

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 2024-25

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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

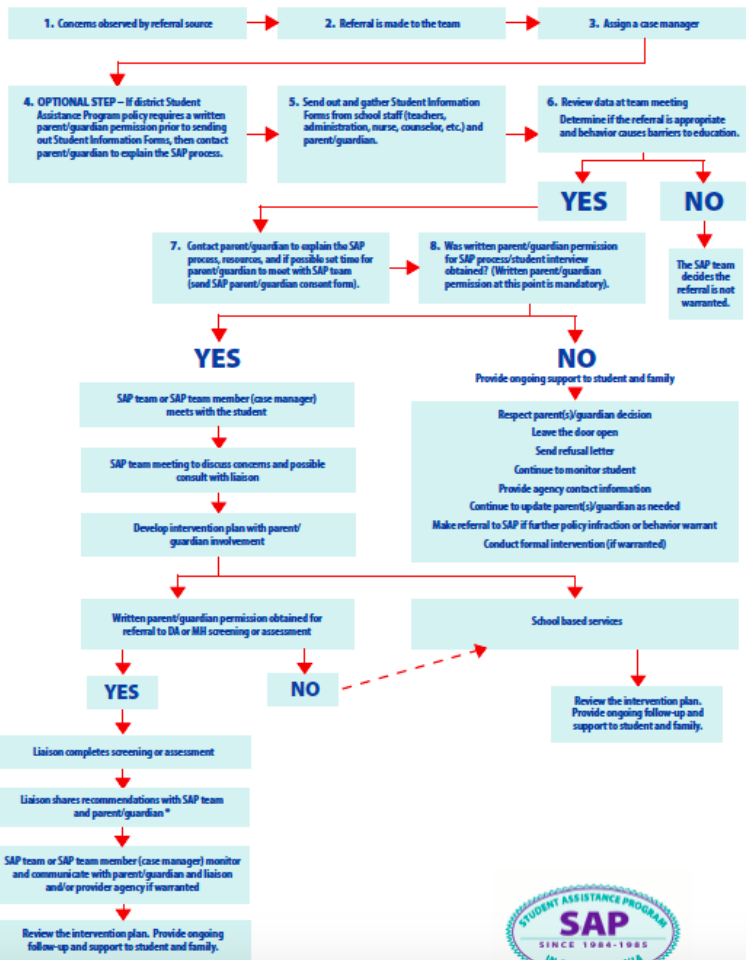
- Diagnose
- Provide Treatment or Therapy
- Refer to Treatment

How SAP Works

4 Phases

1. Referral and signed parent permission obtained
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

