



# **Secondary Student Assistance Program (SAP)**

Victoria Morgan HS/Caroline Gatto MS

# What is the Student Assistance Program (SAP)?

“The Pennsylvania Student Assistance Program (SAP) is a team process used to mobilize school resources to remove barriers to learning.”



Mental health, behavioral health, substance use, and other related concerns



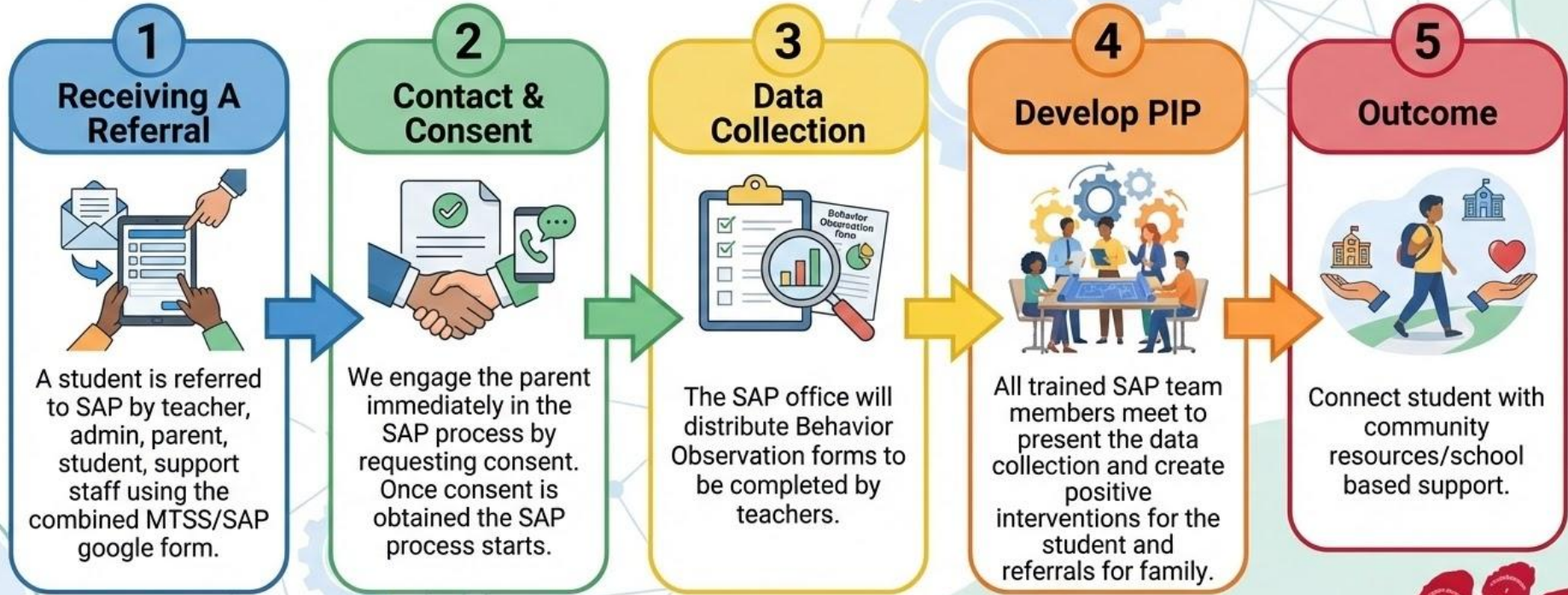
Trained SAP team members review referrals, gather data, and make recommendations.



\*SAP does not diagnose mental health conditions



# The SAP Process

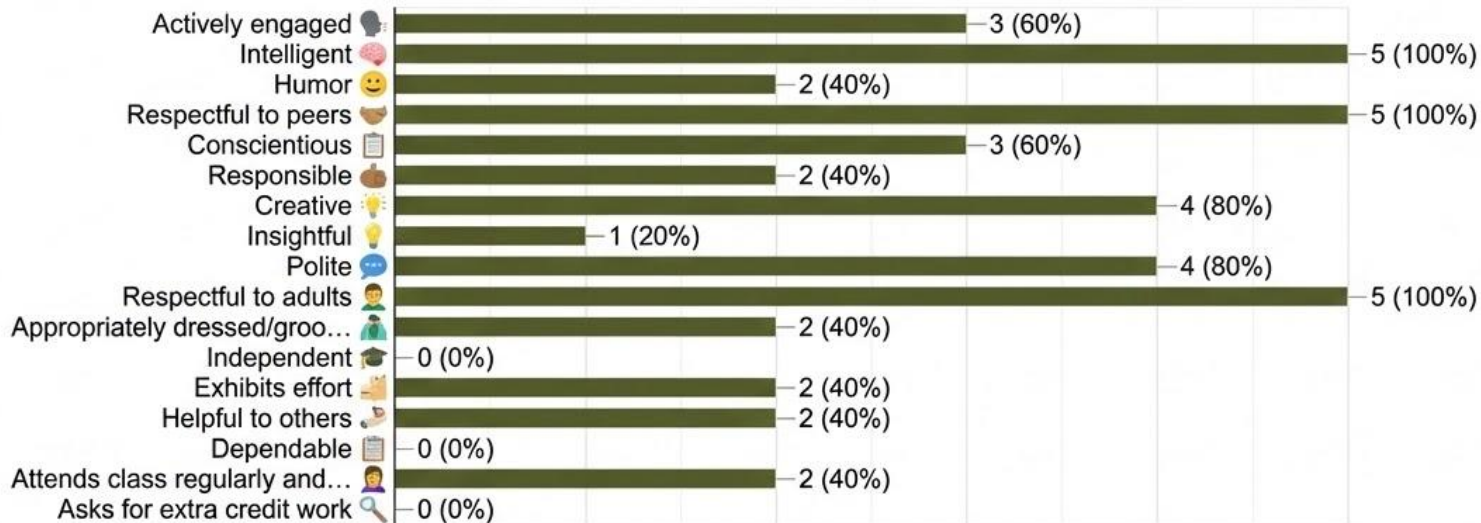


# Data Collection

Teachers will provide input on observations that focus on student strengths, academics and behaviors.

## Strengths in classroom:

5 responses



# Developing Positive Intervention Plan (PIP)

SAP Positive Intervention Plan			
Student:	Case #	Grade:	Dats:
SAP Manager:	Guidancs:	IEP:	
Areas of Concern in the classroom:			
Attendance:			
Academic:			
Behavioral:			
Areas of Strength:			
Areas of Interest:			
Guidance Counselor Observation: Notes:			
Nurse Observation:			
Indicate areas of significant concern:			
Brainstorm Possible Interventions:	Point Person:	Completed	
1.	1.		
Follow-up Tasks:	Peint Person:	Date Completed	
1.	1.		

Our SAP team meets to review the collected observable data and discuss cases.

During these meetings we develop Positive Intervention Plans that provide resources and support for both student and families.








# What is or is not a SAP referral/Service

## SAP Referral/Service:

-  Trauma
-  D&A concerns
-  Policy Violations
-  Suicide Ideation
-  Self-harm
-  Family Concerns
-  Relational trauma
-  Attendance
-  Grief
-  Suspected Child abuse/neglect
-  Homelessness
-  Eating Disorder
-  Food insecurity

## Not a SAP Referral/Service:





-  Academic
-  Schedule Change
-  Post-Secondary Planning
-  Grades
-  Social/friendship
-  Alternate Lunch location
-  Study or Testing Location

**\* If the student has an IEP, please contact the Case Manager, discuss the situation and decide together if the student should be sent through the SAP process.**



# Crisis Response: Screening & Assessment Protocols

## Suicide Screening & Assessment

-  Identify warning signs & risk factors
-  Conduct evidence-based screening (e.g., C-SSRS)
-  Determine risk level (Low, Moderate, High)
-  Develop immediate safety plan & referral

## Violent Threat Risk Screening & Assessment

-  Gather information & identify threat
-  Assess threat validity & capability
-  Consult multidisciplinary threat assessment team
-  Implement intervention & monitoring strategies



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# Gifted Students & Mental Health: Understanding the Unique Challenges

Exploring the intersection of high ability and emotional well-being, and strategies for support.



# Characteristics of Giftedness

- High Intelligence & Problem-Solving
- Intensity & Passion
- Perfectionism
- Sensitivity & Empathy
- Asynchronous Development
- Strong Sense of Justice



# Common Mental Health Concerns

- Anxiety & Depression
- Perfectionism & Fear of Failure
- Existential Crises & Overthinking
- Social Isolation & Peer Issues
- Underachievement & Motivation Problems
- Sensory Processing Issues



# Strategies for Support

- Foster Resilience & Coping Skills
- Encourage Balance & Mindfulness
- Provide Intellectual Challenge
- Connect with Peers & Mentors
- Seek Professional Help & Therapy
- Advocate for School Accommodations



# SAP Contact Information



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# Support & Follow-up

## **For Questions or More Information:**

Please feel free to reach out to the SAP team.

## **Referral Process:**

If you would like to discuss a referral, please contact a counselor.

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