

# Parkland Community Advisory Council

**April 6, 2017**

## **CO-PRESIDENTS**

Marie Maritch  
Melanie St. Hill

## **VICE PRESIDENT/MEMBERSHIP**

Michelle Wahlmark

## **SECRETARY**

Linda Perlman-McKenna

**ATTENDEES :** Melanie St. Hill, Ann Segan, Linda Perlman-McKenna, Lisa Hayducek, Nicole Mandry, Trish Balestrini, Michelle Wahlmark, Andrea Scott,

**GUESTS:** Lisa Kadar, Lori Fitch, Jennifer Schreiner

**ABSENT/EXCUSED:** Deb Martin, Nancy Trach, Alana Dee, Bob Fager, RJ Corba

**STUDENT REPRESENTATIVES:** Kiera Segan, Alana Dee, R.J. Corba

**SCHOOL BOARD REPRESENTATIVES:** Lisa Roth, David Hein, Carol Facchiano

**ADMINISTRATION:** Dr. Rodney R. Troutman, Assistant Superintendent

**CALL TO ORDER:** The meeting was called to order by Melanie St. Hill at 6:15 p.m.

**APPROVAL OF MINUTES:** A motion to approve the minutes from February 16, 2017 was made by Ann Segan and seconded by Nicole Mandry. The motion passed unanimously.

## **PRESENTATION: Drug and Alcohol Abuse—by Lori Fitch and Lisa Kadar**

Lisa Kadar, a 6<sup>th</sup> grade teacher at Springhouse Middle School, began the evening's presentation with an overview of Drug and Alcohol Education in the Parkland Middle Schools. Copies of the slide presentation were distributed.

Lisa began with a review of some facts/statistics to highlight the drug and alcohol problem. Lehigh County experienced 157 drug related deaths in 2016, an average of 1 person every 2.5 days. According to the coroners' reports, 86 of those 157 deaths were between the ages of 20-29, and 44 of the 157 were between the ages of 50-59. Of the 157 deaths, 123 were White, 21 were Hispanic and 12 were African American. According to SCA Assessment Data from the last 6 months of 2016, the drug of choice in Lehigh County is Heroin, followed by Alcohol. Currently a spike is being seen in both Cocaine and Meth use since January 1, 2017. Additionally, she noted that Lehigh County averages about 800 SAP referrals annually, with 60% of students identified as needing mental health services and 40% as needing drug and alcohol or dual treatment services. She described the School Assistance Program (SAP) at the Parkland middle schools, including who makes up the Parkland SAP Teams, their role, the referral process, and various other programs/opportunities related to drug and alcohol education offered for each grade level in the middle schools. She also noted that they are working toward expanding the program into the elementary schools.

The Commonwealth of Pennsylvania's Student Assistance Program is administered by the PA Dept. of Education's Safe Schools Office in partnership with the PA Dept. of Drug and Alcohol Prevention and Intervention, and the PA Dept. of Human Services Office of Mental Health and Substance Abuse Services. The program is designed to assist school personnel in identifying issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student's learning/success. The primary goal of the SAP is to help students overcome these barriers in order that they may achieve, remain in school, and advance. SAP programs are mandated for all schools in PA.

The core of the SAP program is a professionally trained team, including school staff and liaisons from mental health and alcohol/drug agencies. The SAP members are trained to identify problems, determine whether the presenting problems lie within the responsibility of the school and to make recommendations to assist the student and the parent. When the problem lies beyond the scope of the school, SAP will assist the parent and student so they may access services within the community.

Lori Fitch, a Licensed Professional Counselor and the Coordinator of the Student Assistance Program at the Parkland High School, distributed copies of her slides. She discussed various aspects of the SAP at the high school; an array of drug, alcohol, and suicide prevention programs; educational seminars for the entire student body and parents on a host of topics, such as stress and test anxiety, anger management, decision-making skills, assertiveness training, social skills, coping skills, etc.; referral process; services at the individual level; resources; and new goals.

For further information contact Mrs. Fitch at (610)351-5600 Ext. 72108, or [fitchl@parklandsd.org](mailto:fitchl@parklandsd.org). Students can stop by the SAP Room located in B108. Referral forms may be downloaded and returned to B108, an SST member, or to Mrs. Fitch. You may also send the form to Mrs. Fitch as an email attachment. Students may make referrals anonymously using the lockboxes that are checked twice daily. Drug kits are also available to Parents. Parkland is the only district in the Lehigh Valley that has two ½ time employees dedicated to SAP.

## **SCHOOL BOARD REPORT:**

Lisa Roth reported that the school board approved budgets for LCCC, LCTI, CLIU with no significant increases. She also reminded everyone that there will be an all-day Budget Seminar on April 28, 2017 in the board room at the PSD Admin Center. This seminar will be open to the public.

## **STUDENT REPORT: Kiera Segan**

### **General**

- Parkland's Got Talent Competition is on May 19<sup>th</sup> and is open to the public and all district students

### **Arts**

- Opening night of Pippin was yesterday (4/5) and the show continues until Sunday (4/9)
- 3 students qualified for State Band
- 6 students qualified for State Orchestra

- 8 students qualified for State Chorus
- The Spring Band Concert is April 27
- The Spring Chorus Concert is May 18
- The Festival of the Arts will be held May 18 – May 20

### **Academics**

- Students went to Delaware Valley Science Fair to compete yesterday
- Parkland won 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in the Regional Computer Fair
- Students are currently at the FBLA (Future Business Leaders of America) Conference in Hershey. Parkland students advanced to the national competition
- The Reading Olympics Team took 2<sup>nd</sup> place in their recent competition

### **Athletics**

- New general fee for stadium of \$3 for students and \$5 for adults
- Baseball and softball teams both 2-0
- Track team currently has three wins
- Boys volleyball is undefeated in –conference right now

**OLD BUSINESS:** None

### **NEW BUSINESS:**

The next CAC meeting will take place on Thursday, May 18, 2017 at 6:00 pm in the Library Classroom at Parkland High School. The agenda will include an update on CAC Alumni, election of officers for next year, and a discussion of possible agenda topics for 2017-2018, followed by the Spring Chorus Concert and Festival of the Arts.

### **ROUNDTABLE:**

Many thanks were extended to Lori Fitch and Lisa Kadar for the informative presentation and dedicated work to help our students.

### **MOTION TO ADJOURN:**

At 7:15 p.m., Melanie St. Hill called for a motion to adjourn. Trish Balestrini moved, with Lisa Hayducek seconding the motion. The motion passed unanimously.

Respectfully submitted,

Linda Perlman-McKenna

# PARKLAND HIGH SCHOOL STUDENT ASSISTANCE PROGRAM (SAP)

MAKING A LARGE SCHOOL FEEL SMALLER—A  
PROACTIVE APPROACH

## REACHING THE ENTIRE STUDENT BODY

- 8<sup>th</sup> Grade presentations on how to navigate the pressures of high school—new
- DEA Parent Night in the 2016-2017 school year.
- Drug Prevention Programs provided for the student body (i.e., Chris Herren, The Hope Presentation, Alex Sheen,
- 9<sup>th</sup> grade SAP presentations
- Suicide Prevention Presentations for 9<sup>th</sup> grade students

## REACHING THE ENTIRE STUDENT BODY

- Anonymous lockboxes for student referrals—checked 2x per day
- Drug kits to parents
- Attendance at disciplinary hearings to offer services
- “SAP Short & Sweet” for staff
- Monthly parent newsletters
- Next School Year: “Help a Friend” kick-off

## REACHING THE ENTIRE STUDENT BODY

- Educational Seminars: Offered to Parents via Connect Ed Blast
  - Stress/Anxiety
  - Test/Anxiety
  - Anger Management
  - Decision Making Skills
  - Connections—social skills
  - Hope—loss
  - Assertiveness Training



## REACHING THE ENTIRE STUDENT BODY

- The Caron Foundations: Smoking Cessation Group

## REACHING THE ENTIRE STUDENT BODY

- Additions for next year's seminars:
  - Organizational skills
  - LGBTQ support group—challenging
  - Dating Successfully and Healthy
  - Improving Self-Esteem
  - Drug Relapse Support Groups—depending on level of severity

## REACHING SMALL GROUPS OF STUDENTS

- Coping Skills Group

## REACHING THE INDIVIDUAL CHILD

- 257 referrals + 2<sup>nd</sup>/3<sup>rd</sup> referrals; legitimate
- 49 MARS evaluations



## REACHING THE INDIVIDUAL CHILD

- Surveys are sent out the same day as the referrals are received
- Surveys are reviewed upon receipt
- Referrals are addressed immediately
  - Consultation with guidance counselors, school psychologists, teachers, school resource officer, administrators, etc.

## REACHING THE INDIVIDUAL CHILD

- All students referred are being monitored; even those who refused services.
  - Quarter-year and Mid-year checks
    - Grades
    - Attendance
    - Parents called again if there is an issue.



## REACHING THE INDIVIDUAL CHILD

- Follow-up for all students whose parents signed for SAP permission
  - Daily/Weekly/Monthly follow-up with in-school and out of school services
    - Parkland High School Mentoring Program
    - Parkland High School Educational Seminars/Groups
    - Follow up with Parents on MARS recommendations
- SAP members have the opportunity to meet with parents in person.

## • Out of School Services

- The Mid-Atlantic Rehabilitation Center---PHS and MARS continue a collaborative relationship.
- Meetings occur as needed with the MARS clinical interviewer and the SAP members to address any issues or concerns.

- In School Services

- The Parkland High School Mentoring Program
  - Is now a "stand alone" program.
  - 113 students are currently being mentored.
  - Students who are referred to SAP may be referred to the Mentoring Program.
  - All mentors are trained by the SAP coordinator in how to mentor and they are provided with a packet of resources to utilize in their mentor meetings.
  - Mentors meet every 2 to 3 weeks with mentees; contact parents and staff as needed.
  - Monthly check ins with mentors to assess mentee progress.

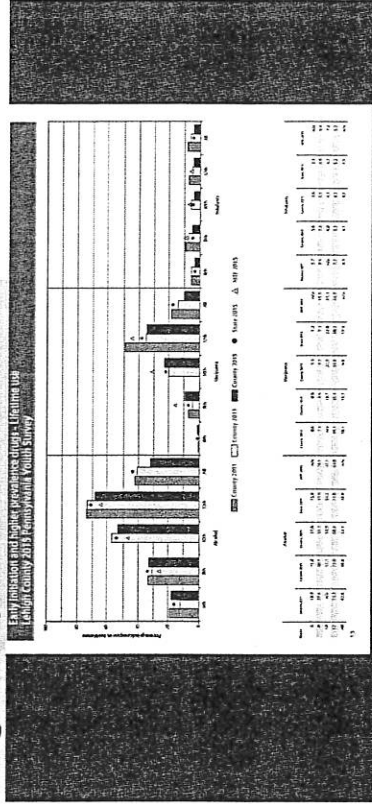
## NEW GOALS

- Increase the amount of parent meetings
- Increase the number of parent permissions received for MARS evaluations
- Using SAP services to educate teachers and parents.
- Increased involvement with the total population of PHS
- More SAP publicity (currently working with the film club for a new campaign)
- Increase in-school services
  - More mentors---attempting to service 18% of the population.
  - Increase the number of students participating in seminar/groups and add more seminar topics.
- **Begin a well-monitored peer mentoring program**

## Parkland Middle Schools- Drug and Alcohol Education

April 6, 2017

## Lehigh County Informational Statistics



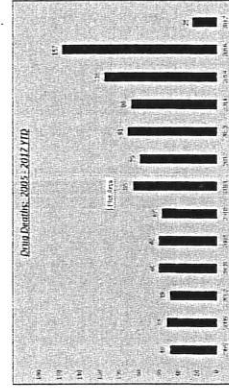
## The Hard Facts

Lehigh experienced 157 drug related deaths within our county. That is an average of 1 person every 2.5 days. Currently, we are on pace to surpass that number.

J. Layne Turner

Drug and Alcohol Administrator

County of Lehigh



## The Past Six Months in Lehigh County:

Drug of choice identified in 6 months' worth of SCA Assessment Data June 30-Dec. 31 '16:

Drug - Primary	Total
Heroin	281
Alcohol	231
Marijuana	136
Cocaine	93
Opiates	49
Meth	26
Prescription	22
K2	17
Suboxone	3
PCP	2
Amphetamine	1
Benzo	1

SAP referrals - Lehigh averages about 800 annually. There is a pretty consistent 60/40 split: 60% of the students are identified as needing MH services, 40% are identified as needing D&A or Dual (co-occurring D&A and MH) treatment services.

Currently a spike is being seen in both Cocaine and Meth since January 1st.

## School Assistance Program or SAP

*The Commonwealth of Pennsylvania's Student Assistance Program (SAP), which is administered by the PA Department of Education's Safe Schools Office in partnership with the PA Department of Drug and Alcohol Programs' Division of Prevention and Intervention, and the PA Department of Human Services' Office of Mental Health and Substance Abuse Services, is designed to assist school personnel in identifying issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student's success. The primary goal of the Student Assistance Program (SAP) is to help students overcome these barriers in order that they may achieve, remain in school, and advance. While Student Assistance Programs exist in other areas of the country, the structure and operation of the program in Pennsylvania is a unique expression of an integrated model serving the needs of Pennsylvania families and their students.*

## Parkland School District SAP Teams

- Employees have volunteered and have undergone state certified training to become members.
- SAP Teams include: Administrators, Teachers, School Nurses, Guidance Counselors, School Psychologists, and Paraprofessionals.
- Meet as a team to review and discuss referrals.
- Review new data with our liaison from the Center for Humanistic Change
- Send out staff updates- SAP in a Second at middle schools
- Communicate with parents and with MARS for assessments when deemed necessary
- Follow-ups

## Student Referrals

- SAP forms are available in school or on-line
- Anyone may make a referral
- Referrals are confidential
- Co-ordinators meet at end of year to review 8th grade students as they transition to the high school

## Parkland Middle Schools- What we are doing:

Sixth Grade- Health Classes Officer Faust Guidance Presentation	Seventh Grade- Health Classes Guidance Classes Dare Program	Eighth Grade- Health Classes Weller Center Caron Foundation
Red Ribbon Week, Take A Stand , Speakers, Camfel Production, Groups, Parent University		



**Additional information may be found:**

PA based information:

<https://www.overdosefreepa.pitt.edu/>

and

Lehigh County PAYS (PA Youth Survey) Report:

<http://www.pccd.pa.gov/Juvenile-Justice/Pages/PAYS-for-2015---County-Reports.aspx>.