

SPRING 2022

RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

**WEDNESDAY,
MARCH 16
24-HOUR CHALLENGE**

**\$500 MATCHING GIFT
FOR EVERY 5 DONORS!**

KEEP YOUR FAMILY HAPPY AND HEALTHY

Finding Functional | pages 4-5



YOUR IMPACT ON A HEALING FATHER AND HIS DAUGHTERS
page 2

WHAT YOUR SUPPORT ACCOMPLISHED LAST YEAR
page 6

ANCHORPOINT STAFF

Rev. Dr. Ron Barnes, LSW
EXECUTIVE DIRECTOR

COUNSELING STAFF

Jennifer Regester, LCSW
CLINICAL DIRECTOR

Sr. Mary Jane Beatty,
CDP, MEd, LMFT
SPIRITUAL DIRECTION

Lauren Burke, LCSW
LICENSED COUNSELOR

Danny Churchill, LSW
LICENSED COUNSELOR

Kaelin Clogan, NCC
CERTIFIED COUNSELOR

Donna Goss, MA, LPC
LICENSED COUNSELOR

Lucas Malmberg, NCC
CERTIFIED COUNSELOR

Rob Ree, LSW, USAF (Ret.)
CERTIFIED COUNSELOR

Jay Sperling, MEd, LPC
LICENSED COUNSELOR

Andie Spevetz, MSPC
CERTIFIED COUNSELOR

Sarah Trocki, NCC
CERTIFIED COUNSELOR

Stacey Wurst, LSW
LICENSED COUNSELOR

ADMIN STAFF

Mark Heinbockel, MSW
ASSOCIATE EXECUTIVE
DIRECTOR

Miranda Wild
OFFICE MANAGER

Emalee Sekely, MS
COMMUNICATIONS
COORDINATOR

Haley Ebersole
ASST. OFFICE MANAGER &
EVENTS COORDINATOR

TUTORING STAFF

Sandy Niekum, MEd
TUTORING MANAGER

Leanne Bentz, MS
TUTORING ASSISTANT

HAVE HOPE AND GIVE HOPE

As we enter the Lenten season, we know that Jesus the Messiah was and is the Hope of the world.

During Lent, we know that Hope is rising in our hearts and minds. We know that Christ's life, death and resurrection provides earthly and eternal Hope.

At Anchorpoint, our work and mission is to share that Hope with all who seek healing. Hope overcomes pessimism, skepticism, defeatism and hopelessness. Hope changes people!

Thank you for your continuous support of building hope and changing lives.

Rev. Dr. Ron Barnes, LSW
Executive Director

24-Hour Challenge: Small Gifts, BIG Impacts

WEDNESDAY, MARCH 16TH

A Lenten experience of loving your neighbors...

GIVE: Make a Small Gift

+

ASK: Find others to make a Small Gift

+

EARN: A \$500 matching gift for every 5 donors!

GOAL: 175 donors

Will you invite 5 donors,
10 donors, or even more
donors to make a Small
Gift with you?

[Giving is a spiritual practice. Asking others to give is a ministry.](#)

Lent is a season for reflection and sacrifice. It's a time to help others through acts of compassion and selflessness. The 24-Hour Challenge is a special way to engage in Lenten spiritual practices.

Your impacts will grow as you invite more and more donors to give:

An Anonymous Donor will give a \$500 matching gift for every 5 donors to the 24-Hour Challenge.

With your help, 175 donors (or more) will give during the 24-Hour Challenge!

Ways to Give to the 24-Hour Challenge

1. **Give in Advance:** Return the enclosed card with a check, cash or credit card information. Your Small Gift will be applied to the 24-Hour Challenge.

2. **Give on March 16th:** Make your Small Gift online at www.anchorpointcounselingministry.org/donate-now

YOUR GIVING... YOUR IMPACTS!

"I was able to forgive myself first and then seek to repair the damage I have caused others."



Jim and his two daughters, Abby and Emma, were in a very difficult place... Jim was battling addiction. He was losing his vital connections with his daughters. Abby and Emma desperately wanted their dad back.

YOUR generous giving at the end of 2021 made a real difference to help this local family!

"With God's favor shown out through Anchorpoint, I have found a well-fortified path to move forward," says Jim. "I have been provided a whole new journey... a great and promising future."

Your caring gifts allowed Jim to work with an Anchorpoint therapist who cared deeply about him and his family. Through counseling, he gradually came to terms with his actions and decisions.

"In retrospect, it is very easy to see all the destruction around me," Jim admits. "Most, if not all, the pain I caused is now in the rearview mirror."

In particular, Jim says, "I was able to realize the true power of forgiving myself and those who, at the time, seemed as though they were out to get me. I was able to use deep rooted spirituality and prayer to internalize my shortcomings. I was able to forgive myself first and then seek to repair the damage I have caused others."

What was most important, though, was improving his relationship with his daughters, Abby and Emma. "While influenced by addiction, I was so far removed," Jim notes.

Now, he says, "My relationship with my children has become most precious. I am able to greater participate

in their formative years ahead. They both were very eager to have their dad back."

Jim continues to pray as he works on getting stronger every day. He knows addiction is a lifelong battle, but he feels prepared for this fight... because of the help he received at Anchorpoint. "I am encouraged by who I have become," he says, "and I look with great promise to the future!"

As a donor, YOU played a big part in this healing journey.

Thanks to YOU, this local family is reconnecting. They are spending meaningful time together. They are experiencing the love they all so desperately need!

A THERAPIST'S PERSPECTIVE:

Jim's therapist could see his desire to live a better life. She worked with him weekly through the steps of active recovery. Her approach was based on the "12 Steps," but she allowed him to take those steps as he needed them to work in his life.

There were points in the therapeutic process that required respect, trust and transparency. Those moments allowed Jim to learn to love and forgive himself. Jim still works a program with God daily as he continues to battle addiction.

Jim's sobriety has become a very important part of his life. Through his journey, he has learned valuable tools to help him handle each challenging situation he encounters. We all face challenges in life, but we feel less alone when we are equipped with counseling techniques, compassionate support, respect and God's grace.



FINDING FUNCTIONAL

How to Keep Family Dynamics Healthy

By Jennifer Regester, LCSW

Family dysfunction is often a topic that hits a nerve for most people. It's difficult to admit and accept their family isn't totally put together—that they have issues. Parents become embarrassed when their children misbehave, and the kids don't want their friends to know their home life is a mess. Yet, it happens in virtually every family. Functionality is frequently a fleeting thing that comes and goes in most families. Is it possible for the family dynamics to be functional 100% of the time?

What does a dysfunctional family look like?

Let's use an example most everyone has experienced: the long family car ride. Whether it be for vacation, a trip across the city enduring bumper-to-bumper traffic, or any other reason, long car rides can bring out the worst in anyone. Parents' stress levels have reached the peak of combustion due to the kids bickering, bantering, and complaining. They are tired, uncomfortable, and impatient. This scenario depicts dysfunction as a common but easily instigating experience of stress, anger, and powerlessness.

This example can parallel many other situations in life that could be considered dysfunctional. It seems when we are physically uncomfortable or especially irritable, we often take our emotions out on the core people in our lives: our families. Lack of sleep, hunger, and stress are all key factors in these outbursts or "dysfunctional demonstrations." When core hurts trigger us, we tend to react in a way that may or may not have served as a coping skill. When children are raised in families with layers of dysfunction, they tend to learn unhealthy coping

mechanisms because their basic core needs have not been met. Therefore, those core needs turn into core hurts which is emotional neglect. You can't see it, but it's apparent by a person's reaction to uncomfortable or stressful situations.

How do you handle dysfunction within family dynamics?

In a well-bonded healthy family environment, family members will stay connected. They'll check in both physically and emotionally with each other. There is a feeling of safety, support, and respect imbedded in the foundation. Children learn these characteristics at an early age as they are role modeled by the core people in their lives—particularly parents, grandparents, and aunts/uncles. Constantly checking in with the members of your family and making sure that their basic core needs are met could minimize the amount of dysfunction your family experiences.

Core needs are those basic emotional securities that we should meet to be mentally healthy. With each core need also comes the opposite of the need: a core hurt. If you think back to a time in your life where you felt a core hurt, you probably had unhealthy coping skills as a result. Maybe it has been a repeated issue in your life. When you look at the following list and read each bullet, you might remember certain people, places, or situations. Now reflect on how you reacted in those memorable scenarios. Thinking about those feelings that we experienced may now have a familiar level of sadness, anger, fear, or discomfort. Those are the "triggers" that bring you back to the core hurt.

Core Needs / Core Hurts

There are 10 core needs the family should be instilling, and then there are core hurts that can result if not met:

- Important / Unimportant
- Heard / Disregarded
- Accepted / Rejected
- Praised / Accused
- Right and Bold / Guilty
- Valued & Cherished / Devalued
- Empowered & Supported / Powerless
- Respected / Disrespected
- Competent & Equal / Inadequate
- Loved and Admired / Unlovable

It is extremely important to ensure that both your individual and family members' core needs are met daily. Family dynamics can be greatly affected by the lack of communication on what we need mentally. It is imperative that if you are feeling like your needs are not being met, you should express yourself to those you care about and who care about you. Constant mental maintenance is key.

A Functioning Machine

Imagine the car you are riding in for these aggravating road trips we talked about before. The car is doing its job because of the constant maintenance and service on the car. Just like the car, we need constant maintenance on all aspects of our health and wellbeing to be a fully functioning, well-oiled machine. Let's break down this example even further: The parts of cars can symbolize these aspects of our mental health. Just as your car has four tires that serve as the basic pillars of the operation of your car, our four human "tires" are our physical, mental/emotional, social, and spiritual health. Our tire pops if we don't tend to one of those pillars of health, and we won't function properly. Looking at the internal mechanisms of your vehicle, you might be reminded of those core hurts and core needs.

Just like these internal procedures are crucial to the functionality of the car, meeting your core needs is essential to the functionality of you and your mental health. Other factors like sleep, diet, exercise, time with loved ones, and a connection to your spirituality are all the internal mechanisms supporting your four pillars of health.

To make sure that your car is running smoothly, it requires constant upkeep and constant attention. You do some things more frequently to maintain your car (e.g. putting gas in the tank, oil changes, and car washes), whereas other maintenance items are required when needed.

When you're in a fender bender or your car won't start, sometimes you need the mechanic to take a look. Just like the care for your car, you also need maintaining. Some of our maintenance is required daily. Other times we need to have a counselor or family member help us figure out what's happening under the hood. Both are complex these days.

What do healthy family dynamics look like?

A healthy family needs every member to be a well-oiled machine. Sometimes a parent will be extra tired or experiencing stress due to work, and the machine will break down. It's important to constantly sustain yourself, so that when you do break down, it is easier to fix. Allowing conflict and problems to go unresolved will ultimately greatly affect our overall health, especially mentally and socially. Opening yourselves up through positive communication and conflict resolution is the best way to maintain those family relationships.

Now imagine that the four wheels of your car are you and your family members. If someone is not healthy in any aspect, it affects the entire family. If one tire pops, it affects the entire vehicle to the point where it cannot function. When conflict arises, getting to the issue's root and understanding why the parties involved feel the way they do will make everyone feel heard. Sometimes, it takes several round table discussions, but the value of your family is worth it.

SAVE THE DATE:

Wednesday, March 16:

24-Hour Challenge
Give a small gift and
make a big impact!



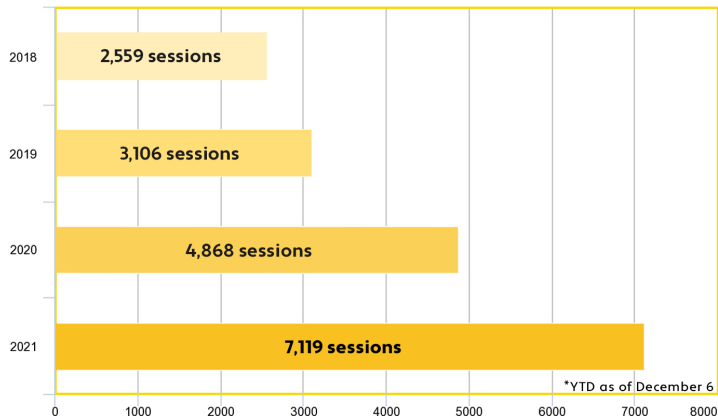
Saturday, June 25:

Spirit of Summer
A summer party to
raise money for
families in need

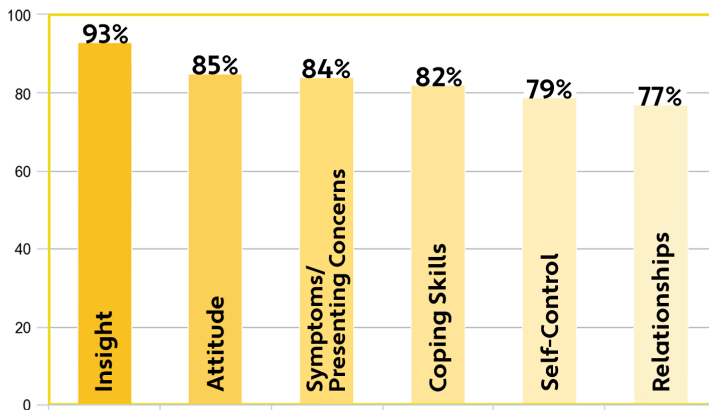


THANK YOU for all that you did to help your neighbors in 2021!

As of December, counseling sessions increased 46% from 2020 & 179% since 2018!



Percentage of clients that feel they've improved in the following areas:



"Counseling has changed my life by..."

"...giving me a better attitude and allowing me to embrace my strengths." -36-year-old client

"...allowing me to fix issues I knew were there but couldn't fix alone." -14-year-old client

"...showing me that I'm important, too!"
-65-year-old client



SPRING 2022 NEWSLETTER

800 McKnight Park Drive, Suite 802
Pittsburgh, PA 15237

412-366-1300 • Fax: 412-366-1333
anchorpointcounselingministry.org

Give to Anchorpoint through your workplace campaign.
UNITED WAY #354
A Thrivent Choice organization

 /AnchorpointCounseling

 @anchorpointcounseling