WEBINAR #1: Student Assistance Programs (SAP)
"Talk. They Hear You." Campaign SAP Webinar Series

Robert M. Vincent, M.S.Ed.
Associate Administrator for Alcohol Prevention and Treatment Policy,
SAMHSA

Erin L. Wick, M.B.A., SUDP
Senior Director, Behavioral Health and Student Supports,
Capital Region ESD 113

Amity Noltemeyer, Ph.D., NCSP
Associate Dean of the Graduate School, Professor of Educational Psychology,
Miami University

November 10, 2021, 1 p.m. ET

SAMHSA
Substance Abuse and Mental Health Services Administration

Polling Questions

This presentation contains four short polls to help us learn more about today's webinar participants.

- All answers will be presented as totals or percentages, and no one will be able to tell by name who answered what question.

- When you answer the questions, you are agreeing to have your answers anonymously included in the totals as percentages.

SAMHSA
Substance Abuse and Mental Health
Services Administration

Poll Question #1

What is your current role?

A. School administrator

B. District administrator

C. Student assistance program (SAP) professional

D. Educator

E. Health department employee

F. Prevention coalition staff member

G. Other (please specify)

SAMHSA
Substance Abuse and Mental Health
Services Administration

Today's Session

Today's session will cover:

- What is a student assistance program (SAP)?

- How do SAPs function in schools?

- The links between SAPs and academic and behavioral success

- SAP spotlights

SAMHSA
Substance Abuse and Mental Health
Services Administration

What is an SAP?

Comprehensive, school-based framework designed to provide a variety of services for K–12 students who exhibit a range of risk factors that interfere with their educational success.

Students best suited for involvement in student assistance services are those who are experiencing issues with substance use or misuse and/or mental illness.

What is an SAP?

Services include:

1. Education
2. Prevention
3. Early identification
4. Evidence-based intervention
5. Referral processes
6. Guided support services

How Do SAPs Function in Schools?

Prevention specialists and licensed clinical professionals

School administrators, teachers, nurses, counselors, support personnel, and linked community providers

Access to a range of promotion, prevention, treatment, and continuing care activities

Students in grades K–12

SAMHSA
Substance Abuse and Mental Health
Services Administration

Identification and Referral Process

Identification/referral by…

Teachers, administrators, and interdisciplinary team members

OR

Students and/or families

Process:

1. Provide brief description of concerns.

2. Students receive notification from designated SAP team member(s).

3. SAP team member(s) meets with student and assesses current concerns or risks.

SAMHSA
Substance Abuse and Mental Health
Services Administration

Do you currently have an active SAP?

- Yes, we currently have an active SAP.

- No, we used to have an SAP, but it's no longer active.

- No, but we are currently in the process of developing an SAP for implementation.

- No, but we plan to develop and implement an SAP at some point.

- No, and we don't plan to develop and implement an SAP.

SAMHSA
Substance Abuse and Mental Health
Services Administration

Benefits of SAPs

Promote positive social, emotional, and behavioral functioning through a variety of strategies, including:

1. Improving family-school connections;

2. Offering skill-building to students in core competency areas such as problem-solving and positive coping;

3. Building on behavioral self-management or self-control;

4. Improving relationship skills; and

5. Understanding responsible decision-making.

Benefits of SAPs

Help students in areas related to academic achievement, such as:

- Assisting with organizational skills;

- Completing missing assignments; and

- Obtaining direct tutoring opportunities.

Help to identify specific barriers to student learning and academic success through the development and implementation of individualized skill-building programs that reduce and remove these barriers.

SAMHSA
Substance Abuse and Mental Health
Services Administration

Benefits of SAPs

Complement and strengthen related curricula and existing supports in schools.

Play a key role in linking students in need of more focused or intensive supports to a team of trained school and community personnel and research-based interventions.

Convey a message to students that positive help and assistance from caring adults is available to them and that problems they experience can be mitigated or overcome.

Benefits of SAPs

Achieve outcomes that are valued by families and schools when implemented to reflect best practices and research, including:

1. Improved student behavior;

2. Increased school attendance;

3. Increased assignment completion;

4. Higher grades and academic achievement;

5. Higher rates of high school graduation; and

6. Increased self-control, self-efficacy, and social competence.

What are the primary barriers you have faced in creating or maintaining an SAP? (select all that apply)

- School board buy-in
- Funding
- Staffing
- Staff development & training
- COVID
- Other (please specify)

SAMHSA
Substance Abuse and Mental Health
Services Administration

9 Critical Components of Effective SAPs

1. School Board Policy

Provide operational definitions of a school's role in creating a safe and secure learning environment.

2. Staff Development

Provide professional development, ongoing training and coaching, and technical assistance to school employees and SAP staff members.

3. Program Awareness

Build knowledge for parents, students, and other agencies in the community on school policies while also providing information on increasing and promoting resiliency and student success.

SAMHSA
Substance Abuse and Mental Health
Services Administration

9 Critical Components of Effective SAPs

4. Internal Referral Process

Provide school staff with the tools to refer students contending with risk or presenting with social, emotional, behavioral, or substance use difficulties.

5. Problem-Solving Team and Case Management

Form a student assistance team that will make decisions on how to best serve students identified as in need.

6. Direct Services to Students

Tailor specific prevention and intervention services and supports to students based on individual needs.

SAMHSA
Substance Abuse and Mental Health
Services Administration

9 Critical Components of Effective SAPs

7. Cooperation and Collaboration
Foster strong relationships with youth- and family-serving community agencies.

8. Integration with Other School-Based Programs
Work in collaboration with existing school initiatives supporting academic success.

9. Program Evaluation and Improvement
Develop a deep understanding of local school needs and resources and implement continuous improvement strategies.

SAMHSA
Substance Abuse and Mental Health
Services Administration

Poll Question #4

What are you hoping to get out of this SAP webinar series? (select all that apply)

- SAP overview
- How to get started
- Getting ready with school partners
- Implementing the SAP
- SAP evaluation and improvement
- Lessons learned from current SAPs
- Other (please specify)

SAMHSA
Substance Abuse and Mental Health
Services Administration

SAP Spotlight – Ohio School Wellness Initiative

Amity Noltemeyer, Ph.D., NCSP
Associate Dean of the Graduate School
Professor of Educational Psychology
Miami University

Ohio
School
Wellness
Initiative

SAMHSA
Substance Abuse and Mental Health
Services Administration

Ohio School Wellness Initiative (OSWI)

Jointly supported by:

Ohio | Department of Mental Health and Addiction Services

Ohio | Department of Education

Ohio School Wellness Initiative — MIAMI UNIVERSITY

Ohio Mental Health, Behavioral Health, and Substance Use Supports Capacity Development

Exploration	Implementation	Sustainability
*Needs assessment with emphasis on identifying COVID-19 needs and potential solutions *Audit of existing resources, services, training, and coaching *Leverage existing practices and partners *Identify gaps & create content and resources	*Identify pilot schools to implement SAP, Tier II/III, and staff wellness *Implement regional model for training, coaching, and COPs *Disseminate tools, resources, and supports *LEA development of mental health action plans and teaming approaches * Recognition system * Process and outcome evaluations	*Regional partners provide ongoing training, coaching and technical assistance through COPs *School and community partners have access to online resource center with guides and protocols, planning & implementation tools, and recognition system information *Partners have capacity to monitor ongoing fidelity and outcomes

SAMHSA
Substance Abuse and Mental Health Services Administration

How have needs changed since COVID-19?
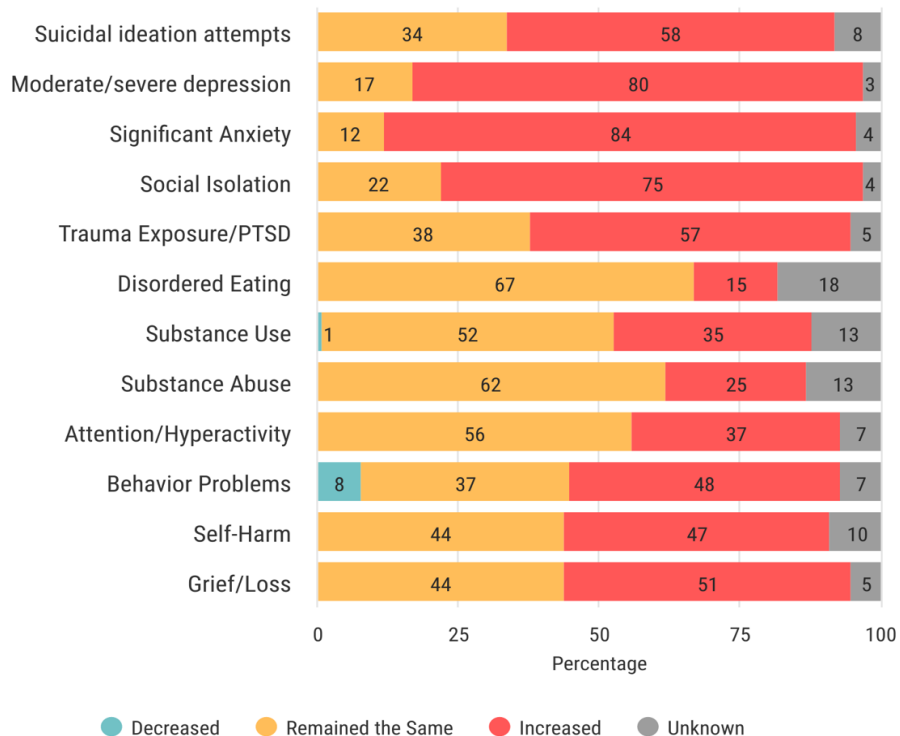
Data based on staff member report from 115 buildings with 101-106 responses for each item

School SAP Implementation Concerns, May-July 2021
Note. Participants were able to select more than one option resulting in a percentage total greater than 100%.

Concerns	n	%
Staff buy-in	54	49%
Community buy-in	23	21%
Resources for staff training	75	68%
Staffing resources for promotion and prevention	63	57%
Staffing resources for intervention	73	66%
Options for an SAP coordinator	20	18%
Data tracking system	53	48%
Locating community-based mental health partnerships	27	24%
Locating community-based substance abuse partnerships	20	18%
Difficulty collaborating with outside agencies	21	19%
Time management system	32	29%
Cost of outside services	45	41%
Time	71	64%
Remote implementation	20	18%
Other	7	6%

SAMHSA
Substance Abuse and Mental Health Services Administration

Fall Pacing Guide for OSWI Pilot Schools

Friendly Note: Each school will be unique in their readiness and capacity and we recognize that change takes time. This guide outlines minimal expectations to assist your school in developing your Student Assistance and Staff Wellness programs in your pilot year. We understand that you may not have full Student Assistance and Staff Wellness programs implemented until after the pilot year. This is also a learning process for OSWI so please share feedback, resources, and ideas with our Evaluation Team to assist us in co-constructing the best model and supports. The LiveBinder folder for OSWI SAP Resources (access code = OSWI) has the manual and additional resources.

August
Accomplish the following...

SAP	
☐	Identify SAP Coordinator and at least four SAP team members that represent school staff (see Team Planning Template resource [fillable form version], be prepared to turn in completed document to regional affiliate by Sept. 15)
☐	Determine common weekly SAP meeting time (40-60 min. per week)
Staff Wellness	
☐	Identify staff wellness coordinator and team members
☐	Identify staff wellness common weekly or biweekly meeting time (30-40 min.)
Overall	
☐	Meet with regional team and/or Learning Community
☐	Complete OSWI Fidelity checklist as a team and begin Goals and Action Planning Form (page 7) to outline goals for this year (forms due Sept. 15)

Fall Pacing Guide for OSWI Pilot Schools
VERSION 2: IN TEST DRAFT FORMAT
September, 2021

1

Ohio School Wellness Initiative
Ohio Model Student Assistance Program Manual

Ohio School Wellness Initiative
Supporting Wellness for Students and Staff

Draft OSWI Fidelity Checklist

Directions: As a team, complete the checklist below to identify your school's existing practices for each item and the priority for improvement. This tool is intended to guide discussion, goal setting, and action planning and we will ask you to complete this checklist two or three times this year. Use the following rating and priority scale:

Rating:
0 = Never Present
1 = Sometimes Present
2 = Usually Present
3 = Almost always present

Priority:
0 = Not a priority
1 = Not currently a priority, but may become a priority in the future
2 = A priority worthy of discussion, but not a high priority in the next 3 to 6 months
3 = A high priority, and will be working on this in the next 3 to 6 months

School Name: _____

| SAP Best Practice	Rating (0-3)	Priority (0-3)
Build Awareness		
1. The process for accessing SAP services and the steps using the Student Assistance Team (SAT) when a referral is received is published and distributed to school staff, board members, students, caregivers, and the community.	0	0
2. Information about how and when to contact the SAP with a concern is included on the school's website.	0	0
3. SAP information distributed to students and caregivers is culturally relevant and available in the caregiver's primary language.	0	0
4. Brochures, social media postings, website postings, or newsletters are used to build ongoing awareness for the SAP.	0	0
5. All staff members and community service providers receive annual inservice training on SAP identification and referral process, policies, and confidentiality.	0	0
6. Staff receives professional development on wellness topics (e.g., reducing risk factors and enhancing protective factors, school climate and connectedness, identifying signs of difficulty).	0	0

Fidelity Checklist and Action Planning Form
Version 2 TESTING VERSION: IN DRAFT
FORMAT August 2021

1
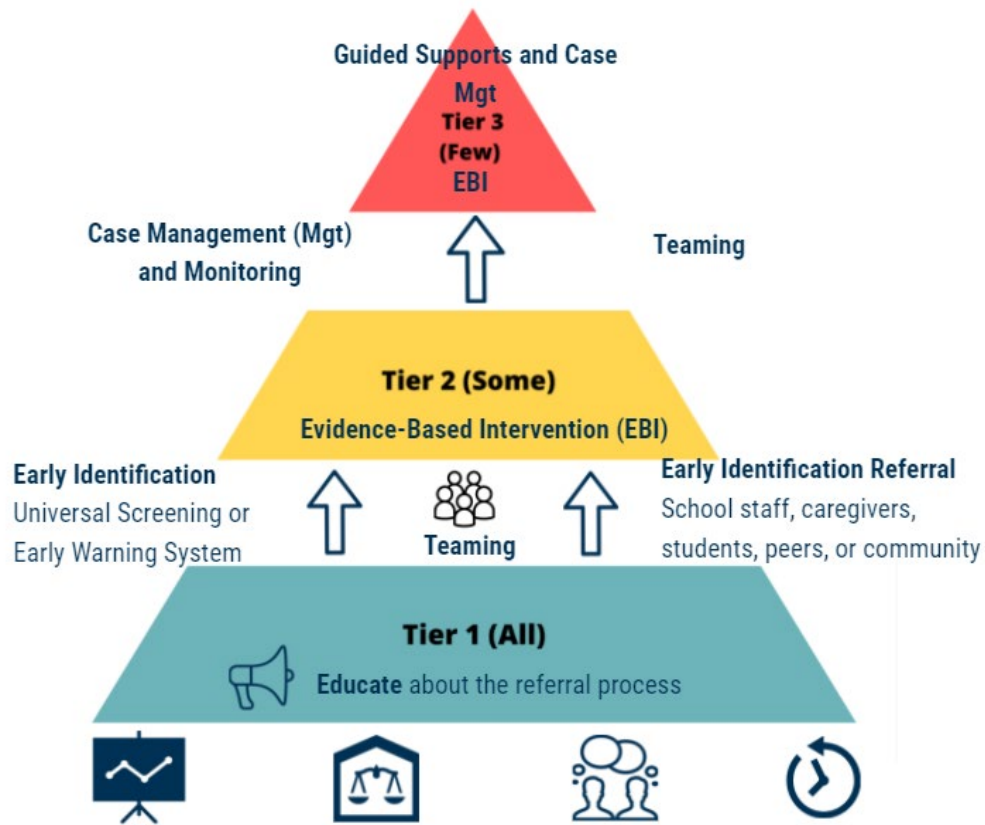
SAMHSA
Substance Abuse and Mental Health Services Administration
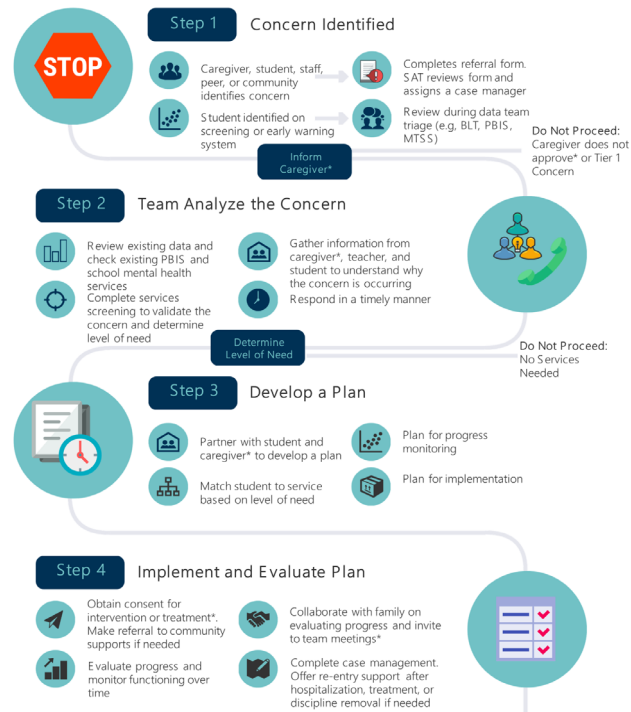
Sustainability: Improve and Scale-Up

Tools and resources

Training, coaching, technical assistance

Learning communities

Capacity for continued fidelity and outcome evaluation

SAMHSA
Substance Abuse and Mental Health
Services Administration

Erin L. Wick, M.B.A., SUDP
Senior Director
Behavioral Health and Student Supports
Capital Region ESD 113

SAMHSA
Substance Abuse and Mental Health
Services Administration

Student Assistance Program: MTSS

FEW

SOME

ALL

Tier 3:
Behavioral Health Service (*Treatment*)

Tier 2:
Targeted Interventions (*Selective/Indicated*)

Tier 1:
School-Wide Practices (*Universal*)

CR-ESD 113 True North Enhancement

Traditional Student Assistance

SAMHSA
Substance Abuse and Mental Health
Services Administration
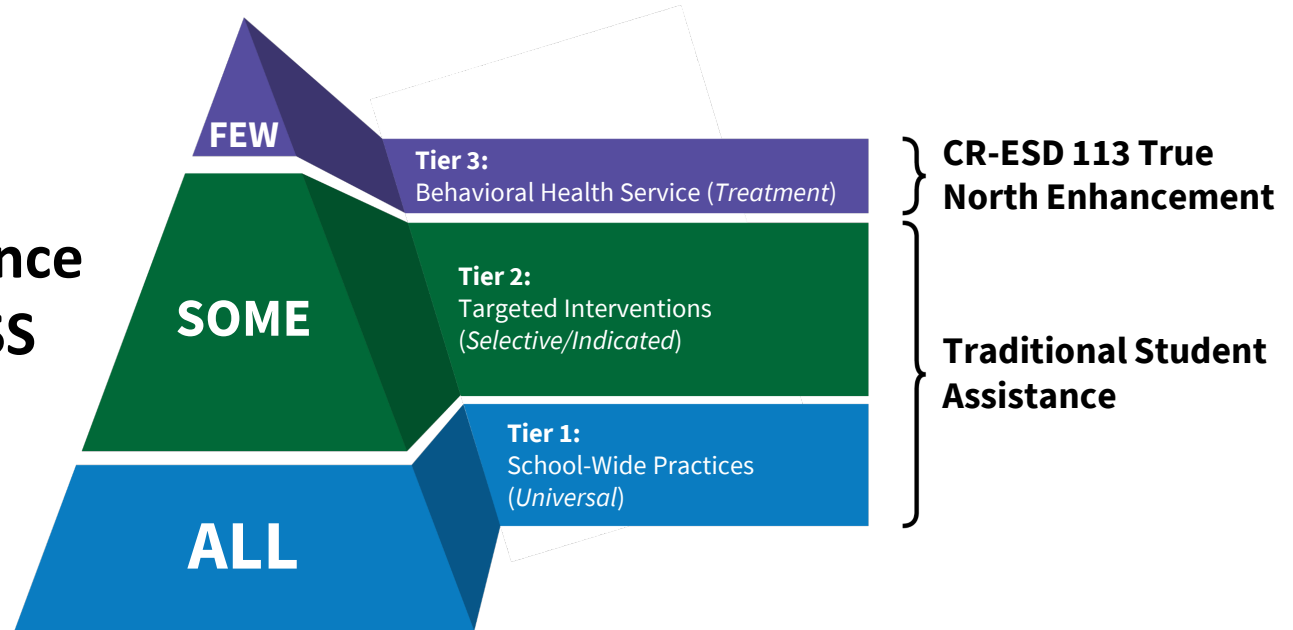
ESD 113 Comprehensive Student Assistance Program Services
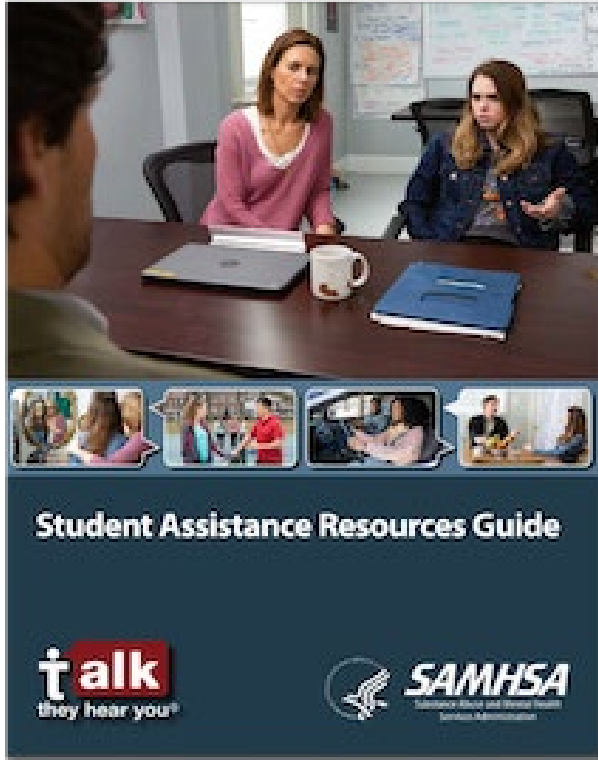Multi-Tiered System of Support (MTSS) Framework

Student Assistance – A Guide for School Administrators

Purpose: Provides school leaders and administrators with key information about student assistance services for substance use and mental health initiatives.

SAMHSA
Substance Abuse and Mental Health
Services Administration

Student Assistance Resources Guide

Student Assistance Resources Guide

Purpose: Describes some student assistance resources and provides tangible ways school administrators and student assistance teams can implement the strategies.

Assists school leaders and student assistance teams to increase awareness of student assistance services by providing guidance on resources available for this critically important work.

Student Assistance Discussion Starter Video

Purpose: Describes some student assistance resources and provides tangible ways school administrators and student assistance teams can implement the strategies.

Assists school leaders and student assistance teams to increase awareness of student assistance services by providing guidance on resources available for this critically important work.

SAMHSA
Substance Abuse and Mental Health
Services Administration

Other Helpful Resources

- "Talk. They Hear You." Campaign SAP Resources
  - Includes guides, a discussion starter video, public service announcements, fact sheets, and posters

- Prevention First Student Assistance Guidebook

- Pennsylvania Network for Student Assistance Services Website

- School Mental Health Quality Guides (e.g., Needs Assessment and Resource Mapping Guide, Early Intervention and Treatment Services & Supports guide)

- School-Wide Universal Screening Guidance

SAMHSA
Substance Abuse and Mental Health
Services Administration

What's Next

WEBINAR #2: Standing up SAP Services

- **How to Get Started — Funding, etc.**
- **Considerations for Program Implementation**
  - **Options for SAP funding and federal sources**
  - **Selection of service delivery model**

DATE: Early December 2021

SAMHSA
Substance Abuse and Mental Health
Services Administration

Thank You

Sign up for monthly "Talk. They Hear You." campaign e-newsletter!

- Pre-crafted social media messages and graphics
- Featured resources and prevention tips
- Campaign news
- Partner spotlights

http://eepurl.com/grCRjD

Engage with SAMHSA on social media:

 @samhsa

 @samhsagov

 @samhsagov

 Substance Abuse and Mental Health Services Administration (SAMHSA)

 SAMHSA

SAMHSA
Substance Abuse and Mental Health
Services Administration