

2012 Annual Report



With your help we were able to focus on reaching out to more individuals, couples, families and youth this year.



Anchorpoint
Counseling Ministry



Anchorpoint Counseling Ministry

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anchorpointcounselingministry.org
412-366-1300

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In 2012 there was a considerable increase in the amount of service provided by Anchorpoint Counseling Ministry compared to 2011. Our counseling sessions increased, our tutoring numbers increased and our support groups had higher attendance levels.

At Anchorpoint Counseling Ministry we remain focused on strengthening the family.

“Families can be your greatest source of support, comfort and love. But they can also be your greatest source of pain and grief. A health crisis, mental illness, work problems or teenage rebellion may threaten to tear your family apart. Family therapy can help your family weather such storms. Family therapy can help patch strained relationships, teach new coping skills and improve how your family works together. Whether it’s you, your partner, a child or even a sibling or parent who’s in crisis, family therapy can help all of you communicate better and learn to get along.”

In addition to professional counseling, we continue to meet other needs families are facing. Through our years of experience we know that academic issues can be a source of much tension in the family and that is why we offer affordable tutoring services for families on restricted budgets and who have children with definite academic difficulties. We also know that parents need help with parenting issues that often arise especially with the explosion of technology and the increasing pressures on our youth and teens. Parenting alone is not a good idea in this very fast paced world with its numerous temptations and negative distractions. The importance of parental support and technological knowledge is a very real need. Our parent education and support groups continue to be a source of assistance.

We have this hope as an anchor for the soul, firm and secure.” (Hebrews 6:19)



Board President Marti C. Wiseman

Throughout the course of our lives, we fill our days and years with activities ranging in significance from the very mundane to those that change us in deeply impactful and important ways. As I reflect on my second year as board president for Anchorpoint Counseling Ministry, I am repeatedly astounded at the multitude of ways ACM touches and changes lives—my own as well as those of so many others.

Through the gentle, encouraging guidance of dedicated tutoring volunteers, the loving care and professional support of therapists, and the friendly assistance to callers that everyone on the staff provides...ACM inspires hope and offers love every single day. Lives are touched; lives are changed.

A few years ago, one of our dedicated board members suggested that I consider serving as board president for a two-year term. I thanked him for his vote of confidence but politely declined (believing myself to not have sufficient space on my life's plate to fulfill such an important role). This went on for another year or two before I was finally convinced to "give it a go." Despite my initial resistance, I have been so glad to have heeded that invitation and to have followed my heart and God's call to expanded service.

I have been moved by stories of individuals and families who come to ACM for help; I have cried for children who have only our marvelous staff and counselors to turn to for steady, reliable support; and I have grinned with delight as staff and board members celebrate the continued financial support and love of our many, many donors.

In the family of ACM, I have been witness to so many acts of kindness, giving, goodness and love—all in the midst of daily struggles to help families in need. I am inspired and awed by the depth of talent and generosity exhibited by the people who are Anchorpoint Counseling Ministry. I'm not sure how well I, myself, regularly hear and respond to God's calling, but the request to serve our board was a pretty loud shout and I'm glad I found the courage to respond. (Thank you, Alan!)

As you think about your own "Life's Plate" of commitments, challenges, opportunities, and gifts, I urge you to check the portion of your plate reserved for "giving to YOU." (You do have one, right?) Are you recharging your own battery by spending enough time with people who inspire and energize you? It's important to love and care for those around you; to share with others as you can; and to give to others as you can...and it's just as important to be sure to give to yourself. Give yourself the opportunity to be cared for, appreciated, needed, and inspired by others. Give yourself the opportunity to find and delight in the generous caring that so many people offer through their service.

I hope that in your own life, you have been able to find and spend time with people as fine as the staff, volunteers, board members, and donors who are the life of Anchorpoint Counseling Ministry. It may take some time and it may take some extra energy, but having the chance to spend time with amazing people is one of God's greatest gifts. Won't you treat yourself to some of his best work? I have and it has been a rich and fulfilling experience.

With love and all of God's blessings to you as you share in the ACM journey,
Marti C. Wiseman, President of the Board



Mission: Building hope and understanding through faith-based counseling and support services for youth, adults, couples, and families in our communities.

Counseling Services

In 2012 Anchorpoint Counseling Ministry counseled with approximately 450 families. We served approximately 1800 plus people in those families. The total number of counseling sessions in 2012 was 3,880. Referrals from schools, churches, word of mouth, other non-profit agencies, insurance companies and through our website brought awareness of our services.

Anchorpoint is a healing ministry, whose mission is to help family members strengthen and enjoy their relationships with other family members, with themselves, and have that deep sense of connection that a strong spiritual faith can offer. Having a strong sense of family creates an inner feeling of belonging, of connection, of security and trust. These positive feelings enable the members of a healthy family to grow and develop and become contributors to society in their neighborhoods, schools, churches, workplaces and in the broader public atmosphere of a region, like Pittsburgh.

At Anchorpoint Counseling Ministry we do a great deal of family therapy to enhance connectedness. There are specific traits that a healthy family system needs to function well and we focus on these traits in the counseling process and work on building them or restoring them. We also know that a shared spiritual/religious core can be a very bonding quality in a family.

We are very blessed to be able to serve youth, teens, couples, individuals and families in their time of need. We know that the counseling experience is a very vulnerable time and it is also a very sacred moment in time between family members and the therapist.

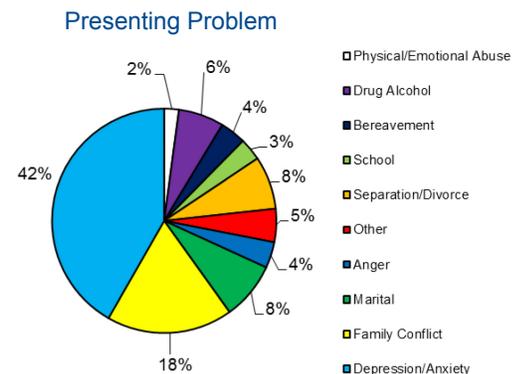
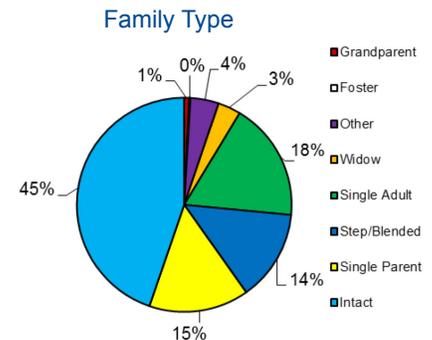
One of the essential traits of a healthy family needs to be open communication and the ability to listen to one another. This helps the system to identify what is wrong and what needs to be healed. The courage of people to acknowledge a problem and go for help when the system is stuck is at the core of Anchorpoint Counseling Ministry's being able to intervene. We are thankful that people pursue help and that this greater community cares enough to help support ACM's ability to serve those wishing to be healed.

Internship Program

Since 1985, we have been welcoming interns from various colleges and universities pursuing Master's level degrees in counseling and social work. Students are provided the opportunity to develop their counseling skills under the direct supervision of our diverse and talented staff. Interns are encouraged to utilize all the resources within our counseling center, as well as the local community, to gain experience and confidence in their counseling abilities.

In the waiting room stands a sign that says "You are in the right place." I believe that sign is meaningful for clients, staff, and volunteers alike. I have spent many years in the corporate world and am now embarking on a different journey as I finish up my Masters in Marriage and Family Therapy. I believe that God is leading and directing my path, including my time here at Anchorpoint. As a former client, I could feel God's presence and knew that I was here for a reason. That is just as true for me today. I believe that our clients feel the unconditional positive regard that we are called to have for one another, and that the journey to wellness includes the client, the counselor, and divine guidance. God's presence guides those of us entrusted to help others as we act as His conduit. - Nora McDonald, MS, Intern

Thank you all, from the bottom of my heart, for your time, guidance, and mentorship. You each contributed to my professional growth, in your own unique way; and because of it, I am prepared to be a more effective administrative social worker. ACM was truly my favorite experience of my MSW career, and I will miss all of your camaraderie and being part of the team. - Allison Martin



Year Round Tutoring at Anchorpoint

Typically, when people think of the Anchorpoint Tutoring Program, they think of our After-School Tutoring Program that takes place from September to June. An equally valuable program that we offer is our Summer Remedial Program which operates from the end of June through the second week of August. In 2012, both programs reached their highest numbers to-date in regards to total hours of tutoring conducted during the year. There were 1,592 hours of instruction during the school year and 571 hours of tutoring provided during the summer. This is almost a 10% increase over 2011 and a whopping 56% growth over the past five years!

Students are referred to our tutoring/mentoring program by Anchorpoint counselors, teachers, parents, guidance counselors, church youth pastors, and other families who have previously participated in our program. This past year, 31 elementary students, 27 middle school students, and 39 high school students were instructed in a wide variety of subjects ranging from primary level reading and math to upper level calculus and physics. Many youth come to our program with poor grades in one or more subjects; some children have severe school anxieties while others lack the motivation to work to their potential. Whatever the reason for their need of tutoring, our program strives to individualize our approach to meet the students' needs as optimally as possible.

This past year, a middle school student was referred to our program because she had D's and E's in all of her core classes. "Helen" was completing only a small percentage of her homework and was scoring poorly on tests and quizzes. Her low self-esteem and negative attitude toward school were causing her to completely shut down to anything related to school. To make things worse, she was refusing to take her ADHD medication, so her lack of focus compounded her school problems. This 8th grader's mother was totally frustrated and had little control over her daughter's behavior. Much arguing took place at home between mother and daughter, and little got accomplished. Over the course of the school year, many things began to change...Helen's mother was shown ways to communicate with her daughter in order to bring about positive action without verbal arguments. Helen's tutor met with her two times/week to work on homework and improve her study skills. Rewards were put in place to motivate this student to complete her assignments at home, and things really started to improve when Helen agreed to start back on her ADHD medication. By the end of the school year, Helen was passing all of her classes, she was proud of her accomplishments, and her relationship with her mother had greatly improved!



Like in Helen's case, parents seek out our program to get help for their child's academic struggles; but, many of them are also hoping to find more effective ways to deal with their child's school issues. As one parent acknowledged,

"Anchorpoint has been a fresh start for not only [my son], but myself. This is the help we have been looking for [for] the past three years. Anchorpoint not only helps with the academics, but they have helped me find ways to keep a more positive attitude in our house. I couldn't be happier, grades are up, and my son is on a much better path."

Even though many students are less than enthusiastic when they initially enroll in our tutoring program, it is our sincere hope that they'll eventually be able to state that they felt comfortable here at Anchorpoint, enjoyed working with their tutor, and felt better about themselves after receiving some extra help with their schoolwork. One of our high school students expressed her appreciation in a note that read,

"I cannot thank you enough for all of the encouragement and love that you have given me. It means a lot to have somebody to believe in you."

Tutoring at a Glance - 2012

97 students

41 girls and 56 boys

Family Structures of Students

Intact families-41%
Single parent households-37%
Step/Blended families-9%
Joint custody-5%
Grandparent as guardian-4%
Foster parents-4%

Schools Our Students Attend

Deer Lakes	Northside Catholic
Eden Christian Academy	North Hills
Fox Chapel	Pine Richland
Hampton	Pittsburgh Public Schools
Highlands Cyber school/Homeschool	Quigley Catholic
Immaculate Conception	Robinson Township Christian Academy
Mars Area	Seneca Valley
North Allegheny	Shaler Area
North Catholic	St. Bonaventure
Northgate	St. Sebastian
	CCAC

Anchorpoint was brought to our attention by a guidance counselor at our son's primary school. He was having trouble keeping up with the class and was in jeopardy of falling behind. We were at a crucial point in his learning when we met with Sandy Niekum, the Tutoring Program Manager. After our initial meeting we were convinced that our son would benefit from the program.

After two school years and a summer session, we are confident in our son's ability to not only keep up with the class, but in certain subjects, to excel. This is a direct result of the tools the teachers have given him through the tutoring program. His confidence in his scholastic abilities has more than doubled. His transition to a new school was flawless because he wasn't worried about his studies as he had been in previous years. He is now free to enjoy the entire school experience, knowing that when he has difficulty with certain areas of study, he will get the help he needs.

It should be known that we were especially grateful for the sliding scale of payment. Without this, we would have been hard pressed to get him the help he needed.

We can't say enough about Anchorpoint Ministries and Sandy Niekum in particular. It has been a true joy and relief for us to take part in the sessions. Without them and this service, I'm unsure where our son would be and how we would have been able to give him the help he needed and continues to need. I highly recommend Anchorpoint Ministries to anyone in need of this service and I do so enthusiastically.

Thank you,
Maria Farina DeMore

Parent Education — Anchorpoint's Web of Caring

What do our children need to be healthy and resilient?

They need to be connected with and supported by a web of caring, responsible adults. They need important experiences, skills and guidance gained through what we call developmental assets. The more adults who make this effort, the better the chances are that every young person and family will get what they need. That's why Community Education at Anchorpoint is so critical today. We continue to reach out through our strong educational programming to empower the caring and dedicated community of parents and caregivers. We strengthen the "web of caring."

Two New Programs were introduced in 2012:

1. Parenting With Love and Logic

Our goal is to provide the VERY BEST Parenting Program possible. Love & Logic parents become equipped with practical techniques that are easy to learn, change lives, and raise responsible kids. Take a sneak peak:

- How to neutralize Arguing
- Guidelines for sharing control through choices
- Guiding children to solve their own problems
- Using enforceable statements to turn your words into gold

What are Love & Logic parents saying?

"Love & Logic has helped me step back and think before I act."

"I have countless ways to improve and loved the group discussion."

"Really loved the real life examples and stories."

"The ideas were DO-ABLE....it really works!"

2. Parent Coaching

Does Parenting Feel like a Battle? Help is on the way! We now add parent coaching to our menu of education services. With over 25 years of experience in education and counseling, our Community Education staff provide private consultations to parents of children from preschool through the teen years.

Does it feel like pulling teeth to get your kids to listen, do homework, or do their chores?
You're not alone!



Parenting with Love and Logic
An 8-Week Education and Support Group

Participants will Strengthen their Ability to:

- stay calm in stressful parenting situations
- promote responsibility & academic achievement
- prevent misbehavior
- avoid power struggles while setting limits
- teach character and problem-solving skills

Skills are taught through:

- Structured group activities and discussions
- Video presentations with examples • Readings

Presented by Joan Schenker who has over 20 years experience as a counselor, teacher, and mother of two sons.

This 8-week group will be held:
Thursdays from 6:30 pm to 7:45 pm
January 24, 31, February 7, 21, 28, March 7, 14, 21
Anchorpoint Conference Room

Register with Sandy by January 18th.
Refreshments will be served.

Anchorpoint Ministries
15237 Park Drive, Ste. 802
15237 • 412-366-1300
counseling@ministry.org

DOES PARENTING FEEL LIKE A BATTLE?



Private Parent Coaching Now Available.

You can benefit from personal coaching if you:

- want to better understand your child/teen's behavior
- sometimes feel out of control, or unsure of healthy ways to respond
- want to learn about setting reasonable expectations and effective limits
- are a parent of a child or teen with a challenging temperament
- feel that you need help balancing love and limits
- want to increase your confidence and your parenting skills

End the Battle!

With over 25 years of experience in education and counseling, Joan Schenker provides private consultation to parents of children in preschool through the teen years. Call more information and to schedule your one hour session: 412-366-1300 Ext. 25.

Financial Report

Gifts listed in this report were received in our office from January 1 through December 31, 2012. If your name has been accidentally omitted or misspelled, please accept our sincere apologies and notify us 412.366.1300. We are adapting to a new accounting program.

There is great power in hope. Hope opens doors where despair has closed them. Hope sees problems as opportunities. Hope is essential for life...so essential, in fact, that Scripture describes hope as "a strong and trustworthy anchor for our souls" (Hebrews 6:19).



One of the earliest symbols of the Christian faith, the anchor has at its center a cross. For Christians, the cross-shaped anchor reminds us of the hope we have in Christ. In the same way an anchor steadies and secures a ship during stormy weather, hope-anchored by faith in Jesus Christ-holds the wind-tossed, storm-torn, and weary believer during

his or her most perilous times.

God has called on countless loving and generous individuals like you to support this ministry financially. Anchorpoint Counseling Ministry is very grateful for your partnership. Thanks to your generosity, the people who desperately need help but could otherwise not afford it - now have hope. Whether you donate publicly or anonymously through cash donations, the United Way Contributor Choice (code # 354), auction/raffle prizes, books, golf sponsorships, grants, office equipment or furniture, participation in fundraising events, or your time as a tutor, board member, or office volunteer, we sincerely THANK YOU.

ANCHORS OF HOPE

Visionary
\$10,000 or more
Inspired
\$5,000 to \$9,999
Enterprising
\$2,500 to \$4,999
Purposeful
\$1,000 to \$2,499
Nurturing
\$500 to \$999
Perservering
\$250 to \$499
Encouraging
\$100 to \$249
Steadfast
Up to \$99

Inspired (\$5,000 - \$9,999)

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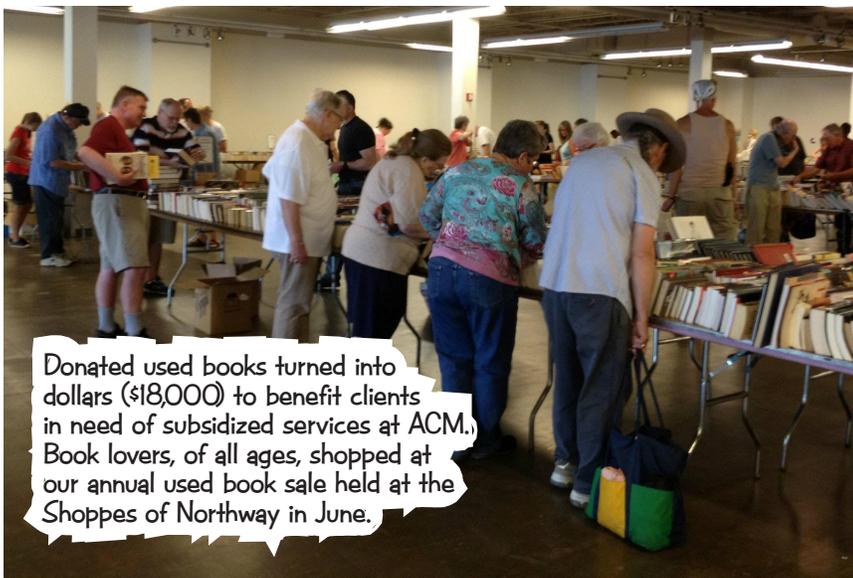
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Hooray for a beautiful September day! A special thank you to our golf committee and our board of directors for their time and energy in recruiting 116 golfers and for obtaining several new sponsorships, raising over \$40,000 in unrestricted funds for ACM.

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Donated used books turned into dollars (\$18,000) to benefit clients in need of subsidized services at ACM. Book lovers, of all ages, shopped at our annual used book sale held at the Shoppes of Northway in June.



One step at a time!

Board members, John Littell, Ron Pusic, and Holly Joy Penzenstadler, pose for the camera before walking (tee hee – before sweating) in the 5K Highmark Walk for a Healthy Community to support ACM. Thank you to all of our walkers (and virtual walkers) for raising over \$9,000 in support of our Youth Development Program.

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Leland (Bud) Baker in honor of Father's 90th B-day

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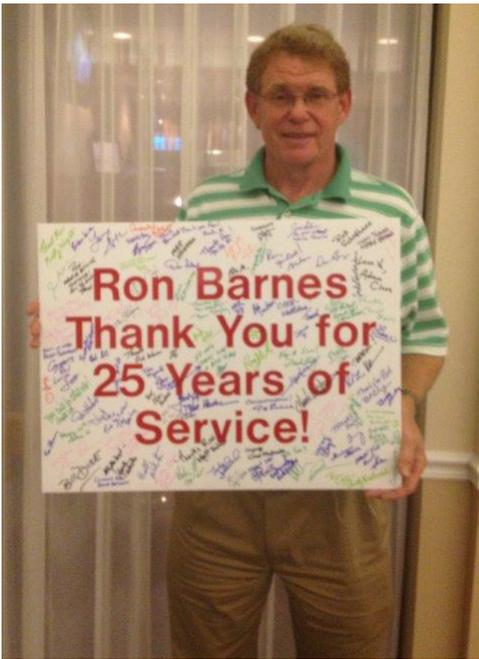
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