

# Student Assistance Program Liaison Outreach Newsletter

ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS

January/February 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/>

### ACI Student Assistance Program Team

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## REGISTRATION IS NOW OPEN



02

25-27

2024

PASAP ANNUAL CONFERENCE

Registration is now open for the PASAP annual conference at the Penn Stater Hotel. Many wonderful presenters will be on hand during the three-day conference. Mandy Sable from ACI will be attending. Please let your SAP Liaison know if you plan to attend!

## MENTAL HEALTH TIPS FOR WINTER

### sunlight:

Take a walk outside, open your curtains, and/or invest in a light therapy lamp.

### find things to look forward to:

Make plans for the future and come up with small everyday things that make you happy.

### keep a journal:

Writing about your thoughts + emotions can be a great outlet.

### seek therapy:

You don't have to struggle alone.





## Upcoming Events & Links

### Library Websites in School District ACI SAP services—

Libraries are a wonderful resource for people in the community. Many Libraries have classes and technology devices available. Below are the names and websites. Each website has information about hours and classes.

Chartiers Valley - Bridgeville & Scott Township	Bridgeville Public Library – Bill & Grace McDivitt Center for Lifelong Learning (bridgevillelibrary.org)
	Scott Township Public Library – Serving the Scott Township Community and Surrounding Areas. (scottlibrary.org)
Keystone Oaks - Castle Shannon, Dormont & Green Tree	www.castleshannonlibrary.org Dormont Public Library – Making our patrons feel like family since 1936. (dormontlibrary.org) Home : Green Tree Public Library (greentreeibrary.org)
McKeesport Area	Carnegie Library of McKeesport – Official Site of CLM and Branches (mckeesportlibrary.org)
Mt. Lebanon	Mt Lebanon Public Library, PA   Official Website (mtlebanonlibrary.org)
Northgate - Avalon & Bellevue	Avalon Public Library – Come in and check us out! (avalonlibrary.org) Andrew Bayne Memorial Library (baynelibrary.org)
Penn Hills	www.pennhillslibrary.org
Sto-Rox	www.storoxlibrary.org/
West Jefferson Hills - Jefferson Hills and Pleasant Hills	www.jeffersonhillspubliclibrary.org Pleasant Hills Public Library – Home (pleasanthillslibrary.org)

### January

January - Mental Wellness Month—[January Mental Wellness Month \(Let's Celebrate!\) | MHC](#) ([mentalhealthctr.com](http://mentalhealthctr.com))

January 21— National Hugging Day NATIONAL HUGGING DAY - [NATIONAL HUGGING DAY - January 21, 2024 - National Today](#)

January 31—National Inspire Your Heart with Art Day—[INSPIRE YOUR HEART WITH ART DAY - January 31 - National Day Calendar](#)

### February













February—Black History Month= [The story behind Black History Month — and why it's celebrated in February : NPR](#)

February 1—National Freedom Day [NATIONAL FREEDOM DAY - February 1, 2024 - National Today](#)

February 11—National Make a Friend Day— [NATIONAL MAKE A FRIEND DAY - February 11, 2024 - National Today](#)

## Interventions for Students who Struggle with Task Initiation

Clipart by Este Radfield & Sarah Pecorino      [www.thepathway2success.com](http://www.thepathway2success.com)      Pathway 2 SUCCESS THE 100 THINGS TO DO LIST

 <b>Teach task initiation skills explicitly</b>	 <b>Use a countdown timer</b>	 <b>Incorporate areas of student interest</b>	 <b>Provide directions orally &amp; visually</b>
 <b>Practice the "rocket ship countdown"</b>	 <b>Reduce most challenging work</b>	 <b>Train peer mentors to provide support</b>	 <b>Use brain breaks between tasks</b>
 <b>Make it a race to get started on work</b>	 <b>Take turns writing to get started</b>	 <b>Develop a work contract with rewards</b>	 <b>Give more student choice</b>