

Thank you for walking beside us to put the interests of others first and change lives.



Anchorpoint

Counseling Ministry

Saving Families, Saving Lives



Our Community

Churches • Schools • Small Businesses

- Corporations Fellow Non Profits
- Individuals Clients Physicians
- Referral Partners Foundations Counselors Staff Prayer Partners
- Donors Board Volunteers and YOU!

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Saving Families, Saving Lives • Since 1966 Formerly North Hills Youth Ministry Counseling Center

800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237-6504 www.anchorpointcounselingministry.org • 412-366-1300 We have this hope as an anchor for the soul, firm and secure. —Hebrews 6:19

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

Executive Director's Message Rev. Dr. Ron Barnes, LSW



A Communal Call to Healing

Meeting the needs of the community is how Anchorpoint began its mission almost fifty years ago. In 2015, we continued to expand our services to the greater northern area of Pittsburgh by offering more therapeutic and educational support groups. One of the commonalities in many of our clients is the issue of isolation. Our society continues to prioritize independence over interdependence which results in loneliness, lack of community and isolation. As one of our support group attendees remarked, "I see that I am not alone in my situation."

Anchorpoint Counseling Ministry (ACM) is a Christian-based para-church ministry that is connected to and supported by many churches. This ministry was begun by sixteen churches working together to create Anchorpoint (previously North Hills Youth Ministry) as an outreach to teenagers who were not involved with a church or who were active in the drug culture of the late 60's, a culture that influenced considerable rebellion. The community of churches stepped it up and reached out and created a place, a community, for teens to gather and have music (a coffee house) and a place to dance. Adults were there to informally reach out and engage with teenagers through caring, connecting, Bible studies and fun activities. The idea took hold and fifty years later we are still stressing the importance of community. The Bible teaches us about Pentecost, the birthday of the church (the Christian Community). Anchorpoint's model of ministry is to be communal and to encourage communal involvement for all our clients through counseling, tutoring, parent education and through our growing number of therapeutic and educational support groups.



"The word community has many connotations, some positive, some negative. Community can make us think of a safe togetherness, shared meals, common goals, and joyful celebrations. It also can call forth images of sectarian exclusivity, in-group language, self-satisfied isolation, and romantic naiveté. However, community is first of all a quality of the heart. It grows from the spiritual knowledge that we are alive not for ourselves but for one another. Community is the fruit of our capacity to make the interests of others more important than our own (see Philippians 2:4). The question, therefore, is not "How can we make community?" but "How can we develop and nurture giving hearts?" – Henri Nouwen

We are so grateful to all who make Anchorpoint a caring, communal ministry that offers help, hope, and healing. It is through so many "giving hearts" that Anchorpoint has been able to minister for so long. We are grateful to our Board of Directors, our many volunteers, donors, local churches, foundations, small businesses and corporations for supporting Anchorpoint.

Thank you to all of you who help Anchorpoint save families and save lives.

Board President's Message Jim Ogle



It's been a privilege to serve the staff and our many clients as Board President of Anchorpoint Counseling Ministry. It is clear to me that we have a dedicated and talented staff that would be the envy of so many organizations. Ron and his team are passionate about helping others and collaborative in their ideas and dreams for the organization going forward....in 2016 we celebrate fifty years of serving Pittsburgh and our North Hills communities. I am proud to be part of an organization with such a rich heritage but I am most proud to associate with an organization that has the depth of volunteers and donors that Anchorpoint has; people who care and step forward not because they feel obligated, but because they want to. Whether you are a tutor, a volunteer, a board member, or

one of our many gracious donors, you are a very special person who goes above and beyond and truly impacts people and families in need! I sincerely thank all of you for your efforts and support.

Today's world is so different from when I grew up. Expectations are so high for our kids. There are no second chances. You make a mistake and it is all over the Internet. Immediate satisfaction and smart phone addiction are normal behavior. Single parent households and drugs in our schools are much more the norm than in years past. Our veterans and seniors feel more lonely and disconnected than ever. All of this challenges so many aspects of families; day to day lives and our communities and society in general.

Anchorpoint Counseling Ministry continues our tireless mission to reach out to those in need through counseling, tutoring and education. Our new group sessions have enjoyed great success and helped many to know that they are not alone with their challenges. We are reaching out to new neighborhoods and bringing new programs that educate and deliver hope. We strive for Anchorpoint to be known as that friend for anyone in the depths of depression with seemingly no place to turn. Anchorpoint will continue to be at the forefront of delivering that message of hope to any and all of us who face challenges!

Here's to a great 2016 in building families and changing lives!



Would you like to become more involved with Anchorpoint?

Thank you for supporting Anchorpoint Counseling Ministry. ACM relies on your generosity to subsidize fees to assist those who would otherwise not be able to take advantage of our services. *Together, we will make a difference!*

• **Pray**—The earnest prayer of a righteous man has great power and wonderful results—James 5:16. Please include us on your prayer list and pray for our clients.

• **Refer**—Do you know someone in need of counseling? A child struggling with school work? Moms and dads in need of parenting help? Folks who would benefit from our grief, teen, or other support groups? Let them know Anchorpoint is available to help.

Donate—Your monetary and in-kind assistance sustains the work of ACM. Thanks to your support, we are able to provide one of the few low-cost faithbased counseling services available. Please consider:
Monthly Gifts • One-time Monetary Gifts • Bequests
In Kind Donations (call for a list of current needs)
Restaurant Gift Cards for support group meals • United Way: #354 • Gifts in Memory or in Honor of a Loved One.

• Volunteer and Special Opportunities—Your participation is appreciated: • Tutoring • Bulk Mailing Helpers • Clerical Support at our office • Special Event & Committee Help • Join our Board of Directors. We are interviewing individuals who will help to steer the future of this ministry.

• Anchorpoint Ambassadors—Help us connect with your church, business or organization. Together, we can reach out and serve those in need.

• **Connect with us online**—Follow us and share our posts with your friends on social media. Sign up for our email updates via our website: AnchorpointCounselingMinistry.org.

Call us at 412-366-1300 for more information!



"My therapist gained my daughter's trust immediately. She has been supportive and very positive for her. She has helped her find a way to communicate." - Mother of a Child in Counseling

"Never take God out of what you all are doing, it helped me, and it'll help others." - Family in therapy for family bonding, communication, and co-parenting issues.

"My counselor has been very integral in helping me identify my grief, and she has been so encouraging to help me. She is truly wonderful. The conversations/sessions have been most helpful. She is so good at listening as well as asking me poignant questions. I am grateful for my experience here." – Middle Age Counseling Client

"My therapist has been extremely insightful. She has helped me to examine things in new ways to realize what is in retrospect, obvious. She helps me work toward discovering the roots of my issues, not just ways to cope with them after it is basically too late. She is always postive and fills me with hope!" - Twenty-Something Counseling Client.

In 2015 Anchorpoint Counseling Ministry served approximately 400 families through counseling services.

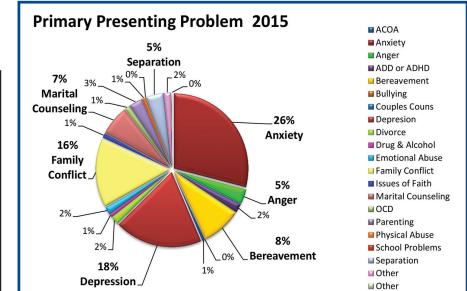
This amounted influencing over 1600 people through 2,616 counseling sessions. Anchorpoint's focus is to save families and save lives.

Counseling with adults is paramount to helping their family life, marital life and their children. Counseling with teenagers is a central theme through our fifty years of ministry. As you can see from our presenting problems graph below, individuals seek our help for many different counseling issues.

Anchorpoint is also concerned with the spiritual life of our clients. We meet people where they are at in their faith development

and know that bidden or unbidden God is present. We believe that *Christ is the Anchor of our soul, firm and secure.* (Hebrews 6:19)

Family Type 🖬 Intact 2015 7% Step/Blended Other 4% 0% Single Parent 2% Widowed Single Adult 39% Intact Living Together 1% 📕 Widowed Separated 25% Divorced Single Adult 📓 Foster Grandparents 10% 14% 🖬 Other Step/Blended **Single Parent**



You enabled us to offer over \$60,000 of free and subsidized counseling services to families in our area. Thank you!







"Group has given me new strength to keep on fighting my fight. It's such a wonderful thing hearing that you aren't the only one dealing with certain issues. It's even more wonderful hearing positive encouragement from others listening to your story." - Self Care for Women Participant

"This group was extremely helpful to me. I learned many helpful skills to feel better about myself. I also learned how to cope with unhelpful feelings and thoughts." - Sanctuary for Teens Participant

Because of your generosity, Anchorpoint's *Grief Support Group for Widows and Widowers over Fifty* has been minstering to the broken-hearted in our area for more than ten years. In the summer of 2015, Anchorpoint committed to formulating and facilitating new therapy groups to meet the additional needs of the North Hills community. One could hardly guess that through these groups Anchorpoint would serve over 100 clients in six short months. Further, many of these clients are now utilizing other counseling services at Anchorpoint, a number that is expected to swell with time.

After hiring a group therapist in August, Anchorpoint developed three new programs: a *Self-Care Group for Women*; *Life After Divorce*; and *Sanctuary*, *a Teen Support Group*. Since August, the *Self-Care Group for Women* began three ten-week iterations, serving a total of 32 women managing overwhelming stress, anxiety, or depression. *Life After Divorce* is our first therapy group to bill insurance. It ran for one ten-week iteration in 2015, serving a total of eight individuals. In the fall, preliminary work was done for *Sanctuary*, *a Teen Support Group*, including extensive networking with churches, schools, and youth ministries in the area. The first group started with six teens involved.

Anchorpoint also partnered with TwoGether Pittsburgh to offer further support to marriages. Through this partnership, we facilitated three six-week *How to Avoid Falling for a Jerk or Jerkette* workshops, which assisted 36 individuals. Further, Anchorpoint facilitated a six-week *Marriage Sustainers* workshop for struggling couples, where 18 people were served.

Three newspaper articles, many client intakes, hundreds of church and school connections, and thousands of networking emails and phone calls later, we continue to define group therapy at Anchorpoint, catching a glimpse of what God is capable of accomplishing through it.

Anchorpoint Intern Program: Your Support Enables Us to Train the Next Generation of Healers.

"My experience as an intern at Anchorpoint Counseling Ministry has been filled with learning and joy. My time here has been spent doing meaningful work in the field of counseling. I feel that the training and professional growth opportunities I have received here have primed me to become the best counselor I can possibly be. The learning experiences, supervision, and support of the ACM staff and my fellow interns has been nothing short of amazing. Thanks to ACM, I am confident in my future success as I complete my MSCP career." - Henry Ternier, Anchorpoint Counseling Ministry Intern, Chatham University Counseling Psychology Program



We are committed to training future therapists who have a desire to integrate the resources of faith into their counseling with clients. Interns are provided the opportunity to develop counseling skills under the direct supervision of our diverse and talented staff. Interns are encouraged to utilize all the resources within our counseling center to gain experience and confidence in their counseling abilities.



Youth Development Program Celebrates 15 Years!

As of September 2015, the Tutoring/Mentoring Program entered into its 15th year as an integral part of the services offered at Anchorpoint. Throughout these years, over 1,000 students have received academic assistance and nurturing guidance from an exceptional group of volunteer tutors and paid teachers. With each passing year, we have improved our methods of working with students, parents, and school personnel in order to provide the best possible support for our young clients and their families.

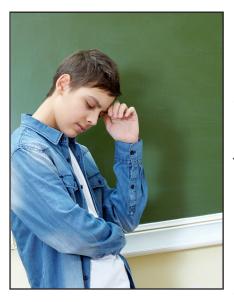
The year 2015 brought 101 students through our doors for over 1,727 hours of tutoring ... 44 elementary students, 20



middle school students, 34 high school students, and 3 post-high school students. This year we definitely saw an increase in the number of students seeking help in mathematics. Fifty-three percent of our students requested math tutoring, either as the only subject needing help, or as one of several subjects requiring remediation. A possible explanation for this rise in math students may be due to the complexity of the Common Core Math and Singapore Math courses used in many of our local districts.

Our tutors strive to improve grades, develop better study habits, and increase motivation in their students, but academic progress is often affected by other factors in a child's life. Over 60% of our students come from homes with unique challenges (single parent homes, shared custody arrangements, grandparents as guardians, and families with an above-average level of conflict), and in many cases these households struggle with school issues. When these students arrive for tutoring, they are often behind in assignments and need to "play catch-up."

Bobby, a 4th grade student, is an example of the impact that divorce and shared custody can have on a child, both academically and emotionally:



During the week, Bobby lives several days with his mother and the rest of the time with his dad. Bobby's father tries to make him do his homework, but they often end up arguing over the assignments, accomplishing very little in the end. Bobby's mother allows him to play video games until late at night and rarely pushes him to do his homework. His grades have plummeted since his parent's divorce. When Bobby comes to tutoring, he never has all of his materials. He frequently leaves notebooks, folders, or books at his mother's or father's as he switches between households in the middle of the week. Bobby's parents only communicate by text message, and Bobby has learned how to play one parent against the other. Bobby's tutor helps him catch up on homework and study for tests in hopes that he will start feeling successful again in school and feel better about himself. Bobby truly wants to do better... he lights up every time his tutor praises him.

Helping youth like Bobby is a mission of our program. We feel every child deserves to have all of the tools necessary to work to his potential and feel proud of his accomplishments. As one little first grader exclaimed, "I love tutoring! I used to have the yuckiest printing, but now I get stars!"

Tutoring Program – 2015 Stats



"Anchorpoint has changed my son's and daughter's view of math. It has given me comfort and has relieved much stress. I know my children are getting great support. They are comfortable. I am extremely thankful for Anchorpoint!" —Parent

"Personnel and Program are excellent! Could not be more pleased with the results at the end of each school year!" —Grandparent (Guardian)

"Having a combination of tutoring and counseling increases both the tutor's and counselor's understanding of the child as a whole. The child has two people to talk with. It reduces the stress on the parents and the child when they can get both services in the same place."

-Parent

"Anchorpoint's tutoring program boosts child's/teen's selfesteem and reduces parental stress with child. This makes therapy more productive for the family."

—ACM Counselor

101 students tutored in after-school program and summer programs combined
 44 Elementary students
 20 Middle School students
 34 High School students
 3 Post-High School students



- 49 Volunteer Tutors Total of 1253.5 volunteer hours of tutoring
- 7 Part-time Teachers hired in 2015 for after-school program
- 1727.5 hours of tutoring conducted in 2015 (school year + summer)
 School year program 1,305 hours of tutoring

*8 teachers were hired for the summer program (5 elementary teachers, 1 middle school/high school English teacher, 2 middle school/high school math teachers); also used 3 volunteers and 2 substitute teachers

• School Districts served

Public Schools: Avonworth, Beaver Area, Butler Area, Fox Chapel, Hampton, Moon Area, North Allegheny, North Hills, Pine-Richland, Pittsburgh Public, Shaler

Private/Parochial: Central Catholic, Eden Christian, North Catholic, Oakland Catholic, St. Bonaventure St. Malachy, St. Sebastian, St. Teresa of Avila

Other: Baden Academy Charter School, CCAC, Cyberschool





Parent education and prevention outreach programs are designed to equip individuals, families, and education leaders the tools necessary to help navigate young people successfully through childhood and adolescence. Our caring and impactive web of family support - which includes you - made these top notch community education offerings possible:

• **Parenting With Love & Logic**: a six week support and educational course hosted by school districts, preschools and at ACM in collaboration with our tutoring program.

"Practicing with the group made the concepts stick. I am yelling less and communicating better with my kids. There are less power struggles!"

"What was most helpful were the examples and safe place to have a discussion."

• **HOT TOPICS in Parent Education**: Twenty-two dynamic programs for parents of preschoolers through high school. These workshops are usually hosted by local churches, schools, and community organizations like the public library.

"I really have had a wonderful time and learned more than I initially imagined I would. This youngest child has thrown me a curve and I feel that in these few weeks, I now have some new tools to employ."

"The advice from the presenter and hearing others" experiences was most helpful."



• **Individualized Parent Coaching Sessions:** Private one to one personal coaching for parents and guardians. Coaching utilizes the 40 Developmental Asset framework to strengthen families.

"I sought out family counseling, tutoring, parent coaching for myself and engaged with other single mothers with the same struggles, challenges and fears. I learned HOPE."

• **SPIN for Single Moms:** You are helping us *spin* a supportive, safety net for single moms! We thank all of you for helping us minister to single parent families.

"Preparing all young people to become thriving and contributing adults requires strengthening commitments and capacities of communities as a whole."

- Search Institute, Developmental Assets "My first evening at SPIN (Single Parent Information Network) was nothing short of a God-send. Not only was there a delicious catered dinner waiting for me and my kids upon arrival but the room was filled with other single moms and their kids too. They DID exist; I was not alone after all! After we ate together, the kids left the room to receive tutoring and help with their homework (for free!). It was then that I got to have the first real break I had had since I could even remember. That evening my burdens of being a single parent were lifted from my shoulders. Dinner was taken care of, the kids were being helped with their homework, and I found myself sitting across the table from these women with the same look of exhaustion from our busy days mixed with utter relief to be there. Being cared for in this way was such a foreign yet incredibly comforting feeling for me." - Mother of Two





Gifts listed in this report were received in our office from January 1 through December 31, 2015. 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 financially support this ministry. Anchorpoint Counseling Ministry is 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.



Thank you to our Generous Community of Benefactors. You Make this Healing and Educational Ministry Possible.

Inspired

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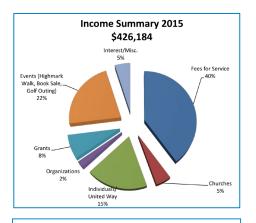
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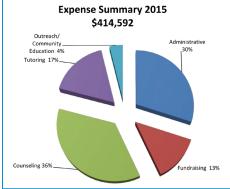
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And all the believers lived in a wonderful harmony, holding everything in common. They sold whatever they owned and pooled their resources so that each person's need was met. Acts 2:45 (The Message)





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Staff and board went green as a conversation starter and bravely attended our Tacos for Tutoring Event at the Franklin Inn Mexican Restaurant. Together *Tacos for Tutoring* and the *Highmark Walk* helped to raise much needed funds for the students in our tutoring program. Thank you for eating and walking for our kids!

> Mr. and Mrs. Raymond Berney Ms. Donna Bolen Mr. and Mrs. Paul Brewer Mrs. Michelle Brown Ms. Mary Jo Buffo Mr. John Cassandro Mr. and Mrs. Rob Chiles Mrs. Marilyn Conwell Mr. John and Mrs. Freda Copper Mr. Richard D. and Mrs. Norma H. Crooks Ms. Sherry Crowe Rev. H. William and Mrs. Cathy Dambach Ms. Sandra Defibaugh Mr. Michael DeMore Rev. and Mrs. Walter L. DeMoss Mr. and Mrs. Floyd Dierker Mr. and Mrs. Herbert A. Dodd Mr. Robert B. and Mrs. Joan D. Donaldson Mr. and Mrs. Michael Dougherty Mr. and Mrs. Mark DuBois Mr. and Mrs. James G. Dunmire Mr. and Mrs. Clifford Elms Mrs. Joyce Erdner Mr. Henry W. and Mrs. Mary J. Ewalt Ms. Janet F. Farren Mr. John J. and Mrs. Marlene Feith Ms. Jennifer Feraco Mr. Wm. Herman and Mrs. Margaret W. Foster Mr. Ben Friday Ms. Donna J. Fryer Mr. Stephen E. and Mrs. Loriann P. Gauger Mr. and Mrs. David E. Gibbs, Jr. Ms. Harriet Gibbs Mr. James and Mrs. Sharyl Giel

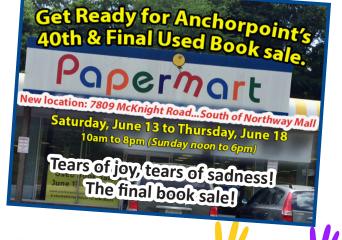
The Golf Classic raised \$44,000 in 2015 to subsisize various programs serving children, teens, couples and families. Thank you to our golfers, sponsors, volunteers, and auction donors. We were also honored to recognize our 20 year sponsors: Bates, Barksdale and Ickert, and Wilkins Associates



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In 2015, we held our 40th and final used booksale. Logistical issues and changes in the way folks read were among the factors for our farewell to this hardworking event. We had a good run and with your help, we raised over \$560,000 the past 40 years with this book sale.



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At the 2015 Golden Anchor Gala. we were blessed to honor special people who bring hope to our community while raising funds to continue our healing ministry: Rev. H. William Dambach: a Friend Who Brings Hope, The Littell Family: a Family Who Brings Hope, John Marshall Catering: a Business that Brings Hope, Hampton Presbyterian Church: a Faith Community that Brings Hope. With the help of attendees, volunteers and sponsors, we also raised over \$20,000 for our clients.

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We ended 2015 with a special thank you to founding board member and treasurer for fifty years, Richard Bruckman. Thank you for your loyalty to Anchorpoint and all the lives you've touched with your contributions of in our healing ministry.

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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.

Thankyou