



allegheny  
children's initiative

Hope starts here

# Student Assistance Program Liaison Outreach Newsletter

ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS

## 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 the Student Assistance Program.**

Check out our website to learn more about SAP and Allegheny Children's Initiative:

[AlleghenyChildrens.org](http://AlleghenyChildrens.org)



KAISER PERMANENTE PRESENTS

## 5 WAYS TO SOOTHE BACK-TO-SCHOOL JITTERS

- 1 Be aware, listen, and empathize.**  
Check in, listen, and validate concerns.
- 2 Problem solve.**  
Together, figure out solutions to potential issues.
- 3 Pump up the positivity.**  
Praise your child's strengths and talents.
- 4 Make a routine.**  
Get back into a school routine early.
- 5 Reward resilience.**  
Acknowledge how they handle the transition with something special.

Allegheny Children's Initiative  
Student Assistance Program Team

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## STUDENT BUS SAFETY



- 1 Wait for the bus to stop before approaching it from the curb
- 2 Walk 10 feet in front of the bus where you can see the bus driver, and they can see you
- 3 Look both ways to see that no other traffic is coming before crossing the street
- 4 Teach your children to stand 6 feet (or three giant steps) back from the curb
- 5 Make sure your bus driver knows any allergies or health conditions you have that may result in an emergency on the bus



The **more** that you read, the **more** things you will know. The **more** that you learn, the **more** places you'll go.

**Dr. Seuss**

Daily Quotes// taigroup.net

## NEED HELP ?



FOOD



SHELTER



PAY BILLS



GET CARE



TAX HELP

# DIAL 2-1-1

## GET CONNECTED GET ANSWERS

YOU CAN NOW TEXT OUR CASE WORKERS BY TEXTING YOUR ZIP CODE TO HELP LINE AT TXT211. AVAILABLE 24/7.



- TRAINED COMMUNITY REFERRAL SPECIALISTS
- FREE SERVICE
- CONFIDENTIAL
- CRISIS SERVICE



NEPA211.ORG  
POWERED BY UNITED WAY




Call or text the **988 Suicide & Crisis Lifeline** at **988** to connect with a crisis counselor and get support 24/7.

 [nimh.nih.gov/suicideprevention](http://nimh.nih.gov/suicideprevention)

