



# Anchorpoint Counseling Ministry

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Since 1966

Fall/Winter 2014 Newsletter

## Caring For Your Teenager

By Rev. Dr. Ron Barnes, LSW

The life of a teenager has become more complex and vulnerable over the past 10-15 years. This reality is based largely due to illegal drugs and social media.

Illegal drugs are much more accessible and teenagers are prime candidates for drug dealers, especially in suburbia. Further, one of four families in Allegheny County is affected by addiction. And, the earlier a child is exposed to these substances (even from well meaning parents) the higher the likelihood of addiction issues for a teen.

Social media has also created another intense vulnerability for teenagers. They can access whatever they want even through their cell phones. This has led to increased exposure to pornography and also early access to purchase whatever they desire, including unhealthy products.



Social media has also been used to bully and destroy reputations by starting false rumors that create horrible

emotional hurt, pain, and depression.

The teen mind is very vulnerable to experimentation and now it has access to an entire market of danger, both physical and emotional.

As a result the life of a parent has also necessarily changed considerably over these same past 10-15 years. Parents of teens need to be more aware of all the possible dangers and complexities their son or daughter may be involved through the excitement of experimentation.

The importance of consistent communication with one's teenager is clearly needed to create an on going conversation about their daily life and involvements. Teens can be very private and block communication through avoidance, being overly active, spending too much time in their room, always being on devices, etc. Parents need to burst through these avoidance patterns and talk face to face at regular intervals. A teen can quickly get into some serious and dangerous situations.

In my discussion with several teens,



I asked them to share some of the signs that parents should be aware of that would be clues to a teen who may be in trouble.

### *Here is what my teen friends said:*

1. Has your teen's friend group changed?
2. Is your teen becoming more argumentative?
3. Has your teen become more isolated?
4. Is your teen lying more?  
Covering up an inward troubled mind by saying "I'm fine."
5. Is he overly protective of his space, hiding stuff?
6. Is your teen becoming apathetic?
7. Are your teen's grades becoming considerably worse?
8. Is your teen lying to friends as well as parents?
9. Is he more sneaky and vague?
10. Is your teen pushing away the people who care about him?

*(Continued on the next page)*



**Formerly North Hills Youth Ministry Counseling Center**

800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237-6504  
www.anchorpointcounselingministry.org • 412-366-1300

*Building hope and promoting healing and learning through faith-based counseling and support services.  
We have this hope as an anchor for the soul, firm and secure. - Hebrews 6:19*

(Continued from last page)

11. Has your teen lost some or a lot of the motivation for good grades, involvement in activities (band, sports, clubs, etc.)?
12. Is your teen spending time at home when no one else is around?
13. Does your teen appear to be depressed and carry sadness?

Teens are sharp and my teenage friends fit that bill. Parents are sharp but can become too busy with other responsibilities along with attending to a number of children and having many daily tasks.

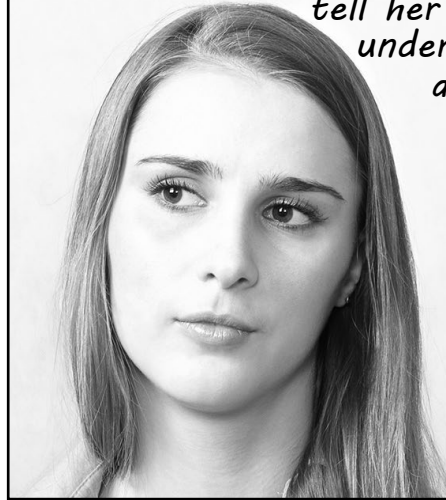
In the end, it is always about relationships. Teens need their parents. Parents need to be there for and with their teens. Teenagers can be difficult but they can also be a great deal of fun. We need to help them enjoy their lives and their family re-

lationships. Teens need a listening ear to help them process the daily bombarding of complex and potentially dangerous decisions. Having two ears is always a reminder that listening is more important than talking to your teen.

May God bless you and give you His wisdom and discernment as you love your teenager.

(Thanks to my anonymous teen friends for your input in creating this article.)

*My therapist understood what I was trying to tell her even when I didn't really understand. My experience was awesome. - ACM Teen Client*



Anchorpoint has been counseling with teens and their families for over 49 years. A compassionate therapist is available. Call us today at 412-366-1300.



## Thank You for Making the Golf Classic a Success!

*"Golf is a game as much about the camaraderie, the walk together, as it is about flailing away at that little dimpled ball. Because on the golf course we are respectful of the struggle others make to stay calm in the face of adversity. We know how hard it is to be focused when the mind is inclined to recall a million helpful tips, or to intrude with recollections of problems at home or at the office."*  
-- "Fathers, Sons & Golf" by Andrew Shanley

Thank you to all involved with making Anchorpoint Counseling Ministry's 2014 Golf Classic possible. A fantastic day of sunshine and warmth made the event all that more special! This year we had 105 golfers and everybody seemed to get back to the clubhouse in record time. It must have been the fine food that Wildwood serves as well as the socializing dimension of the evening that is relaxing and enjoyable.

Our guest speaker, Jim Colony (from the Fan 93.), provided us with insights and a few laughs. We were then pleased to award this year's Community Service Award to Joseph Scherer of Scherer Electric. This humble man's generosity to not only Anchorpoint but throughout our community makes

this a well deserved honor. We are thrilled to acknowledge his efforts that are truly making a difference for those in need of hope and healing. Check out the photos from this event on our website: [anchorpointcounselingministry.org](http://anchorpointcounselingministry.org) (You can access the photos from either the "Resources" tab or the "Get Involved" tab under Events.)



Thank you for your support of and involvement in our counseling, tutoring and parent education ministry. Your participation in our Annual Golf Classic enabled us to raise over \$41,000 which will be used to subsidize our programs so that many youth, families, and couples can afford our services. The generosity of all of you is inspiring and creates a great deal of encouragement about our ministry work at Anchorpoint. Without your generosity and philanthropy it would be very difficult to minister to the many clients whom we serve each year. Please know your giving enables many families to receive needed help and hope.

Please set aside Monday, September 14, 2015 and join us for the 24th Annual Anchorpoint Counseling Ministry Golf Classic!





# Thank You for Helping us to Celebrate Hope & Continue Our Healing Ministry with the Annual Golden Anchor Gala

We were blessed with an extraordinarily beautiful evening as we honored very special people who bring hope to our community while raising funds to continue our healing ministry.

A spectacular view and delicious meal were provided by the LeMont. Great memories were made as we socialized and had fun with the zany props provided by the Clicks for a Cause Photo booth.

Our Master of Ceremonies, Kathy Emmons (from the John and Kathy Show on Word FM), kept our program moving brilliantly. Lauren Bayer shared her touching experiences about how she and her family benefited from the counseling and tutoring services offered at Anchorpoint. Rev. Brian Janssen of Heritage Church also gave a beautiful testimonial regarding the importance of Anchorpoint's work and our ministry's important relationship with and resource for local churches.

The highlight of the evening was when we were able to award our special honorees:

### **E. Alan Bates**

*a Friend Who Brings Hope*

### **The Molyneaux Family**

*a Family Who Brings Hope*

### **Trinity Jewelers**

*a Business that Brings Hope*

### **St. Paul's Methodist Church**

*a Faith Community that Brings Hope*



**2014 Gala Honorees (from left to right)**—Andrea, Pat and Therese Molyneaux, Mark & Patti Helgerman of Trinity Jewelers, Alan Bates, and from St. Paul's Methodist Church: Faith Geer, Pastor Jeff Sterling, Teresa Shepard, Ron Hoellein

In addition to recognizing the philanthropic efforts of the honorees, over \$20,000 dollars was raised at this event (donations are still coming in as a result of the gala).

Rev. Janssen spoke about how mental illness can be an identity thief. In his testimony, he shared, "Anxiety, depression, fear, and all the rest of it are likewise capable of robbing us of some part of our identity and distorting the image of God in which we are all made. Anchorpoint, its counselors, tutors, volunteers, and staff join with people who are suffering, in the power of the Holy Spirit, to work with God in restoring that image to its fullest."

The lives that will be changed by your generosity will affect our whole community. Because of you - **honorees, sponsors, donors, advertisers, attendees, board members, gala committee, staff** - we will be able to provide

more counseling, tutoring and parent education. Thank you!



**Lauren Bayer speaking at the Gala**

### **Visit our website**

**[AnchorpointCounselingMinistry.org](http://AnchorpointCounselingMinistry.org)**

*to read Rev. Janssen's full testimony (blog section) as well as learn more about our wonderful honorees. While there, check out our sponsors and advertisers who helped to make the Gala and Golf Classic possible. Consider them when making decisions regarding products or services you may need.*

*"Having a therapist on a weekly basis has been most helpful. My counselor has provided me with resources to continue working toward goals even outside of our sessions. She has been extremely insightful. She has helped me to examine things in new ways to realize what is, in retrospect, obvious. She helps me work toward discovering the roots of my issues, not just ways to cope with them after its basically too late. She is always positive and fills me with hope!"*

Thank you for helping us to serve this client and many others who can not afford desperately needed Counseling. Your contributions matter to many.



# Mark Your Calendar & Share this Information

Visit [AnchorpointCounselingMinistry.org](http://AnchorpointCounselingMinistry.org) & our Face Book Page for updates, flyers & additional workshops.

## Your Christmas Shopping Can Make Difference.

Looking for a new approach to gift giving?

Check out this opportunity to select gifts in a mission-oriented way. Anchorpoint has been invited to participate in St. Paul's Mission Mall. We'll be selling gently used book bundles already gift wrapped. Come say "hi" to Denise and Dawn and pick up a few great gifts from us and other ministries reaching out to those in need.



**St. Paul's Mission Mall - 9am to 2pm**  
Saturday, November 22nd  
St. Paul's United Methodist Church  
1965 Ferguson Road, Allison Park  
[www.stpaulsumc.com](http://www.stpaulsumc.com)

## Can't Decide on a Christmas Gift?

Give a donation to ACM in honor of a loved one. Send your donation along with a note or message and we'll notify your gift recipient that a donation was made in his or her honor. We'll let them know how your tribute to them will be providing hope and healing for someone in need in the new year. Thank you. Call Denise at 412-366-1300 x 13 with any questions.



## SUPPORT GROUPS

### Bereavement Support Group

(for Widows/Widowers over 50)

2nd and 4th Wednesday, 1:00 to 2:30 pm

Hosted by St. Sebastian's Parish in Haber Hall

For more information call 412-366-1300.

*This group is currently accepting new members.*

### Support Groups with a Waiting List

Please contact us at 412-366-1300 to be added to the waiting list for the next available dates.

- **SAD: Stress, Anxiety & Depression Group for Women**

- **SPIN for Single Moms**

### New Groups Being Planned

- **Anger Management**
- **Boundaries for Women**
- **Journey Group for Women**
- **Depression Group for Teens**

Call 412-366-1300 if you are interested in any of these groups.



## Business Leader Wellness Series

4th Tuesday of the Month  
noon to 1pm (January thru May)

Join us for networking, a light lunch,  
and an informative wellness presentation.

Register online: [www.anchorpointcounselingministry.org](http://www.anchorpointcounselingministry.org)  
For more information email Wendy at  
[marketing@anchorpointcounselingministry.org](mailto:marketing@anchorpointcounselingministry.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

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.

## New Support Group for Single Moms SPIN for Moms!

Anchorpoint is offering a wonderful new group..SPIN (Single Parent Information Network). Spin meets twice a month in the evening for two hours and includes a free meal for mom and her children.

SPIN gives mom the opportunity to get together with other single moms to talk about issues facing families like their own and to support and encourage each other in a warm, small group atmosphere. During mom's group, the kids (KG-12th grade) will have home work help or study time.

Spin is free due to the WOMEN of Southwestern PA and other generous donors.

Thank you to the following benevolent managers and their restaurants for providing free and subsidized meals to SPIN Families.

October

**Spaghetti Warehouse:** Manager, Mitchell Brewer  
**Giant Eagle at Pine Creek:** Manager, Bryan Lee

November

**Chick-Fil-A:** Marketing Director, Matt Kolodziej

December

**Franklin Inn Mexican Restaurant:** Manger, John Cibula  
**Olive Garden:** Manager, Mark Hrabak

Space is limited. To register, call Joan Schenker at 412-366-1300.

## Volunteer Tutors Needed!

You can choose the subjects/ages you prefer to work with. High school students may earn volunteer hours for community service or college transcripts. Tutoring commitments are one hour per week. For more information, contact:

Sandy Niekum, Tutoring Program Director  
[tutors@anchorpointcounselingministry.org](mailto:tutors@anchorpointcounselingministry.org)  
412-366-1300 ext. 123.

