

SPRING 2021

RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

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A MESSAGE FROM OUR EXECUTIVE DIRECTOR

On several occasions in my life when I experienced some intense loneliness, I would be comforted by reading scripture. By praying out to God to help me and enabling me to persevere amidst such inner pain. Somehow, God showed me through loneliness to appreciate people all the more and to be a more sensitive person to others no matter who they might be.

Can you think of times in your life when you have needed to feel and experience His presence, and you did? When his presence was comforting? When it was experienced as an unexpected insight? As an “ah-ha” awareness? When a situation came together providentially (some people call it a coincidence)? Can you see that as “God With Us?”

During these times of distancing and separation from one another, remember those moments when you felt closest to God. Take comfort in those memories and knowing God is STILL With Us.

Rev. Dr. Ron Barnes, LSW
Executive Director



SUMMER TUTORING PROGRAM

7-WEEKS | JUNE 21 - AUGUST 6
For Students K-12

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

Reading | Mathematics | English

Registration details are currently being planned.
Interested in summer tutoring?
Please contact Sandy Niekum, Tutoring Program Manager at
412-366-1300 x 123 or tutors@anchorpointcounselingministry.org

'TOMORROW WILL BE BETTER THAN YESTERDAY'

Charlize, an Anchorpoint tutoring student who suffers from sickle cell anemia, isn't letting the past hold her back.

by Daniel Priore, Marketing Coordinator

Despite their pain, Charlize and Charlene dance.

The pain from their sickle cell anemia spreads throughout their body - from joint to hip to back - but it doesn't stop them from showing their strength.

The pain from their abusive father's controlling words and actions still linger, but it doesn't stop them from showing their hope for the future.

The pain from past academic struggles and thoughts of suicide weigh heavy, but it doesn't stop them from lifting each other up.

Charlize and Charlene dance for their mom on her birthday, demonstrating their love for the woman who has experienced their struggles - from Uganda to the United States - firsthand.

Petra, balancing life as a single mom and long work hours at Lowes, is regularly fearful of her children's sickle cell preventing them from feeling normal.

"It really confines them," Petra says. "For Charlize, she really wants to play sports, do dancing and cheerleading, but she just tires out so easily."

Sickle cell anemia is an inherited red blood cell disorder where oxygen isn't effectively carried throughout the body. Normal-shaped blood cells are instead crescent moon shaped, preventing blood flow and resulting in pain and fatigue. Blood transfusions are so common, children's hospital has become a second home for Petra's girls.

"What really worries me is when Charlize falls sick, because she then misses a lot of school and needs to catch up," Petra explains. "That's why I love Anchorpoint. She can always come here for help."

Since coming to the U.S. in 2011, it has been a big challenge for Charlize to adjust to the American education system.

Anchorpoint has provided her with tutoring services since the second grade.



Charlize works on her latest math homework with her tutor.

Photos by Daniel Priore.



"If it wasn't for Anchorpoint, I would have failed ninth grade," Charlize says. "I was having such a hard time with my sickle cell, I was so depressed, I didn't feel like doing anything. All of the homework was just too much for me to handle all by myself."

Charlize credits the encouragement and support from her Anchorpoint tutors as the key to helping her through this tough time. She is especially appreciative of the new ways they opened up her mind.

"All of them taught me to look at things in a different perspective," Charlize says. "Not everything is black or white. There are lots of ways to solve one problem, and that helped me so much when I was learning new topics in math, science and english."

Petra is thankful for Anchorpoint's affordable sliding scale fee, which has allowed Charlize to continually receive these much-needed tutoring services.

"Anchorpoint is very much like a family," Petra says. "You feel free. You can talk about yourself. Everyone there is so loving. It's a place that can really bring out the best in you."

Watching Charlize and Charlene dance, Petra reflects on how far each have come. And perhaps the strongest feeling Petra has is courage.

"Despite their pain, they have joy in doing things," Petra says. "It motivates me because they show even when you are really sick you can still laugh. You can still smile. You can still have life."



WELCOME TO C.A.P.P.

by Mark Heinbockel, Development Director

The Child and Parent Place at Anchorpoint (C.A.P.P.) opened its doors through a virtual grand opening celebration on December 10. C.A.P.P. is the new and expanded home of the Child and Family Therapy Program and the Tutoring and Mentoring Program.

Led by licensed child and family counselors and certified teachers, C.A.P.P. is now available to provide high quality mental health and educational support to children, teens and parents:

- Play therapy
- Sand tray therapy
- Trauma-informed therapy
- Family therapy
- Parent-Child Interaction Therapy
- Parent counseling
- Support groups for youth and parents
- One-to-one academic support for grades K-12

Because of you, C.A.P.P. will be a resource for local families for many years to come. Thank you for your generous support!

Be sure to check out the C.A.P.P. grand opening video and resources on Anchorpoint's website.

To inquire about services at C.A.P.P., call 412-366-1300.



(Above) C.A.P.P. waiting room; (Right, from top to bottom) parent-child counselor's office, main tutoring area, parent-child counselor's office, tutoring supplies. Photos by Daniel Priore.



8.14.2021

FINALLY... SOMETHING TO LOOK FORWARD TO!

AN IN-PERSON EVENT
benefiting Anchorpoint Counseling Ministry

Stay connected with Anchorpoint to learn the latest information as soon as it's released!



Subscribe to our e-newsletter

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SAVE THE DATE
FRIDAY, SEPTEMBER 17

30th Annual

**ANCHORPOINT
GOLF CLASSIC**

at Olde Stonewall Golf Club



All proceeds help build hope and promote healing through faith-based counseling and support services.

HOW DO I HELP MY ANGRY CHILD?

An Introduction to Parent-Child Interaction Therapy

by Daniel Priore, Marketing Coordinator

All parents can relate to their child acting out in public or throwing tantrums at times. However, when these disruptive behaviors become more aggressive and common, the challenging question becomes: is this just a phase they will grow out of or is therapy needed? And if so, who should I have them evaluated by?

One way to answer this question is considering what might have caused these outbursts.

Many behavioral issues in young children, such as intentionally breaking things or struggling to make social connections, can result from how they are cared for and attended to as babies.

Research shows infants experience toxic stress when they are not actively nurtured. This lack of support causes developmental delays, increasing the likelihood of mental health problems.

Maria Kitay, MEd, NCC and a child and family therapist at Anchorpoint, says a parent can help their angry or depressed child by adopting soothing and praiseful strategies.

“When you have a child who has emotional dysregulation, you need as many support systems built at home as you can,” Kitay says. “It can be a lonely experience, especially for young parents.”

The Child and Parent Place at Anchorpoint (C.A.P.P.) can help address these mental health needs through Parent-Child Interaction Therapy.

What is Parent-Child Interaction Therapy (PCIT)?

PCIT is evidenced-based therapy for young children with behavioral difficulties. It is designed to give parents the opportunity to learn calming and engaging skills based on daily interactions with their child. PCIT aims to help children cooperate by building secure relationships with their nurturing parents.

PCIT is a credible treatment approach because it requires daily documentation of a child’s growth. With commitment over time, parents will visually see changes in their child’s ability to manage their emotions.

NEW ADDITIONS TO THE TEAM

Kristine Culbertson, MA, NCC, CADC CERTIFIED COUNSELOR

Kristine has experience working with individuals and families in varying stages of change. She specializes in addiction, depression, anxiety, loss, trauma and dysfunctional family systems.



Stacey Martin, LSW LICENSED COUNSELOR

Stacey’s work history in the foster care system gives her the expertise to support families struggling with anxiety, depression, loss of self-worth and ADHD. She is also trained in LGBTQ therapy.



Katie Hart ASSISTANT OFFICE MANAGER

Katie, a stay-at-home mom of four children for the past five years, enjoys bike riding and hiking. She is passionate about health and fitness and enjoys teaching others about living a healthy lifestyle.



Daniel Priore, MS MARKETING COORDINATOR

Dan is a content creator and communications professional specializing in writing, graphic design and video production. He views strong storytelling as the most effective avenue to inform and engage audiences.



PCIT is commonly completed within 12-20 sessions; however, consistent attendance and commitment are critical.

Who is PCIT for?

PCIT is for children ages 2 to 7 who have difficulty communicating and act out behaviorally (e.g., temper tantrums, oppositional attitudes, destructive actions).

Determining if PCIT is the most beneficial treatment for you and your child is between you and your mental health professional.

How is PCIT different from other parent-child therapy practices?

PCIT differs from other parent programs in the following areas:

- There are specific parenting skills required to be developed and mastered.
- Parents can practice these play-therapy skills in-session.
- Parents are given live coaching and feedback on their learned skills.
- PCIT is not limited to a certain number of sessions, with graduation determined on parents' demonstration of skills.

What does PCIT look like?

PCIT is a coaching experience. You and your child are in a playroom while your counselor is in an observation room watching the interactions through a one-way mirror. Parents wear a "bug-in-the-ear" device allowing their counselor to give instant feedback and suggestions on ways to best develop the child's behavior.

Kitay says PCIT is grounded in reciprocal conversation.

"This is an interaction that has planning, meaning and has the ability to make a connection." Kitay says. "PCIT emphasizes that what your child says to you is important, and what you say to your child is important."

Kitay explains the process starts with the child doing something they like to do, and then the parent describing that behavior back to the child.

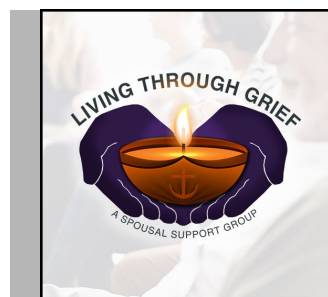
"You could say 'Good job,' but that's not enough," Kitay points out. "My feedback would be 'Good job about what?' Instead say something like, 'I like the way you picked up that pen, and you got right to work.'"

It's important to describe the specific behavior that was observed that you were pleased with."

Positive evaluations and avoiding negative talk is critical to establishing a supportive back-and-forth with your child.

WHAT'S NEXT

Please call (412) 366-1300 for more information or to register for any of Anchorpoint's groups and events.



Living Through Grief: A Spousal Support Group

1st/3rd Tuesday of each month
7PM – 8:30PM

2nd/4th Wednesday of each month
1PM – 2:30PM



Parent Support Saturdays

A group for parents and caregivers to discuss experiences on supporting their family.

Starts Saturday, February 27
10AM – 11:30AM



Anchorpoint's Summer Gathering

Stayed tuned for news and updates on Anchorpoint's upcoming event!

Saturday, August 14
Location revealed soon



Anchorpoint's Golf Classic

Enjoy an early fall day of golf at one of the premier public courses in the country.

Friday, September 17
at Olde Stonewall Golf Club

START YOUR COUNSELING JOURNEY TODAY



CALL 412-366-1300

Or begin the process online at anchorpointcounselingministry.org/online-intake

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