

SPRING 2019

# RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

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# SPRING CLEAN-UP

BOUNCING BACK AND STAYING CHEERFUL THROUGH THE GLOOM OF WINTER

by **Jennifer Regester, LCSW**

*Assistant Clinical Director*

As I packed away the final box of decorations and savored the last bite of a homemade sweet treat, I said to myself, “whew, that was wonderful but I am glad it’s over. Now back to schedules, routines and the daily grind.” There is a comfort to the familiarity of organization, routines and schedules that I think most people like. However, I tend to get bored rather quickly if I don’t have some sort of excitement, positive energy or happiness added to these predictable “back-to-normal days.” I like to make a mental list of all the things I want to do in preparation for spring and summer. It’s hard when I am looking around only to find grey skies, long evenings and freezing cold weather. It becomes a challenge for me to find creativity!! These are a few things that you can do to keep positive and keep going on the long and seamlessly endless days.

**Listen to music!** Music has the power to lift your spirit. Most song lyrics have a message, pick a favorite and go with it for the day.

**Put a little pep in your step** as you bounce from one place to the next, consider a 10 – 20 minute fast-paced walk, deeply breathing in and out slowly, embracing that cold air, making it a part of you. If the thought of inhaling freezing cold air outside is intolerable, consider deep breathing at a Hot Yoga studio. Stay active, it’s important to keep our bodies moving during the winter.



**Organize your space**, now that you have just been up in the attic, down in basement, out to the shed and stuffed all of the closets packing things away. Take an afternoon to re-organize, donate things you don’t need and clean your space. Organize

your files, records, kid’s school activities, photos etc. Do things that you don’t want to do when sunny days are calling out to play!

**Take time to appreciate the quiet**, the peace and the downtime after the holidays. The winter season is the natural time for hibernation, reflection on the positives and spending time with the important people in our lives. Be still, pray and relax.

**Take notice of the positives**, this can improve your perspective and mood. Take time to write down a gratitude list, post it on your social media, put it on the refrigerator or any place you can be reminded of it. You will inspire your friends, followers and yourself. Sharing positive thoughts can go a long way!

**Stay in contact with friends and family**, near or far. Family contact may be just the beginning of reconnecting, getting to know or learning more about someone, but reaching out to make that connection is important and it tells others they are important

to you. Consider a family game night or meet with friends at your favorite coffee shop! Write a letter to a distant friend or a family member (there is something special about writing someone a letter). Connection to those we love can be crucial during the winter months.

**Plan something special** to look forward to. Start thinking about what you want to be doing in the summer and spring time, planting a garden, repainting walls, refinishing furniture, going to flea markets or going on vacation. Start researching, read reviews, get excited about what you want to do! Include your favorite people; ask for ideas, tips, tricks and experience.

During this time of year, gloomy thoughts and negative feelings can creep in like a draft under the door but it doesn’t have to be all negative. Keep reminding yourself winter is only one of four seasons. Use a few methods listed here or find your own. You just have to get through today and you are one step closer to the sunny days that summer promises.

## A LOOK BACK AT 2018

# YOU ARE THE REASON FOR HOPE

LETTER FROM OUR BOARD PRESIDENT AND EXECUTIVE DIRECTOR

All of us have struggled—and all of us have friends and neighbors who are struggling now (maybe even unknown to us). Because of your support, your fellow community members have somewhere and someone to fall back on.

Last year you supported more than 1,000 counseling sessions not covered by insurance. You helped to deliver 2,200 hours of

tutoring and mentoring at low, affordable costs to low income students. You ensured that dozens of support group sessions and workshops could be provided at no cost to community members in need.

You also sparked a new initiative guaranteeing mental health and educational services for all children and teens regardless of their financial resources. You laid

the groundwork for two new therapeutic support groups for parents and adults seeking healing. You opened doors for new program locations supporting single moms and their kids. You championed outreach to various underserved neighborhoods like Bellevue, Etna, Millvale, Sharpsburg, and West View.

Your continued support is reaching new community members every day. Thank

you for being a source of light and extending your caring hand to help meet critical mental health and educational needs!

Sincerely,



Jim Ogle  
President, Board of Directors



Rev. Dr. Ron Barnes, LSW  
Executive Director

# RAY OF HOPE INITIATIVE

HOW IT BRINGS HEALING AND LEARNING TO LOCAL CHILDREN AND TEENS

“My daughter is a happy kid,” a mother explained. “Her glass is always half full, so I was surprised when she asked to see a counselor.”

Her son received tutoring at Anchorpoint, so the mother knew where she could turn for help. She is glad she listened to what her daughter’s needs were: “Counseling has been an outlet for her. Being able to have one more person to speak with who doesn’t judge her has helped to keep her grounded. I would recommend it to anyone for whatever is going on in your [or your child’s] life.”

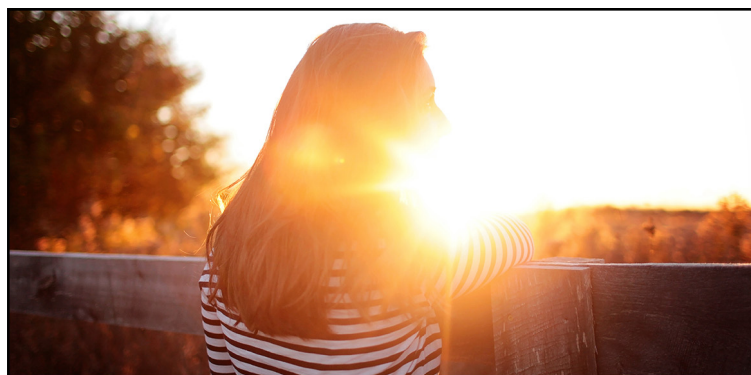
Local parents are referring kids for counseling for a

wide range of reasons and needs.

In 2018, Anchorpoint had more than 100 intakes of children and teens, including:

- An adolescent who faced peer pressure
- A young child who was devastated by his parents’ divorce
- A youth who was the victim of abuse
- Siblings who lost a parent
- A teenager who struggled with thoughts of self-harm

Kids need mental health support in the same way they need physical health care—especially when they are facing difficult issues and life circumstances.



Unfortunately, so many children and teens are unable to access the help they need, because of financial and resource barriers.

With your support, the Ray of Hope Initiative provides services to every child, regardless of their family’s ability to pay. Launched in late 2017 with a founding gift from the Norman C. Ray Charitable Trust, this initiative truly is a “Ray of

Hope” for local, low profit youth and families in the community.

In 2018, the Ray of Hope Initiative enabled our community to receive more than 260 counseling sessions, nearly 1,000 hours of tutoring and other very essential mental health and educational resources for children who would not otherwise be able to afford these services.

# GLIMPSSES OF HOPE

THESE SUCCESS STORIES ARE POSSIBLE BECAUSE OF YOUR SUPPORT

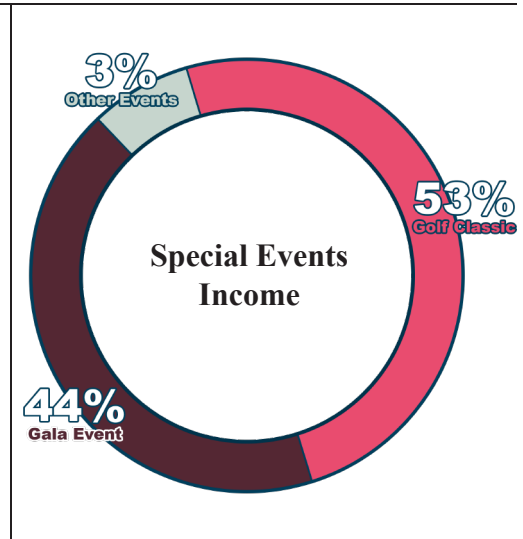
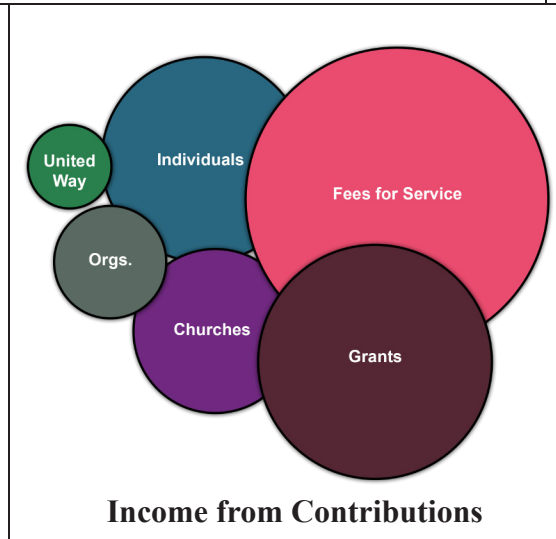
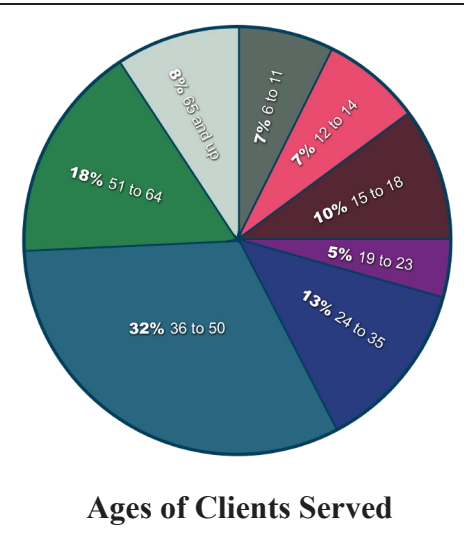
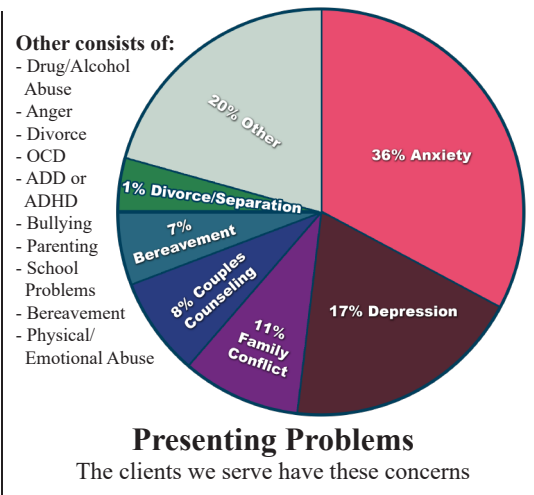
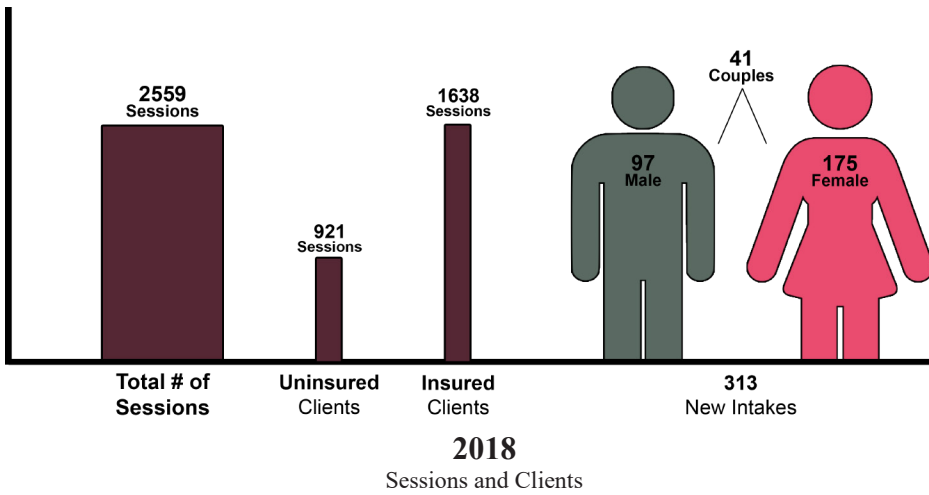


“I have been to counseling before and I’ve never felt this trust I have for my counselor. They make me feel supported and the environment feels safe!” - *Counseling Client*

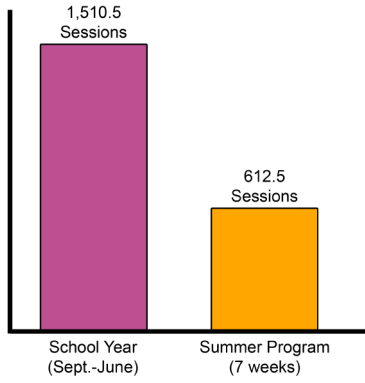


“This program has helped in a huge way. The program manager and my child’s tutor have been wonderful. I’m so thankful to have found this resource!” - *Parent of Tutoring Student*

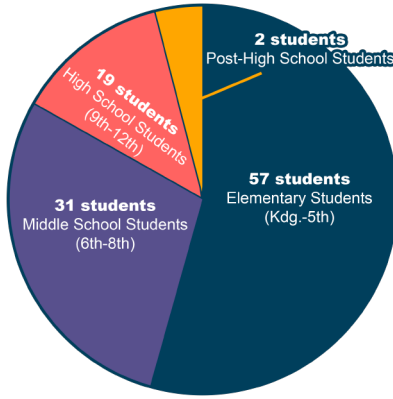
## HOW YOU INSPIRED HOPE IN 2018



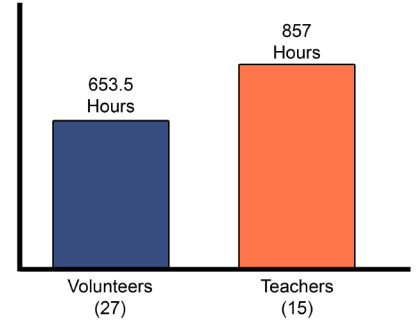
# THE IMPACTS OF ANCHORPOINT TUTORING



**Tutoring sessions conducted**  
Total sessions for 2018 were 2,123



**Total # of students tutored in 2018**  
109 Students: 56 Girls, 53 boys



**Volunteers and Teachers**

**Public Schools with Students attending Anchorpoint**

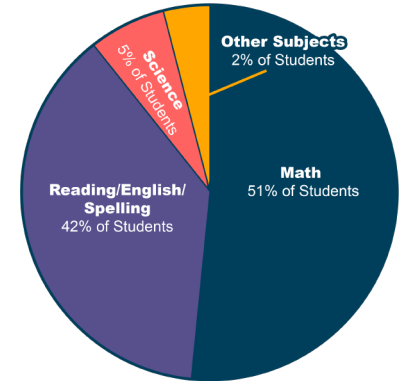
- North Allegheny
- North Hills
- Shaler
- Pine-Richland
- Hampton
- Avonworth

## 2018 Summer Programs

### 56 Students

- 39 Elementary students
- 16 Middle/HS students
- 1 Post High School students

- 11 paid teachers
- 1 substitute teacher
- 2 volunteer teachers

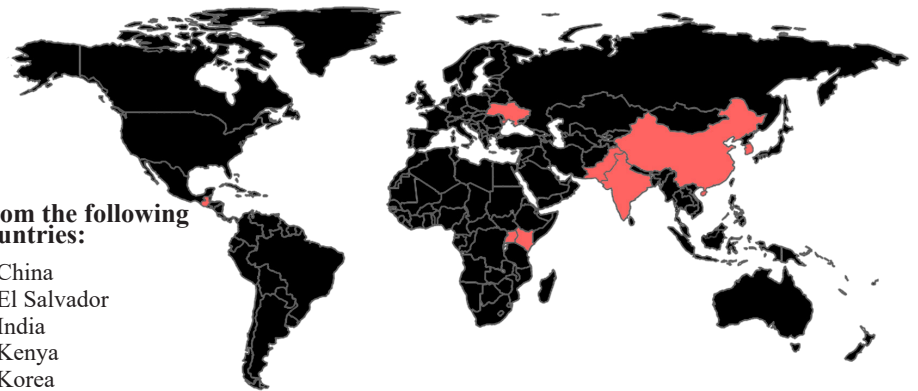


**Frequently requested subjects**

**Private Schools with Students attending Anchorpoint**

- Holy Cross Academy
- Eden Christian Academy
- Northside Catholic
- Aquinas Academy
- Oakland Catholic
- North Catholic
- Total Learning Academy

## 13 ESL (*English as a second language*) students received tutoring in 2018



From the following countries:

- China
- El Salvador
- India
- Kenya
- Korea
- Pakistan
- Uganda
- Ukraine

## 109 students came from 94 families

15 of these families had more than one child in tutoring at the same time.

13 of these families had another child or relative in tutoring in previous years.

For our full 2018 Annual Report, please visit  
[www.anchorpointcounselingministry.org/resources](http://www.anchorpointcounselingministry.org/resources)

## CONNECT AND ENGAGE WITH US



[www.facebook.com/AnchorpointCounseling](http://www.facebook.com/AnchorpointCounseling)



[www.instagram.com/anchorpointcounseling](http://www.instagram.com/anchorpointcounseling)

# HEALTHY WORKPLACES

TECHNIQUES AND TIPS FOR IMPROVING MENTAL HEALTH IN THE WORKPLACE

by **Jennifer Regester, LCSW**  
*Assistant Clinical Director*

Any work environment can bring on mild stress, tension and sometimes moodiness. We can feel ourselves slowly being depleted of that positive energy that we may have started the day with. How did that happen? With the many tasks at work, the pressure can get the best of us and interfere with us performing at our best.

Stress relief is vital in our fast-paced and instant-gratification-based workforce. It is especially important to be able to know your stress levels, tolerance and abilities before you become too overwhelmed.

Communicating with and understanding as many of your co-worker's levels of tolerance is just as important as knowing your own limits. Being able to work in a collaborative environment as a team towards the same goals satisfies both your personal and professional outlooks. Your input, ideas and solutions are all valuable; talk them over, share and ask for honest feedback. Value yourself and your efforts; treat yourself with kindness, respect and always avoid self-criticism. Negative

self-talk is destructive and can be contagious. Avoid gossip about others by turning a negative into a positive. Give a genuine compliment to someone you don't typically engage with.

Take a few moments to close your eyes, re-center your thoughts, break away from several hours of sitting or repetitive work. Be by yourself for a few minutes; detach from everything and just be alone and quiet; find a place in your mind that offers peace, prayer and reassurance that you are doing just fine and it will all be okay. Five minutes will feel like a vacation in a quiet and a peaceful space.

Make it a point to learn something different or new about a co-worker you are interested in learning from. Use that new knowledge to help support that co-worker, help to promote and enhance each of your great ideas, and offer to assist them if welcomed or requested.

Take a mindful approach when moving from one area to the next. Notice things that you typically bypass because you're on a mission to get to the next spot.

If you use aromatherapy and subtle music, it can engage multiple senses, which can offer comfort in times of high stress and extreme focus.

You can find comfort in listening to someone else's experiences and knowing that you are not the only person who is experiencing those stressors.

Lastly, remember to pause and pray several times

throughout the day. Ask God to help calm those fears, take away those irrational thoughts and allow the feeling of peace and grace to be present in your daily actions.

You are one person, who has talents, value and incredible gifts to offer; don't be afraid to share your skills and talents with others. **YOU** can control your workplace mental health.

## OUR KIDS NEED YOUR **HELP!**

Become a volunteer tutor and help a child in need **SUCCEED!**

Give at least one hour each week with the same student, at the same time!

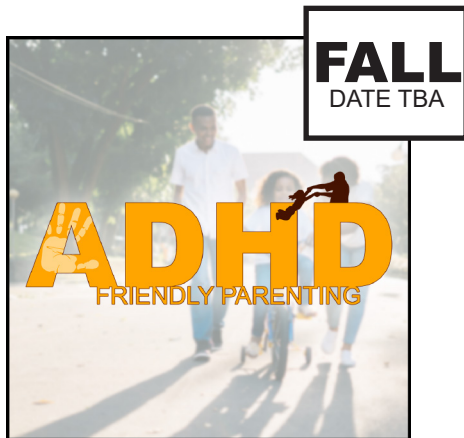
Help a K-12 student with:  
Homework  
Study Skills  
Remedial Skills  
and more

Now looking for STEM oriented tutors!



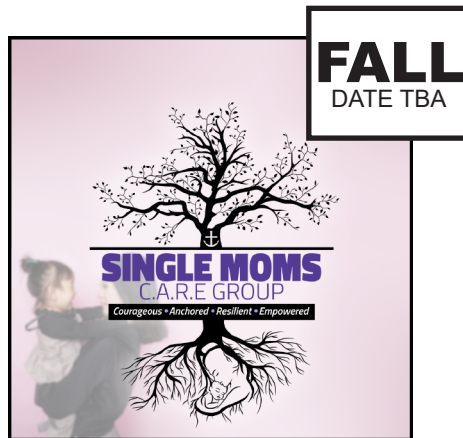
To learn more about becoming a tutor, email our Tutoring Program Manager, Sandy Niekum, M.Ed at [tutors@anchorpointcounselingministry.org](mailto:tutors@anchorpointcounselingministry.org)

# WHAT'S NEXT



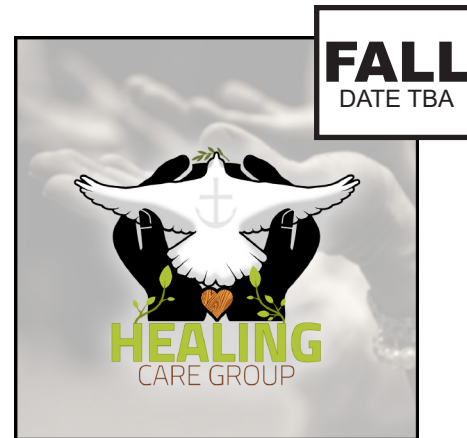
## ADHD SUPPORT GROUP

Eight-week support group for parents of children with ADHD. Learn how the brain of a child with ADHD is different, which battles to fight and how to fight them, how to set up your environment for success, and how to work with schools.



## SINGLE MOMS C.A.R.E. GROUP

A **FREE** group for single moms and their children. This group allows you to get to know other single moms and support one another. You can talk about issues facing families like yours and grow together in a warm, welcoming and small-group atmosphere. A meal is provided and kids (infant-8th grade) can enjoy age-appropriate childcare and activities.



## HEALING CARE GROUP

The Healing Care Group is a biblically sound approach to supporting groups of participants on a 12-week journey toward emotional healing and spiritual growth. This group offers individuals a safe place to heal in a confidential small group setting.

## SPECIAL EVENTS:



## CELEBRATION OF HOPE

Our annual celebration honors those who bring hope to the community. This year our honoree is Kevin Colbert, the General Manager of the Pittsburgh Steelers. The event will feature comedian and storyteller, Jim "Jimmy" Krenn and our emcee for the night is Larry Richert.

Location: LeMont Restaurant



## ANCHORPOINT GOLF CLASSIC

An annual favorite, the Anchorpoint Golf Classic & Silent Auction will feature a late summer day on one of the premier public courses in the country. Compete for individual and team prizes, including "**top foursome**" and the coveted "**Church-Goers Cup**"!

Location: Olde Stonewall Golf Club

Contact us at 412.366.1300 or follow us on social media for more information on upcoming groups and events.