

SUMMER 2020

RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

THE OTHER SIDE OF THE PANDEMIC

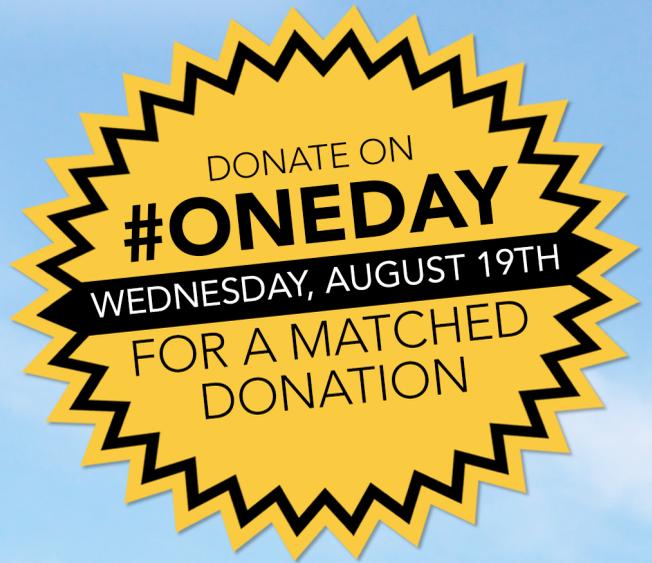
pg. 2

ANCHORED IN HOPE EVENT

pg. 3

COVID-19 RUINED MY PLANS

pg. 5



SUMMER 2020



A PRAYER OF HEALING FROM OUR EXECUTIVE DIRECTOR

Dear Lord,

We come before you unlike any other time in our lives. We are struck with our need to look out and care for each other in ways that are uncommon to us, by keeping a safe distance from one another. We are made ever aware of our physical vulnerability and how this COVID-19 pandemic has made us, at times, to consider our own mortality.

Lord, we know that we need your calming presence and the inner strength that the Holy Spirit can give us amidst our worry and fear.

We know that we need to give words to what we are living. Help us to listen to and be present for each other.

We pray for a preventive vaccine to be developed to battle this virus and calm the anxiety and fears

of our entire world. It is your name Lord, seeking your help, that we pray.

Amen.

Yours in ministry and service,

Rev. Dr. Ron Barnes, LSW
Executive Director

ANCHORPOINT STAFF

Rev. Dr. Ron Barnes, LSW
EXECUTIVE DIRECTOR

COUNSELING STAFF

Jennifer Regester, LCSW
CLINICAL DIRECTOR

Sr. Mary Jane Beatty, CDP, MEd, LMFT
LICENSED COUNSELOR

Daniel Churchill, LSW
LICENSED COUNSELOR

Donna Goss, MA, LPC
LICENSED COUNSELOR

Maria Kitay, MEd, NCC, LPC
LICENSED COUNSELOR

Jay Sperling MEd, LPC
LICENSED COUNSELOR

ADMIN STAFF

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DIRECTOR OF DEVELOPMENT

Lisa Feraco
OFFICE MANAGER

Dante Massey
MARKETING COORDINATOR

TUTORING STAFF

Sandy Niekum, MEd
TUTORING PROGRAM MANAGER

Leanne Bentz, MS
TUTORING PROGRAM ASSISTANT



SCHOOL-YEAR 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 is open now.**

To sign up for tutoring, please contact Sandy Niekum, Tutoring Program Manager at **412-366-1300 x 123** or **tutors@anchorpointcounselingministry.org**

THE OTHER SIDE OF THE PANDEMIC: KIDS AND PARENTS STRUGGLING NOW MORE THAN EVER

YOUR DONATION ON AUGUST 19TH WILL UNLOCK **MATCHING FUNDS** TO HELP!

Article by **Mark Heinbockel, MSW**
Director of Development

A toothbrush fell on the floor. I wanted to scream!

How did something so small and so trivial bring me to my breaking point?

It was the final days of 12 weeks at home with my 6 year old son. The demands of teaching Kindergarten online, parenting and maintaining a full-time job were overwhelming. There were spills, emotional outbursts, technology glitches, moments of defiance and regular interruptions. I felt stressed, anxious, irritable, frustrated and ultimately burned out from trying to hold everything together. I'm sure my son felt the same way.

As stores and businesses reopen and life returns to some semblance of "normal," parents and children are still dealing with the effects and traumas of the COVID-19 pandemic. Not surprisingly, surveys of our neighbors found that parent and child mental health suffered greatly during the past few months.

These critical needs have been building and stewing for many weeks now. They are rising to the surface and leading to resounding calls and cries for help!

On Wednesday, August 19th, you will have the opportunity to support and uplift parents and children who are still reeling from the effects of COVID-19. Your online gift during the Critical Needs Alert will provide needed counseling to those struggling with anxiety, depression, grief, stress and other needs. Your donation will make counseling a reality for struggling families who are uninsured, underinsured, or under-resourced.

Donations to Anchorpoint on Wednesday, August 19th using the website to the right will unlock matching funds from The Pittsburgh Foundation. This means every dollar you give (between \$25 and \$1,000) will go even further to help parents and help kids!

Because of you, parents and children will find healing and be "Anchored in Hope." Thank you!



Less than 1-in-5 parents felt they could adequately address their own emotional and mental health.

3 Easy Steps to Donate on August 19th

- 1** Visit www.pittsburghgives.org
- 2** Search for **Anchorpoint Counseling Ministry**
- 3** Select or enter amount
(gifts between \$25 and \$1,000 will be matched)



Only 1-in-4 parents felt they could adequately address their children's social, emotional and mental health.

Source: The Pittsburgh Study Family Strengths Survey, University of Pittsburgh School of Medicine, Department of Pediatrics, 2020

ANCHORED IN HOPE: FUNDRAISING TO HELP MEET FAMILIES' NEEDS



Pictured, From Left to Right; Shari Richards, Greg Joseph of the Clarks, Jim Krenn, Carrie Collins, Larry Richert and Joel Lindsey.

Article by Rege Behe
Published by Kidsburgh on May 12, 2020

ANCHORED IN HOPE | PRESENTED BY UPMC CENTER FOR ENGAGEMENT AND INCLUSION

Dante Massey's idea was simple. The director of communications & marketing for Anchorpoint Counseling Ministry, Massey thought a small-scale online event similar to the stay-at-home programming staged by Stephen Colbert and Jimmy Kimmel might raise a couple of hundred dollars for the agency's Emergency Client Aid Fund.

Massey was off by more than \$20,000.

"Where it went from (the original idea) completely blew my mind," says Massey. The Anchored in Hope Virtual Giving Event quickly grew with interest and support from Pittsburgh personalities, culminating in its May 7 production. The effort raised more than \$22,000 as of May 12.

"The generosity of the Pittsburgh community coming together behind this event was inspiring," Massey says. "We can provide our services to those who so desperately

need them because of the people who gave generously. While the event itself took a lot of work to create, they deserve the praise for its success."

Anchorpoint's Emergency Client Aid Fund is a newly launched resource to meet increased needs for affordable mental health services due to the pandemic. For example, a single mom with three kids is saddled with a \$13,100 health insurance deductible for her family. Another family needs counseling for their son but already owes \$720 for previous visits.

These kinds of financial hardships are preventing families from reaching out for help with anxiety, depression and other struggles. Funds raised from the Anchored in Hope Virtual Giving Event will be used to defray costs for counseling and support services.

Mark Heinbockel, MSW, development director for

Anchorpoint, expects donations to continue. But the \$22,110 raised so far, he says, is "enough to support more than 420 counseling sessions, which will serve approximately 60 families and individuals in need."

The online event, a virtual telethon of sorts, featured messages and performances from Pittsburgh personalities including Steelers general manager Kevin Colbert, comedian Jim Krenn, The Clarks' bassist and singer Greg Joseph; singer and musician Shari Richards; Christopher Wu of the Pittsburgh Symphony Orchestra; former Pirates manager Clint Hurdle; KDKA-TV news anchor Mark Dayton; and Chris Fafalios, bassist of the band Punchline.

If you missed the live event, you can watch the recorded performances and messages on YouTube.

A nonprofit mental wellness & education center founded

in 1966, Anchorpoint is based in Ross Twp. and serves the communities of Northern Greater Pittsburgh.

Funds will help uninsured, underinsured and under-resourced families who struggle with depression, grief and other mental health conditions.

"Oftentimes cost is a major barrier to mental health services," Heinbockel says. "So, once people overcome that initial stigma to mental health services and say, 'OK, I'll give this a try,' then they face yet another barrier: 'You haven't met your deductible, so you have to pay \$100 per session and, by the way, those sessions are weekly.' So, every week you have to pay \$100. That's just not possible for a lot of families."

While the Emergency Fund helps those who can't afford Anchorpoint's services, Heinbockel says most clients try to pay at least part of the fees.

Anchorpoint's annual budget takes into account that one-third of its clients will be unable to pay. But since the coronavirus outbreak, 60 percent of clients have asked for financial assistance.

"It's a huge uptick and well beyond what we have budgeted," Heinbockel says. "The problems they're mentioning are what you would expect at this time. There's a lot of anxiety, depression. For the first time, probably, we had somebody say, 'I just feel isolated.' People talk about loneliness sometimes, but that feeling of isolation goes beyond that. It's brought about some new mental health issues, and it's also worsening symptoms for clients who have already been coming to us."

In three decades as a counselor and family therapist, Rev. Dr. Ron Barnes, LSW, executive director of Anchorpoint, has never experienced such significant and widespread needs.

"This pandemic has brought universal stress, uncertainty and worries to our community

members and families," he says. "Everybody, from young children to older adults, has had their lives upended and changed. Our goal at Anchorpoint is to help everyone navigate this pandemic, process and grieve its effects, and emerge stronger and healthier on the other end."

The Emergency Client Aid Fund, he says, "is one way we can help our neighbors cope and recover in the difficult days, weeks and months ahead."

For Greg Joseph of The Clarks, participating in the event was an easy decision. He recognizes that the collective mental health of communities is stressed and that counseling can be a remedy for those who feel they have no answers.

"We are all searching for answers to our path forward," Joseph says. "Sometimes we need help figuring it out. That's where a great counseling organization comes into play. Mental health counseling can open up so many new paths of thinking when sometimes we feel there is only one road to travel."

To read more great articles about kid focused events, news and more from Kidsburgh, visit:

www.kidsburgh.org



NEW DATE

OCTOBER 15TH, 2020
at the LeMont Restaurant

Celebration of hope

HONORING STEVE BLASS
2020 PERSON OF HOPE

Interested in sponsorship opportunities?
Email Mark Heinbockel, Director of Development at mark@anchorpointcounselingministry.org

You're invited to join us for the

ANCHORPOINT
GOLF CLASSIC

HONORING FIRST RESPONDERS AND MEDICAL PROFESSIONALS
Remembering 9/11 and celebrating those who support mental health in our communities

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

COVID-19 RUINED MY PLANS, NOW WHAT?



not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

When we worry too much about what lies ahead, we ignore what each day’s problems are. We no longer have the luxury of ignoring what troubles each day brings.

How can I start living this way?

It may not be an overnight change to go from worrying and planning for the future to taking things day-by-day.

Here are some ways that we can begin to make the change:

- **Practice mindfulness and meditation.**
- This can be through prayer or through guided meditations on Youtube or Headspace.
- **Take a walk.** This can also be a good meditative practice
- **Make a list** of what needs to be done for the day and complete it
- **Recognize thought patterns** that lead toward anxiety about the future
- Find small ways to **reward yourself** for completing

tasks throughout the day, such as watching an episode of a tv show or reading a chapter of a good book

- **Practice grounding techniques** such as the 5-4-3-2-1 technique (5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste)

Article by **Danny Churchill, LSW**
Anchorpoint Counselor

As humans, we are wired to make plans so we have something to look forward to. The anticipation of waiting for an event or vacation can help get us through a tough work week. However, thanks to COVID-19, we have no ability to make plans.

What can we look forward to? How does that change the way we live going forward? We must learn to live day-by-day.

Matthew 6:25-34 speaks to this. In this passage, Jesus tells all who are listening, “do not worry about your life, what you will eat or drink; or about your body,

what you will wear. Is not life more than food, and the body more than clothes?”

He tells the people that they should look at the way the birds and the flowers live. He says God provides for the birds and the flowers, who do not spend time worrying about what they will eat or what they will wear.

While it may be difficult for us to relate to birds or flowers, the point that Jesus is making is what can teach us how to live day-by-day. Jesus says in verse 34, “Therefore do

NEW ADDITION TO THE TEAM



Danny Churchill, LSW
LICENSED COUNSELOR

MSW – University of Pittsburgh,
BS in Psychology – University of Pittsburgh

Danny has experience with teens, young adults and adults in individual and group settings. He specializes in CBT or Cognitive-Behavioral Therapy to treat depression, anxiety, addiction, grief/loss and trauma.



HELP FAMILIES FACE THE PANDEMIC, GIVE ON AUGUST 19TH!

JUST 25%

of parents & caregivers felt they could support their children's social, emotional, and mental well-being as much as they wanted.

MORE THAN 10%

of families are using more mental & behavioral health services than they did before the pandemic started.

"I feel uncertain, scattered, unfocused. I know my daughter is feeling my unease."

These families need **YOU** now more than ever.

THANK YOU!

Your gift between 8AM - 11:59PM will unlock matching funds
WWW.PITTSBURGHGIVES.ORG/ANCHORPOINT

The Pittsburgh Study
Family Strengths Survey

UPMC CHILDREN'S
HOSPITAL OF PITTSBURGH

University of
Pittsburgh

WHAT'S NEXT

••• **REMEMBER: Give on August 19th at www.pittsburghgives.org** •••



Anchorpoint Golf Classic

Anchorpoint's golf classic features a late summer day of golf at one of the premier public courses in the country. With emcee, Rick Dayton.

September 11, 2020
at Olde Stonewall Golf Club



Celebration of Hope: Honoring Steve Blass

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

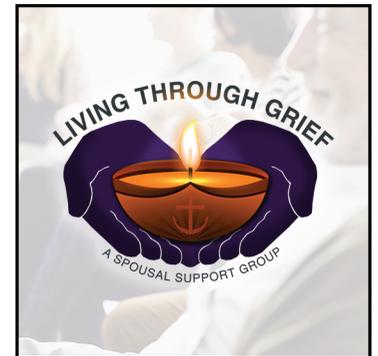
RESCHEDULED
October 15, 2020
at the LeMont Restaurant



School-Year Tutoring at C.A.P.P. (Anchorpoint)

Students can receive remedial & developmental instruction in Reading, Math and English.

Registration open now
Please call 412-366-1300 x 123



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
Inquire about the group today!

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

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