

SAP CONNECTION

October 2022

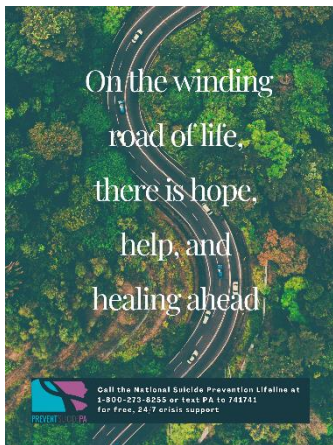


Prepared by: PA Network for Student Assistance Services (PNSAS)
www.pnsas.org

PNSAS INTERAGENCY UPDATE

2023 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 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.



Each school building or community organization may only submit one entry per category. We encourage you to consider a local challenge within your school or community organization to help identify the best submission per category. The categories include: poster, 60-second video, 30-second video, and either 15- or 30-second audio. This year's contest submissions are due by **Wednesday, December 14, 2022**. Contest rules and submission guidelines will be updated on the current PSA website soon.

All the winning and honorable mention PSAs from previous years are available for free public use and can be accessed by visiting <http://psa.preventsuicidepa.org>. These are great resources to use during Suicide Prevention Month and throughout the year.

SAP BACK TO BASICS

Wellness Considerations for SAP Teams

"Teaching is the one profession that creates all other professions." – Unknown

If we really stop to think about it, that statement showcases just how selfless educators are *and* how vital the profession is. With that responsibility comes a heavy burden. This is particularly true for SAP teams, which regularly work with high-need students and families in distress or crisis. It can get overwhelming—fast. By recognizing this and taking a few moments to care for ourselves and each other, we can function more effectively as a team. So how do we do that?

Take 2 For Yourself

Yes, you can take 2 minutes in the workday that are just for you. Give yourself permission to step away (literally or figuratively) and commit to this at least once a day. Take a lap around the hallway, have a stretch, try the technique in the graphic, or choose one of the quick activities below:

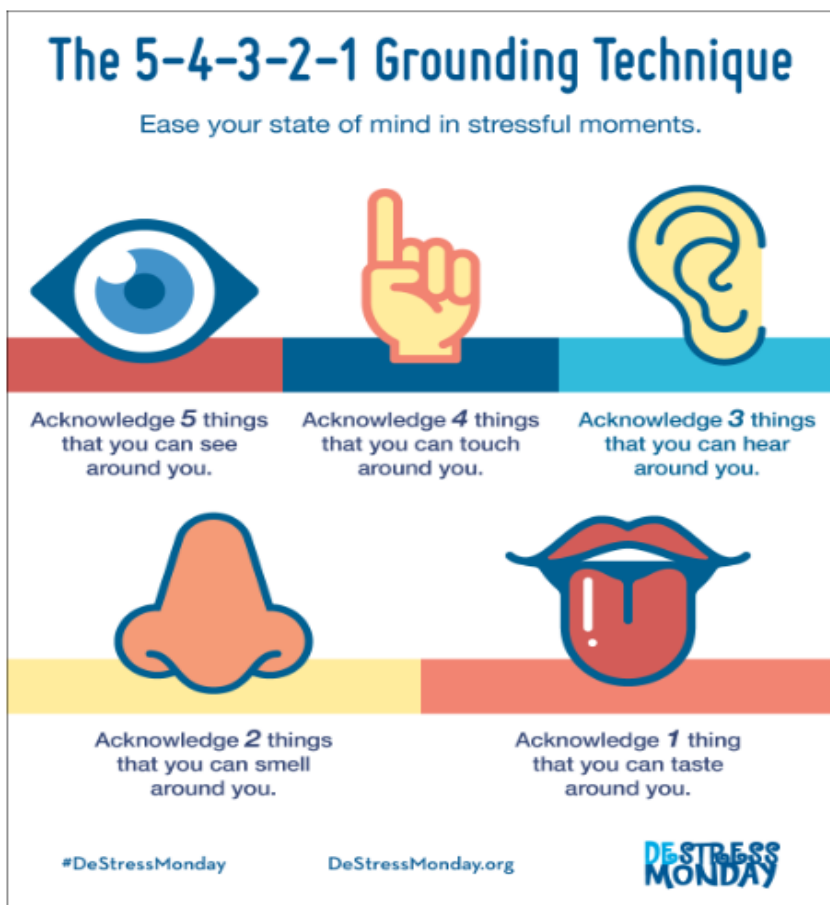
Notice Your Feet- When you start to feel overwhelmed/frustrated/distracted bring yourself back to the moment by bringing your attention to your feet. Notice how it feels to stand on the ground- their temperature, what parts are pressing into the ground more firmly, any discomfort. This practice will ground you back in the present moment, a little reset.

Mini Massage- Keep some lotion in your desk and periodically give yourself a mini hand massage. You can go about what you are doing, but with some added awareness and a small act of self-care

Mindful Walking- As you are walking to the office/bathroom/to fill your water, bring your attention out of your thoughts and into the physical movement of walking. Notice your feet hitting the floor, how your weight shifts as you move, how your arms swing, and whatever else comes into your awareness.

Take 2 For A Friend

People working in helping professions like to help people! It seems obvious but taking 2 minutes to thoughtfully pay someone a compliment or perhaps thank them genuinely for their help brightens both their day *and* yours.



Take 2 In Your SAP Meeting

Ideally, a SAP team meeting is structured, solution-focused, and collaborative, so it's crucial to make sure that all team members are ready and able to contribute. It's difficult to put aside all of our pressing responsibilities and focus on the tasks required in a SAP meeting-- and when we do, we're often faced with the serious and distressing situations of our students and their families. Take 2 at the beginning and/or end of the meeting to:

Reset (see "Notice Your Feet" above, or simply lead the group in taking 4-5 deep breaths in through the nose and out through the mouth) Highlight positive progress with a student situation Recognize the efforts of team members (communication with a family, speedy and accurate data collection, thorough resource mapping, etc.)

Resources:

[Lilla Dale McManis, PhD.](#)

[Corrin Rockwell, School Counselor](#)

RESOURCES AND NEWS

Digital Shareables on Child and Adolescent Mental Health

National Institute of Mental Health (NIMH)

Use these resources to raise awareness about the importance of child and adolescent mental health.

Teen Depression

Being a teenager can be tough, but it shouldn't feel hopeless. Check your symptoms and find out what you can do if you think you might have depression. <https://go.usa.gov/xFWnV> #shareNIMH

My Mental Health: Do I Need Help?

Do you need help with your mental health? If you don't know where to start, this infographic may help guide you. <https://go.usa.gov/xGfz> #shareNIMH

I'm So Stressed Out!

Life can be stressful. If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it could affect your health. Learn more at <https://go.usa.gov/xfQKq>. #shareNIMH

Child and Adolescent Mental Health

Help raise awareness about the importance of child and adolescent mental health by sharing informational materials based on the latest research. Share science. Share hope. <https://go.usa.gov/xvWKK> #shareNIMH

Children and Mental Health

If you're concerned about your child's mental health, where do you begin? Start by talking with your child's teacher or ask your family health care provider for a referral to a mental health care provider who focuses on children. Read more here: <https://go.usa.gov/xyxvD> #shareNIMH

Mental Health is Important for Children and Adolescents

It can be tough to tell if troubling behavior in a child or teen is just part of growing up, or a problem that should be discussed with a health professional. Learn more about warning signs: <https://go.usa.gov/xdQUd> #shareNIMH

Get Shareable Resources

PA Parent and Family Alliance

New resource developed by the PA Parent and Family Alliance, in collaboration with members of our Garrett Lee Smith Youth Suicide Prevention Grant team. The tip sheet, "[How do I talk to my child about suicide?](#)" is available in both English and Spanish, and there is also a [blog post](#) on the same topic.

Back to School Toolkit

Adolescence is already a confusing time without added concerns about social media, safety in schools, staying healthy, family financial security, and loss of loved ones—so we shouldn't be surprised that the rates of anxiety, depression, suicide, and other mental health conditions are on the rise.

Mental Health America recognizes that our youth are having "all the feels" as they enter the new school year. These resources look at the issues young people face that are having an impact on their mental health and offer tips on how to deal with these issues and the resulting emotions. The MHA toolkit can also help parents and school personnel better understand the issues, such as the effects of social media on youth mental health and how to be supportive. Click [here](#) to sign up to receive the Toolkit.

WELLNESS CORNER

Mental health is your health!

Our brain and body are connected, and the wellness of each affects the other. Physical fitness and mental fitness together lead to a best-lived life. Access these short wellness tips every day.

Click [here](#) to access these strategies to help live your life fully.

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. The next virtual training is:

Pandemic Anxiety and Family Stress

October 20, 2022 from 2:30-4:00

Speakers Kathleen Kline, MD and Michael T. Flaherty, Ph.D.

Click [here](#) to register for this webinar.

Center for Safe Schools: Stay tuned for The Third Thursday series. If you missed any of last years' trainings, they are recorded and available by clicking [here](#).

Building Restorative Justice Systems in Schools, Creating a Foundation for Teaching and Learning:

October 6, 2022, Free webinar

Click [here to register](#).

Virtual Suicide Prevention Webinars from Prevent Suicide Pa

Suicide Risk Assessment for Mental Health Professionals

October 6, 12:00 – 1:00 PM

Safety Planning for Mental Health Professionals

October 13, 12:00 – 1:00 PM

Family Engagement for Mental Health Professionals

October 27, 12:00 – 1:00 PM

Postvention Training for Schools and Community Behavioral Health Partners

November 3, 12:00 - 1:15 PM

Lethal Means Reduction for Mental Health Professionals

November 10, 12:00 – 1:00 PM

Click [here](#) for more information and to register for any of the webinars.

School Safety Summit

November 1-2, 2022.

To Register click [here](#).

PaPBS Implementers Forum

November 30 - December 2, 2022

Hershey, PA.

Registration coming soon.

PASAP Conference: In person at the Penn Stater Hotel and Conference Center

February 26 - 28, 2023

The Penn Stater Hotel and Conference Center, State College, PA.

Registration coming soon!