



allegheny  
children's initiative  
*Hope starts here*

# Student Assistance Program Liaison Outreach Newsletter

*Announcements, Resources & Raising Awareness*

May/June 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/>



## May is Mental Health Awareness Month

Mental Health America founded Mental Health Month in 1949 and has led the effort every May to promote mental wellness nationwide.

Mental health can't wait. Taking action for your personal mental well-being—whether by setting boundaries, reaching out for support, or practicing self-care—can make a lasting difference. This Mental Health Month, prioritize yourself and explore the resources that can help you build resilience, manage challenges, and thrive.

Small actions can lead to big changes. Whether it's building a routine, practicing mindfulness, or finding new ways to nurture your spirit, these self-help resources can help you feel empowered to take proactive steps toward wellness: <https://mhanational.org/wp-content/uploads/2025/03/MHM-2025-Resource-List.pdf>

Source: <https://mhanational.org/mental-health-month/>

## 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

## Self-Care & Mental Health



Share your own feelings to encourage self-awareness.

### Tips for Kids

Set aside time for low stress or solo activities.



Find social groups that help them feel like they belong.

Recognize toxic stress events.



Encourage journaling and writing.



Focus on articulating feelings.  
"I am angry."  
"I am sad."



Practice self-care for yourself to set the standard.



Encourage them to focus on the moment.

Cultivate interests and hobbies.



Establish a self-care routine.

BlessingManifesting



Each Thursday morning, KidsOutAndAbout.com sends a FREE e-newsletter to parents and grandparents in the Pittsburgh area who want to know what's happening locally for kids, teens and families. Follow the link below to complete the form, then **head immediately over to your email** and **click the link in it** to confirm your email address. That will get you on the list!

<https://pittsburgh.kidsoutandabout.com/content/free-weekly-e-newsletter-signup-pittsburgh-area>

Summer Youth Cafe sites are open to anyone 18 years old and younger at no cost once school is out. Beginning May 2026, go to <https://findfood.pittsburghfoodbank.org/s/> and follow the instructions to find a site near you. Be sure to check the "Meals for Kids and Teens" box to find your local site. Sites can be seen on Find Food Guide one week before they start so keep checking back as the summer continues for more site information.




**BEAT THE HEAT**  
STAY HEALTHY & SAFE THIS SUMMER

- Drink water**  
Stay hydrated & don't wait until you're thirsty.
- Wear sunscreen**  
Apply sunscreen before going outdoors. Reapply every 2 hours.
- Avoid peak times**  
Stay indoors during the hottest time of the day from 10AM - 4PM if possible.
- Protect your eyes**  
Wear sunglasses to protect your eyes from UV rays.
- Keep cool**  
Protect your skin from direct sunlight to prevent sunburn.
- Look before you lock**  
Never leave children or pets inside the car. Protect them from heatstroke.
- Seek shade**  
Use a tree, umbrella or tent to protect you from the sun.



**FUN, CHEAP & FREE THINGS TO DO THIS SUMMER**

- GO ON A PICNIC**
- VISIT THE LIBRARY**
- GO SWIMMING**
- GO ON A BIKE RIDE**
- GO CAMPING**
- GET ICE CREAM**
- PLAY WITH CHALK**
- TAKE A NATURE WALK**

**SIMPLICITALLY LIVING**  
FOOD • CRAFTS • UPGRADE LIVING