



**allegheny
children's initiative**
Hope starts here

Student Assistance Program Liaison Outreach Newsletter

Announcements, Resources & Raising Awareness

September / October 2025

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/outreach-services/student-assistance-program/>



ACI Student Assistance Program Team

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

SAP Liaisons:

Nichole Niedermeyer
nniedermeyer@PFQ.org

Amanda Cottrell
acottrell@PFQ.org

Megan Hanover
mhanover@PFQ.org

Joshua Hoffman
jhoffman@PFQ.org

Back-to-School Anxiety — You're Not Alone

Starting a new school year can be exciting — but it can also be stressful and bring on anxiety. That's completely normal. Here's how to manage it, support others, and know when to seek help.

Tips for students: Back to school Anxiety

Create a routine

Go to bed and wake up at the same time every day

Get ready for the next day

Before you go to bed make sure that pack your book bag and pick out your clothes to avoid feeling rushed in the morning.

Tour the school

This helps to figure out where you are going and to avoid feeling in an unfamiliar place

Talk about it

Talk to someone you trust about how you feel.

Awaken Pittsburgh

Training is available for teachers and other professionals who face complex problems and equip them with techniques to help work with their students needs.

Details:

This programming is not just for teachers but for early childhood centers, public safety and helping professionals, as well as workplace wellness and anyone who experiences stress.

How to contact

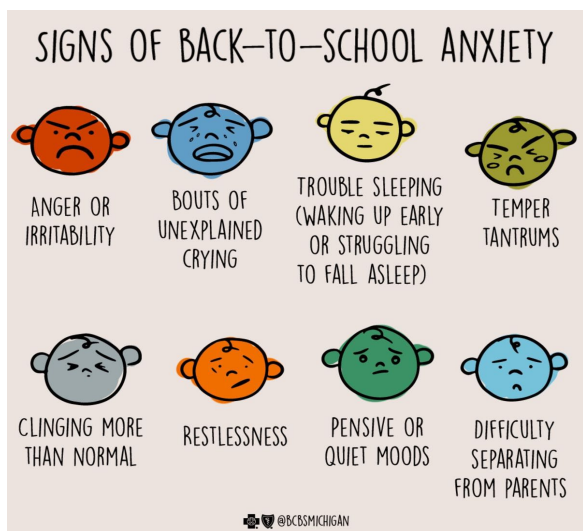
Go to

awakenpittsburgh.org/contact/

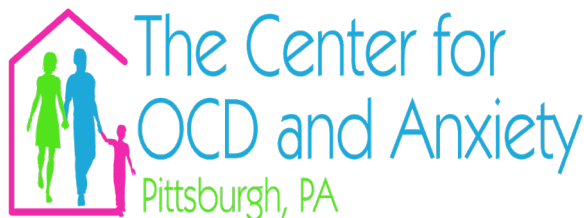
**To set up a consultation for yourself
or your group**

The beginning of the school year can be hectic, and it can be hard to give your time to any one student. But there can be signs to look for if you see that a student is struggling. You can also receive support from your schools SAP team to see if assistance can be provided.

Below are some signs to look for when a student may be experiencing anxiety and some techniques to assist in de-escalation.



For more assistance



<https://pittsburghocdtreatment.com>

- Support groups
- Treatment groups
- Individual Therapy

Study Strategies for Kids with Anxiety

Simple, calming techniques to help your child manage school stress.

TIP #1: Establish a Calm Routine

- Create a calm, predictable study routine to reduce anxiety.
- Keep the environment quiet and calm to help focus.



TIP #2: Break Tasks into Managable Chunks

- Small, achievable goals can help reduce feelings of overwhelm.
- Use a timer to work in 10-minute intervals.

TIP #3: Introduce Mindfulness and Relaxation Techniques

- Teach your child quick relaxation techniques like progressive muscle relaxation.
- Try using apps or YouTube videos designed for kids with anxiety.



TIP #4: Focus on Effort, Not Perfection

- Emphasize the effort and progress, not just the final result.
- Remind your child that mistakes are part of learning.

WANT MORE SCIENCE-BACKED STRATEGIES FOR MANAGING ANXIETY AND DYSREGULATION? FOLLOW DR. ROSEANN!

 **Dr. Roseann**
www.drroseann.com