

SPRING 2024

RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

24-HOUR CHALLENGE

200 DONORS FOR
200 NEIGHBORS

THROUGH MARCH 20



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INSPIRING GENEROSITY

WITH SYLVIA AND JERRY LYNN

Living generously helps others while benefiting your own mental and spiritual health. Anchorpoint's "Inspiring Generosity" series tells stories of people like you. May these examples inspire you to live generously!

"And do not forget to do good and to share with others,
for with such sacrifices God is pleased." -Hebrews 13:16 (NIV)

A farmer gathers the first crops of the season. He processes, loads, and sells the first harvest. Then, he gives the full proceeds to his church.

This "give first" mentality inspires Jerry Lynn. His father was a farmer and routinely loaned equipment to other farmers. He did so with the expectation that some of the equipment would be returned broken. It was a meaningful act of generosity, as Jerry recalls. Jerry's father also gave generously of his time. He served on committees, the local school board, and clubs.

Jerry's wife, Sylvia, is a past Anchorpoint Board member and teacher. She fondly recollects the generosity of her mother. "She didn't have a lot of money," Sylvia notes of her mother. "But she gave lots of her time and talents to the causes she cared about."

Jerry and Sylvia remember their first experiences with giving during Sunday School offerings. Over the years, they learned that time, talent, and testimony (e.g., advocacy) are also valuable gifts to share.

From a young age, Jerry and Sylvia were instilled with the virtue of generosity. Their yearnings to be generous grew as they watched the caring acts of others. The couple has carried the value of generosity throughout their lives. They have dedicated themselves to sharing their gifts in many different ways.

Through giving, Jerry and Sylvia have learned more about needs in the world. Their giving has changed and evolved with this new understanding. The couple has also discovered the personal benefits of generosity.

For Sylvia, there's great satisfaction in giving. "Relationships are formed," she observes. "It fulfills the human need for community—to be part of something bigger than yourself." Sylvia gets so much out of being generous that she sometimes jokes: "I give back because I'm selfish!"

Jerry agrees that the giver benefits from being generous. "It's the realization that I did something positive," he remarks, "and the feeling of making an impact." Jerry gets the most satisfaction when he's able to see or experience the results of his giving.

"We don't like to admit it," Jerry says, "but a generous person gets something back."



To join the conversation and share your story, contact Mark Heinbockel at 412-366-1300 ext. 103 or mheinbockel@anchorpoint.org.

YOUR CARING SUPPORT IS HEALING FAMILIES

“

**FINDING OUR
COUNSELOR
WAS LIKE
HAVING A LIFE
PRESERVER
THROWN
TO US AS
WE WERE
DROWNING.
SHE MAKES
SURE WE'RE
OKAY.**

concrete suggestions to change behaviors so we can survive.”

Fortunately, Clark and Vera could afford help. Because of your generous support, other families can receive life-saving services without having to worry about insurance or the financial burden.

Through counseling, Clark and Vera find it a bit easier to face each day. They find it a little less difficult to get out of bed. They're starting to actually live again.

“If we hadn't received these services, we definitely wouldn't have gotten this far. We'd be wandering

The path of healing is not one that can be walked alone. Clark and Vera, two recent clients of Anchorpoint, know this all too well.

The couple has faced many obstacles over 50 years of marriage, yet nothing could've prepared them for the devastating loss of their grandson.

“We were totally lost following the traumatic death of a child,” Clark shared.

They couldn't celebrate holidays or birthdays; they changed all of their routines. “We did whatever it took so we didn't have to see an empty seat at the table,” Vera said.

After struggling for months, two friends suggested that Clark and Vera see a counselor at Anchorpoint.

“Our counselor validated our feelings,” Vera said. “She helped us move forward a few steps at a time, and she gave us

aimlessly, lost in the wilderness,” Clark said. “It was like having a life preserver thrown to us as we were drowning.”

Truthfully, donors like you are life preservers to neighbors who are drowning in grief, anxiety, trauma, and so much more.

“It's been a slow process. It's not a straight path to find somewhere to put this hurt and this grief,” Clark said. “I don't know that you ever accept the death of a child.”

Thankfully, counseling has given them the time and space they need to navigate these feelings and figure out how to keep going.

“Since this tragedy, we've become much more compassionate about what people are going through,” Clark said. You really never know the silent battles others may be facing.



Your unwavering support and generous gifts make stories like this one possible every day. It's a comfort for Clark, Vera, and everyone at Anchorpoint to have neighbors that care.

“You can't figure it all out on your own,” Clark said. “It's impossible to walk this path successfully on your own. There shouldn't be a stigma. If you need help emotionally, reach out.”



If you want to help families like this one...

Be one of the 200 donors to give a small gift through March 20 at [anchorpoint.org/donate!](https://anchorpoint.org/donate)



TAKE THE FIRST STEP

How Do I Schedule A Counseling Appointment?

By Haley Ebersole, Associate Director of Operations

Sometimes, you just need someone to lean on. And sometimes, that someone needs to be a professional who is trained to listen. If you feel like you need a professional to join you on your journey to wellness, Anchorpoint may be the right fit for you. To start your journey, Anchorpoint (as well as other mental health service providers) will require you to complete initial intake paperwork. At Anchorpoint, our intake process can take 10-15 minutes over the phone, or an online intake form is available on our website at [anchorpoint.org](https://www.anchorpoint.org). We commit to assigning a counselor to each intake within 2 business days of intake completion. Any client we are unable to serve will receive additional resources to contact.

Anchorpoint serves individuals, couples, and families across the Northern Pittsburgh area. If you feel like services at our office may be beneficial, there are a couple ways to get started. You can call during our office hours to complete the intake form over the phone with one of our dedicated staff members. We are committed to answering every call to our office from 9:00 am - 5:00 pm so that you have a personal experience tailored to you and a chance to ask any questions. It's important to keep in mind that the staff members who are completing your intake are not counselors. They want to help you navigate these first steps, but they are not able to (nor should they) provide you with any advice, interventions, or techniques while completing your intake with you.

WHO CAN COMPLETE AN INTAKE?

- » Anyone 14 years or older
- » The legal parent/guardian of anyone under the age of 18

NOTE: The legal age of consent for counseling services is 14. Any client who is 14 or older will need to willfully consent to counseling and sign their own intake consent forms. A guardian can complete the intake, but we must have consent from the client before providing services.

Not everyone is able to complete the intake over the phone. If you feel more comfortable completing your intake online, you can complete the digital form on Anchorpoint's website. For HIPAA compliance, our office will not ask you any questions through our website that would compromise your protected health information. If you complete the intake online, a staff member from our office will follow up with a phone call for details like your date of birth, your insurance information, and the reason you are seeking services. Our team will reach out to any client who has completed an online intake within 1 business day. Once the intake form is completed and a counselor receives your form, they will contact you personally to schedule your first session.

Most intake forms for counseling services are comprised of three main sections:

Demographics Information:

In this portion, you will provide general client information. Typically, this information includes the name of the client(s), contact information, address, and date of birth. Anchorpoint may ask for other demographic information to track marketing efforts and program impacts such as municipality, where a child goes to school, and how you were referred.

Reason for Referral:

This portion will ask for more information regarding why you would like to become a client. Specificity in this section helps to match each client to their counselor. This can sometimes be a difficult section to complete, but our staff is trained to handle this portion of the intake form with sensitivity and compassion. Most offices will not require a client to go into an immense amount of detail, only enough to assess the best counselor to help in each situation. All of Anchorpoint's counselors are trained in many different techniques, skills, and interests but have found specific areas where they feel called to help.

Insurance Information:

If you would like to use an insurance plan for mental health coverage, the staff member completing your intake will need details about your plan: your member ID number, your group number, the name of the primary insurance holder, and a provider services phone number to call your insurance with any questions. If you intend to use your insurance, you should have your insurance card nearby to provide all of these details.

- **Copay:** A fixed cost you agree to pay for a covered healthcare service collected at the time of service.
- **Coinsurance:** A percentage of costs you are required to pay for covered healthcare services under your plan. Typically, coinsurance payments will go into effect after you have met your deductible.

So what does all of that mean? Each insurance company designates an allowed "cost per session" that is negotiated between every practice and the insurance company. Your insurance company will cover that cost for services at a percentage anywhere from 0%-100%. You just need to know how much your specific plan will cover.

Anchorpoint does not accept any form of Medicaid insurance. If you are someone who does not have insurance or has an insurance plan that does not fully cover mental health services at Anchorpoint, we offer an affordable Sliding Scale option based on your annual household income in an attempt to alleviate some of the financial burden. All of our fees are based on the income eligibility guidelines used by the National School Lunch Program for free and reduced cost lunches.

Taking the first step to counseling can feel intimidating. Finding the right fit for you can seem like a never-ending road at times. Anchorpoint strives to remove these feelings through our intake process. We want to be the people you lean on when it feels too hard to stand on your own. If you or someone you know is in need of outpatient mental health services, please give our office a call at 412-366-1300.

WHAT INSURANCES DOES ANCHORPOINT ACCEPT?

- Aetna
- Cigna
- Highmark
- Medicare
- United Healthcare
- UPMC

Note: *Not all Anchorpoint providers are credentialed in all of these insurances. You will be matched to a counselor who is in-network with your insurance.*

When using an insurance plan for services, the cost of your session may not be 100% covered. There are three words you should make yourself familiar with if you are looking at using your insurance for any services:

- **Deductible:** An annual amount you agree to pay out of pocket for covered healthcare services before your insurance plan starts to pay.

WE ALSO OFFER TUTORING SERVICES:

SUMMER TUTORING DATES:

7 WEEKS • JUNE 17 – AUGUST 1, 2024
KINDERGARTEN – 8TH GRADE



**ONE-HOUR SESSIONS PROVIDED
MONDAY THROUGH THURSDAYS**

FEES RANGE FROM \$10 – \$30/HOUR.

**CONTACT US FOR AVAILABILITY BY
CALLING 412-366-1300 OR EMAILING
RFREYVOGEL@ANCHORPOINT.ORG**

ANCHORPOINT COUNSELING MINISTRY'S
SAVE THE DATES!

YOUR PARTICIPATION IN ANCHORPOINT'S EVENTS WILL IMPROVE THE LIVES OF NEIGHBORS IN NEED

5/02/2024



Thursday, May 2, 2024

LeMont Restaurant
1114 Grandview Ave.
Pittsburgh, PA 15211

Info & Sponsorships: anchorpoint.org/gala



Friday, September 13, 2024

Olde Stonewall Golf Club
1495 Mercer Road
Ellwood City, PA 16117

Info & Sponsorships: anchorpoint.org/golf-classic



9/13/2024



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