

ALLEGHENY CHILDREN'S INITIATIVE

Student Assistance Program (SAP) Liaison Outreach Newsletter

ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS

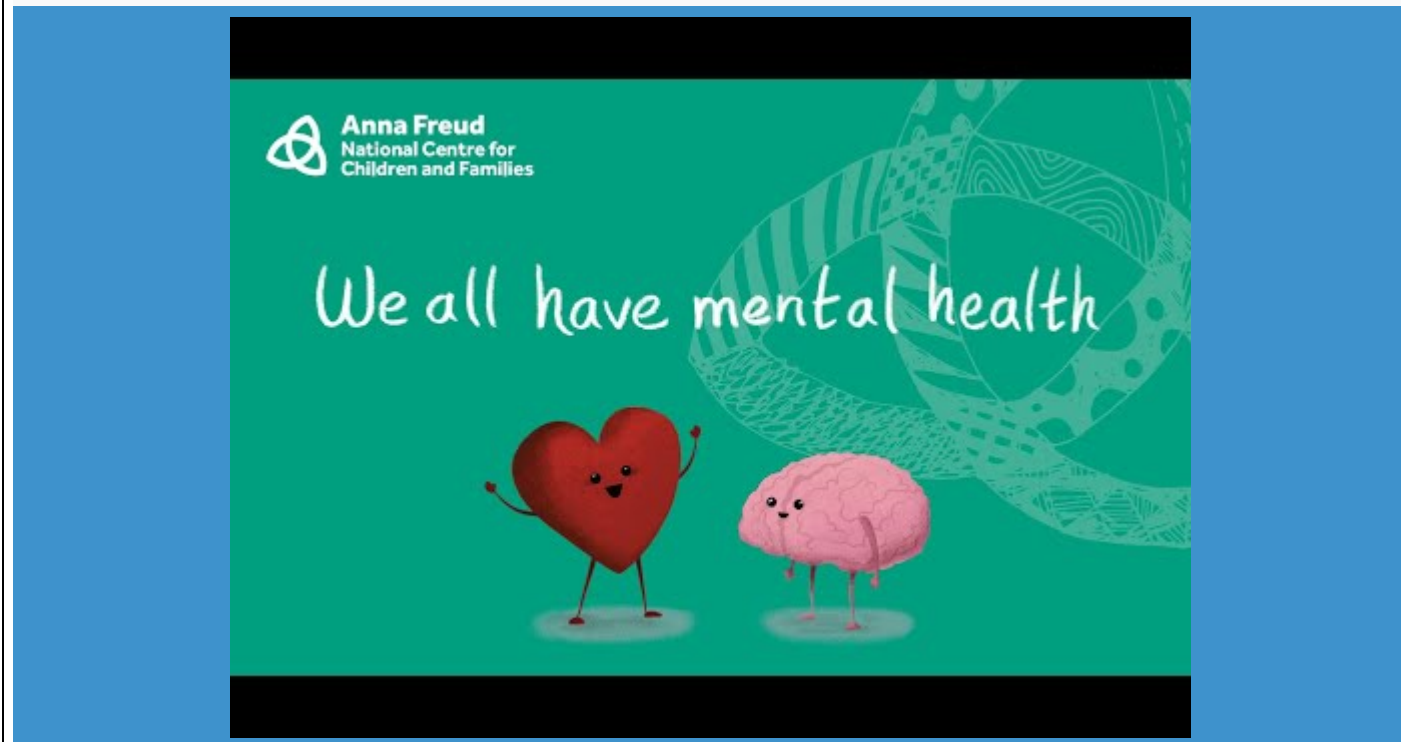
What is SAP:

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://www.pfq.org/allegheny-childrens-initiative-inc>

You Tube video of the month : *We all have mental health!*



May 10th to 16th is Mental Health Week - Here are some resources from the Mental Health Foundation [Mental Health Awareness Week 2021](#)

SAP Resources-Summer Resources 2021

[Click here to browse local camps](#)



Week by Week Guide to Summer Camps



QUOTE OF THE MONTH:



STEPS TO EASE CHILDREN’S FEARS AND ANXIETIES ABOUT CORONAVIRUS – PART 3

BY: David McAnallen

Consider a Mister Rogers’ quote: *“Anything that is human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting and less scary.”*

STICK TO A ROUTINE

With schools closing, the family schedule is altered. Children thrive on routine. To the best of your ability, maintain consistent routine and incorporate the educational and learning activities as available. With schools closing, this is a work in progress. Kahn Academy is a free online resource for learning activities. Many schools are using this resource. Educators suggest a daily hour of reading and mathematics. Families are getting very creative with virtual play dates using video chat as well as platforms like Roblox, which allows children to chat while playing a video game together. Common Sense Media is a resource for quality screen-time recommendations. The site is both free and paid, educational and purely recreational—including privacy tips. Duolingo can be used for language learning, Tynker for coding and Khan Academy for academic subjects. Epic is a subscription service with endless books and comics for tablets, searchable by age.

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KEEP TALKING

Make yourself available to listen and to talk. Validate their feelings. Let children know they can come to you when they have questions. Let children know that you will keep them updated as you learn more. The information is constantly changing. “Even though we don’t have the answers to everything right now, know that once we know more, mom or dad will let you know too.”

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