

SUMMER 2021

YOU ARE...

RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

DONATE ON

#ONEDAY

TUESDAY, AUGUST 3

BE THE DIFFERENCE IN
SOMEONE'S LIFE

Be A Mental Health Advocate

Talking with Teens | pgs. 6-7



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Your Impact on a Single Mom's Life
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KEEP SHARING YOUR LOVE!

Is there anything more important to all creatures, large and small, than love? The greatest gift God gives to all of us is the ability to love and be loved.

Thanks to you, Anchorpoint is great at providing counseling, tutoring and support programs to kids and families who are challenged in so many ways. But underneath it all, we teach love and the ability to be loved. There is nothing more important or real than this aspect of what we do.

Where would any of us be if we never felt love from a parent, friend, spouse, sibling, teacher, coach, counselor or even our pets? Don't ever take for granted your gift to love or be loved.

Thank you for your vigorous pursuit of promoting love, building hope and changing lives.

Jim Ogle
President, Board of Directors

WHY ARE YOU GIVING



ON AUG 3?

“ We've seen the pandemic's devastating effects on mental health. And now emerging from isolation we see a whole new set of challenges, worries and fears. I'm giving to Anchorpoint so I can help at least one person struggling know they aren't alone, and there is always a light in this world. ”

- Rose Adams
Anchorpoint supporter since 2018



“ I'm giving to Anchorpoint because there is nothing more important to changing the path of the next generation than strengthening kids' mental health and how they see themselves! ”

- Jim Ogle
Anchorpoint supporter since 2003

“ I'm giving to Anchorpoint because the anxiety and depression crisis is affecting people from all walks of life. My wife and I feel very strongly that families and children facing mental health issues are provided the services they need. ”

- Matt Glunt
Anchorpoint supporter since 2019



YOUR IMPACT IS CHANGING LIVES

'You've Helped My Little Family Grow and Find a Safe Place'

Ellen, a single mom of three, needed encouragement if she was going to support her family. She found that at Anchorpoint.

by Daniel Priore, Marketing Coordinator

They work through their struggles together. They support each other emotionally. They are open and honest. This is why Ellen is so proud of her family.

“Our family motto is if one of us goes, we all go,” Ellen says. “Because that's how it's always been.”

But it hasn't always been easy finding that safe environment her family needed to grow.

Ellen has been a single mom since December 2014. Leaving her ex-husband, who did heroin and other drugs, was the scariest day of her life. But a decision that she felt had to be made.

“It was kind of hard to explain to three kids under four why Daddy's not around anymore,” Ellen says. “And why he's still not around.”

Ellen realized she had to overcome the fear of raising three young children on her own, but she didn't know where to start. She felt she wouldn't be able to do a good enough job because everyone (herself included) wasn't in a good place.

What Ellen needed was to be with others who could relate to her daily struggles. Others who understood all the issues that come with being a single parent and the mental and physical toll it takes.

“I sat my kids down and said, ‘Okay, Mommy's really sad right now,’” Ellen recalls. “I know I've been yelling a lot. I've been struggling. Mommy's going to go talk to somebody. Mommy is going to get some help.”

She heard of Anchorpoint's Single Moms CARE group through an announcement from Ross Elementary. Ellen, admittedly, didn't know what she was getting into.

But the affordable service, paired with the opportunity for her children to engage with kids who also didn't have their dads around, was too great to pass on.

“Oh my goodness, it was amazing because all of my friends weren't single moms,” Ellen says. “I didn't know single moms because single moms are running around like fools trying to keep everything together. You don't have time to socialize and meet other people.”

The bonding experience allowed Ellen to feel heard. After three or four meetings, she started opening up and felt more confident and safe. There was a sense of confidence that wasn't there before.

“It's feeling that hope of, ‘Okay, I got this. We can get through this. There's a light,’” Ellen says. “I can talk to my mom all I want, but she doesn't know what I'm going through. She's never been there.

“And I think being around other people who are in similar circumstances, you just don't feel alone.”

The Single Moms CARE group was just the beginning for Ellen and her family at Anchorpoint. They participated in Anchorpoint's ADHD Friendly Parenting group and each child currently sees a counselor.

These are all services Ellen couldn't afford elsewhere with her insurance's high deductible.

“I can't even put into words how beneficial [the sliding scale] has been because the three of them wouldn't have been able to get any help,” Ellen says. “Or I would only be able to do one at a time or one at a time once a month.

“And let's be honest. That's not enough to effect real change.”

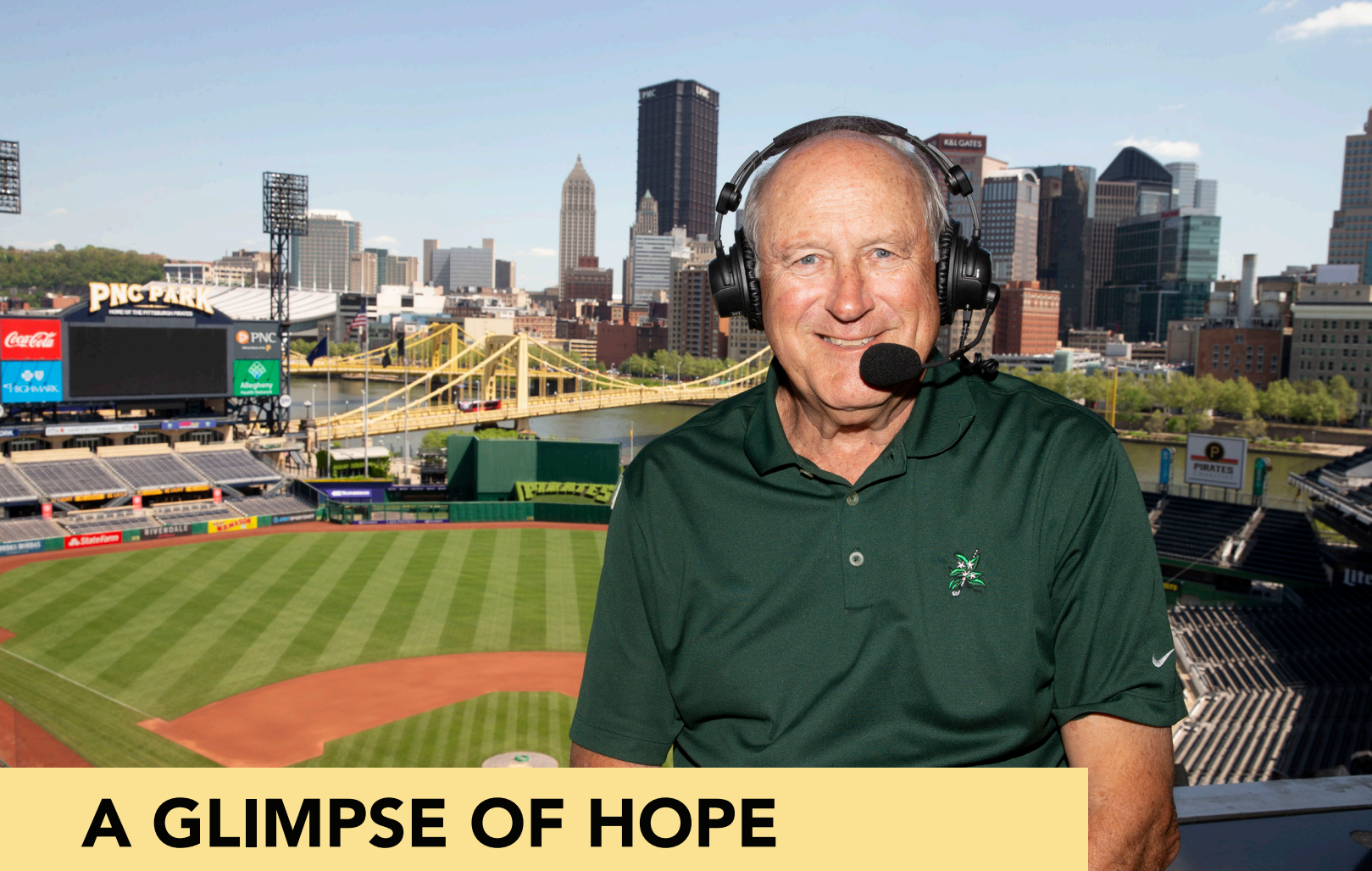
YOU CAN HELP MORE FAMILIES LIKE ELLEN'S BY GIVING ON AUGUST 3



2021 #ONEDAY
Critical Needs Alert

3 Easy Steps to Donate on August 3

- 1 Visit www.pittsburghgives.org
- 2 Search for Anchorpoint Counseling Ministry
- 3 Select or enter amount (The Pittsburgh Foundation will increase your gift)



A GLIMPSE OF HOPE

Steve Blass recognizes his supporters were key to his continued resiliency despite a publicly challenging mental health journey.

by Haley Ebersole, Admin Support Associate

In May of 1964, a dream came true for a 22-year-old pitcher from a small town in Connecticut.

Steve Blass was signed by the Pittsburgh Pirates and became a permanent fixture shortly after in 1966. He quickly rose to the top and, alongside Roberto Clemente, led the team to victory in the 1971 World Series against the Baltimore Orioles.

For the majority of his career, Blass was considered by most to be one of the best in the league.

“I almost didn’t dare to dream about pitching in a World Series, or even get to the big leagues,” Blass says. “But then I wind up being on the field with three Hall of Famers: Bill Mazeroski, Roberto Clemente and Willie Stargell.

“I mean, these are dreams. And then, a World Series. And then, I win the third game. We lost the first two games; I won the third game.”

For eight years of his career, Blass was one of the best to play the game. Then, in 1972, he found himself struggling.

His game performance had taken a turn for the worse, and he began facing the toughest years of his life. He went from on top of the world to completely falling to the bottom of his game.

Just like everyone watching, Blass hadn’t the slightest idea what was happening.

During a 1973 game in Atlanta, Blass lost control and couldn’t find the strike zone.

“I remember it more than any other game I’ve pitched in my life,” Blass recalls. “After that game, we flew to Cincinnati, and I didn’t even go to my hotel room. I just walked the streets of Cincinnati until dawn.

“That game in Atlanta, I knew there was something tragically, tragically wrong here. I do not have a clue what I’m doing. I knew I shouldn’t be out there, but I didn’t want to quit.”

The term “Steve Blass Syndrome” had become a well-known term to describe a talented player who had inexplicably lost

their ability to perform. *House*, *Blood Ties* and *Prison Playbook* are all television shows that have made reference to Steve Blass or “Steve Blass Disease.”

Blass’ downfall was not only happening to him, but it was happening on a public stage. And even after his career was over, his defeat was still highlighted in the media.

“Every personality is different, as is the stress on everybody in life,” Blass says. “But at the level of professional sports, when there are thousands of people watching you at your work? You’re paid handsomely for it, of course, but there’s a lot of pressure, and it can be devastating.

“I went from the top to below the bottom. So, I’ve been on that ride.”

Blass recalls this time as one of his darkest moments, but he was able to overcome it thanks to support and encouragement from both strangers and loved ones.

“When I was going through this miserable two years of my life, I was getting fifty to a hundred notes and calls a month,” Blass says. “That helps in so [many] ways, not the least of which is the loneliness you can feel when you are going through these horrible situations.”

Blass’ identity up until this point relied solely on the idea that he was a Major League pitcher. When that dream ended, it forced him to find his identity elsewhere.

“Keep track and not elevate yourself to where you lose track of who you are as a person. That’s what you can do... there are other parts to your life.”

- Steve Blass

In 1986, Blass became a full-time color commentator for the Pirates TV and radio broadcast team in 1986. In this new role, he was able to devote himself to the sport he loved while staying close to his family.

“There’s hope, you can do it,” Blass says. “And I tell them my story that I was on top of the world. And then it all went away. And I don’t know why it went away, but it didn’t stop my life.”

Blass spent 60 years in the Pirates organization as a player and broadcaster. He is a member of the Kinston Professional Baseball Hall of Fame, and in 2019, he was inducted as an inaugural member into the Pittsburgh Pirates Hall of Fame.

You can meet Steve Blass and hear more about his inspirational story at our 2021 Golf Classic on September 17. Blass will be presented with the “Hope Award” in recognition for his resilience in the face of great adversity. Register for the 2021 Golf Classic through the “Events” page on our website.



Photos of Steve Blass courtesy of the Pittsburgh Pirates.

YOU CAN BE A MENTAL HEALTH ADVOCATE

How to Talk to Your Teen

One of the toughest parenting tasks is connecting with your teenager. Share these talking tips with someone you know who has a quiet and angry teen in their life.

by Stacey Martin, LSW

They say the “terrible two’s” are hardest, but you’re wondering who forgot to tell you about the “terrible teens” that come after. It’s almost as if once your child hits thir-TEEN, they’ve mentally moved out and don’t want to talk to you about anything that’s going on in their life.

Fear not, there are tips and tricks to help you communicate with your teen in a way that makes them feel independent while letting you still be the parent.

One commonality among parents is wanting to know everything that is happening in their teen’s life.

- What are they doing?
- Who are they hanging out with?
- Are they making good decisions?
- How can I trust them if they don’t talk to me?

Diving too deep too fast, because of the strong desire to have deep conversations, can mean forgetting to have light and fluffy talks about the day-to-day things. Instead, parents tend to probe.

Building a relationship with your teen is like building a new friendship. Joking about the pizza delivery guy’s curly mustache and taking interest in the things your teen likes to do for fun are the first steps to building open communication.

Think about it – when you built your first friendship, you didn’t tell them your secrets from the get-go. It was built up over time by hanging out, talking about casual things and learning you could trust them. Your teens are the same way.

No, these are not necessarily the conversation you are looking for, but you’re investing in your teen. You’re showing them you’re an ally and not a detective.

What Are Good Teen Communication Strategies?

Listen first and parent second. One of the things we’re really good at is correcting and redirecting our kids. It’s in our nature to help them learn and grow. This isn’t a bad thing, but something we miss is the idea of listening to what they have to say first before we deliver the consequence of their actions.

When we open our ears first, this is when we can finally hear their emotions, thoughts, ideas and schemas.

Another key to good teen communication is modeling what you want to see from your teen. If you want them to talk to you about their feelings, talk to them about yours. This is a “give and take” idea. How do you talk to your children about the hard things? Do you let them into your life?

Why Is My Teenager So Quiet?

First, know this is developmentally normal. I know that doesn’t help, but it’s true. When you go from “besties” to the silent treatment, it can be very difficult to comprehend.

It can be heartbreaking for parents to understand their teens reach a point where they talk more to their friends than them. The hormones kick in, and they gravitate toward like-minded people. In this case, it’s their social community.

Developmentally, this is very on track, so what do you do?

- Make your interactions fun and avoid putting your feelings on them. Don’t probe.
- Value their feelings and opinions, and ask for it in return.
- Try to avoid lectures at all costs. This causes more silence
- Set reasonable limits and provide them space to grow outside the home.

How Do You Help an Angry Teenager?

For teens, sometimes being angry is easier than being sad. Anger can makes us feel like we are in control. First things first, try to see the behavior through their eyes. Empathy is such a powerful tool when it comes to our angry teens.

Second, try to identify repetitive stressors in your teen’s life. This could be school, work, struggles with friends and family, low self-esteem or lack of self-security. Identifying common patterns can help you identify the source of the sadness, which typically disguises itself as anger.

In this scenario, put off correction and discipline. Validating your angry teen’s feelings is more beneficial. Get on their level and see things from their perspective.

Remember, this stage you are in with your teen is completely normal. You are not a bad parent, and you can do this! Opening a line of communication with your teen is the easiest way for you to begin seeing a change in the relationship you have with them.

NEW ADDITIONS TO THE TEAM

Lauren Burke, LCSW
LICENSED COUNSELOR



Lauren uses an integrated, strength-based therapeutic approach while emphasizing the interconnected nature of the mind, body and spirit.

Andie Spevetz, MSPC
CERTIFIED COUNSELOR



Andie brings her no nonsense, client-centered approach to her roles as an individual therapist and group leader.

Sarah Trocki, NCC
CERTIFIED COUNSELOR



Sarah implements a wide range of techniques to promote growth and healing while challenging clients to reach their goals.

Miranda Wild
ASSISTANT OFFICE MANAGER



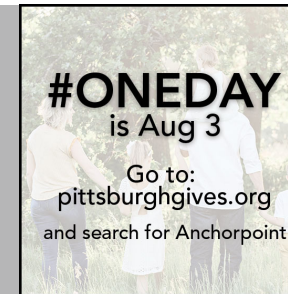
Miranda is a certified Medical Coder who fell in love with Anchorpoint’s mission. She lives in Mars with her outdoorsy husband, sassy daughter and rescue cat Willow.

Haley Ebersole
ADMIN SUPPORT ASSOCIATE



Haley helps Anchorpoint with a variety of tasks, including using her writing background to support development and outreach initiatives.

WHAT’S NEXT



#ONEDAY Critical Needs Alert

Help local youth and families in need. The Pittsburgh Foundation will increase the size of your gift.

Make your difference on August 3 at pittsburghgives.org



Barn Bonanza Live Auction

If you can’t attend the event, you can participate in the live auction online starting Saturday, August 7.

Stay connected with Anchorpoint for more details.



Anchorpoint’s Golf Classic

Join Steve Blass and Pittsburgh Pirates alumni for a memorable event at one of the best public courses in the country.

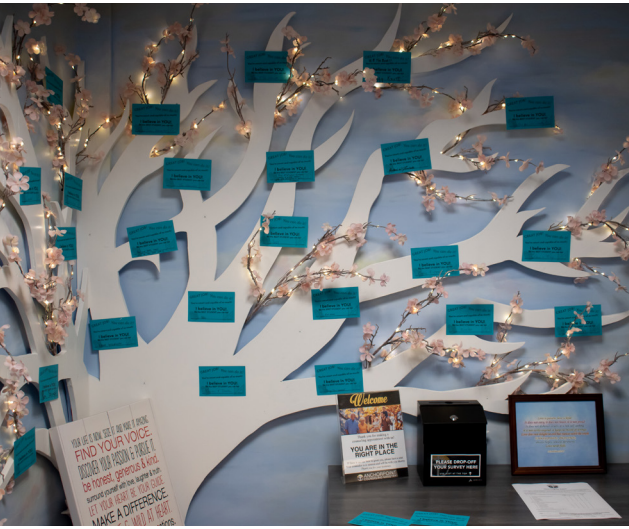
Friday, September 17 at Olde Stonewall Golf Club



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to help students succeed this summer and fall.**

Results as of 6/15/2021



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