allegheny children's initiative

Hope starts here

Student Assistance Program
Liaison Outreach Newsletter

ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS

January/February 2025 Newsletter

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
Amanda Sable Director of Student Assistance (SAP) Programs 412-335-8149/ asable@PFQ.org
Nicole Fievet SAP Liaison nfievet@pfq.org
Amanda Cottrell SAP Liaison acottrell@PFQ.org
Nichole Niedermayer SAP Liaison nniedermayer@PFQ.org
Joshua Hoffman SAP Liaison jhoffman@PFQ.org

Winter and your Mental Health

The winter months can be difficult time for many people with the holidays are over, vacation aren't planned and the weather is cold and snowy. It is important to do the following:

- Eat Healthy and drink water
- Exercise for at 30 minutes a day
- Try to get 8 hours of sleep
- Set goals for the new year
- Connect with friends and family
- Be Mindful and do things you enjoy

Mental health issues are prevalent and can affect people at any time of year. The National Alliance on Mental Illness (NAMI) reports that:

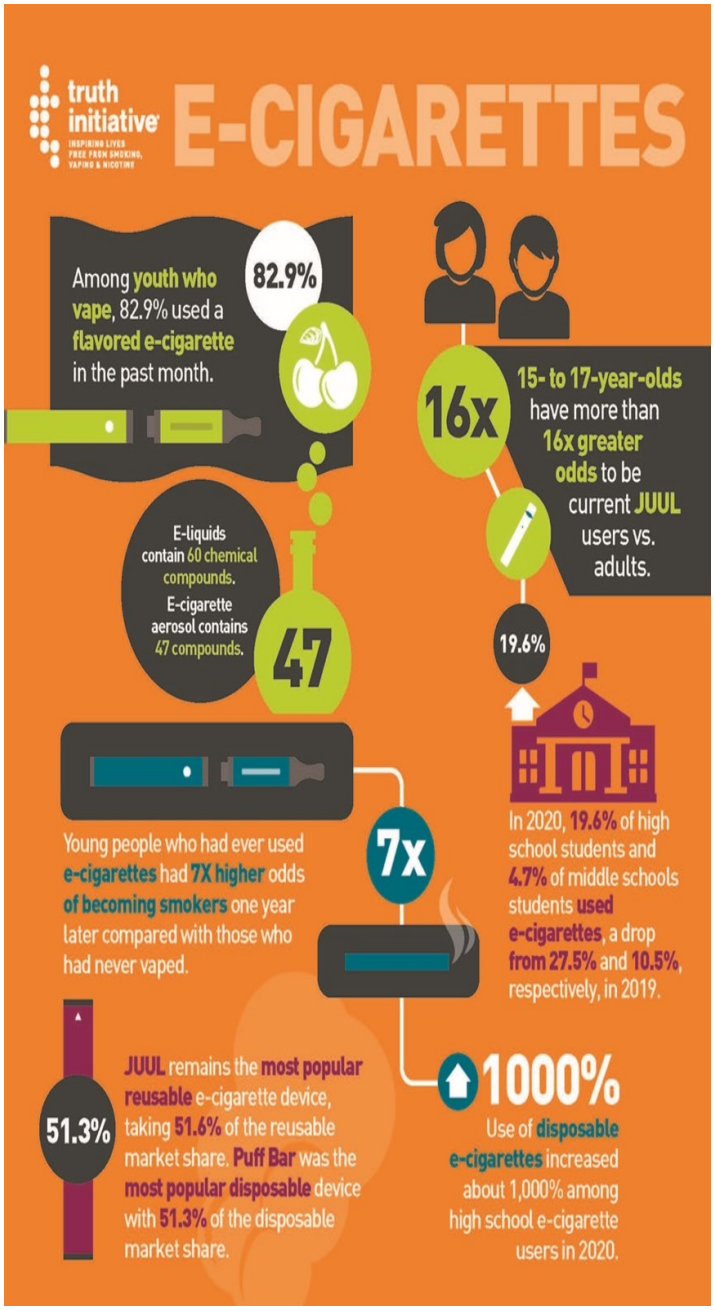
* 1 in 5 U.S. adults experience mental illness each year
* 1 in 20 U.S. adults experience serious mental illness each year

allegheny children's initiative

STUDENT ASSISTANCE PROGRAM SAP SINCE 1984-1985 IN PENNSYLVANIA

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

Vaping among students has been a growing issues in schools across the county. It important for schools and parents to do know some data about vaping. Below is some information from the Truth Initiative:



The newest trend to get students addicted to Nicotine is a product called Zyn. Zyn is a nicotine pouch that is available is multiply favors in amounts of 3 or 6 milligrams. These pouches often go unnoticed by parent and teachers due to its discreet appearance and favor options. This product has been around for several years, but has increase in popularity with teenagers this past year . These pouches are marketed as less harmful than smoking, but still pose significant health risks including: damage to the gingiva and brain development.

Resources to help quit addiction to Nicotine:

- My Life, My Quit™ is the free and confidential way for teens to quit smoking or vaping. Text "Start My Quit" to 36072
- The PA Free Quitline is a telephone-based tobacco cessation counseling service offering free coaching, with no judgment. Call 1- 800-QUIT-NOW
- Truth initiative is another way for teens and young adults to get free help just text DITCHVAPE to 88709