



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 Allegeny Children's Initiative:

<https://allegenychildrens.org/our-services/student-assistance-program/>



ACI Student Assistance Program Team

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New Year, Same You and That's Ok!

Studies show that nearly 30% of people feel pressured to make New Year's resolutions. Some find the practice overwhelming, stressful and even triggering. NOT making resolutions and accepting that you are enough can be both freeing and empowering. Here are some other ways to celebrate the new year ahead in a positive way:

- 1. Find Self Acceptance.** Ignore the inner critic that focuses on the negative. Write a list of things you are proud of. Use positive affirmations.
- 2. Create a Support System.** People who surround themselves with supportive friends and family are more likely to make healthier choices and have less stress to carry on their own.
- 3. Set Goals When You Are Ready.** Let the hype of "New Year, New Me" wear off and then take notes of what you'd like to do this year. Do research on what it will take to achieve and sustain your goals.

Source: <https://mentalhealthfirstaid.org/news/new-year-same-you-and-thats-ok/>



Things To Do in Pittsburgh with Your Child this Winter:

Long cold winter days can be tough for kids (and adults!) who enjoy being outdoors and engaged in activities outside the home. Here are some suggestions for places to visit with your child when the weather isn't cooperating for long hours of play:

Children's Museum of Pittsburgh - <https://pittsburghkids.org/>. Lots of activities targeted to young children and a great place to meet up for a winter playdate. Don't forget with RAD pass (<http://radpass.org>) you could get free/discounted admission!

Kamin Science Center - <https://kaminsciencecenter.org/>. Activities for all ages and also eligible for free/discounted admission with RAD pass! Admission also includes SportsWorks next door, which is another great outlet for indoor physical activity.

Moonshot Museum - <https://moonshotmuseum.org/>. Perfect for anyone who has an interest in space! You can take a guided tour or explore on your own. Moonshot was named the #8 Best New Museum by USA Today!

Heinz History Center - <https://www.heinzhistorycenter.org/>. Completely FREE for kids! Interactive exhibits including Mr. Roger's Neighborhood and Discovery Place.

Holiday Recovery Plan ★

Get outside and take a long walk in the winter sunshine. Breathe in the fresh air.

Focus on the warmth and comfort in your daily life. Do something cozy and relaxing.

Do a yoga routine that's focused on gentle movement and releasing tension.

Put boundaries on your time and your energy. You're allowed to take a step back.

Rest and try to get more sleep. Revamp your evening/winding down routine.

Add extra self-soothing into your day. Go through your five senses to help you relax.

Focus on unwinding the tense muscles in your body. It's been a long year. Release it.

SelfLoveRainbow

