

SPECIAL C.A.P.P EDITION

# RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER



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SPRING 2020



# A MESSAGE FROM OUR EXECUTIVE DIRECTOR

You've read the headlines, you've heard the stories and you'll see the statistics in the next few pages...our children are struggling. With increased social and academic pressures, our kids and teens are crying out for help and turning to problem behaviors like acting out, defiance, social isolation, opioid use and self-harm.

ministry committed to serving all people, without conditions. If you are struggling, we want to help. We have a special heart and mission focused on helping youth. Anchorpoint was established more than 53 years ago by a group of youth leaders to serve area teens in need.

we launch the **Child and Parent Place at Anchorpoint (C.A.P.P.)** in fall 2020.

Yours in ministry and service,

**Rev. Dr. Ron Barnes, LSW**  
Executive Director

At Anchorpoint, we've spent time discerning our roles and responsibilities in addressing this ever growing crisis. First and foremost, we are a

In response to the increasing rates of childhood anxiety and depression, we are taking the next important step in ministering to local youth. We hope you will join us as

## ANCHORPOINT STAFF

**Rev. Dr. Ron Barnes, LSW**  
EXECUTIVE DIRECTOR

## COUNSELING STAFF

**Jennifer Regester, LCSW**  
CLINICAL DIRECTOR

**Sr. Mary Jane Beatty, CDP, MSEd, LMFT**  
LICENSED COUNSELOR

**Donna Goss, MA, LPC**  
LICENSED COUNSELOR

**Maria Kitay, MSEd, NCC, LPC**  
LICENSED COUNSELOR

**Daniel Churchill, LSW**  
LICENSED COUNSELOR

## ADMIN STAFF

**Mark Heinbockel, MSW**  
DIRECTOR OF DEVELOPMENT

**Lisa Feraco**  
OFFICE MANAGER

**Laurie Bungard**  
ASSISTANT OFFICE MANAGER

**Dante Massey**  
MARKETING COORDINATOR

## TUTORING STAFF

**Sandy Niekum, MSEd**  
TUTORING PROGRAM MANAGER

**Leanne Bentz, MS**  
TUTORING PROGRAM ASSISTANT



7-WEEK PROGRAM  
JUNE 22 - AUGUST 7

## SUMMER TUTORING PROGRAM

Certified teachers will provide students with remedial & developmental instruction in:

- Reading
- Mathematics
- English

\*Students may sign-up for tutoring in one or more of these subjects.

There are a limited number of openings available so register for the program **as soon as possible**.  
**Registration opens April 1, 2020.**

To sign-up for summer tutoring, please contact  
Sandy Niekum, Tutoring Program Manager at  
412-366-1300 x 123 or [tutors@anchorpointcounselingministry.org](mailto:tutors@anchorpointcounselingministry.org)

# THIS IS WHY WE GIVE

“We gave to leave behind a legacy.” “I gave because I know what it means to struggle.”  
“We gave because a family member needed similar services.”

These are just a few reasons why community members and supporters have invested in enhancing and expanding services so local children and teens can find hope and heal during times of struggles.

They also gave because they have seen and heard about the need for this community resource. It’s hard to miss and sadly these needs are becoming more and more common:

- 1 in 6 youth ages 6-17 now experience a mental health disorder each year
- In the past decade, suicide rates have nearly tripled among ages 10-14 and nearly doubled among ages 15-19

Many experts are calling these developments a “public health crisis,” much like the recent opioid epidemic. The growing rates of childhood mental health needs are very concerning, because almost half of youth in need are not getting the help that they deserve.

This story is one of many that highlights the barriers to professional mental health

treatment and support for our children and teens:

“I am a single mom with three kids. All I could afford was a health plan with a high-deductible. When my daughter needed counseling, I was shocked to learn my insurance wouldn’t cover any of the costs.”

**Interested in giving to the C.A.P.P. Campaign?**

Please use the enclosed response card to make your gift or pledge today.



She was overwhelmed and relieved to find help when she called Anchorpoint. She was able to pay what she could afford for counseling services that her daughter so desperately needed.

Many other children and families in our community are going through similar circumstances as they battle anxiety and depression, most times without the help of experienced professionals. Their needs are at the heart

of our planning for the new Child and Parent Place at Anchorpoint (C.A.P.P.).

With C.A.P.P., Anchorpoint will open its doors to even more children and teens struggling with these issues as well as local students struggling with academics. C.A.P.P. will also feature many educational programs, resources and support for parents who are learning the best ways to support their kids in times of need.

The needs for these services are growing rapidly in our community. With so many people to reach and so many struggles to address, there is great urgency to expand services and find enough space to accommodate more youth and families here at Anchorpoint. That’s where C.A.P.P. comes in.

Already \$325,000 has been committed to the \$400,000 C.A.P.P. Campaign goal. With more than 80 percent of the funds raised and renovations set to begin in Fall 2020, you can be the final difference to make this vision a reality for our kids and for our community!

Your gifts to the **C.A.P.P. CAMPAIGN** help to support:



**Increased access** to Child & Family Therapists and Certified Teachers.



**Expanded use** of evidence based therapeutic approaches like play therapy and family-based therapy.



**Additional counseling spaces** for child and family therapy and **additional tutoring/mentoring spaces** for K-12 educational support.



**And much, much more!**

**When you give, be sure to let us know...what’s your reason for giving?**

# REFRAMING MENTAL HEALTH

ANXIETY FEELINGS LONELINESS  
UNHAPPY RISK STIGMA  
STRESS EMOTIONS SADNESS GRIEF  
VULNERABLE SUICIDE PANIC MISUNDERSTOOD LOW SELF-HARM  
DEPRESSION

Article by **Andrea Spevetz**  
Counseling Intern

*Mad, bonkers, nuts, off your rocker, bats in the belfry, loco, a few cards shy of a full deck and crazy...* we have all heard most of these expressions before. They have one thing in common. They have all been used to mock or demean someone who is struggling with issues like depression and anxiety. There has been and remains a bias against people with mental health struggles and children and teens are not exempt from this bias.

Mental health struggles are remarkably prevalent. For example, one in five adult

Americans will experience a mental health problem in any given year; one in five teens (ages 13-18) have or will have a serious mental illness; and one in six U.S. children (ages 2-8) have a diagnosed mental, behavioral or developmental disorder. Not only does this mean that it is more common than we might think, it means that many adults and children are dealing with a condition that makes life more difficult for them. They are at risk of facing judgement and preconceived notions.

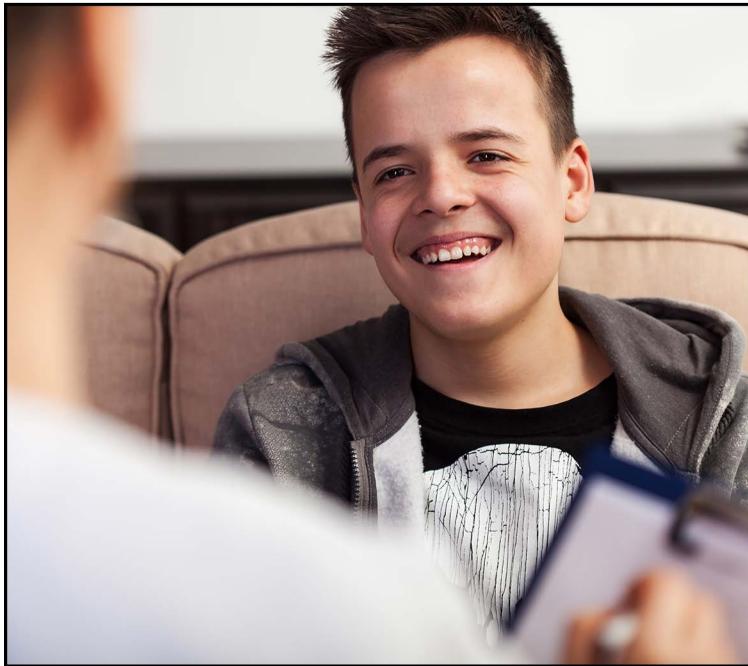
The problem with having a

stigma around mental health is that it causes people to delay treatment 11 years on average from when they first start experiencing symptoms. Like other illnesses, mental health issues respond best when treated early. Sadly, half of all people who have been diagnosed with mental illness start with symptoms before age 14 and don't have their symptoms addressed during their developmental years.

The impact of depression and anxiety alone on society causes the equivalent of \$1 trillion in global losses due

to reduced productivity on the job. These issues also affect kids and teens in their school careers. Untreated mental health issues and struggles have led to epidemic levels of suicide.

We see the child who is angry for no apparent reason, the teen who is refusing to go to the school or the mom that seems disheveled and we pass judgement about their character. The child may have ADHD, the teen may have depression because they feel alone and the mom may be anxious because she is struggling to keep up with



her children. It is everyday examples like these that we often miss as mental illness, so we judge, we ignore or we blame.

These things compound into the stigma and the bias that people who have some form of mental illness face daily. No one wants to be known as weird or having something “wrong” with them. It is the job of everyone to remove stigma so that people can get the help they need. We can do this by not referring to things as “crazy” and not judging people who have symptoms that can’t be seen for the behaviors that are visible. We can stand as an ally with them against those who would say or do hurtful things. We can learn about mental illness and ways to help those struggling.

By removing the stigma associated with mental illness, we can begin to

reframe it as Mental Wellness. When mental wellness is viewed on the same plane as physical wellness it can eliminate stigma and become something we can strive for through healthy habits and asking for help. Much like physical wellness, mental wellness varies from person to person and each individual will have different ways of getting there. All that matters is that you know it is okay to struggle. It is part of life.

**If you or someone you know is struggling with mental health issues, please call 412-366-1300 to schedule an appointment today.**

*\*All facts about mental illness comes from: National Alliance on Mental Illness*

**Celebration of hope**  
• 2020 •  
**HONORING STEVE BLASS**  
**2020 PERSON OF HOPE**  
**MAY 7TH, 2020**  
at the LeMont Restaurant  
**Interested in sponsorship opportunities?**  
Email Mark Heinbockel, Director of Development at  
mark@anchorpointcounselingministry.org

You're invited to join us for the

**ANCHOR POINT**  
**GOLF CLASSIC**

HONORING LOCAL FIRST RESPONDERS  
In remembrance of 9/11 and in celebration of their roles  
supporting mental health in our communities.

SAVE THE DATE  
**SEPTEMBER 11, 2020**  
AT OLDE STONEWALL GOLF CLUB

# ANNUAL REPORT - 2019 IN REVIEW



“Counseling has taught me better coping skills and strategies for my anger so that I can become a better father and partner.”

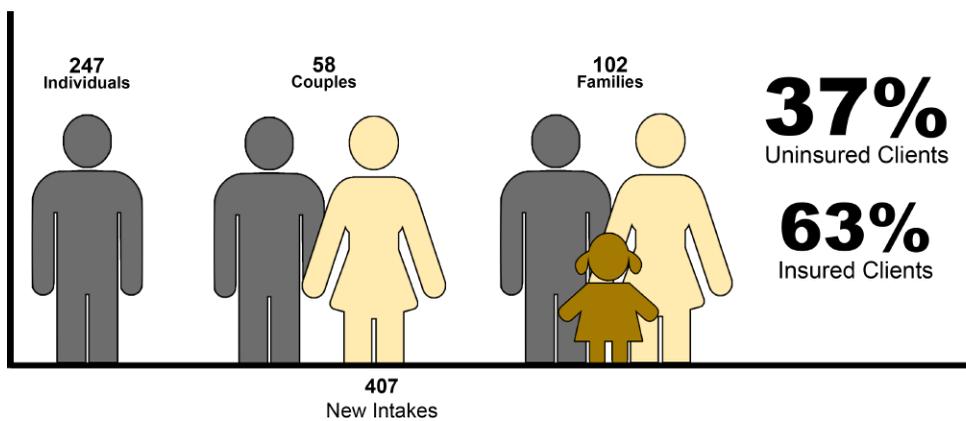
- Counseling Client



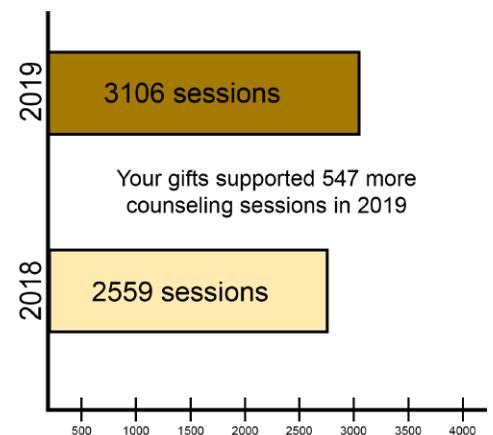
“Anchorpoint has changed my child’s view of math. I know my child is getting great support. Her confidence has definitely been boosted!”

- Parent of Tutoring Student

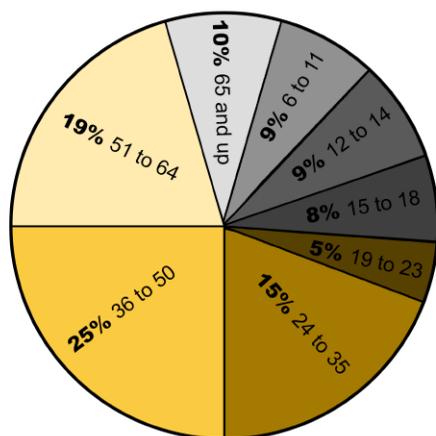
## HOW YOU INSPIRED HOPE LAST YEAR



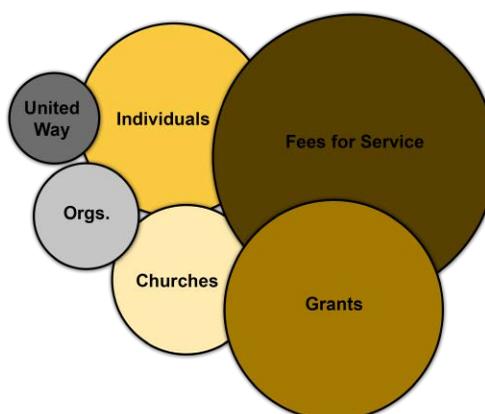
Counseling Client Demographics



Counseling Sessions



Ages of Clients Served

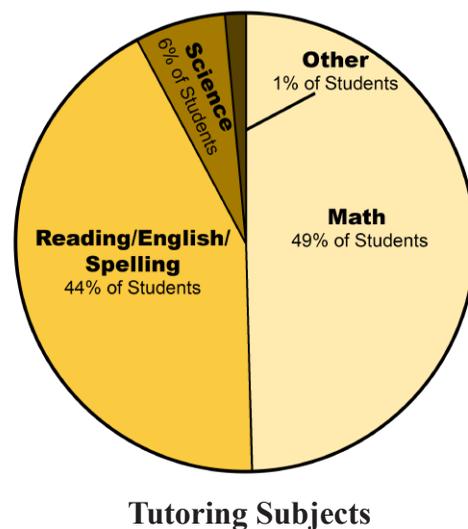
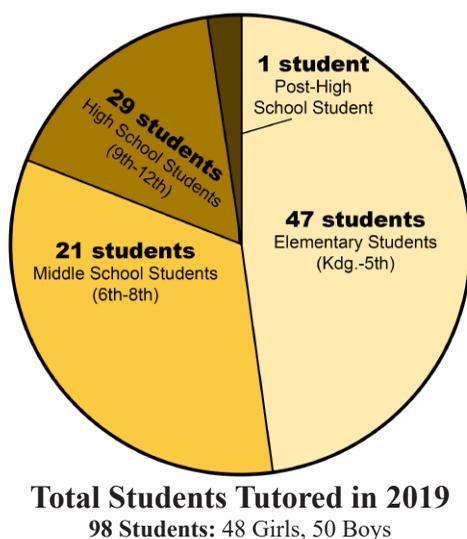
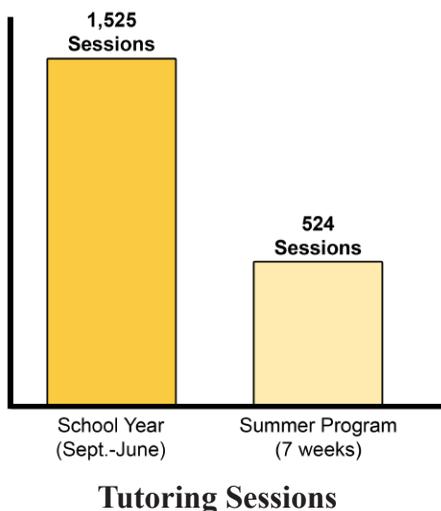


Income from Contributions



Special Events Proceeds

# THE IMPACTS OF ANCHORPOINT TUTORING



For our full 2019 Annual Report, please visit [www.anchorpointcounselingministry.org/resources](http://www.anchorpointcounselingministry.org/resources)

## WHAT'S NEXT



### Living Through Grief: A Spousal Support Group

Grief support group is for those who have lost a spouse.

**2nd and 4th Wednesday of every month | 1-2:30pm**

Haber Hall, Saint Sebastian Church  
311 Siebert Road, Pittsburgh PA



### Celebration of Hope: Honoring Steve Blass

Celebrate a Pittsburgh Pirates legend and the hope he brings to our community. With emcee, Larry Richert.

**May 7, 2020 at the LeMont Restaurant**



### Summer Tutoring at Anchorpoint

Sign up for our summer tutoring program. **Registration opens on April 1, 2020.** Please call 412-366-1300 x 123

**June 22 - August 7**  
7-week program



### Anchorpoint's Annual Golf Classic

The Anchorpoint golf classic will feature a late summer day of golf at one of the premier public courses in the country.

**September 11, 2020 at Olde Stonewall Golf Club**

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

## CONNECT AND ENGAGE WITH US

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