



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

# Student Assistance Program Liaison Outreach Newsletter

*Announcements, Resources & Raising Awareness*

March/April 2026

## **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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## **Did you know that volunteering is good for your mental health?**

Here are some benefits to volunteering:

- Helps you connect with others.
- Brings fulfillment and sense of purpose.
- Helps reduce stress and combat depression.
- Provides an opportunity to learn new skills and build your resume.



## **April 19 – 25 is National Volunteer Week**

Here are some opportunities for volunteering

[Jubilee Soup Kitchen](#) – opportunities for kids ages 13 and up. Help set up and prepare the food, serve the meal, clean up and wash dishes, or help in the community garden or clothing room. Call 412-261-5417 for more information.

[Pittsburgh Parks](#) – opportunities for all ages, interests and abilities. For information visit their [website](#) or call 412-682-7275

[Cake 4 Kids](#) – Bake and deliver birthday cakes for underserved youth. Must be 16 and have an adult willing to assist. For more information visit their [website](#).

[Pittsburgh Marathon](#) - Lots of volunteers are needed to help with various tasks. Volunteers under 18 must have a parent / guardian complete the registration waiver. Volunteers under 16 must be accompanied by an adult, children under 12 are not permitted. For more information visit their [website](#).

## March is National Nutrition Month

### Energy Drinks: Important Considerations

Energy drinks can contain 80–300 mg of caffeine per can. The recommended maximum amount of caffeine for teens is 100 mg per day. Too much caffeine can cause, anxiety, headaches, shakiness, trouble sleeping and more.

Some energy drinks contain 40–60 grams of sugar per can, equal to 10 – 15 teaspoons, causing energy crashes after the spike.

Energy drinks do not contain the electrolytes to help hydrate like sport drinks. The stimulants and compounds found in energy drinks can cause dehydration.

Regular use can lead to dependency and can cause withdraw headaches and irritability.

The American Academy of Pediatrics recommend that adolescents do not consume energy drinks.

For more information <https://www.cdc.gov/school-nutrition/energy-drinks/index.html>



### Reds flags that could indicate that someone is struggling with an eating disorder

- Skipping meals or making excuses not to eat
- Eating in secret or hiding food
- “Clean eating” obsession or avoiding whole food groups
- Major focus on dieting, calories and weight loss
- Excessive exercise beyond normal sports training
- Frequent trips to the bathroom right after meals
- Cutting food into tiny pieces or moving food around the plate
- Avoiding eating in front of others
- Constant body checking (mirrors, weighing, pinching fat)
- Extreme dissatisfaction with body shape or size
- Stomach complaints, dizziness, fatigue
- Dry skin, fine hair, brittle nails

### Resources:

UPMC Center for Eating Disorders [website](#)

The Emily Program [website](#)

The Renfrew Center for Eating Disorders [website](#)

Sweetwater Behavioral Health and Wellness [website](#)