

SAP COUNTY COORDINATION UPDATE

January, 2015



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

www.sap.state.pa.us

PENNSYLVANIA NETWORK FOR STUDENT ASSISTANCE SERVICES INTERAGENCY UPDATE

Pennsylvania Department of Public Welfare Has a New Name!

The Pennsylvania Department of Public Welfare is now the Pennsylvania Department of Human Services (DHS). The department announced the name change and unveiled a new logo at a ceremony in Harrisburg on November 24, 2014. The new name better reflects the wide range of services DHS offers Pennsylvanians.

For more information, visit www.dhs.state.pa.us.

Public Service Announcement Contest for High School Students!

Youth Suicide Prevention..... An Opportunity for Students to Join in the Conversation and Impact their Peers! Pennsylvania Youth Suicide Prevention Initiative (PAYSPI) announces its Third Annual PSA Contest for Youth Suicide Prevention for high school students. Contest information, including official rules, application form, downloadable flyer, and help with guiding students messaging is available [here](http://payspi.org/). Deadline for submissions is January 16, 2015. To read more go to <http://payspi.org/>.

Reminder: Statewide SAP Surveys for SAP Teams and Liaisons Due!

SAP Core Team surveys were sent to SAP team contacts who submitted SAP data at the end of last year. SAP Liaison surveys were sent to anyone who submitted the Joint Quarterly Reporting System in the most recent quarter. These surveys were to be emailed to your PNSAS Regional Coordinator by December 22, 2014. If you have not submitted your team or liaison survey, please do so right away. If your team or agency missed receiving the survey, go [here](#) to download the survey and view the letters to principals, letters to liaisons, and the PNSAS regional map for the name and contact information for your PNSAS regional coordinator.

SAP BACK TO BASICS

Avoiding Burnout

SAP team members provide support to students, families and fellow staff members for challenging issues. It is only natural that they are susceptible to burnout when they don't take time for their own self-care. Subsequently, the integrity of the program suffers.

Some of the most recognizable symptoms of burnout include:

- Becoming preoccupied with the problems of students – this could also be interpreted as taking work home with you.

- Believing that you are irreplaceable – this is the quickest way to burn out! When you begin to believe you are the only person that can do the work, you are putting too much pressure on yourself. Students' lives don't rest solely on your shoulders.
- Frequent physical illness
- Feeling completely overwhelmed or "on edge"

Work-related causes of burnout:

- Feeling like you have little or no control over your work
- Lack of recognition or rewards for good work
- Unclear or overly demanding job expectations
- Doing work that's monotonous or unchallenging
- Working in a chaotic or high-pressure environment

But don't fret, these are preventable!!!

- Build relationships with others. When you work with a team of professionals for a common goal you tend to feel less overwhelmed and better supported.
- Leave work at work. How does one do this? You can start by trying to leave on time. Avoid seeing students after hours on a regular basis. Refrain from checking your email throughout the evening.
- Your own health is your first priority. Make sure you are eating well-balanced meals, getting enough rest, and mixing in some exercise as well.
- Take some quiet time for yourself, which could include hobbies or time with friends.

Complete Student Assistance Program Handbook, Barbara Sprague Newsam, The Center for Applied Research in Education, 1992.

For more information go to: <http://www.helpguide.org/articles/stress/preventing-burnout.htm#warning>

RESOURCES

Drug Facts Chat Day

Drug Facts Chat Day is an annual live online chat held between high school students and NIDA scientists during *National Drug Facts Week*SM. Students from around the country anonymously ask the questions they most want the answers to about drugs and drug abuse, including drug effects, how to help friends or family that are abusing drugs, and what causes addiction. Expert scientists give them the facts. To read more including how to register and how to watch the live chat free on January 30, 2015 go [here](#).

5th Annual National Drug Facts WeekSM

You're invited to participate in the National Drug Facts WeekSM, sponsored by the National Institute on Drug Abuse (NIDA). This weeklong health observance is an opportunity for teens to learn the facts about drugs and addiction from scientists and other experts.

Host and promote an event for teens during the week of January 26–February 1, 2015, and help shatter the myths about drugs. Register and receive support from the NIDA staff to plan a successful and engaging event. NIDA staff can help you order science-based materials to complement your event, brainstorm activity ideas, partner with other organizations, and get your event nationally recognized by adding it to the official 2015 map for National Drug Facts Week. [Plan Your Event—Five Steps to Hosting](#)

The Suicide Prevention Resource Center Introduces Spark Talks

The Suicide Prevention Resource Center (SPRC) recently introduced SPARK Talks. These short, provocative, action-oriented, realistic, and knowledgeable videos feature leaders in the suicide prevention movement. Each of these

innovators describes a new development or direction in the field that can have an impact on suicide and issues a call to action. They are designed to spark conversation, innovation, and action. View the talks at <http://sparktalks.sprc.org/>.

Making Connections for Mental Health and Well-Being among Men and Boys in the U.S.

A new report from the Movember Foundation & the Prevention Institute details ways in which the life experiences of men and boys in the US are at odds with their mental health and well-being, and offers recommendations. Read more [here](#).

New NCHE brief-Students Living with Caregivers: Tips for Local Liaisons and School Personnel

The National Center for Homeless Education (NCHE) is pleased to announce the availability of a new issue brief entitled *Students Living with Caregivers: Tips for Local Liaisons and School Personnel*.

Each year, thousands of students stay with someone who serves as a caregiver, instead of living with a parent or legal guardian. The caregiver may be a relative, friend, school employee, or other individual. Some caregivers provide little to no support for youth staying with them, while others, especially with younger children, often assume more responsibility – even obtaining legal guardianship in some cases. While some caregiver living situations are considered permanent housing, others may result in students meeting the definition of homeless children and youths and thus being eligible for services under Subtitle VII-B of the McKinney-Vento Homeless Assistance Act. Students who are homeless and who are staying with caregivers instead of parents or legal guardians face a variety of risks and challenges. This brief explores caregiver living situations and offers strategies that local homeless education liaisons and school staff can implement to ensure that these students and their caregiver families receive appropriate services. *Students Living with Caregivers: Tips for Local Liaisons and School Personnel* is available for downloading at <http://center.serve.org/nche/downloads/briefs/caregivers.pdf>.

A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children

This resource guide offers information and resources to help practitioners throughout health and social service systems implement best practices in engaging and helping families and caregivers to support their lesbian, gay, bisexual, and transgender (LGBT) children. Research has shown that compared to LGBT young adults who reported high levels of family rejection during adolescence were 8.4 times more likely to report having attempted suicide. Access the free guide [here](#).

NIDA Infographic: Marijuana Use & Educational Outcomes

The National Institute on Drug Abuse (NIDA) has released an infographic on marijuana use and educational outcomes that provides up-to-date information on what research findings show about student drug use and academic life. To learn more and to view or download the infographic, click [here](#).

TRAINING OPPORTUNITIES

Third Thursdays Bullying Prevention Series Continues

Mark your calendars for these upcoming Third Thursdays Bullying Prevention dates:

January 15, 2015: The Role of Physicians in Bullying Prevention, Intervention & Recovery

February 19, 2015: Dating Violence

March 19, 2015: Cultivating Empathy for Healthy Relationships and Collaborative Programs

April 16, 2015: Fostering Cultural Competence: Using Children's Literature to Talk about Difficult Issues in K-12 Classrooms

May 21, 2015: Bullying in Sports: The Injuries We Don't See

For more information go [here](#).

Injury Control Research Center for Suicide Prevention (ICRC-S) Webinar Series to Start in January 2015: Exploring the Impact of Suicide Prevention Research in Multiple Settings

The Injury Control Research Center for Suicide Prevention (ICRC-S), a CDC-funded research center focusing on a public health approach to suicide prevention and research, will begin its third annual webinar series on January 20, 2015. A project of the University of Rochester Medical Center and Education Development Center, the ICRC-S draws suicide prevention directly into the domain of public health and injury prevention and links it to complementary approaches to mental health.

The settings which will be addressed in this year's ICRC-S webinar series, *Exploring the Impact of Suicide Prevention Research in Multiple Settings*, will include:

- Health Care
- Schools
- Faith-Based Organizations
- The Justice System
- The Workplace
- Social Media

Each monthly webinar will be one hour and will provide an opportunity for dialogue with the webinar presenters. The first webinar in 2015 webinar series will take place on **Tuesday, January 20th from 2:00 p.m. - 3:00 p.m. Eastern Time**. The speakers for this webinar will be Eric Caine, M.D., ICRC-S Director and Chair, Department of Psychiatry, University of Rochester, and Jane Pearson, Ph.D., Chair, Suicide Research Consortium, National Institute of Mental Health. Dr. Caine and Dr. Pearson will launch this series with an overview of the impact of research on national goals for suicide prevention. For registration information go [here](#).

The 25th Annual PASAP –PAMLE Conference

February 22-24, 2015

Penn Stater Conference Center Hotel

State College, PA

This year will mark PASAP's 25th and PAMLE's 34th Annual Conferences.

In the spirit of collaboration and joint mission, PASAP and PAMLE have continued to partner to provide a phenomenal professional development opportunity. This conference again promises to be one of our most exciting and rewarding with keynote and workshop presentations focusing on the current and key issues that face our youth today. We continue to strive to deliver meaningful, skill and prevention based professional development opportunities that will provide participants with the tools to, in turn, affect student learning, achievement, and life success. To register go [here](#).

SAVE THE DATE

Do Something Remarkable

April 8-9, 2015.

Sheraton Harrisburg-Hershey Hotel,

Harrisburg, PA

Sponsored by Pennsylvania Council of Children, Youth and Family Services.

For further information go to http://pccyfs.org/Spring_Conf.html

Services for Teens at Risk (Star-Center) Conference

Friday, May 1, 2015

William Pitt Union, University of Pittsburgh Campus

3959 Fifth Avenue

Pittsburgh, PA 15260

Program and registration information is available [here](#).

NEWS

2014 Monitoring the Future Survey Shows Declines in Youth Drug and Alcohol Use

The Office of National Drug Control Policy (ONDCP) has announced the results of the 2014 Monitoring the Future (MTF) survey. The survey, conducted in 2014 by scientists at the University of Michigan, tracks annual drug use and attitudes among 8th, 10th, and 12th-grade students. There is good news in the data announced today, which reflect declines in youth drug and alcohol use across the board.

Cigarette and alcohol use and prescription pain relievers misuse have all declined since 2013. Marijuana use rates did not increase in 2014, and, among 10th graders, both past-year and daily marijuana use declined by 8 percent and 15 percent, respectively. Past year use of synthetic marijuana, dangerous drugs that have cut the potential of far too many young people, is now down among 12th graders from 11.4% in 2011 to 5.8% in 2014. Additionally, all measures of alcohol drinking (past-month, past-year, lifetime, daily, and 5 or more drinks in a row in the last 2 weeks) were significantly lower than 5 years ago, and all levels are at an all-time low since 1991.

Monitoring the Future is one of three major survey instruments the U.S. Department of Health and Human Services used to monitor the nation's substance use patterns among teens. Information from these surveys informs strategic planning for prevention, treatment, and recovery support services for youth. The Monitoring the Future survey produces timely results, with findings announced the same year the data is collected. To learn more about Monitoring the Future's 2014 results, please read the full [press release](#).

Brain Representations of Social Thoughts Accurately Predict Autism Diagnosis

Researchers at Carnegie Mellon University have created brain-reading techniques to use neural representations of social thoughts to predict autism diagnoses with 97 percent accuracy. This establishes the first biologically based diagnostic tool that measures a person's thoughts to detect the disorder that affects many children and adults worldwide.

Psychiatric disorders -- including autism -- are characterized and diagnosed based on a clinical assessment of verbal and physical behavior. However, brain imaging and cognitive neuroscience are poised to provide a powerful advanced new tool.

Published in *PLoS One*, the study combined functional magnetic resonance imaging (fMRI) and machine-learning techniques first developed at Carnegie Mellon that use brain activation patterns to scan and decode the contents of a person's thoughts of objects or emotions. The previous work also demonstrated that specific thoughts and emotions have a very similar neural signature across normal individuals, suggesting that brain disorders may display detectable alterations in thought activation patterns.

Now, the research team led by CMU's Marcel Just has successfully used this approach to identify autism by detecting changes in the way certain concepts are represented in the brains of autistic individuals. They call these alterations "thought-markers" because they indicate abnormalities in the brain representations of certain thoughts that are diagnostic of the disorder.

For the study, Just and his colleagues scanned the brains of 17 adults with high-functioning autism and 17 neurotypical control participants. The participants were asked to think about 16 different social interactions, such as "persuade," "adore" and "hug."

The resulting brain images showed that the control participants' thoughts of social interaction clearly included activation indicating a representation of the "self," manifested in the brain's posterior midline regions. However, the self-related activation was near absent in the autism group. Machine-learning algorithms classified individuals as autistic or non-autistic with 97 percent accuracy based on the fMRI thought-markers.

Implications of this research could extend to other psychiatric disorders, such as being suicidal or having obsessive-compulsive disorder, in which certain types of thoughts are altered. By providing a brain-based measure of the altered thoughts to use in conjunction with clinical assessments, this new research could enable clinicians to make quicker and more certain diagnoses and more quickly implement targeted therapies that focus on the alteration.

Read more about the study [here](#). For more information about how brain representations of social thoughts accurately predict autism diagnosis, watch Just discuss the research at <http://youtu.be/G1rl-K3LD9c>.

Domestic Abuse May Affect Children in Womb

Domestic violence can affect children even before they're born, indicates new research. The study is the first to link abuse of pregnant women with emotional and behavioral trauma symptoms in their children within the first year of life. Symptoms include nightmares, startling easily, being bothered by loud noises and bright lights, avoiding physical contact and having trouble experiencing enjoyment. The study of 182 mothers ages 18-34 found a surprisingly strong relationship between a mother's prenatal abuse by a male partner and postnatal trauma symptoms in her child. The researchers examined the women's parenting styles and also took into account risk factors such as drug use and other negative life events, marital status, age and income.

To read more about the study conducted by Michigan State University go [here](#).

School Policies and Substance Use

In a new brief, Child Trends examines the relationship between school policies meant to combat students' substance use, and students' substance use as young adults. They found that teens who attended schools with zero tolerance policies, in-school drug awareness programs, or alcohol or drug treatment programs were no more or less likely to binge drink or use drugs later. Teens who reported higher levels of connection to their school, though, were less likely to do these things as young adults. For information on the prevalence of [binge drinking](#) and [substance-free youth](#), see the [Child Trends DataBank](#).

New Survey Details Vast Scope of Teen Dating Abuse

From violence to verbal taunts, abusive dating behavior is pervasive among America's adolescents, according to a new, federally funded survey. It says a majority of boys and girls who date describe themselves as both victims and perpetrators.

Sponsored by the National Institute of Justice, the National Survey on Teen Relationships and Intimate Violence was conducted by NORC at the University of Chicago, a prominent research center which provided preliminary results to the Associated Press. Input came from a nationwide sample of 667 youths aged 12-18 who'd been dating within the past year and who completed a self-administered online questionnaire.

Nearly 20 percent of both boys and girls reported themselves as victims of physical and sexual abuse in dating relationships — but the researchers reported what they called a startling finding when they asked about psychological abuse, broadly defined as actions ranging from name-calling to excessive tracking of a victim. More than 60 percent of each gender reported being victims and perpetrators of such behavior.

The survey found no substantive differences in measures by ethnicity, family income or geographic location. The research by Mumford and Taylor is expected to be published soon in *The Journal of Interpersonal Violence*, a peer reviewed academic journal. Read the Associated Press article [here](#).