

Student Assistance Program Liaison Outreach Newsletter

ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS

MARCH-APRIL, 2023

Check out Allegheny Children's Initiative New Website:

<https://AlleghenyChildrens.org/>.

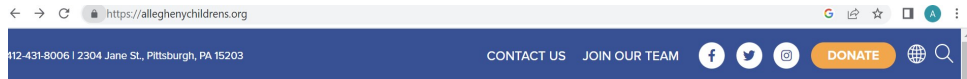
Learn about the all of Allegheny Children's Initiative Programs and Events.

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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9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

@BELIEVEPHQ

WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.





allegheny
children's initiative

Upcoming Events & Links



March

World Music Therapy Day—
March 1st [WORLD MUSIC THERAPY DAY - March 1, 2023 - National Today](#)

World Teen Mental Wellness Day—[15 Activities To Support Your Child On World Teen Mental Wellness Day | BetterHelp](#)

World Bipolar Day—[World Bipolar Day - Home](#)

April

World Health day—April 7th
[World Health Day \(who.int\)](#)

National Love our Children's Day—April 3rd [National Love Our Children Day in 2023/2024 - When, Where, Why, How is Celebrated? \(holidayscalendar.com\)](#)

National Earth Day—April 22nd [National Earth Day 2023 - Why This Day! \(nationaldaystoday.com\)](#)

Updated SAP Guidelines:

SAP teams are encouraged to review the updated guidelines on the following topics:

- *Team Composition Training
- *Policies and Procedures
- *SAP Team Data Reporting
- *In School Student Supports
- *Informing the School Community

[SAP Guidelines for Teams \(Dec.2022\).pdf \(pnsas.org\)](#)

