

# Student Assistance Program Liaison Outreach Newsletter

ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS

**March/April 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/>

### ACI Student Assistance Program Team

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Punxsutawney Phil may have predicted six more weeks of winter, but Springtime is just around the corner! Days are getting longer and we are enjoying more light each day—which is proven to help provide relief from seasonal depression. The Spring Equinox officially happens on Thursday, March 20 at 5:01 a.m. Here are some ways that you can boost your mental health and wellbeing during this season:

1. **Reprioritize Sleep.** As the daylight extends longer each day, it is tempting to go to bed later. Being outside more leaves you feeling energized, but sleep is still extremely important for overall health, including your mental health. Stick to a bedtime that allows you to get the rest you need.
2. **Make Visual Changes.** During Spring, it is common for people to feel the urge to clean up, paint, or even buy new clothes. You can improve your cognitive flexibility and create new mental pathways by trying visual things you have never tried before such as a new hairstyle or rearranging your room in a different way.
3. **Make Social Connections.** Having support from others is important for mental health and wellness. Set a time to check in with those close to you and foster those support systems.
4. **Try a New Activity.** What are you interested in? It doesn't matter if you think you'll be good at it, the goal is not the finish line, but in the overall process. Try painting, crochet, a new sport—anything that seems fun to you. This can lower stress and improve your sense of wellbeing.

Source: <https://www.pennfoundation.org/news-events/articles-of-interest/5-ways-to-boost-your-mental-health-this-spring/>



## World Teen Mental Wellness Day

World Teen Mental Wellness Day is observed on March 2 each year. The goal of this day is to raise awareness and encourage conversations about mental health struggles for teens.

According to the WHO, one in seven youth ages 10-19 experiences mental health issues. Because of stigmas and/or lack of services, these issues often end up untreated.

### Things to do this World Teen Mental Wellness Day:

- Be kind to yourself and others.
- Share social media posts about mental health and start conversations. Use the hashtag #WorldTeenMentalWellnessDay
- Encourage self-care, such as decreasing screen time and getting exercise.
- Educate yourself and others on recognizing warning signs.
- Encourage people in crisis to contact 988.



### Free Carnegie Museums Membership for Teens!

All teens ages 13-18 that reside in Pennsylvania are eligible for a FREE membership to all four Carnegie museums—The Museum of Art, Museum of Natural History, Carnegie Science Center and the Andy Warhol Museum.

This membership includes free programming just for teens, reciprocal admission to more than 300 museums and science centers across the country and discounts on laser shows, movies, camps and more!

For more information and to fill out the membership application, visit this site:

<https://carnegiemuseums.org/join-support/membership/teen-membership/>

