

SAP

in a nutshell



What is SAP? (Student Assistance Program)

- A program to help support students. There is a SAP Team in each school consisting of teachers, school counselors, support staff, and a behavioral health liaison. The team brainstorms strategies and uses school resources to help identify barriers to learning and provides a supportive approach for the student and family
- A school wide, team-based approach used to assist in identifying issues that are causing a barrier to school success
- A tiered level of support
- *SAP is a mandated process for all K-12 schools in Pennsylvania

A few examples of Barriers to Learning

Observed Behaviors:

- Withdrawing from family, friends, and/or activities
- Trouble making social connections
- Feeling sad, Depression or Anxiety
- Defying authority, both at home and school
- Acting aggressively
- Hitting
- Lying
- Declining grades

Background / Experiences:

- Recent death of a loved one
- Divorce of parents
- Family relocation
- A relationship problem
- Bullying
- Violence
- Homelessness/Food Insecurity
- Foster Care
- Other traumatic event

DMS SAP Team 2022-23

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What does a SAP Team do?

- Discuss needs of the referred student, outline available support, make recommendations to help the student and the family, and provide resources
- Assist the family and student so they may access resources and services in the community, including crisis resources when needed
- Team may recommend the student for a screening from the SAP Liaison. Typical screening tool is called the CANS (Child & Adolescent Needs and Strengths). CANS focuses on a student's strengths and protective factors. And this screening focuses on questions about behavioral health and use of nicotine, alcohol, or other drugs
- Monitor student progress, provide follow-up and support in the school setting

Confidentiality is important. SAP team information is completely confidential and the team will respect the student's privacy

SAP in PA does NOT

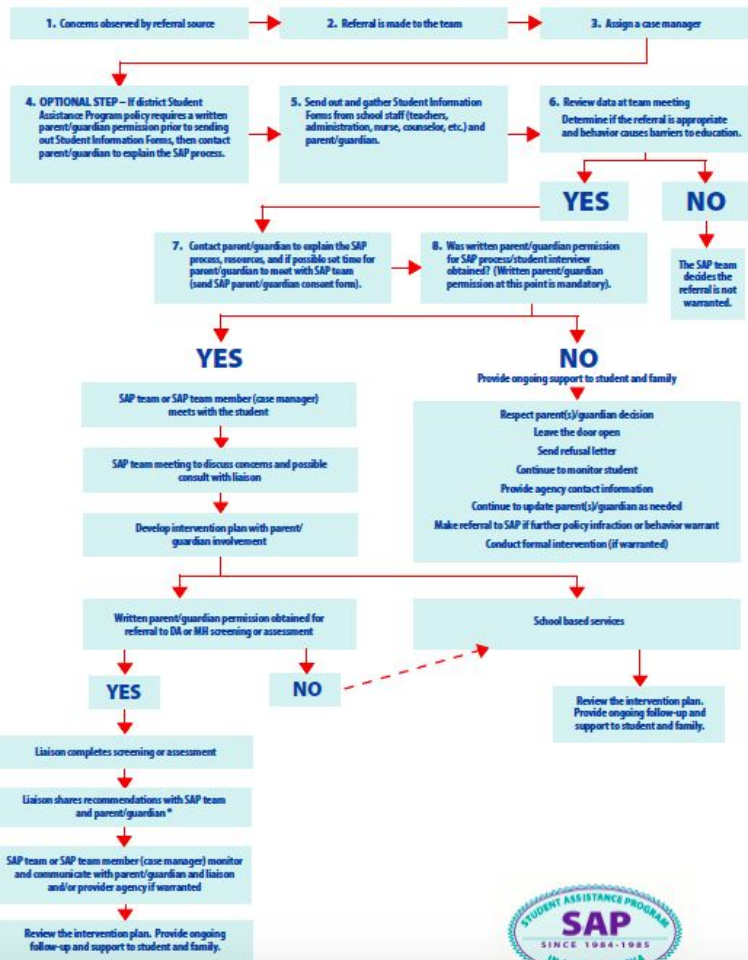
- Diagnose
- Provide Treatment or Therapy
- Refer to Treatment

How SAP Works

4 Phases

1. Referral and signed parent permission obtained
 - [SAP Referral Form](#)
2. Team Planning
3. Interventions & Recommendations
4. Follow up & Support

Student Assistance Process in Pennsylvania



Who can refer a student to SAP?

- **Anyone!** Teachers, school staff, administrators, school counselors, parents, coaches, other
- **How do you refer?** Complete a SAP referral form. Contact a DMS SAP Team member for additional information or to ask a question
- **Keep the referral form confidential** and give it to the SAP Team Coordinator

What criteria is needed on referral form?

- COB (concrete observable behaviors) that present a barrier to Learning
- Other interventions have not seemed to help, such as parent conference, student conference, phone calls, additional support plans etc.
- Suspected/known drug and alcohol use or policy violation (including vaping and nicotine)
- Behavior concerns, Mental Health concerns, Attendance/Truancy, Academic concerns, Social concerns, Trauma, Grief and Loss, and Family Concerns .

SAP Team Planning

1. Team will discuss referral/needs at SAP Core team meeting
2. Team assigns Case Manager and Parent is contacted for signed consent. SAP Liaison may meet with student for a screening, with an additional signed parent consent form.
3. Discuss with SAP Core team to brainstorm ideas/action steps
4. SAP Team creates a strength based action plan/goal setting and follow-up

Interventions/Recommendations

What can the SAP team offer and provide for a student?

- 1:1 monitoring/support/check in with team member, teachers/staff, MAPS staff, school counselor, school-based mental health (therapist) or other positive support person
- Build rapport with the student, provide encouragement and observe additional needs
- Tutoring & Academic supports
- Skill Building Groups (social emotional lessons)
- Suggestions for after school or community activities
- Community resources: ➤ Behavioral Health Screening ➤ Formal Assessment ➤ Evaluation and Treatment
- Recommendation for Mental Health Services or Drug and Alcohol assessment/treatment

SAP Team Follow up and Support for student

Follow-up questions:

- Q. Is what we are doing working? *Review recommendations and supports in place*
- Q. How do we know? (Measurable progress)
- Q. Do we need to change the plan or goal?
- Q. Is student connected and are student's needs being met?
- Q. Is someone in touch with parent/guardian, following-up, building a rapport?

"Every Kid Is ONE Caring Adult Away from Being a Success Story."

Josh Shipp, Youth Advocate

We can all make a difference in our schools and in our community

