

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

Nicole Fievet
SAP Liaison
nfievet@PFQ.org

Amanda Cottrell
SAP Liaison
acottrell@PFQ.org

Nichole Niedermayer
SAP Liaison
nniedermayer@PFQ.org

Joshua Hoffman
SAP Liaison
jhoffman@PFQ.org



Scientifically proven benefits of practicing gratitude include:

- opens the door to more relationships
- improves physical health
- improves psychological health
- enhances empathy and reduces aggression
- allows for better sleep
- improves self-esteem
- increases mental strength

Source: <https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-of-gratitude>



Student Activism Opportunity

Do you have students who are interested in increasing awareness around mental health? Stand Together offers training to equip them. Stand Together's three goals are to increase education and awareness, promote social inclusion, and encourage students to reach out to a trusted adult when they are concerned about their own or another student's mental health or safety. For more information contact Lacey Agresta at 412-350-7332 or lacey.agresta@AlleghenyCounty.us

#standtogether



Ideas to encourage students to practice gratitude:

- Gratitude jar - Use a real jar or just an image on paper. Write something to "place" in it each day.
- Gratitude tree - draw the trunk and branches, cut out leaves to write things and glue on.
- Gratitude journal - provide daily or weekly writing prompts to help fill their journal.
- Gratitude chain - start a paper chain, have students add links of gratitude.

Free Substance Use Prevention Training for Parents / Caregivers

Caron is offering a free program called PREP: *Prevention Resources and Education for Parents/Caregivers*. It is a one hour online live presentation. Multiple sessions are available to choose from and there is no cost. PREP aims to help parents/caregivers learn about current substance abuse trends and empower them with skills to talk with middle or high school students. The session also explores factors that protect them from using and helps to establish rules and consequences. For more information or to register visit <https://www.caron.org/events/1020715265837>



December Self-Care Challenge

| | | | | |
|---|--|---|--|--|
| DAY 1 Take a 10-minute break to meditate and focus on your breath | DAY 2 Write down three things you're grateful for today | DAY 3 Treat yourself to a warm cup of your favorite tea or coffee | DAY 4 Go for a 15-minute walk outside and enjoy the fresh air | DAY 5 Disconnect from social media for an hour and do something you love |
| DAY 6 Take a relaxing bath or shower with your favorite scents | DAY 7 Try a new healthy recipe and nourish your body with good food | DAY 8 Spend 20 minutes reading a book or listening to an audiobook | DAY 9 Write a positive note to yourself and leave it where you'll see it | DAY 10 Practice deep breathing exercises to relieve stress |
| DAY 11 Do a quick home workout or stretching routine | DAY 12 De-clutter a small area of your living space | DAY 13 Connect with someone you haven't spoken to in a while | DAY 14 Pamper yourself with a DIY face mask or skincare routine | DAY 15 Take a power nap to recharge your energy |
| DAY 16 Create a calming playlist and listen to it for at least 30 minutes | DAY 17 Reflect on your achievements and set a small goal for the day | DAY 18 Spend time in nature, even if it's just a few minutes in a park | DAY 19 Watch a favorite movie or TV show for pure enjoyment | DAY 20 Try a new hobby or revisit an old one that brings you joy |
| DAY 21 Plan a digital detox evening - no screens for an hour before bed | DAY 22 Light a scented candle and create a cozy atmosphere | DAY 23 Practice mindfulness by paying attention to your senses for 10 minutes | DAY 24 Write a letter to your future self with hopes and goals | DAY 25 Take a moment to appreciate the holiday season and what it means to you |
| DAY 26 Learn a new technique, like progressive muscle relaxation | DAY 27 Organize your schedule for the upcoming week to reduce stress | DAY 28 Dance or move to your favorite music for 15 minutes | DAY 29 Treat yourself to a favorite snack guilt-free | DAY 30 Reflect on the year and acknowledge your personal growth |
| DAY 31 Set intentions or resolutions for the upcoming year with self-compassion | | | | |

