



allegheny
children's initiative

Hope starts here

Student Assistance Program Liaison Outreach Newsletter

ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS

January/February 2025 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/>

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Winter and your Mental Health

The winter months can be a difficult time for many people when the holidays are over, vacation aren't planned and the weather is cold and snowy. It is important to do the following:

- Eat healthy and drink water
- Exercise for at least 30 minutes a day
- Try to get eight hours of sleep
- Set goals for the new year
- Connect with friends and family
- Be mindful and do things you enjoy



Mental health issues are prevalent and can affect people at any time of year. The National Alliance on Mental Illness (NAMI) reports that:

- * 1 in 5 U.S. adults experience mental illness each year
- * 1 in 20 U.S. adults experience serious mental illness each year

REGISTRATION IS OPEN

2025 PASAP CONFERENCE

FEBRUARY 23-25, 2025

PENN STATER HOTEL AND CONFERENCE CENTER

JOIN THE PASAP CONFERENCE TO DISCOVER, CONNECT, AND ENGAGE WITH INDUSTRY LEADERS, PROFESSIONALS, AND ADVOCATES PASSIONATE ABOUT STUDENT SUPPORT. EXPERIENCE AN INSPIRING KEYNOTE ADDRESS, INTERACTIVE WORKSHOPS, AND EXCEPTIONAL NETWORKING OPPORTUNITIES DESIGNED TO ENRICH YOUR KNOWLEDGE AND EXPAND YOUR CONNECTIONS.

PENNSYLVANIA ASSOCIATION
OF STUDENT ASSISTANCE
PROFESSIONALS



USE THE QR CODE OR CLICK HERE TO REGISTER



BOOK A HOTEL- USE CODE PASA25P FOR THE CONFERENCE RATE

Vaping among students has been a growing issue in schools across the country. It's important for schools and parents to know some data about vaping. Below is information from the Truth Initiative:

The newest trend to get students addicted to Nicotine is a product called



Zyn. Zyn is a nicotine pouch available in multiple flavors and in amounts of 3 or 6 milligrams. These pouches often go unnoticed by parents and teachers due to its discreet appearance and flavor options. This product has been around for several years, but increased in popularity with teenagers this past year. These pouches are marketed as less harmful than smoking, but still pose significant health risks including: damage to the gingiva and brain development.

Resources to help quit addiction to Nicotine:

- My Life, My Quit™ is the free and confidential way for teens to quit smoking or vaping. Text "Start My Quit" to 36072
- The PA Free Quitline is a telephone-based tobacco cessation counseling service offering free coaching, with no judgment. Call 1- 800-QUIT-NOW
- Truth initiative is another way for teens and young adults to get free help. Text DITCHVAPE to 88709

