

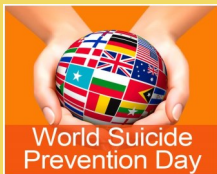
September is:

- Childhood Cancer



Awareness month

- National Childhood Obesity Awareness month
- National Recovery month
- Fetal Alcohol Syndrome Awareness Day (9th)



- World Suicide Prevention Day (10th)
- Child Passenger Safety Week (17th-23rd)
- Rape, Abuse & Incest National Network (RAINN) Day (21st)



WELCOME BACK!

Back to School Anxiety

A new school year can trigger both excitement and stress for students. Will my new teacher like me? How much homework will I have? Will I fit in? Most of these worries are natural. However, if a child exhibits a change in appetite, insomnia, self-isolation, excessive crying, or emotional outbursts, he or she may be experiencing an unusual amount of anxiety. Educators can help these students by:

- **Normalizing discomfort**—Ensure that these fears are normal and experienced by others, even teachers.
- **Encourage open communication**—Allow children to talk about their fears and express specific concerns.
- **Familiarize the experience**—Provide opportunities for students to visit their new classrooms and teachers.
- **Provide a welcoming classroom**—Establish clear routines, plan frequent breaks, play relaxing music, give advance notice of changes, etc.
- **Make connections**—Visit students at home to welcome them.

(Sources: Sharf, Sigal. "When is Back to School Anxiety a Problem?" *Anxiety.org*. 2 April 2013; Mary Beth. "Help Teachers Handle Students with Anxiety." *Elementary Counseling Blog*. 13 August 2017; Wagner, Aureen P., PhD. *Worried*

Prescription opioid abuse is an evolving epidemic and impacts rural and urban counties in PA.

Pennsylvania Opioid Epidemic

- ◆ PA had the 6th highest rate of opioid overdose deaths in the US in 2015. ("Drug Overdose Death Data." *Centers for Disease Control and Prevention*. 16 December 2016)
- ◆ PA was 1 of only 8 states with a statistically significant increase in drug overdose deaths from 2013 to 2014 and from 2014 to 2015. (Rudd RA, Seth P, David F, Scholl L. "Increases in Drug and Opioid-Involved Overdose Deaths — United States, 2010–2015." *Morbidity and Mortality Weekly Report*. 2016)
- ◆ The National Survey on Drug Use and Health discovered a slight downward trend from 2011 to 2014 in self-reported prescription opioid misuse among 12 to 17 year olds in Pennsylvania.
- ◆ A 2015 Pennsylvania Youth Survey (PAYS) found the following for grades 6-12:
 - 2 percent of youth in Lehigh County indicated 30-day prescription opioid misuse, which is 1 percent below the average rate of 3 percent for all counties
 - Perceptions and attitudes toward prescription drug misuse showed "a declining sense of risk and fewer normative constraints towards misuse."
 - 72% of youth in Lehigh county reported a below average perceived risk of prescription drug misuse; the statewide rate was 82%.
 - The ease of access to prescription drugs increased slightly between 2013 and 2015.
 - 37.0% took prescription drugs without permission and 37.5% received them in Northeast Pennsylvania (Susquehanna, Wyoming, Wayne, Lackawanna, Pike, Luzerne, Monroe, Carbon, Northampton, and Lehigh)
 - The ease of acquiring prescription drugs (reported as 'sort of easy' or 'very easy') in Lehigh County (17%) was below the state average of 27%.

It's SAP Time!

Summer vacation is over and school is starting. That means, it's time to prepare for your initial SAP meeting! To help you ease into the new year, ponder the following questions:

Look over your SAP documents:

- ◆ Is all the information accurate and up-to-date?
- ◆ Is the language parent- and student-friendly?

Revisit your referral process:

- ◆ Are referral forms easily accessible to staff, parents, and students?
- ◆ Is there a secure way to anonymously submit paper referrals? Electronic referrals?

Review your 2016-17 SAP Effectiveness Checklist Recommendations:

- ◆ What goals does your team want to set for this school year?
- ◆ How do you want to improve your process?

Examine your SAP data from previous years:

- ◆ What trends can you identify?
- ◆ What populations do you serve?
- ◆ What are the outcomes of your referrals?

Diversify the SAP team:

- ◆ Are all groups in the school staff represented?
- ◆ Have you scheduled SAP training for new members?

Inform faculty and staff about the SAP team and how to make referrals:

- ◆ Do all faculty and staff know how to make SAP referrals?
- ◆ Have you booked a faculty presentation with your SAP Liaison?

Notify families and students about SAP and how to make referrals:

- ◆ Have you arranged for a SAP information table for Open House, Meet The Teacher, conferences, or orientations?
- ◆ Does your SAP Liaison know the dates?

Schedule your Team Maintenance now:

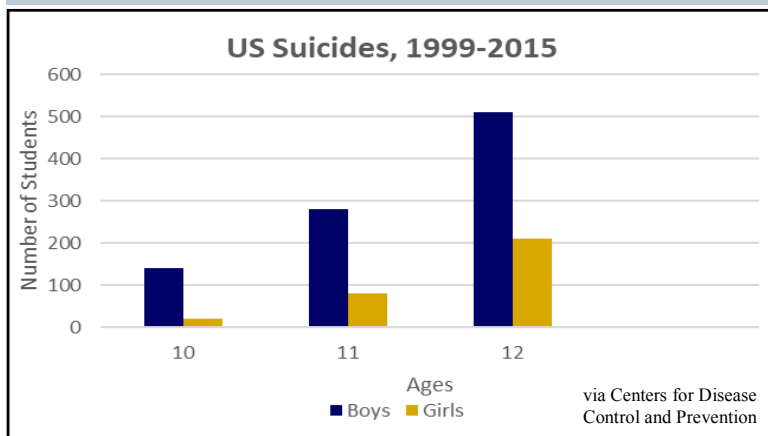
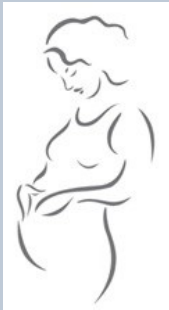
- ◆ Have you thought about a team maintenance workshop? It can help fine tune your team's working dynamics, build on your

**Please contact your
SAP Liaison if you are
interested in assistance with any of**

Fetal Alcohol Spectrum Disorder:

They Don't Stay Children Forever

Friday, September 8
8:00 am—11:30 am
(breakfast at 7:30 am)
Historic Hotel Bethlehem



One child under 13 died of suicide nearly every five days, on average,

Center For Humanistic Change Student Assistance Program Team:

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***Thank you to our newsletter sponsor—the
Lehigh County Department of Human Ser-**