

Student Assistance Program Liaison Outreach Newsletter

Announcements, Resources & Raising Awareness

November/December 2025

What is SAP:

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

The Student Assistance

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/studentassistance-program/



ACI Student Assistance Program Team

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As the holiday season begins, it's a perfect time to pause, reflect, and appreciate all that we've shared this year.

This season is about more than celebration—it's about connection, gratitude and generosity. Let's take this opportunity to come together, recognize our achievements, and support one another with kindness and compassion.

Wishing you a joyful and meaningful holiday season.

Here are some tips for managing Stress during the months of November and December:

Burnout	Routine	the - Go	Unhealthy coping Mechanisms
Start parly	7-9 hours	Quick	Don't over

Start earty,

plan smart of sleep breathing commit exercises Break it down Creating **Promote** Bottling up

a nighttime your feeling physical wind-down activities Talk it out Avoid Grounding Limiting Using screen time techniques cramming substances to help with stress

Small nap Journaling, Overindulging when needed on food works for you creative and sweets outlets and social support



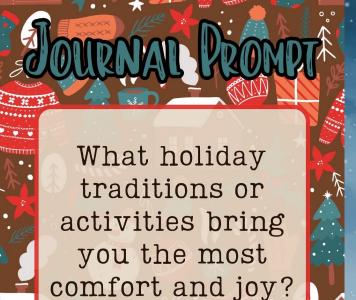




Partnering with organizations that improve the quality of life for those in our communities.







WHAT FEELS RIGHT FOR YOU

* IT'S OK TO IGNORE THE HOLIDAYS, TOO



