

Student Assistance Program Liaison Outreach Newsletter

ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS

March/April 2024 Newsletter

What is SAP:

The Student Assistance Program provides screenings and recommendations for students in contracted school districts who are experiencing barriers in their learning. The goal of the program is to identify students who need extra supports for behavioral, social, academic, substance use, and emotional needs. **Please contact your school Principal or Counselor if you think your child/student would benefit from SAP.**

Check out our website to learn more about SAP and Allegheny Children's Initiative: <https://alleghenychildrens.org/our-services/student-assistance-program/>

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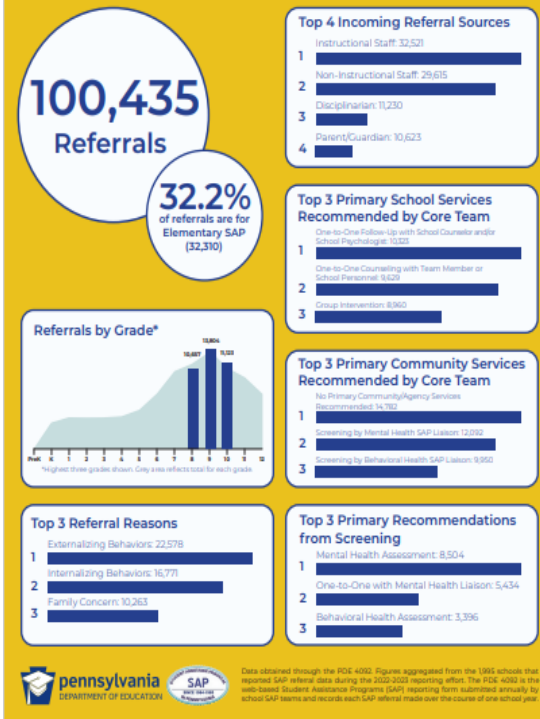
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SAP Data 2022-2023

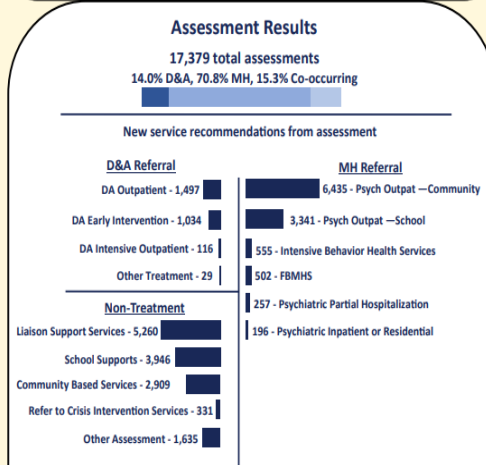
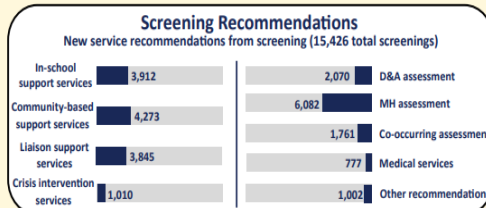
PA Network of Student Assistance Services has release data from the 2022-2023 school year. The mustard yellow sheet is information from SAP PA Dept. of Education (PDE) 4092 that every school district in PA must complete at the end of every school year. The tan sheets at the bottom are from the SAP Liaison Annual Report that every SAP Provider must complete for each school district they service at the end of the school year. 2023-2024 PDE 4092 revised instructions are now available. Visit the Safe Schools website to download the updated form and view the updated instructions.

[Student Assistance Program \(SAP\) \(pa.gov\)](https://www.pasas.org)

Pennsylvania Student Assistance Programs 2022-23 PA Network for Student Assistance Services (PNSAS)



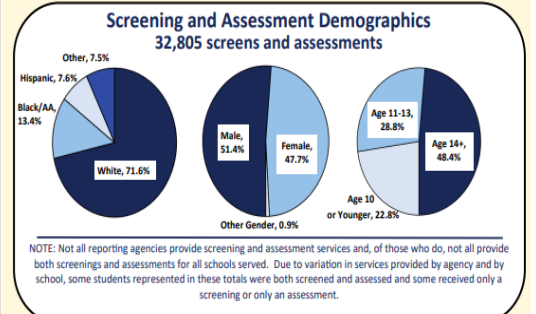
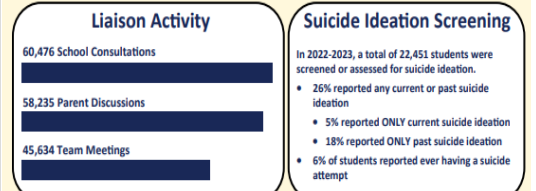
2022-2023 PA Student Assistance Program Liaison Services



Screenings and assessments may result in multiple recommendations and referrals, particularly with Co-occurring assessments. Because of this, values are unlikely to sum to 100% totals.

2022-2023 PA Student Assistance Program Liaison Services

The Pennsylvania Department of Human Services and Department of Drug and Alcohol Programs collaborate to provide the SAP Liaison Annual Reporting System to collect data from agencies who provide SAP liaison services. As representatives of the county drug and alcohol (D&A) and mental health (MH) systems, professionally trained liaisons provide support to school SAP teams and families through community and/or school-based screenings/assessments and other services for drug and alcohol and/or mental health related concerns. Below is an overview of the data reported by 98 liaison providers and agencies for the 2022/23 school year.



To learn more about SAP in Pennsylvania, visit <http://pnsas.org/>





Eating Disorders Awareness Week - February 26 to March 3

Eating disorders can be hard to detect. The following are some statistics regarding children and/or teenagers and eating disorders:

- **22% of children and adolescents worldwide show disordered eating.**

López-Gil, J. F., García-Hermoso, A., Smith, L., Firth, J., Trott, M., Mesas, A. E., Jiménez-López, E., Gutiérrez-Espinoza, H., Tárraga-López, P. J., & Victoria-Montesinos, D. (2023). Global Proportion of Disordered Eating in Children and Adolescents. *JAMA Pediatrics*. <https://doi.org/10.1001/jamapediatrics.2022.5848>

- **Black teenagers are 50% more likely than white teenagers to exhibit bulimic behavior, such as bingeing and purging.**

Goeree, M.S., Ham, J.C., & Iorio, D. (2011). Race, social class, and bulimia nervosa. *IZA Discussion Paper No. 5823*. <http://dx.doi.org/10.2139/ssrn.1877636>

- **Nearly nine in ten (87%) LGBTQ youth reported being dissatisfied with their body.**

The Trevor Project. (2022). *Research Brief: Eating Disorders among LGBTQ Youth*. <https://www.thetrevorproject.org/research-briefs/eating-disorders-among-lgbtq-youth-feb-2022/>

- **Only about 20% or fewer of the students who screened positive for an eating disorder reported receiving treatment for their eating disorder.**

Fitzsimmons-Craft, E. E., Karam, A. M., Monterubio, G. E., Taylor, C. B., & Wilfley, D. E. (2019). Screening for Eating Disorders on College Campuses: a Review of the Recent Literature. *Current psychiatry reports*, 21(10), 101. <https://doi.org/10.1007/s11920-019-1093-1>

Here are some warning signs that someone may have an eating :

- Preoccupation with weight loss, food, calories & dieting.
- Refuses to eat certain foods, and often eliminates whole food groups (carbohydrates, fats, etc.).
- Makes excuses to avoid mealtimes or situations involving food.
- Develops food rituals (e.g., eating foods in certain orders, excessive chewing, rearranging food on a plate).
- Withdraws from friends and previously pleasurable activities and becomes more isolated and secretive.
- Extreme concern with body size and shape.
- Frequent checking in the mirror for perceived flaws in appearance.
- Extreme mood swings.

[Eating Disorders Symptoms - National Eating Disorders Association](#)

Below is the list of resources in Allegheny County that provide services for eating disorders:

Cognitive Behavior Institute

Groups for eating disorders
Multiple locations in Mt. Lebanon, Cranberry and Monroeville
724-609-5002

<https://www.papsychotherapy.org/about>

The Renfrew Center for Eating Disorders

<https://renfrewcenter.com/>
201 N. Craig St. #503, Pittsburgh, PA 15213
800-736-3739

UPMC Center for Eating Disorders

<https://www.upmc.com/services/behavioral-health/eating-disorders>
3811 O'Hara St. Floor 7C, Pittsburgh, PA 15213
412-647-9329

The Emily Program

<https://www.emilyprogram.com/>
4001 Stonewood Dr. #200, Wexford, PA 15090
888-364-5977

Footsteps for Recovery - Formerly: Pennsylvania Educational Network for Eating Disorders

<https://bccan.org/agency-directory/entry/1071/>
4801 McKnight Rd. Room 205, Pittsburgh, PA 15237
412-215-7967

WPIC's Center for Overcoming Eating Disorders

412-647-9329

Sweetwater Behavioral Health and Wellness

<https://www.sweetwaterbhw.com/>
22 Beaver St., Ambridge, PA 15003
412-347-1978
Outpatient but specialize in eating disorders

Outreach Teen & Family Services

615 Washington Rd., Pittsburgh, PA 15228
412-561-5405
Group Therapy <https://outreachteen.org/>

Vista Behavioral Associates

275 Curry Hollow Rd. Suite 205, Pittsburgh, PA 15236
412-655-6480
<https://vistabehavioral.com/offices/south-hills-office/>

Saving Sanity, LLC

<https://savingsanity.org/#banner>
1841 Universal Rd., Pittsburgh, PA 15235
412-538-6083