

# STO-ROX SCHOOL DISTRICT COMMUNITY RESOURCE GUIDE



# **Crisis Resources**

## **24/7 Mental Health Crisis**

Dial or text 988

## **Resolve**

24/7 Crisis & Mental Health Support  
in Allegheny County

1-888-796-8226

## **Pathway to Care & Recovery**

(Substance Use Disorders & Mental Health)

412-325-7550

## **Center for Victims**

24/7 Crisis Hotline for crime victims & witnesses

1-866-644-2882

## **ALLEGHENY LINK**

This network assists individuals & families  
who are homeless or who may have the  
threat of homelessness.

(866) 730-2368



**Dial 211 to reach information and referral services  
to health, human, and social service agencies.**

# Administration

## Superintendent

Megan Van Fossan

## K-3rd Grade

### Principal

Heather Johnston

412-771-3213 ext. 2010

[hjohnston@srsd.k12.pa.us](mailto:hjohnston@srsd.k12.pa.us)

### Assistant Principal

Colleen Frankel ext 2020

[cfrankel@srsd.k12.pa.us](mailto:cfrankel@srsd.k12.pa.us)

## 4th-6th Grade

### Principal

Heather Johnston

412-771-3213 ext. 2010

[hjohnston@srsd.k12.pa.us](mailto:hjohnston@srsd.k12.pa.us)

### Assistant Principal

Timothy Liparulo

[tliparulo@srsd.k12.pa.us](mailto:tliparulo@srsd.k12.pa.us)

## 7th-12th Grade

### Principal

Raelyn Day

412.771.3213 ext. 1050

[rday@srsd.k12.pa.us](mailto:rday@srsd.k12.pa.us)

### Assistant Principal (7th-9th)

Hope Schreiber

[hschreiber@srsd.k12.pa.us](mailto:hschreiber@srsd.k12.pa.us)

### Assistant Principal (10th-12th)

Asia Davis

[adavis@srsd.k12.pa.us](mailto:adavis@srsd.k12.pa.us)



# Student Services



## **Director of Pupil Services**

Dr. Katie Stenger  
412-771-3213, Ext. 4010  
kstenger@srsd.k12.pa.us

## **Home/School Visitor**

Tim Messina  
412.771.3213 Ext. 4020  
tmessina@srsd.k12.pa.us

## **District Social Worker/School-Based Therapist**

Alexandria Gariepy  
412.771.3213 Ext.1230 or text 717-229-6069  
agariepy@srsd.k12.pa.us

## **School Psychologist**

Clare Teti  
cteti@srsd.k12.pa.us

## **ESL/Gifted Teacher**

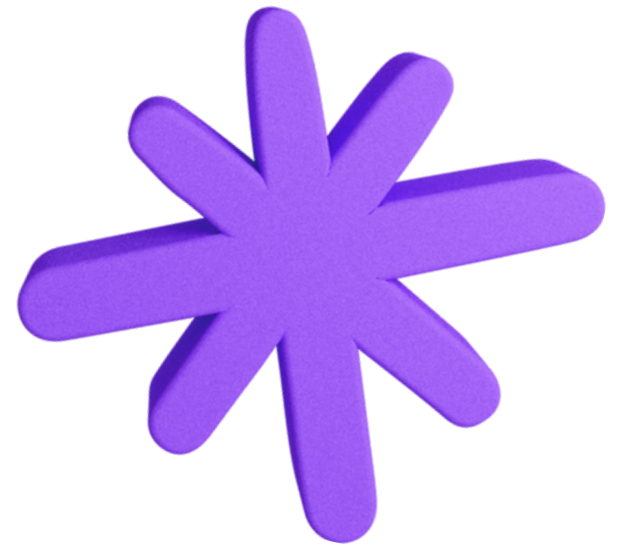
Jenay Engelbert  
jengelbert@srsd.k12.pa.us

## **Central Registrar/School Counseling Secretary**

Ashley Vojetcky  
avojtecky@srsd.k12.pa.us



# School Counselors



## Primary Center

Joanne Onyshko  
jonyshko@srsd.k12.pa.us

## Upper Elementary

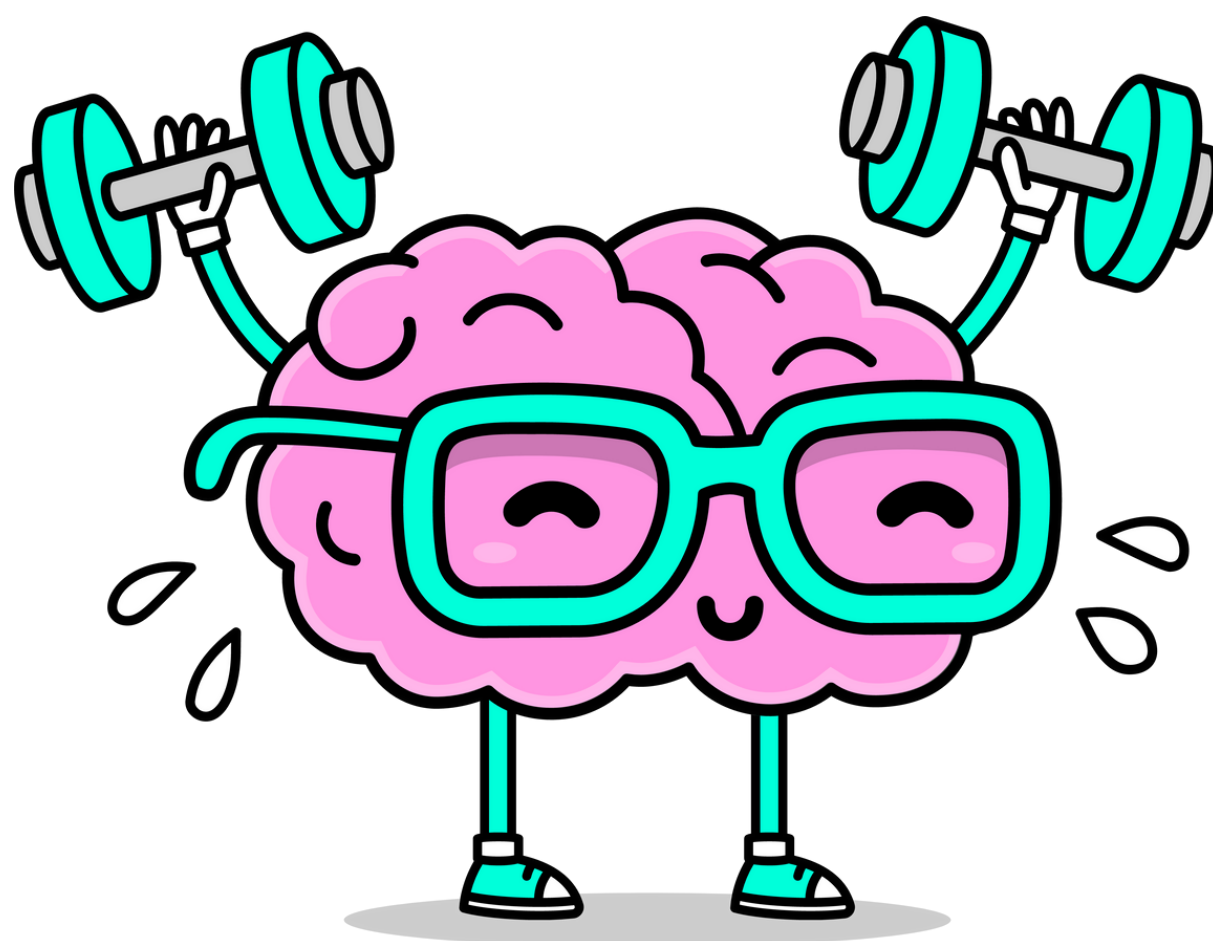
Richard Baur  
rbaur@srsd.k12.pa.us

## Jr/Sr Hs

Nicole Reed (7th-9th)  
nreed@srsd.k12.pa.us

Joe Herzing (10th-12th)  
jherzing@srsd.k12.pa.us

Stacy Huber (7th-12th SEL counselor)  
shuber@srsd.k12.pa.us



# PRIMARY CENTER

## K-3RD GRADE

412.771.3213



### MENTAL HEALTH SERVICES

- Allegheny Children's Initiative
- Highmark Caring Place Grief support groups
- Pressley Ridge Services. **Accepts: Medicaid insurance.**
- Exhale Therapy. **Accepts: Private insurance**
- MHY Family Services. **No insurance required**

### MENTORING & AFTER SCHOOL

- Art Factory\*
- Boys & Girls Club\*
- Boy Scouts/Girl Scouts\*
- Little Vikings\*
- Ultimate Frisbee\*

*\*After school program. For an updated list of after school clubs, please contact the school directly. \**

### COMMUNITY & FAMILY SERVICES

- Healthy Parenting Program (offered by "A Child's Place")
- SNAP (Stop Now & Plan)
- Focus on Renewal (FOR)
- Father Ryan's Art Center
- Sto Rox Neighborhood Health Council



### BASIC NEEDS: CLOTHES, HOUSING, FOOD, HELP WITH FINANCES

- Pittsburgh Area Communities in Schools (PACS)
- Focus on Renewal (FOR)



### For Information on Services

Please contact your School Counselor, or School Social Workers (Tim Messina or Alexandria Gariepy).





# UPPER ELEMENTARY

## 4TH-6TH GRADE

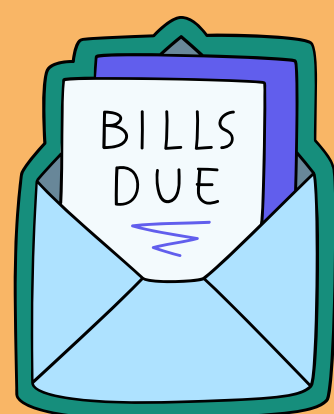
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### MENTAL HEALTH SERVICES

- Allegheny Children's Initiative
- Highmark Caring Place Grief support groups
- Pressley Ridge Services **Accepts: Medicaid insurance**
- Exhale Therapy. **Accepts: Private insurance**
- MHY Family Services. **No insurance required**
- Infinite Lifestyle Solutions (Art therapy/restorative circles/yoga): **Free**
- Crisis Center North **No insurance required**

### BASIC NEEDS: CLOTHES, HOUSING, FOOD, HELP WITH FINANCES

- Focus on Renewal (FOR)
- Pittsburgh Area Communities in Schools (PACS)



### COMMUNITY & FAMILY SERVICES

- Healthy Parenting Program (offered by A Child's Place)
- Sto Rox Neighborhood Health Council
- SNAP (Stop Now & Plan)
- Focus on Renewal (FOR)
- Father Ryan's Art Center

### MENTORING & AFTER SCHOOL

- Art Factory\*
- Amachi
- Queen's Gambit\*
- Ultimate Frisbee\*
- Adagio Health
- Little Vikings\*
- Just Discipline
- Boys & Girls Club\*
- Boy Scouts/Girl Scouts\*
- Gwen's Girls
- Bigs in Blue\*
- Strong Women Strong Girls\*

*\*After school program. For an updated list of after school clubs, please contact the school directly. \**



### For Information on Services

Please contact your School Counselor, or School Social Workers (Tim Messina or Alexandria Gariepy).

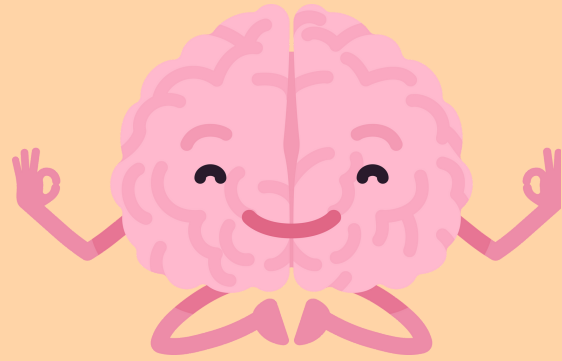


# JR/SR HS

## 7TH-12TH GRADE

412.771.3213

### MENTAL HEALTH SERVICES



- Allegheny Children's Initiative
- HSAO Service Coordination
- Highmark Caring Place Grief support groups
- Pressley Ridge Services **Accepts: Medicaid insurance.**
- Exhale Therapy. **Accepts: Private insurance.**
- MHY Family Services. **No insurance required.**
- Upstreet PGH Therapy. **No insurance required.**
- Infinite Lifestyle Solutions (Art therapy/restorative circles/yoga): **Free**

### COMMUNITY, FAMILY, & BASIC NEEDS

- VIBE
- Pittsburgh Area Communities in Schools
- Focus on Renewal (FOR)
- Father Ryan's Art Center
- Sto Rox Neighborhood Health Council



### MENTORING SERVICES

- Steel City\*
- Youth Places\*
- Becoming A Man (BAM)
- Three Rivers Youth
- Neighborhood Learning Alliance
- Just Discipline
- TOPS
- Big Brother Big Sister
- NEED
- Amachi\*
- Project Elect
- Art Hub\*
- SADD\*
- Cafe Momentum
- Girl's Flag football\*
- Adagio Health
- CNX Mentorship Academy

*\*After school program*



### For Information on Services

Please contact your School Counselor, or School Social Workers (Tim Messina or Alexandria Gariepy)





# PROGRAM DESCRIPTIONS\*

## A-Z

### **Adagio Health**

Adagio Health has been providing health, wellness and nutrition services and support in western Pennsylvania. A few services that Sto Rox utilizes through Adagio Health include, but not limited to; Tobacco Resistance Unit (TRU) and Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH).

**Website:** <https://www.adagiohealth.org/>

### **Allegheny Children's Initiative (ACI)**

The Student Assistance Program (SAP) is a collaborative partnership between Allegheny Children's Initiative and local school districts to support students who are struggling in the school environment. SAP Liaisons work in partnership with trained, multidisciplinary school teams and their staff to identify students' obstacles to school success. Working in collaboration with the student and their family, SAP teams provide information to make choices that best fit the needs of the student. Support may be in the form of connections within the school environment or community, and when needed, to a variety of behavioral health and substance use services.

**Website:** <https://alleghenychildrens.org/>

### **Amachi**

Provides support to children of incarcerated parents and their families through mentoring services. Amachi offers group mentoring and individual mentoring K-12th grade.

**Website:** <https://amachipgh.org/>

### **Art Factory/Art Hub**

Sto Rox K-12th grade after school art clubs.

### **Becoming A Man (BAM)**

Becoming A Man® program (BAM®) is a school-based group mentoring program that guides young men in 6-12th grades to learn, internalize and practice social cognitive skills, make responsible decisions for their future and become positive members of their school and community. BAM integrates clinical theory and practice, men's rites of passage work, and a dynamic approach to youth engagement.

**Website:** <https://www.youth-guidance.org/greater-pittsburgh-pa/>

### **Big Brother Big Sister**

The goal of Big Brother Big Sisters works to recruit, screen, match, and support mentoring relationships for students. The goal of BBBS is to ensure that every young person has a positive adult relationship to meet their full potential.

**Website:** <https://www.bbbspgh.org/>

### **Bigs in Blues**

Bigs in Blue is an after school one-to-one mentoring program that connects youth with police in communities throughout our nation, building strong, trusting, lasting relationships.

**Website:** <https://www.bigsandkids.org/bigsinblue/>

### **Boys & Girls Club of Western PA**

National organization that provides after-school programs and activities for young people. These clubs aim to provide a safe and positive environment where children and teenagers can participate in educational, recreational, and social activities. The programs offered by the Boys & Girls Clubs often focus on academic success, healthy lifestyles, character and leadership development, and community involvement.

**Website:** <https://bgcwpa.org/programs-by-type#before-after>

### **Boy Scouts & Girl Scouts**

Gender specific youth organizations that provide mentoring services after school. Focused on leadership, resilience, and making the world a better place.

### **Cafe Momentum**

Restaurant and culinary training facility that works with justice-involved youth (ages 15-19) with life skills, education and employment opportunities to help them achieve their full potential.

**Website:** <https://cafemomentum.org/pittsburgh/>





### **CNX Mentorship Academy**

The Mentorship Academy is an initiative of CNX Foundation and part of CNX's commitment to investing in its local community. Designed for high school students who do not plan to immediately attend a four-year college, the Academy is focused on providing youth from historically marginalized communities with greater opportunities.

**Website:** [https://www.cnx.com/about-us/the\\_mentorship-academy](https://www.cnx.com/about-us/the_mentorship-academy)

### **Crisis Center North**

Violence prevention programming to prevent relationship violence and promote healthy dating relationships to students through educational presentations and free therapeutic services.

### **Exhale Therapy**

Outpatient therapeutic services for students and faculty with private insurance.

**Website:** <https://www.exhale412.com/>

### **Father Ryans Art Center**

The Father Ryan Arts Center (or Ryan Arts) is the largest community-based arts facility west of Pittsburgh. The Arts Center features the community library, early childhood education services, music classes, dance studios, cooking classes, art workshops, an art gallery and theater.

**Website:** <https://www.mckeesrocks.com/father-ryan-arts-center-2/>

### **Focus on Renewal (FOR)**

Focus on renewal's programs and partnerships connect children, adults, and families with relationships, resources, and opportunities to develop and sustain a thriving community. The Focus on Renewal Community Resource Center is home to a variety of programs and services for all to explore. **Programs include;** Father Ryans Art Center, Community Out Reach Center(CRC), Positive Parenting Program/McKees Rocks Family Center, Family Foundations Early Head Start, Sto-Rox Public Library, and the Food Pantry.

**Website:** <https://forstorox.org/>

### **Gwen's Girls- Making Positive Life Choices (MPLC)**

Gwen's Girls offers School-Based and Community-Based Services, utilizing research-based curriculum to provide a prevention education that can be tailored to specific age groups and settings. MPLC deals with behavior in context, enabling each girl to focus on her individual needs, to understand how risk factors have shaped her development and to address issues that arise in her relationships with others, including family, peers, community, and society as a whole.

**Website:** <https://gwensgirls.org/programs/school-based-community-based-services/>

### **Healthy Parenting Program (offered by A Child's Place, PA )**

The Healthy Parenting Program provides caregivers with support and a broad range of tools to help foster healthy, happy families! Our parent educators are trained in Triple P which gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing. The Healthy Parenting Program matches each parent or caregiver with a parent educator who works with them individually to help them meet the needs of their family. Our services are **FREE** to any parent/caregiver in Allegheny, Beaver, or Fayette County and can be done virtually. **For more information about the Healthy Parenting Program or to sign-up for the program by completing our "Triple P" referral form, please visit our website or call 412-650-0455.**

**Website:** <https://www.achildsplacepa.org/healthy-parenting-program>

### **Highmark Caring Place**

K-12th grade free peer grief support groups for students, facilitated by trained professionals. The Highmark Caring place offers on-site support groups for families as well. Note: Transportation can be arranged for families to main site.

**Website:** <https://www.highmarkcaringplace.com/cp2/index.shtml>

### **HSAO Service Coordination**

Provides behavioral health service coordination to children and adolescents 7th-12th grade. Youth and families who are in need of behavioral health support coordination (i.e. intensive mental health services, med management, transportation, and referrals to various resources within Allegheny County).

**Website:** <https://www.hsao.org/>





### **Infinite Lifestyle Solutions**

Trauma-informed violence prevention model that engages students in restorative group circles weekly with peers in order to explore topics through discussion, therapeutic art, yoga, and mindfulness. In addition, Infinite Lifestyle Solutions provides individual art therapy services to students too.

**Website:** <https://www.infinitelifestylesolutions.org/programs-services>

### **Just Discipline Project**

Just Discipline Project (JDP) is a research-to-practice initiative designed to advance achievement for all students by implementing and evaluating school-based relational climate and restorative practice programs. The project supports teachers, students, and staff in efforts to enhance relational approaches that ultimately reduce the need for exclusionary discipline in schools. Projects include restorative justice healing circles, conflict resolution assistance, and educational workshops for staff.

**Website:** <https://www.crsp.pitt.edu/community/just-discipline-project-jdp>

### **Mars Home for Youth (MHY) Family Services**

Provides free individual and group therapeutic services for students K-12th grade. MHY therapists offer free behavioral health intervention services, case management, mental health triage, and consultation services for all students. In addition, MHY therapists and social workers connect families and students to appropriate levels of care and community resources.

### **NEED**

NEED is a nonprofit college access program which is a lifeline to many young people who otherwise would not have had the guidance and resources to gain invaluable life skills, pursue higher education, and embark on a brighter future by obtaining financially successful careers.

**Website:** <https://www.needld.org/>

### **Pittsburgh Area Communities in Schools (PACS)**

PACS works with school districts to bridge the gaps between students, families, schools, and resources, fostering a community where all students can succeed. In addition, PACS supports families with food insecurity, basic needs, and after school programming.

**Website:** <https://pghareacs.org/>

### **Positive Parenting Program**

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 35 years of ongoing research. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.

**Website:** <https://www.triplep.net/glo-en/home/>

### **Pressley Ridge Services- Outpatient (K-12th)**

Outpatient therapeutic services for students and families with Medicaid insurance.

**Website:** <https://www.pressleyridge.org/about/overview/>

### **Pressley Ridge- Community School Based Behavioral Health (CSBBH program, K-6th grade)**

Community-based/in-home services work with families that are involved with systems such as mental health, child welfare, and juvenile justice to focus on keeping children and youth in their homes and communities, and to decrease parental stress, family conflict, and social and emotional difficulties that can create crises. Our services are flexible and attentive to the daily needs of families, and can occur in the home, at school, or in the community. Our staff are available to assist families during non-traditional hours, can be reached during a crisis, and provide services that are intensive and comprehensive- often seeing families several times per week.

**Website:** <https://www.pressleyridge.org/about/overview/>

### **Project Elect**

The Education Leading to Employment and Career Training (ELECT) provides case management services for pregnant and parenting teens.





### **SNAP (Stop Now & Plan)**

SNAP®, which stands for STOP NOW AND PLAN, is an evidence-based, cognitive-behavioral model powered by the minds at Child Development Institute (CDI). SNAP® helps children and their parents learn how to effectively manage their emotions and ‘keep problems small’. The gender-sensitive SNAP® program is designed for children ages 6-11 who are engaging in aggressive, anti-social behavior and/or have come into contact with authority figures at school or in the community.

### **Steel City Impact**

Youth-centered program in the Greater Pittsburgh area that provides mind, body, and spirit-based development and mentoring opportunities to the youth of the Sto Rox community. Steel City provides incentive-based field trips, after school tutoring, and youth enrichment opportunities for student’s 7th-9th.

**Website:** <https://steelcityimpact.com/>

### **Sto Rox Neighborhood Health Council**

Community based health center with the goal of providing comprehensive healthcare to underserved areas, regardless of the patient’s ability to pay.

**Website:** <https://www.storox.org/sto-rox/sto-rox-family-health-center/11>

### **Teen Outreach Program (TOPS)**

Provides evidence based curriculums to assist high school students navigate healthy relationships, self-advocacy, and community service projects in the classroom.

### **Three Rivers Youth**

Provides mentoring services and treatment for youth with substance use disorders, and their families. Additional referrals include; vaping, truancy, etc.

**Website:** <https://threeriversyouth.org/>

### **UpStreet Pittsburgh**

Free outpatient therapeutic services for students over 14 years old.

**Website:** <https://upstreetpgh.org/>

### **VIBE**

VIBE supports students and their families who may be involved in community issues. VIBE provides conflict resolution services, mediations, and case management support.

### **Youth Places**

Works to foster safe spaces and experiences that inspire young people to imagine, explore, and design their own futures. Services include; Post graduation planning, youth enrichment opportunities, case management, and after school mentoring.

**Website:** <https://youthplaces.org/about-yp/>



*\*Not all clubs/programs listed. Clubs and programs subject to change, please contact school directly for program updates and information.*

