

# SAP BLAST Welcome Back!

August 1, 2019

Prevention-Education  
Services  
Addiction Medicine Services  
of  
University of Pittsburgh  
Medical Center,  
Western Psychiatric Hospital

Franklin Building, Floor 4  
1011 Bingham Street  
Pittsburgh, PA 15203

Susan L. Tarasevich,  
Ed.D.

[tarasl@upmc.edu](mailto:tarasl@upmc.edu)

412.235-5304

David Suda, M.Ed.

[Sudad@upmc.edu](mailto:Sudad@upmc.edu)

412.235-5350

Pat S. Woodke

[woodkeps@upmc.edu](mailto:woodkeps@upmc.edu)

412.235-5377

FAX: 412.235-5399

To register for SAP  
Training  
Visit:

[www.upmc.com/sap](http://www.upmc.com/sap)



## Addiction Medicine Services UPMC Western Psychiatric Hospital K-12 SAP Training Dates SY 2019-2020

To register visit: [www.upmc.com/sap](http://www.upmc.com/sap)

**SOUTHWESTERN  
PENNSYLVANIA  
SAP TRAINING**

**WHEN:** August 27, 28 & 29, 2019

**WHAT TIME:** 8:00 AM to 3:30 PM

**WHERE:** Fort Cherry School District  
Site TBA

**Hurry, space is limited!** To register visit:

[www.upmc.com/sap](http://www.upmc.com/sap)

**SOUTHWESTERN  
PENNSYLVANIA  
SAP TRAINING**

**WHEN:** September 24, 25 & 26, 2019

**WHAT TIME:** 8:00 AM to 3:30 PM

**WHERE:** Upper St Clair High School

1825 McLaughlin Run Rd, PGH PA 15241

**Hurry, space is limited!** To register visit:

[www.upmc.com/sap](http://www.upmc.com/sap)

### 2019-2020 SAP Training Schedule

**WHEN:**

- October 29, 30, 31, 2019
- December 10, 11, 12, 2019
- January 8, 9, 22, 2020
- February/March 25, 26, 3, 2020
- March 18, 19, 25, 2020
- May 5, 6, 7, 2020
- June 2, 3, 4, 2020
- August 4, 5, 6, 2020

**WHAT TIME:** 8:00 AM to 3:30 PM

**WHERE:** PaTTAN Pittsburgh

3190 William Pitt Way  
Pittsburgh, PA 15238

[Directions to PaTTAN \(PDF\)](#)

We love hearing from you!  
Contact Susan or David with questions  
[tarasl@upmc.edu](mailto:tarasl@upmc.edu) or [sudad@upmc.edu](mailto:sudad@upmc.edu)

### What's in it For You?

#### All SAP Training Workshops Provide:

PNSAS Approved K-12 SAP Training, manual (yours to keep), materials, continental breakfast, lunch and, (21) Act 48 credits. *Specialty credits available at a nominal fee through OERP [LSW, LPC, NBCC, CEU's, APA]*

**Training Fee:** \$375/participant

#### Intended Audience:

School staff and agency personnel working with students experiencing barriers to school success. Must currently work in or with a school.

#### Completion Requirements:

Successful completion of the entire three-day training as well as the competency measures assigned during training before any credits or certificates can be awarded.

You are at the  
CENTER  
Of  
Everything We Do

## School-Based Primary Prevention: A Key to Combating the Opioid Epidemic

DDAP, in collaboration with the Penn State EPISCenter, the PA Department of Education, and the PA Commission on Crime and Delinquency has developed a video training series entitled, School-Based Primary Prevention: A Key to Combating the Opioid Epidemic. This training is intended to provide an overview of the opioid crisis and information on best practice and strategies schools can use to help prevent opioid misuse. This video series is comprised of 20 videos broken into 5 learning modules:

- Module One: The Real Truths of the Opioid Epidemic
- Module Two: Primary Prevention - The Big Picture
- Module Three: Essential Elements of Programs That Work
- Module Four: How to Incorporate Primary Prevention into the School Environment
- Module Five: **What You Can Do to Help**

Very helpful for  
teachers!  
Videos are  
downloadable

The training will be available on PDE's SAS Portal. Go to <https://www.pdesas.org/> This will allow teachers/others to receive two Act 48 hours for completing the training. The training can be used toward fulfilling professional development requirements related to Act 55 of 2017. The training is also available on the DDAP and Penn State EPISCenter [http://www.episcenter.psu.edu/ETI\\_Home/School-BasedPrimaryPreventionTOC](http://www.episcenter.psu.edu/ETI_Home/School-BasedPrimaryPreventionTOC) websites. Each video is downloadable, so that you **can incorporate these videos into presentations, trainings, etc. that you provide.**

## Changes to the PA Free Quitline

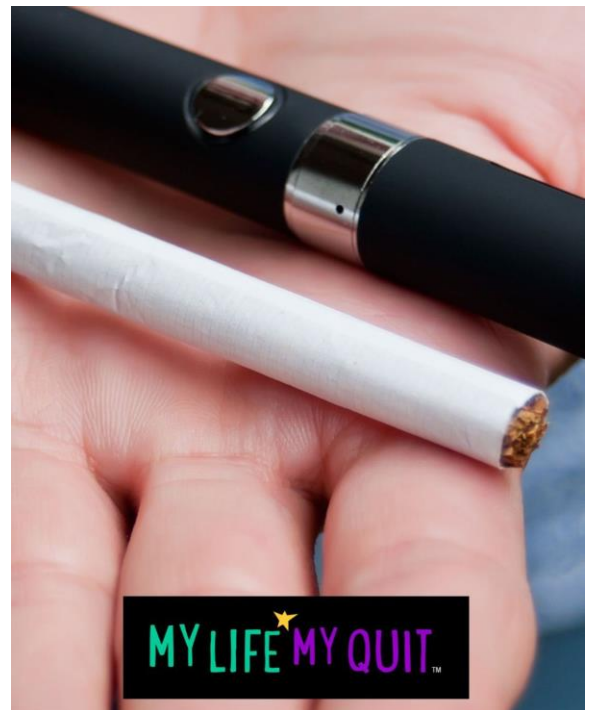
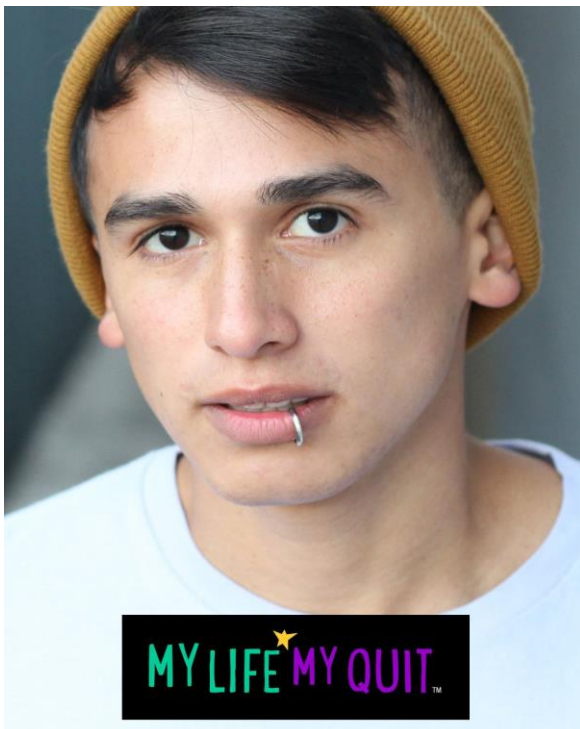
The PA Free Quitline is a **free, evidence-based tobacco cessation service available to all Pennsylvanians 14 and older**. Annually, the PA Free Quitline provides services to over 13,000 Pennsylvanians. PA Free Quitline services include: **Up to five quit coach calls Call 1-800-Quit NOW (1-800-784-8669)**

In the coming weeks, the PA Free Quitline will be expanding its services in the following ways:

1. Eligible PA Free Quitline callers enrolled in phone counseling will now be offered a total of eight weeks of combination nicotine replacement therapy (NRT), instead of the previous offering of four weeks.
2. A 3-month supply of Chantix will be offered to newly enrolled Quitline enrollees who are covered by Medical Assistance. (Beginning 8/01/2019)
3. Pregnant enrollees will now receive incentives of \$10/call (\$15/call postpartum.)
4. **Eligible PA Free Quitline** users enrolled in online counseling will now be offered two weeks of combination nicotine replacement. For more information, please visit the [Quitlogix website](#), or the [PA Free Quitline page on TobaccoFreeAllegheny.org](#).

Terrific Option for Students  
Caught Vaping or Wanting  
to Quit

# MY LIFE MY QUIT™



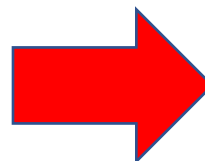
**My Life, My Quit** is an enhanced tobacco and vaping cessation program for teens under age 18 who want to stop using tobacco products, especially electronic cigarettes like JUUL.

The My Life, My Quit specially trained coaches listen and understand teens, provide personalized support, and build relationships that promote quitting tobacco. Coaches emphasize that the decision to stop is personal, and provide information to help cope with stress, navigate social situations, and support developing a tobacco-free identity.

My Life, My Quit is 100% **free**, **confidential**, and **made for teens**.

There are multiple ways to enroll, or just get more information:

1. Text "Start My Quit" to 855-891-9989
2. Call 855-891-9989
3. [Enroll online](#)



## **TO DO:**

Print the poster on the following page and post in Principal, Assistant Principal, Dean of Discipline, Athletics, Nurse and Counseling Offices. Post around the school too!

4. [Visit the My Life, My Quit website](#)



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**Are you a TEEN concerned about your vape use?**

**Are you an ADMINISTRATOR looking for more than just consequences?**

*Participants receive a watermarked certificate upon completion*

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**Feel free to copy and post**