website:  
<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/OMHSAS-Information.aspx>.

**PCCD Grants**

*There are open grant applications that are due in PCCD’s Egrants System.*

For more information contact the Egrants Help Desk is available at: (717) 787-5887 or (800) 692-7292, or by emailing [RA-eGrantsSupport@pa.gov](mailto:RA-eGrantsSupport@pa.gov). Click [here](#) to register.

<b><u>Funding Announcement Title</u></b>	<b><u>Amount Announced</u></b>	<b><u>Due Date</u></b>
<a href="#">SAEDR Opioid Reduction Technical Assistance</a>	\$600,000.00	1/24/2023
<a href="#">SS&amp;S Training and Technical Assistance Program</a>	\$4,800,000.00	1/31/2023
<a href="#">2022 SAEDR Category 1</a>	\$2,700,000.00	2/24/2023
<a href="#">2022 SAEDR Category 2 and 3</a>	\$2,500,000.00	2/24/2023
<a href="#">Addressing Youth Substance Use and M/BH Concerns</a>	\$2,000,000.00	2/24/2023
<a href="#">VIP Grants Evaluation</a>	\$3,000,000.00	3/30/2023
<a href="#">Developing Satellite CACs - 2022</a>	\$1,200,000.00	3/31/2023
<a href="#">2022 Child Advocacy Center Development</a>	\$750,000.00	3/31/2023