

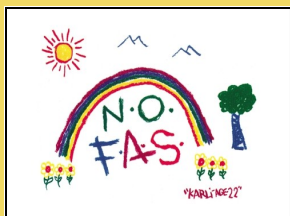


What's SAPpening

Brought to you by Center For Humanistic Change Student Assistance Program (SAP) Liaisons

SEPTEMBER 2015

This Month:



Fetal Alcohol Spectrum Disorder Awareness Month

NATIONAL
SUICIDE
PREVENTION
WEEK 2015

#StopSuicide

National Suicide
Prevention Week
September 6 – 12, 2015



Coming In October:

National Bullying
Prevention Month

SAP Consortium,
October 14, 2015



Red Ribbon Week:
October 23—31, 2015

First Annual FASD Awareness Month

The National Organization on Fetal Alcohol Syndrome (NOFAS) has announced that September 2015 will be the first annual Fetal Alcohol Spectrum Disorders (FASD) Awareness **Month**. Traditionally, FASD was recognized for one day on September 9th. Now for the entire month of September, NOFAS and its partners are leading a renewed national effort to educate people about the prevention and treatment of FASD. NOFAS is using the slogan, **“Alcohol and pregnancy: No safe amount; No safe time; No safe alcohol. Period.”** Many others will join the effort to support this cause, but it is important that we join the effort too. Educators can play a critical role in determining whether children with FASD reach their maximum potential in school.

Fetal Alcohol Spectrum Disorders (FASD) describe the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with lifelong implications. Identifiable conditions associated with prenatal alcohol exposure under the FASD umbrella range in severity. However, FASD is 100% preventable if women abstain from drinking during pregnancy. Moreover, it is an important piece to educate others with because any amount of alcohol can harm a fetus at any point in its development.

For more information about FASD and FASD-related events planned for September, please visit the National Organization on Fetal Alcohol Syndrome at the following website: www.nofas.org

Dust off those SAP binders!

With the start of the new school year, now is the perfect time to make improvements to your SAP team before things really get rolling! Below are a few of the SAP best practice recommendations that may assist with an easier transition into the new school year. Consult with your SAP Liaison on any of these topics for recommendations or assistance:

Look over your SAP Documents:

- Make sure that all information is accurate and up-to-date.
- Review language to ensure it is easy for parents and students to read.

Consider your referral processes:

- Are referral forms easily accessible to staff, parents, and students?
- Is there a safe and secure way to anonymously submit referrals?
- Does the team offer secure ways to submit electronic and paper referrals?

Review your 2014-2015 SAP Effectiveness Checklist Recommendations:

- Create a goal plan to implement improvements to the SAP processes for this year.

Review SAP data from previous years:

- By reviewing this data from year to year, teams can gain further understanding of their referral sources, populations served, and outcomes of SAP team involvement.

Diversify the SAP team:

- The SAP team should consist of representatives from all groups that make up the school staff.
- SAP trainings are held throughout the year, but do fill up quickly.

Inform faculty and staff about the Student Assistance Program and how to make referrals:

- Ensure new faculty and staff receive information about SAP and know how to make a referral.
- Schedule a faculty presentation with your SAP Liaison.

Inform Families and Students about the Student Assistance Program and how to make referrals:

- Schedule a SAP Information Table for open house, meet the teacher, conferences, or orientations.

Schedule your Team Maintenance now:

- It's an opportunity to fine-tune the team's working dynamics & build on team purpose and identity, and further develop skills that will enhance the team's effectiveness.

Please contact your SAP liaison if you are interested in assistance with any of the SAP basics for the school year!

Red Ribbon Week is a great time to promote **HEALTHY CHOICES** and **UNITE** your school **COMMUNITY** in celebrating **THE CHOICE to be DRUG-FREE**. Here are some ideas to help you plan, a new-and-improved list of suggested Red Ribbon Week activities and a few new ideas for our growing Elementary SAP programs.



2015-2016 PA Youth Survey

Still time to register your school district to participate in the PAYS administration.

By participating, districts will receive a comprehensive report that details risk and resiliency factors in your community, and provides a picture of attitudes towards drugs & alcohol usage among youth in your schools. The surveys are anonymous and confidential, assuring students can answer survey items honestly without risk of being identified. For more information:

www.pays.state.pa.us

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Red Ribbon Week • October 23-31, 2015

Respect Yourself. Be Drug-Free.

RED RIBBON SPIRIT SUGGESTIONS

- Wear Red Day (the easiest way to participate)
- I'm a JEAN-ius! No Drugs for Me! (Wear red and jeans)
- Take a Stand for a Drug-free Land (Wear red, white and blue)
- Real Heroes are Drug Free (Wear your favorite superhero t-shirt)
- Being Drug-Free is No Sweat (Wear sweats to school)
- Follow Your Dreams; Don't Do Drugs (Wear pajamas to school)
- Twin Day—Friends Don't Let Friends Do Drugs (Dress like your friend and help each other make good choices)
- Drugs Have No Place in My Future! (Dress as someone you would like to become in the future)
- Hugs Not Drugs: Because Drugs are unBEARable (Bring your favorite teddy bear or stuffed animal)
- Peace-Out to Drugs (Wear clothing with peace symbols or tie-dye)
- Stay in the Game; Be Drug Free (Sport your athletic wear and choose a drug-free lifestyle)
- Give Drugs The Boot (Wear boots or western attire)
- Our Future is too Bright for Drugs (Wear neon-colored clothing)
- Mismatched Day—Drugs are Ridiculous
- Be On a Drug Free Team Day (Wear your favorite team gear)
- Band Together Against Drugs (Wear rock band t-shirts or dress like a rock star)
- Shade Out Drugs Day or Too Cool to Use Drugs (Wear sunglasses)
- Turn your back on Drugs (Wear your shirt backwards)
- Slip Away From Drugs (Wear your slippers)
- Put a Sock on Drugs Day or Sock it to Drugs Day (Wear crazy socks)
- I "mustache" you to stay drug free (Wear a mustache to school)

RED RIBBON SPIRIT ACTIVITIES:

- Red Balloon Launch—a great way to kick off red ribbon week
- Born to be DRUG FREE Wall—teachers will post their baby pictures on this wall for students to guess which baby matches their teacher.
- Decorate your school entrance with Red Ribbons
- Drug-Free Door Decorating Contest
- Facing up to Reality—select students will be marked with a white X on their face to represent statistics of young people who die as a result of drugs/alcohol every day.
- Pledge to Keep My Hands off Drugs—create a school wide banner with each student's handprint and signature to signify they're drug free. Display the banner in the school entrance.
- Have students read drug facts and/or trivia on daily announcements
- Drug-Free Pledge Quilt—Each class designs a quilt square with a drug-free pledge. Hang all pledges in a main area of the school
- March Away from Drugs
 - Wear Red & have a Red Ribbon Parade
 - Invite school clubs, local police/fire dept/ambulance, community organizations to participate
- I CAN Be Drug-Free
 - Students collaboratively make a list of 101 Things I CAN Do Instead of Drugs
 - Students bring one canned food item for CAN drive