

Thank you for inspiring a year of



2013 Annual Report



Anchorpoint
Counseling Ministry



Anchorpoint Counseling Ministry

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Mission: Building hope and promoting healing and learning through faith-based counseling and support services.

Vision Statement: All individuals and families are empowered to reach their full potential.

We have this hope as an anchor for the soul, firm and secure. (Hebrews 6:19)



Message from the Executive Director

Rev. Dr. Ron Barnes, LSW

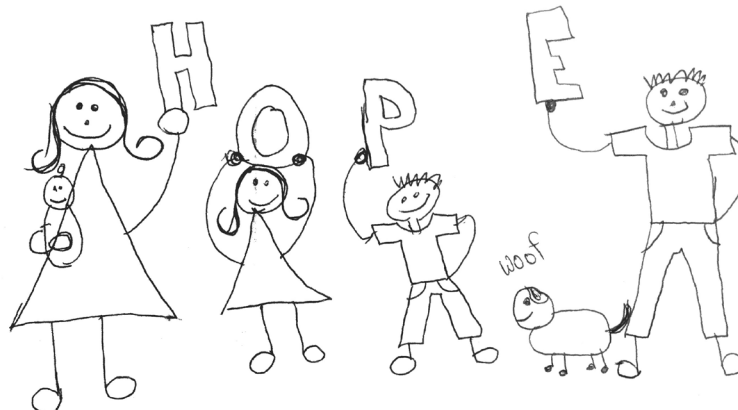
In 2013 Anchorpoint continued to be a very busy healing and educational ministry in the Pittsburgh region. Our desire for those who we serve is for healing and growth to happen in their lives. Dr. Gerald May in his book, *“Simply Sane: The Spirituality of Mental Health,”* writes:

“The mistaken attitude is that people have come to see themselves as things. Things to be built when they are young. Things to be fixed, altered and improved upon when they are older. Psychotherapy, along with many other cultural institutions, has fallen prey to this myth. And in its own way psychotherapy is the assumption that the human mind is an object which can and should be fixed. And that people must somehow willfully manipulate themselves in order to be “healthy.” Psychotherapy has come to mean that some persons do something to other persons to fix them.

There is nothing wrong in one person helping another with a problem. And there is no injury in wanting to grow or heal. The problem is that growth and healing have become building and fixing, and this distortion of reality has led us into a despairing endless struggle with self-improvement. The idea of effecting repairs and improvements upon this thing which is “self” has so blocked our awareness of the natural processes of growth and healing that simple living has become an incredibly hard job.”

At Anchorpoint we believe that the Christian faith offers the needed healing (salvation) that all people are in search of for their lives. Healing comes through a relationship with Jesus Christ and in turn He deepens our understanding of the priorities we need to live a meaningful and joyful life. In Psalm 147:3, we read *“He heals the brokenhearted and binds their wounds.”* And, in Ephesians 4:16, we read, *“He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.”*

Anchorpoint Counseling Ministry is a para-church ministry, and is indeed, connected to the larger Christian church. We continue to interact with as many churches as we can to work together in reaching out to our greater community with the healing power and love of Christ. Anchorpoint, like the larger Christian church, reaches out to the broader community to serve and to be a therapeutic, healing and hopefully, witness in a world that needs a spiritual foundation.





Message from the Board President Cindy A. Gilch

What a privilege to serve as President of the Board of Directors with Anchorpoint Counseling Ministry in 2013. The Ministry remained strong and committed to providing counseling, tutoring, and education to hundreds of clients and families while staying mission focused and financially prudent. Individual and community dollars provided a greater return when leveraged with hundreds of volunteers and an Executive Director, Staff and Counselors who were willing to go beyond the norm to give not only of their time but their hearts to ensure true life changing results for those seeking services and resources.

The Board of Directors completed a three year Strategic Plan in 2013 that will guarantee HOPE and effective programming for years to come while keeping in mind the changing dynamics of everyday life for individuals and families. In addition, our new tracking and evaluation system will provide the means and tools needed to assure our achievements and efforts are successful.

ACM also experienced its first ever Golden Anchor Gala: Celebrating People of Hope. This evening of excellence celebrated a business, a faith community, a family and a friend who provided HOPE, support and resources. Collectively in 2013, ACM's successful fundraising events will enable mission advancement and new partnerships while providing low-cost or free services to individuals and families in the new year.

On behalf of Anchorpoint Counseling Ministry's Board of Directors I would like to thank you for sharing your time and resources and invite you to join us in 2014. ***Together, we can work to mend hearts, heal relationships, educate youth and build healthier and safer families.***

Blessings,

Cindy Gilch



A family that brings Hope: Curt & Kim Tillotson Fleming with sons Grant and Todd flanked by Board President Cindy Gilch and our executive director Ron Barnes. We have many people to be thankful to for the success of the First Annual Golden Anchor Gala on October 24, 2013.

You bring HOPE through helping us provide....

Counseling Services

"The counseling provided was very helpful to me. I was going through a difficult and confusing time, and would not have been able to afford to go to a counselor for help if it wasn't for Anchorpoint. There are many people who are in this same position. This service is invaluable." - ACM Counseling Client

In 2013 Anchorpoint Counseling Ministry counseled with approximately 470 families. We served over 1900 people in various family constellations and provided over 3,400 counseling sessions. Our referrals come from a wide variety of sources including our website, schools, churches, insurance companies, non-profit agencies, businesses, word of mouth, and professional counseling groups.

We serve people experiencing marital conflict, depression, family conflict, anger management, bereavement, abuse issues, self-esteem problems, peer pressure and bullying, separation and divorce, school difficulties and numerous other challenges, heartbreaks, difficulties and temptations.

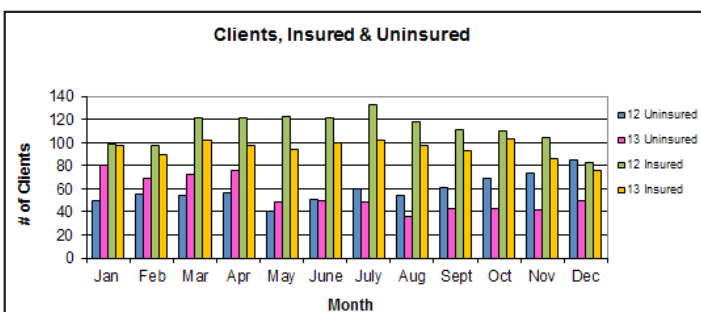
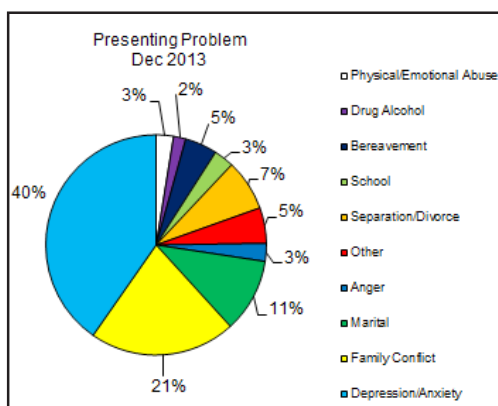
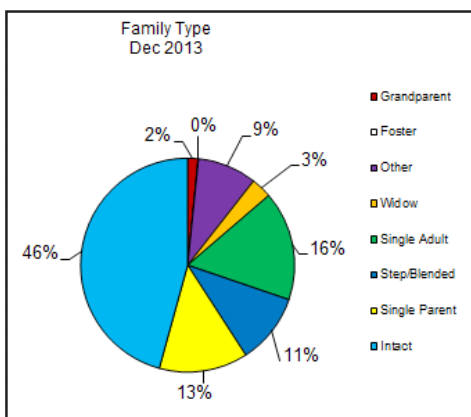
The counseling process is intended to lead people into healing and growth awareness opportunities. As with most situations in life the client has to make the decision to face their problem and do the needed work that will result in ever increasing awareness and eventually lead to healing and growth. Counseling usually is a

difficult path as one is facing something that has been ignored or feared for some length of time. Most people take a while before they decide to come to counseling. It is like that aching tooth that finally has to be dealt with and the call to the dentist is finally made. It would be better if they came earlier.

Our society is more and more complex and less and less simple. Technology can be harmful rather than helpful. There are subtle pressures and not so subtle pressures to own this or that, to live in certain areas, to go to this school, to know this person, etc. Teenagers aren't the only ones that experience competitive peer pressure. Adults feel these significant pressures as well, not to mention just making a decent living and the pressures of raising a healthy family (if married with children).

At Anchorpoint we believe that anchoring one's life spiritually is a healing process. All people go through difficult times and have down times during which they need support and may need to be in counseling. Counseling, at some point in everyone's life, is a good idea. Just like the need to grow spiritually is an ongoing process so is the need to integrate one's faith into the everyday realities that at times move us to question our faith and belief system. We all go through these trying times and a grounded belief system helps us through the scriptural teachings of God's protective commands as well as the knowledge of a God who loves us.

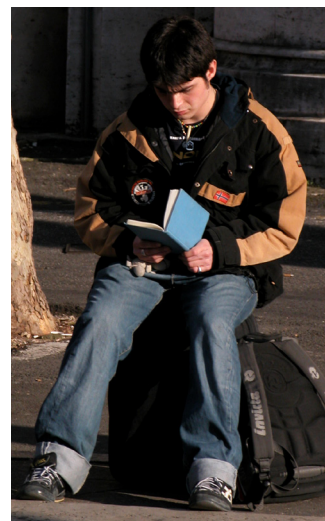
In Psalm 139:14 we read: *"I praise you because I am fearfully and wonderfully made, your works are wonderful, and I know that full well."* The commentary on that scripture from the NIV Application Study Bible reads: *"God's character goes into the creation of every person. When you feel worthless or even begin to hate yourself, remember that God's spirit is ready and willing to work within you. We should have as much respect for ourselves as our Maker has for us."*



You bring HOPE through helping us provide....

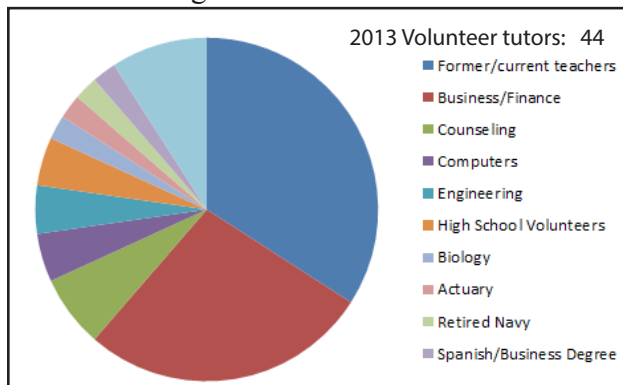
Tutoring & Mentoring

This past November, a student excitedly burst into the Tutoring Program Manager's office to announce that his mother had displayed his report card on the refrigerator for the very first time! This may not sound like a big deal, but it was a huge accomplishment for this student! Brian, a 12th grader, had struggled in school for many years. Earning high grades to make the Honor Roll had seemed nearly impossible to him; but, with the help of his parents, his teachers at school, and some exceptional Anchorpoint tutors, Brian achieved something that he never thought was reachable. One tutor, in particular, formed a very special bond with Brian and was a big reason why he turned himself around in his senior year of high school. Brian and his tutor, Stan, shared many common interests. Stan became much more than a teacher to his student; he became his MENTOR. He taught Brian life lessons in addition to his academic lessons. He helped Brian to believe in himself. Stan never gave up on this young man and encouraged him to take pride in his accomplishments by charting his progress and celebrating his victories. Stan's tutoring improved his student's math and science skills; but more importantly, his mentoring encouraged Brian to make better choices in his life, to take responsibility, and to work to his potential!



During the past year, 107 students received tutoring at Anchorpoint. Some needed to learn how to study effectively, many required extra help in one or more subjects, while others found it beneficial to have a 'study buddy' to help them complete assignments that seemed daunting if forced to do them independently. Our volunteers tutored over 1500 hours in 2013... that's a lot of math problems, research papers, book reports, and science lessons!

A shortage of volunteer tutors was an ever-present dilemma this past year. We constantly had a waiting



list for students to enter the program and continuously were trying to recruit tutors, especially for middle school and high school students. To become a tutor at Anchorpoint, a person needs to commit to only one hour per week ... it's amazing what a difference you can make in such a short period of time! Aggie Haverlack, a retired North Allegheny reading specialist, shared her feelings about volunteering as a tutor since 2007: "I was so pleased to find a volunteer program that would allow me to continue using my teaching skills in a setting that focuses totally on each student's individual needs. It is such a

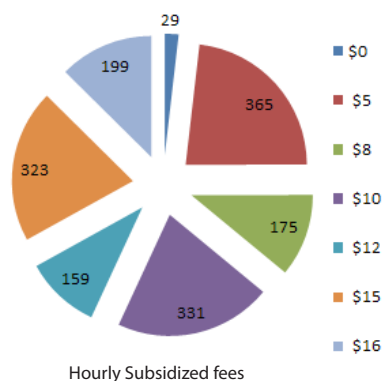
rewarding experience to watch each of my tutoring students develop and strengthen their reading and writing skills. I consider it a great honor and privilege to be a participant in such an outstanding program."

With your help we tutored 107 students in 2013

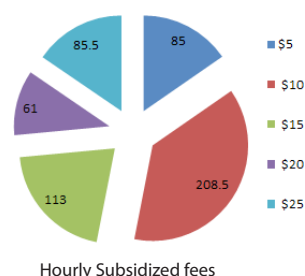
40 Elementary Students
32 Middle School Students
31 High School Students
4 Post- High School Students students

Students are from the following districts and schools:
Hampton, North Allegheny, North Hills, Shaler, Deer Lakes, Steel Valley, Fox Chapel, Chartiers Valley, Quaker Valley, Pine Richland, Pittsburgh Public, Robinson Township Christian, Eden Christian, St. Malachi, St. Raphael, St. Sebastian, Immaculate Conception, St. Bonaventure, Central Catholic, Quigley Catholic, Norths Catholic, CCAC, and Cyber school.

1500 Tutoring Sessions During the School Year (January 2013-June 2013)



553 Summer Program Tutoring Sessions (7 week program)



You bring HOPE through helping us provide....

Education to Equip Parents, Families, & Community Leaders



2013 was a Banner Year for our Community Education & Outreach



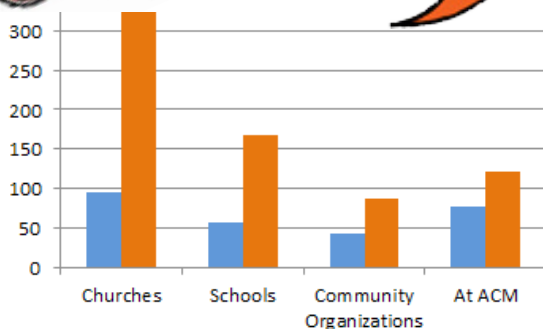
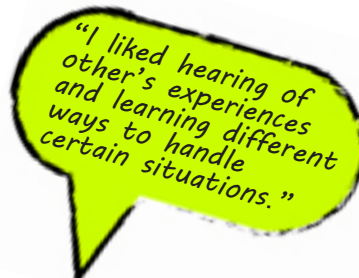
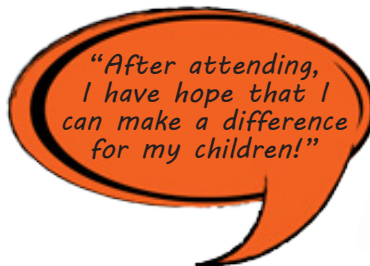
We've had quite a year with increased numbers and media exposure. Under the guidance of our Community Education Director, Joan Schenker, more individuals were equipped to make a difference. Parents, families, youth leaders, teachers, counselors, and others responsible for the well being of our youth attended a variety of workshops and presentations held not only at the ACM offices but hosted by churches, schools and other community sites throughout our area.

Thanks to generous grants from the WOMEN of Southwestern PA two critical ministries have grown. The first, Body Image and the Media, has captured the interest of parents and teens across the community. The other provides scholarships for single parents to receive one-on-one parent coaching. ACM's work in these areas was highlighted in print and online by several community papers including the Post Gazette, Tribune Review, North Hills Monthly, Cranberry Eagle, Butler Eagle, and the N.A. Magazine.



In addition, we're becoming more interactive online and have increased our participation on our website and Facebook. We are developing an online parenting tip of the month to further serve and empower families.

What parents are saying about our workshops:



■ 2012 Attendees
■ 2013 Attendees

In 2013
Workshop
attendance
increased 44%



Financial Report

Gifts listed in this report were received in our office from January 1 through December 31, 2013. If your name has been accidentally omitted or misspelled, please accept our sincere apologies and notify us at 412.366.1300.

There is great power in hope. Hope opens doors where despair has closed them. Hope sees problems as opportunities. Hope is essential for life...so essential, in fact, that Scripture describes hope as "a strong and trustworthy anchor for our souls" (Hebrews 6:19).



One of the earliest symbols of the Christian faith, the anchor has at its center a cross. For Christians, the cross-shaped anchor reminds us of the hope we have in Christ. In the same way an anchor steadies and secures a ship during stormy weather, hope-anchored by faith in Jesus Christ-holds the wind-tossed, storm-torn, and weary believer during his or her most perilous times.

God has called on countless loving and generous individuals like you to support this ministry financially. Anchorpoint Counseling Ministry is very grateful for your partnership. Thanks to your generosity, the people who desperately need help but could otherwise not afford it - now have hope. Whether you donate publicly or anonymously through cash donations, the United Way Contributor Choice (code # 354), auction/raffle prizes, books, golf sponsorships, grants, office equipment or furniture, participation in fundraising events, or your time as a tutor, board member, or office volunteer, we sincerely THANK YOU.

ANCHORS OF HOPE

Visionary
\$10,000 or more

Inspired
\$5,000 to \$9,999

Enterprising
\$2,500 to \$4,999

Purposeful
\$1,000 to \$2,499

Nurturing
\$500 to \$999

Persevering
\$250 to \$499

Encouraging
\$100 to \$249

Steadfast
Up to \$99

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Ms. Barbara Lynn Smith
Mr. Richard S. and Mrs. Gwen N. Spahr
Mr. and Mrs. Richard L. Stover
Mr. Eng Tan
Mr. Damen and Mrs. Sara Taylor
Mr. Rob Thomas
Ms. Arlene C. Timmons
Mr. and Mrs. Neil Toomey
Mr. Thomas R. and Mrs. Dawn J. Tornese
Rev. Douglas E. and Mrs. Daphne A. Turner
Mrs. Margaret M. Uhl
Connie and Dan Vitale
Mr. Chas W. Watson
Mr. Charles M. Watson
Mr. Edwin R. and Mrs. Barbara J. Weeber
Mr. Jim Wheeler
Dr. Jane L. Williamson
Sr. Carolyn Winschel
Mr. Joe Wuenschell
Ms. Fran Yasko
Mr. James W. Yoxall
Ms. Diane D. Zebrine



Over 40,000 books, 137 volunteers of various ages, and many generous book donations enabled many families to receive the counseling and tutoring they would not have been able to afford otherwise.

In honor of

James E. Ogle
by Rev. Dr. and Mrs. Ronald Barnes
Scott Seethaler
by Rev. Dr. and Mrs. Ronald Barnes
Ed Cox
by Rev. Dr. and Mrs. Ronald Barnes
Holly Joy Penzenstadler
by Rev. Dr. and Mrs. Ronald Barnes
John H. Littell
by Rev. Dr. and Mrs. Ronald Barnes
Emanuel Schnepf
by Rev. Dr. and Mrs. Ronald Barnes
Mike Wallace
by Rev. Dr. and Mrs. Ronald Barnes
Cindy A. Gilch
by Rev. Dr. and Mrs. Ronald Barnes
Sylvia Lynn
by Mr. and Mrs. Robert Coleman
Mr. Paul E. Fitting
by Mrs. Linda Neuenschwander
Emily Thomas
by Mr. Rob Thomas
Rev. H. William Dambach
by Mrs. Izzetta Wilson

In Memory of

Mr. Frank Frankovich
by Anonymous
Dr. Donald Hartswick
by Mr. and Mrs. Michael Bryson

Mr. Richard Spahr
by Mr. and Mrs. Robert Burstynowicz
Mr. Al Dawson
by Mrs. Joan Dawson
Mr. Richard Spahr
by Mr. and Mrs. Lee Gilch
Mr. Richard Spahr
by Mr. and Mrs. Donald Hook
Mr. Richard Spahr
by Mrs. Linda Neuenschwander
Ms. Janie Crissman
by Mrs. Margaret Uhl
Mr. Nelson Hamler
by Mrs. Margaret Uhl

Foundations

PNC Charitable Trust
Thomas J. and Sandra L. Usher
Charitable Foundation
Celtic Charities
New Hampshire Charitable
Foundation
Robert & Mary Weisbrod Foundation
William B McLaughlin Charitable Trust
Pittsburgh Child Guidance
Foundation
The Anne R. Monroe Foundation
WOMEN of Southwestern PA, Inc.
The Pittsburgh Foundation
Allegheny Co. District Atty's Office
Pittsburgh Pirates Alumni
Association, Inc.

Churches

Berkeley Hills Lutheran Church
Bethlehem Lutheran Church
Catholic Charities, Diocese of Pgh
Christ Episcopal Church
Glenshaw Presbyterian Church
Hampton U. P. Church
Heritage Presbyterian Church
Hiland Presbyterian Church
North Hills Comm. Baptist Church
North Hills U P Church
Northmont U P Church
Parkwood U P Church
St. John's Ev. Lutheran Church
St. Paul's United Methodist Church
St. Thomas Church in the Fields
Wexford Comm. Presbyterian Church

Businesses/Organizations

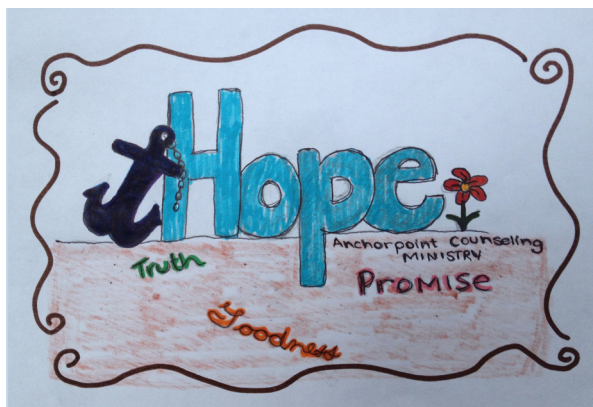
1-Step Detect Associates
Allegheny Construction Group
Allegheny Financial Group
American Refining Group, Inc.
ANONYMOUS
Architctural Innovations
Asia Carpet and Decorating Co., Inc.
Bates, Barksdale, Ickert & Co.
Clearview Credit Union
Colliers International
Davies & Davies Insurance, Inc.
Drs. Flannery, Bullington, & Rapetti
Duquesne Light Co.
Elfin Wild Lions Club

FBC Chemical Corporation
First Commonwealth Bank
Franklin Inn Mexican Restaurant
Geo. V. Hamilton, Inc.
Good Looks Eyewear, Inc.
Hair Symmetry
Hefren-Tillotson, Inc.
Highmark Blue Cross Blue Shield
Joseph Scherer Elec. Contractors
Lamagna Cheese Company, Inc.
Lighthouse Electric Company, Inc.
Mailing Services of Pittsburgh, Inc.
Manning & Napier Foundation
Mckesson Foundation
McKinley Carter Wealth Services
McKnight Women's Club
Medical Service Associates, Inc.
Medwig & Co.
Meyer, Unkovic, Scott LLP
Minnock Construction Co.
Morella & Associates
Nocito Enterprises, Inc.
Panther Physical Therapy
Peoples Natural Gas
Pittsburgh Zoo & PPG Aquarium
Precision Copy Products, Inc.
Private Wealth Advisors, Inc.
R. L. Swearer Company, Inc.
Schellhaas Funeral Home, Inc.
Seubert & Associates Inc.
Simonic Plumbing Co.
Sisters of Divine Providence
Sunrise Commercial Contracting, Inc..
The Camelot
Dr. Thomas Bonidy
Thomson Properties Inc.
Thrivent Financial for Lutherans
TowerCare Technologies

In Kind Gifts

Aquinas Academy
Baierl Family of Dealerships
Rev. Dr. and Mrs. Ronald Barnes
Mr. E. Alan Bates and Ms. Bonnie
Brimmeier
Birdsfoot Golf Club
Board Builders Inc.
Bodytech Health and Fitness
Bruster's Real Ice Cream
Carnegie Museums of Pittsburgh
Carnegie Science Center
Mr. James Cerney
Chick-fil-A
Children's Museum of Pittsburgh

ACM Art Contest: What does "Hope" mean to you?



We invited young artists under to submit pieces around the theme "What does hope mean to you?" The artwork of our finalists was displayed at our first annual Golden Anchor Gala: Celebrating People of Hope in our Community. One of the finalists, thirteen-year-old, Morgan Halamaya, returned her \$20 prize check to us, asking that it be used for one of our clients who needed it more. Wow! People of any age can inspire hope and help those in need.



The 2013 Golf Classic was a day of fun, golf, and prizes all to raise much needed funds for families in need of counseling and tutoring.

John and Wend Cibula
Cranberry Highlands Golf Course
Rev. and Mrs. H. William Dambach
Eat'n Park
Mr. and Mrs. Lee Gilch

Mr. and Mrs. Jeffrey Gmuer
Go Ape! Treetop Adventure
Mr. and Mrs. Brian Gongaware
Hair Symmetry
Island Bean Company

La Casa Narcisi Winery
Laser Storm
Mr. and Mrs. Jerry Lynn
Marmo Technology
Medical Service Associates, Inc.
Mr. W. Aaron Mickens
Mr. and Mrs. Abraham Moosa
Mountain Playhouse
Nocito Enterprises, Inc.
O'Connor, Pagano and Grupac
Mr. and Mrs. James Ogle
Mr. and Mrs. John Patsko
Phipps Conservatory
and Botanical Gardens
Pittsburgh Opera
Pittsburgh Pirates
Pittsburgh Symphony Orchestra
Pittsburgh Zoo & PPG Aquarium
Premier Innovations Group
Mr. and Mrs. Ronald Pusic
Rico's Restaurant
Mr. and Mrs. Emanuel Schnepf
Senator John Heinz History Center
Sewickley Heights Golf Club
Springfield Restaurant Group
Sr. Betty Sundry
The Andy Warhol Museum
The Shoppes at Northway
Management Office
Thomson Properties Inc
Trinity Jewelers

West View Floral
Wholey Wild Alaskan Grille
Wildwood Golf Club

Volunteers

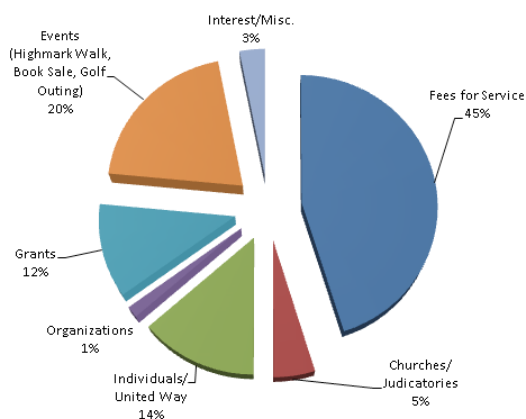
Book Sale Volunteers
Golf Classic Volunteers
Heinz Retiree Volunteers
BNY Mellon Retiree Volunteers
Tutor/Mentor volunteers
Mr. Bud Baker
Mrs. Marcia Coleman
Mrs. Betty Gerginske
Mrs. Chris Hack
Mrs. Judy Nudi
Mrs. Anne Payling
Mrs. Linda Pepper
Mrs. Harriet Ulrich
Mr. and Mrs. Glenn Waldschmidt

Intern Volunteers

Melissa Cragen
Nora McDonald
Don Shar
Suzanna Styles
Ben Mueeting
Corynn Koos
Michelle Miltz
Lynnel Brewster
Matt Karg

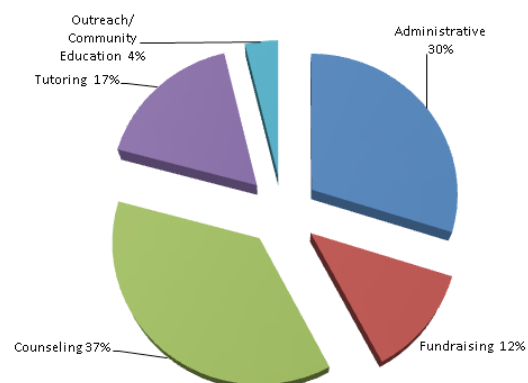
Income Summary 2013

\$461,292



Expense Summary 2013

\$415,818



Thank you for the hope you bring to us and our clients in so many ways.

As each has received a gift, use it to serve one another, as good stewards of God's varied grace. -1 Peter 4:10

Thank YOU for your faithful friendship to ACM.

Your prayers, sacrifices of time, treasures and talents have enabled us to serve others in need of love and healing in our communities. We and our clients have been greatly blessed by your kindness. We pray your partnership with us is a blessing to you as well.

