

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/>.

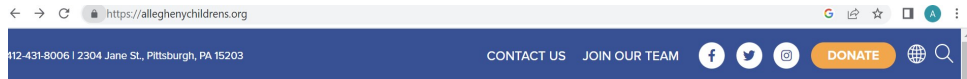
Learn about the all of Allegheny Children's Initiative Programs and Events.

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/>

ACI Student Assistance Program Team
Amanda Sable Director of Student Assistance (SAP) Programs 412-335-8149/ asable@PFQ.org
Megan Becker SAP Liaison mbecker@PFQ.org
Aubrey Fraser SAP Liaison afraser@PFQ.org
Erin Gilfoyle SAP Liaison egilfoyle@PFQ.org



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 your 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 | Better-Help](#)

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 \(pnsas.org\)](#)





allegheny
children's initiative

Hope starts here

Student Assistance Program Liaison Outreach Newsletter

ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS

November/December 2023 Newsletter

Many of our SAP teams across many school districts are working on an integration that includes Multi-Tiered System/Positive Behavioral Interventions (MTSS/PBIS) and SAP. Below is some information that the state is sharing on best practices for aligning the two systems together:



Practical Guidance for Exploring the Integration and Alignment of the Student Assistance Program with a Multi-Tiered Framework of Support

Integration and Alignment Steps Analysis

The graphic below represents actionable milestones associated with the integration and alignment of SAP and MTSS/PBIS. The graphic highlights key features associated with each phase of the change process, drawn from implementation science, that help to assess readiness (Fixen et al., 2018).

Integration Steps Analysis



EXPLORATION

- Readiness and Planning
- Teaming
- Common Referral Process
- Family Engagement, Consent, and Confidentiality
- Data-based Decision-making and Documentation

INSTALLATION

- Team structure with clear roles and meeting dates
- Resources identified and secured
- Work plans developed to include data and documentation systems, referral mechanisms, evaluation system
- Staff/team training needs determined

INITIAL

IMPLEMENTATION

- Timeline set for roll-out and scale-up
- Problem-solving protocol developed
- Meeting schedule set
- Stakeholder training and communication system
- Set plan to monitor fidelity
- Ongoing professional development

FULL IMPLEMENTATION

- Resources identified and secured
- Work plans developed to include data and documentation systems, referral mechanisms, evaluation system
- Staff/team training needs determined

Please contact your SAP Regional Coordinator and/or your local facilitator from the PaPBIS Network or PaTAN with questions about the contents of the guidance document or for support with your integration and alignment efforts.



McDOWELL INSTITUTE

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

Amanda Sable
Director of Student Assistance Programs (SAP)
412-335-8149
asable@PFQ.org

Megan Becker
SAP Liaison
mbecker@PFQ.org

Amanda Cottrell
SAP Liaison
acottrell@PFQ.org

Veronica Martin
SAP Liaison
vmartin@PFQ.org

Joshua Hoffman
SAP Liaison
jhoffman@PFQ.org

The purpose of this document

is to provide considerations and practical strategies for school leadership teams seeking to create an integrated structure for the Student Assistance Program (SAP) and frameworks reflecting multi-tiered logic (e.g., MTSS/PBIS). The document highlights actions and considerations for schools that have not yet begun or are in early stages of the integration and alignment process.

Areas explored in the document:

- Readiness and Planning
- Teaming
- Common Referral Process
- Family Engagement, Consent, and Confidentiality
- Data-based Decision-making and Documentation

Examples of Guiding Questions for Schools

- Which initiatives (e.g., SAP, MTSS, PBIS) are currently being implemented with fidelity and in which buildings?
- What do team structures, roles, and responsibilities look like at each tier?
- What are the referral mechanisms and procedures, including routing processes?
- What are the mechanisms for data collection and documentation, including key decision-making points?
- What tools are needed for goal-setting and progress monitoring?
- What are the SAP, MTSS, and PBIS-related training needs of targeted constituency groups?
- What internal and external resources support alignment and integration, and has the LEA engaged in a formal resource mapping process?

Valuable Resources for Schools

- National Implementation Research Network: [Initiative Inventory and Process Tool](#)
- National Technical Assistance Center on Positive Behavior Interventions and Support: [Technical Guide for Alignment of Initiatives, Programs and Practices in School Districts](#)
- Pennsylvania Network for Student Assistance Services: [Student Assistance Program Best Practice Guidelines for Fidelity](#)
- SAP/PBIS Integration Comparison/Contrast Analysis Tool from the [Planning for SAP/PBIS Alignment and Merger from the 2017 SAP and PBIS Integration Practical Guidance Document](#)
- National Center for School Mental Health: [School Mental Health Quality Guide: Needs Assessment and Resource Mapping](#)

Upcoming Events & Links



November

National Homeless Youth Awareness Month [National Homeless Youth Awareness Month | The National Child Traumatic Stress Network \(nctsn.org\)](#)

November 30th—National Meth Awareness Day - [NATIONAL METHAMPHETAMINE AWARENESS DAY - November 30, 2023 - National Today](#)

November 30th—Stay Home Because You are Well Day—[NATIONAL STAY AT HOME BECAUSE YOU'RE WELL DAY - November 30,](#)

December

Seasonal Affective Disorder Month—[How to battle Seasonal Affective Disorder this winter season \(nypost.com\)](#)

December 1st—World AIDS Day [WORLD AIDS DAY - December 1, 2023 - National Today](#)

December 2— National Special Education Day [SPECIAL EDUCATION DAY - December 2, 2023 - National Today](#)

My November Guest,” Robert Frost

My sorrow, when she's here with me, Thinks these dark days of autumn rain Are beautiful as days can be; She loves the bare, the withered tree; She walks the sodden pasture lane.

Her pleasure will not let me stay. She talks and I am fain to list: She's glad the birds are gone away, She's glad her simple worsted gray Is silver now with clinging mist.

The desolate, deserted trees, The faded earth, the heavy sky, The beauties she so truly sees, She thinks I have no eye for these, And vexes me for reason why.

Not yesterday I learned to know The love of bare November days Before the coming of the snow, But it were vain to tell her so, And they are better for her praise.



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



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

Amanda Sable
Director of Student Assistance Programs
412-335-8149/asable@pfq.org

Megan Becker
SAP Liaison
mbecker@pfq.org



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

