

you matter.



SAP NEWSLETTER

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SPECIAL POINTS OF INTEREST:

- What is SAP
- SAP referral process

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What is SAP?



SAP stands for Student Assistance Program (SAP). It is a state mandated program that is to be in schools. The purpose is to identify students who are struggling or have the potential to struggle academically due to outside factors, such as mental health concerns, drug & alcohol concerns, family concerns, suicide ideation, etc. The SAP team, after receiving parent permission, will work with the student and his/her family by collecting information and referring to the appropriate services. The process is Confidential.

Reasons for Students to be Referred

Students are referred for a variety of reasons such as:

- Drop in grades and/or failing
- Observable expressions of anger and tears.
- Observing a significant weight gain or weight loss.
- Observing frequent trips to the restroom.
- Observing a distinct behavior change or change of friends.
- Observing drug related language or drawings.
- Observing the deterioration of physical appearance and/or overheard conversations about feeling very .
- Observable expressions, such as overheard conversations about alcohol or other drugs, parties where drugs were present, or fears about a fellow student's use of mood altering substances. Smell similar to marijuana on student and/or belongs.



“This is a record increase among teens, with 37.3 percent of high school seniors reporting using a vaping device in the past year.”

Latest Data From the Monitoring the Future Survey

Teens are Vaping in Record Numbers

According to the latest [Monitoring the Future Survey \(MTF\)](#), teens reported a dramatic increase in using vaping devices, in just a single year. This is a record increase among teens, with 37.3 percent of high school seniors reporting using a vaping device in the past year, compared to 27.8 percent in 2017. This increase in vaping translates to **1.3 million additional teens who vaped in 2018** compared to 2017.

NIDA director, Nora Volkow, M.D. stated, “Teens are clearly at-

tracted to the marketable technology and flavorings seen in vaping devices. However, it is urgent that teens understand the possible effects of vaping on overall health, the development of the teen brain, and the potential for addiction.”

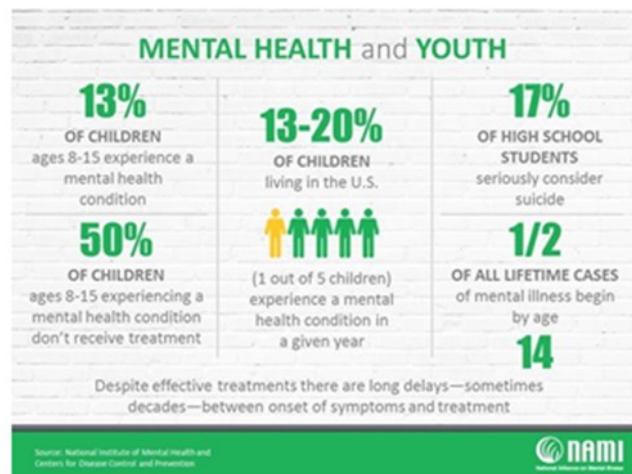
Decreases in Teen Tobacco, Alcohol, and Opioid Use

While the news on vaping is alarming, teen use of certain other substances is decreasing. Regular tobacco use is at its lowest point since the survey began measuring it, with only 3.6 percent of high school seniors smoking

daily, compared to 22.4 percent 2 decades ago. Alcohol use is also down. In 2018, 17.5 percent of high school seniors said they have been drunk in the past 30 days, which is down significantly from 5 years ago, when it was reported at 26 percent. Additionally, only 1.7 percent of high school seniors report misuse of Vicodin in the past year, compared to a peak of 10.5 percent 15 years ago.

(NIDA drug-facts@nida.nih.gov)

Mental Health Infographic



January is...

National Mentoring Month



MENTORS MAKE A DIFFERENCE!



Students who meet regularly with their mentors are 52% less likely than their peers to skip a day of school and 37% less likely to skip a class.

Youth who meet regularly with their mentors are 46% less likely than their peers to start using illegal drugs and 27% less likely to start drinking.



Seventy-six percent of at-risk young adults who had a mentor aspire to enroll in and graduate from college versus half of at-risk young adults who had no mentor.

Source: www.nationalservice.gov/mentor

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