

SUMMER 2019

RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

INTRODUCING

THE CHILD AND PARENT PLACE

pg. 1

VOLUNTEER
CORNER

pg. 3

CELEBRATING
HOPE

pg. 5





THE CHILD AND PARENT PLACE AT ANCHORPOINT

A SOLUTION TO THE SILENT CRISIS FACING TODAY'S YOUTH AND FAMILIES

The harsh reality is that 80% of kids with an anxiety disorder are not receiving any type of treatment for it whatsoever. Studies have indicated that children who are suffering from depression and anxiety disorders are far more likely to struggle academically, socially and emotionally. Although these statistics may paint a dreary picture, there is no reason to give into despair.

There is still hope.

Anchorpoint is committed to tackling this issue, along with a plethora of other problems that are plaguing the youth in our community.

The answer is The Child & Parent Place at Anchorpoint (C.A.P.P.)

Led by counselors who are experts in child and family therapy and educational support, C.A.P.P. will expand counseling and tutoring services for families across the Northern Greater Pittsburgh region.

The center is designed to strengthen Anchorpoint's ability to address the various needs of kids and families, including those struggling with depression and anxiety.

Rev. Dr. Ron Barnes, LSW, the Executive Director of Anchorpoint, is spearheading this project, because he believes it will address a growing demand within the community.

"The needs of our youth are just screaming out to us for help. There has been a sharp rise of anxiety and depression among kids," Barnes said. "There's no denying that there is a very real need for Anchorpoint to focus more on the youth. We are seeing all the pressure is on them."

Barnes' goals for C.A.P.P. are focused on the whole family: "The whole emphasis behind it is working more closely with parents and educating them about their children's needs," Barnes said. "Children are hungry to learn and be nurtured mentally and spiritually and

I believe that C.A.P.P. will offer them just that."

Mark Heinbockel, MSW, Anchorpoint's Director of Development, knows that the North Hills community is not excluded from this growing trend of anxiety and depression and will also benefit from expanded services through C.A.P.P.

"There's a crisis of anxiety and depression among our youth," Heinbockel said. "In our community I think a lot of these needs can be overlooked. We need to remember that there are pockets of poverty and deeper needs among our neighbors."

Jennifer Regester, LCSW is not only a family counselor, she is also Anchorpoint's Clinical Director. Regester will be overseeing the development of C.A.P.P. with Barnes. Regester is excited and optimistic about the expanded positive impacts that C.A.P.P. will have on struggling families and the community at large.

"My vision for C.A.P.P. is that parents will be able to use it as a resource. No matter what needs you may have, we will be able to help you," Regester said. "I see it as a place that brings together more children and their families. It's going to be a place that will make these families feel safe and make them feel like they can communicate and grow."

Although it is a monumental undertaking, Anchorpoint's message is clear: they are not going to be intimidated by scary statistics. They see the situation as a chance to grow and expand their family support services.

"We want Anchorpoint to become the premiere "go-to" place for families in the North Hills that are looking for family counseling and tutoring," Heinbockel said. "Children and parents are our niche and we want to

Continued on Page 2

further solidify our place as experts in supporting children's needs while also supporting parents."

"I truly believe in the power of family therapy. Anxiety and depression can appear in so many different ways, especially in children," said Regester.

"The support you get with family counseling can really help. Just knowing you are not alone can make a world of difference."

According to Regester, C.A.P.P will be able to help families in countless ways because, ultimately, C.A.P.P encourages families to be together.

"It will be an opportunity for many more families to really connect and grow. At the end of the day, C.A.P.P will encourage families to spend more time together and bond."

To learn more and support the C.A.P.P Campaign, contact Mark Heinbockel at mark@anchorpoint-counselingministry.org or by phone at 412-366-1300 ext. 103.

Article by Alexey Stern
Marketing Intern

Client Success Story Q & A with Nasser



Pictured left to right; Zeshan, Amirah, Carol (Nasser's Mom), Nasser and Jessica

Q: How has Anchorpoint helped your relationship with your family?

A: My family unit is now strong, we still have our problems every now and then but now we know how to talk to each other and communicate.

Q: What would you say to community members who are considering Anchorpoint's services?

A: You are in the best hands in Pittsburgh.

Q: What would you say to parents who want to start using Anchorpoint?

A: It's going to be a difficult task, but you can do it. You are capable of making the right choice.

Q: What is one of your favorite things about Anchorpoint?

A: They are always willing to give a helping hand, even if someone just needs a *little* help.

Q: What are some of the key realizations you had in your journey with Anchorpoint?

A: As cliché as it sounds, I understood that I needed to try to make the most out of every moment.

Nasser was our 2019 Celebration of Hope, "Hope for the Future" recipient. He attended the event with his family and former Anchorpoint tutor.

the Volunteer Corner

Featuring a volunteer in every edition



Sarah Hudac, Volunteer since 2013

My interest in volunteering began when I was in college, where I started working with an after school program through one of my classes. I found myself increasingly looking forward to every session, and loved building relationships with the kids I would work with.

After graduating, my Dad put me in touch with Anchorpoint. My family has been involved with Anchorpoint for years, and after learning about the tutoring program I found it to be the perfect fit to continue my volunteer work. I appreciate the opportunity to meet and work with kids in my community, where I can assist in making the learning process a little easier and provide encouragement to students. Anchorpoint provides a great community that allows students the chance to get the help and support that they need.

Sarah Hudac

To inquire about volunteering, call 412-366-1300



You can **drive** the change in someone's life!

Become a...

GOLFER | DINNER GUEST
SPONSOR | DONOR

To sign-up or sponsor this event please contact Mark Heinbockel at 412-366-1300 ext 103 or mark@anchorpointcounselingministry.org or visit

www.anchorpointcounselingministry.org/golf-classic

Friday, September 13
Olde Stonewall Golf Club

ANCHORPOINT SUPER TICKET GOLF RAFFLE



Win 3 FOURSOMES

To Premier Member-Only Clubs

OVER \$1,500 IN VALUE

\$50 Ticket | Only 200 Tickets Sold!

TWO WINNERS drawn at 2020 Celebration of Hope

SALES START AT THE GOLF CLASSIC ON
SEPTEMBER 13, 2019

Contact Mark Heinbockel at 412-366-1300 or email mark@anchorpointcounselingministry.org for more information.

NEW ADDITIONS TO THE TEAM

ANCHORPOINT PROMOTES A NEW CLINICAL DIRECTOR AND ADDS A FEW NEW FACES



Jennifer Regester, LCSW

CLINICAL DIRECTOR

BSW – Carlow University, MSW – University of Oklahoma

Regester was formerly a counselor at Anchorpoint and was promoted to Clinical Director early in 2019. She has diverse experiences including Individual, Marital, Family and Group counseling. She also has experience with Community Engagement, Medical ICU Trauma, Substance Abuse, Dual Diagnosis, working with the homeless, Director of Counseling and Master’s Level Intern Supervisor.



Maria Kitay, MEd, NCC, LPC

LICENSED CHILD & FAMILY COUNSELOR

BA in Sociology & Psychology – Indiana University of Pennsylvania, MEd – Duquesne University

Kitay was brought on in June 2019. She specializes in mental health counseling with children and families. She is trained in Trauma Informed Care - CBT and the Sanctuary Model of Care. She excels in communicating with individuals, families and small groups in the treatment areas of grief and loss, addictions and trauma.



Sinika Calloway, LSW

LICENSED COUNSELOR

BA in Social work – Alabama A&M, MSW with a concentration in Family and Child welfare – Alabama A&M

Calloway started in November 2018. Her expertise is with young adults, older adults, couples, families and senior citizens. She specializes in stress management, self-care, grief and loss, adjustment, depression, anxiety and life transitions. She can also provide faith-based counseling and support.



Dante Massey

MARKETING COORDINATOR

BA in Communication – Penn State University

Massey was brought on in November 2018. He is a native Pittsburgher with a diverse creative background. He has worked on a wide variety of projects throughout his career from work on movies to launching local start-ups. He was tasked with a rebranding and marketing plan development for Anchorpoint in early 2019.

FOR MORE ABOUT OUR STAFF VISIT

www.anchorpointcounselingministry.org/meet-our-team

CONNECT AND ENGAGE WITH US



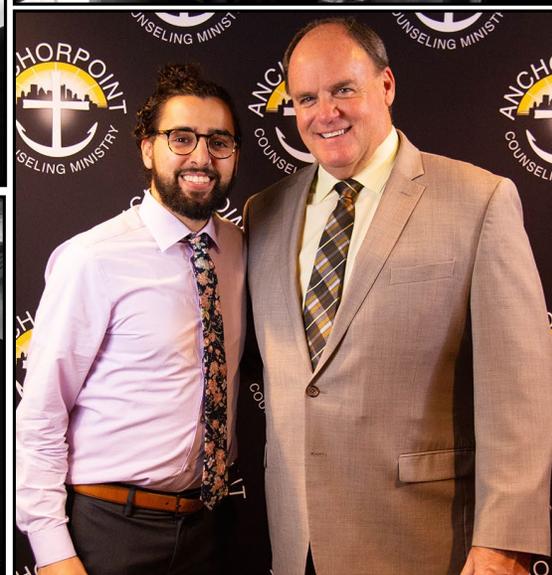
www.facebook.com/AnchorpointCounseling



www.instagram.com/anchorpointcounseling

CELEBRATING HOPE

A PHOTO RECAP OF THE 2019 CELEBRATION OF HOPE HONORING KEVIN COLBERT



The 2019 Celebration of Hope on May 2, 2019 honored Pittsburgh Steelers General Manager Kevin Colbert for overcoming adversity and demonstrating commitments to faith, family and community. The event also recognized former Anchorpoint client Nasser for showing resilience, resolve and courage in the midst of significant challenges and difficult life circumstances. Both honorees were accompanied by their families.

Thanks to an overwhelming show of community support, the event raised more than \$77,000 to help under-resourced neighbors and families access needed counseling and support services. The event was anchored by leading sponsors, Hefren-Tillotson, Medical Service Associates and the Pittsburgh Steelers. Larry Richert (Broadcaster) served as emcee and Jim Krenn (Comedian/Storyteller) provided entertainment presented by UPMC Center for Engagement and Inclusion.

WHAT'S NEXT

TBA
FALL



This educational hands-on group for women will nurture encouragement, understanding, laughter and healing in a safe and confidential setting.

Anchorpoint Counseling Ministry • TIME TBA • \$10/session

TO REGISTER, PLEASE CALL 412-366-1300

SEPTEMBER 18



A **FREE** twice per month group for single moms and their children. This group allows you to get to know other single moms and support one another. A meal and childcare (infant-8th grade) are provided.

Heritage Presbyterian Church (Franklin Park)
1st and 3rd Wednesdays, 6-8PM • FREE

TO REGISTER, PLEASE CALL 412-366-1300

October 3



A 7-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 and how to set up your environment for success.

Anchorpoint Counseling Ministry • Thursdays, 6:30-8PM

TO REGISTER, PLEASE CALL 412-366-1300



What does it look like to live out the Fruits of the Spirit in marriage? This workshop combines current relationship research with God's timeless principles about the people He is shaping us to be.

TO REGISTER, PLEASE CALL 412-366-1300

SEPTEMBER 21 COST: FREE	OCTOBER 12 COST: \$25 PER COUPLE
Ridgewood Church <i>(West View)</i> Saturday, 9AM-2:30PM	St. Thomas Anglican Church <i>(Gibsonia)</i> Saturday, 9AM-2:30PM

SEPTEMBER 13

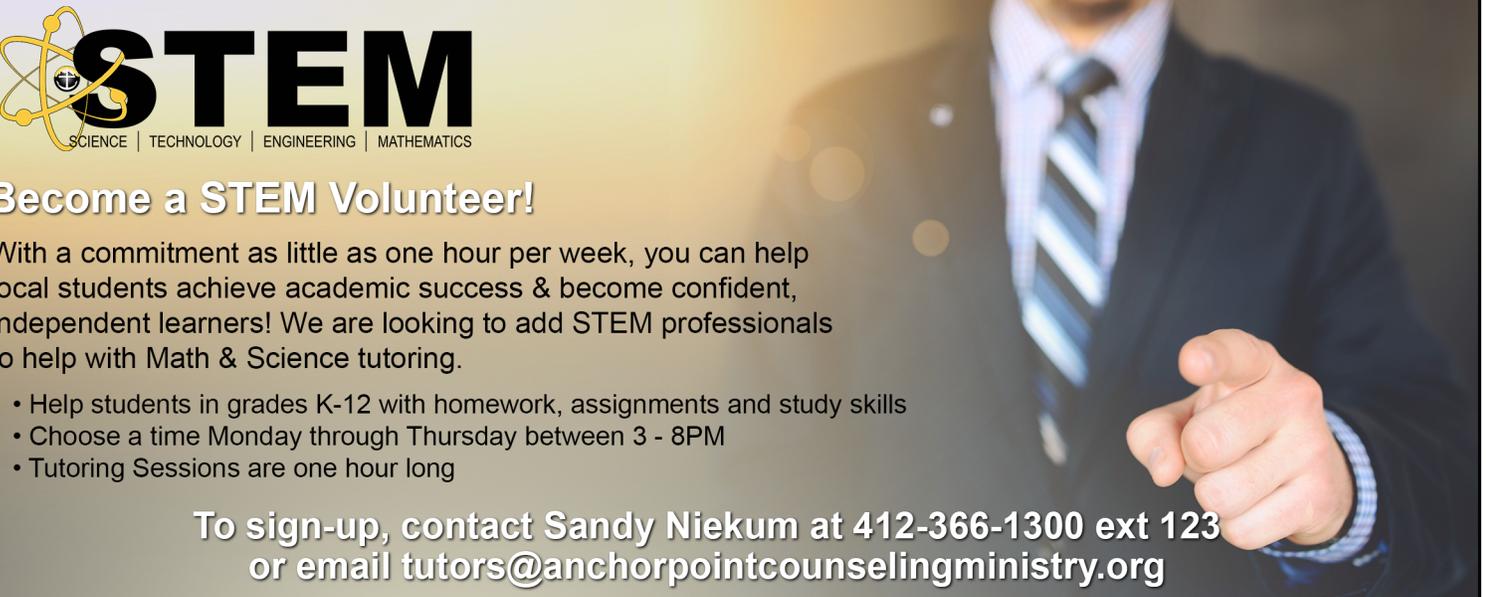


An annual favorite, the Anchorpoint Golf Classic & Silent Auction will feature a late summer day of golf on one of the premier public courses in the country.

Olde Stonewall Golf Club (Ellwood City)
Friday, 10AM-8:30PM

For more information or to buy tickets, visit:
www.anchorpointcounselingministry.org/golf-classic
or email
mark@anchorpointcounselingministry.org

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



STEM
SCIENCE | TECHNOLOGY | ENGINEERING | MATHEMATICS

Become a STEM Volunteer!

With a commitment as little as one hour per week, you can help local students achieve academic success & become confident, independent learners! We are looking to add STEM professionals to help with Math & Science tutoring.

- Help students in grades K-12 with homework, assignments and study skills
- Choose a time Monday through Thursday between 3 - 8PM
- Tutoring Sessions are one hour long

To sign-up, contact Sandy Niekum at 412-366-1300 ext 123 or email tutors@anchorpointcounselingministry.org

ANCHORPOINT COUNSELING MINISTRY
800 McKnight Park Drive, Suite 802, Pittsburgh,
PA 15237 • 412-366-1300 • Fax: 412-366-1333
www.anchorpointcounselingministry.org

Give to Anchorpoint through your workplace campaign
UNITED WAY #354



SUMMER 2019 NEWSLETTER