

Saving Families, Saving Lives - 412-366-1300



Anchorpoint Counseling Ministry

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Since 1966

Fall/Winter 2017 Newsletter

Anchoring the Future: Meeting Tomorrow's Critical Needs

"And now, O Lord, for what do I wait? My hope is in You." -Psalm 39:7

*By Mark Heinbockel, MSW
Director of Development*

As a father and grandparent, Ken Wilkins thinks a lot about the future. He and his wife, Trudie, are optimistic and hopeful that their children and grandchildren will carry on their legacies of faith, family, and community.

Ken and Trudie have lived and worked in the Pittsburgh region since the 1960's. Through Ken's architectural firm and Trudie's furniture business, the couple of 58 years has planted deep roots and developed strong relationships in the North Hills community. With faith as their guide, they have continuously strived to give back—in whatever way they can—to help their clients, friends, and neighbors.

Recently, Ken and Trudie decided to take the next steps in philanthropy through planned giving: they arranged a charitable gift in the present that will be directed to Anchorpoint in the future. Typically, a planned gift is donated through a will, charitable gift annuity, charitable remainder trust, or charitable lead trust. Ken shared his thoughts on the planned giving process to help educate others about this option:

"We learned about the possibility of designating Anchorpoint in our will from a financial planner. It made a lot of sense for us, because we have been associated with the organization for so long—and we want to see it continue to benefit future generations, like our kids and grandkids. Given Anchorpoint's stable history, low overhead, and the continued demand

for its programs and services from the community, we felt confident this would be a wise investment to help set up the organization for long-term sustainability and growth. When we updated our will, an attorney helped



walk us through the process. We strongly encourage others to consider planned giving as an opportunity to give whatever you feel comfortable and to whatever extent you can to benefit others. For younger professionals, budgeting an annual charitable pledge now can add up to make a big difference over time. And for seasoned professionals like me and Trudie, it may be worthwhile as well to consider updating your will and/or explore other options with a financial advisor."

In architecture, it takes thoughtful planning TODAY to make tomorrow's dreams a reality. Anchorpoint extends its sincere thanks and appreciation to Ken and Trudie Wilkins for helping to build a strong foundation to meet the future needs of children, teens, adults, and couples in our community.



Formerly North Hills Youth Ministry Counseling Center

800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237-6504

www.anchorpointcounselingministry.org • 412-366-1300

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

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



I Discovered My Teen is Cutting. Now What?

Q&A for Parents of Self-Injurious Teens

By Cassy Wimmer, LSW

First of all, take a deep breath. Really, close your eyes and take one...or more! This is a very frightening thing, but you're going to get through this. Information and help are available. This is a great place to start.

What is non-suicidal self-injury?

The term "cutting" has been familiar in our culture for a number of years, but self-injury goes beyond just "cutting." The clinical term, non-suicidal self-injury (NSSI), can include cutting, burning, self-hitting, skin-picking, hair-pulling, etc. NSSI is any behavior that 1) is not about suicide and 2) includes intentional harm to one's body.

Why in the world would anyone want to hurt their own body?

For those who don't self-injure, this can be very confusing to try to understand. Research shows that more than 85% of teens who report they self-injure do so to reduce painful emotions—most often feelings of depression, tension, nervousness/fear, or frustration. Other reasons are to "feel something" (34%), to punish oneself (31%), to get others to change (15%), or to get help (14%). Most teens report little or no pain during the experience, and brain research has confirmed a calming and numbing effect that self-injurious teens may be seeking. It is crucial to remember that self-injury isn't something to shrug off or minimize. The amount of psychological pain it takes for someone to try self-injury as a coping tool is significant. Self-injury is not manipulative. The behavior is important and deserving of full attention.

Isn't it some sort of "fad"?

Many studies show that in teen culture today, self-injury is neither unusual nor shocking. In fact, 15-30% of teens report self-injury. Between the late 1980's and 2000, there was a 250% increase in the rate of self-injury in the United

States. Experts call this "contagion," where teens hear of others' self-injury and wonder if it would work to relieve their own emotional pain. In the past (1970's and earlier), self-injury was strongly correlated with sexual or physical abuse; now it is not. Relatively normal teens are trying it out. The good news is that with therapy and support, they are giving it up much more easily than their predecessors.

Does it mean my child is suicidal?

Maybe, but maybe not. Not all people who engage in self-injury are suicidal. Self-injury and suicidality are different behaviors with different purposes. Most people who self-injure don't want to die. However, recent research has shown that while self-injury and suicidality aren't the same, self-injury is an important risk factor for suicide attempts. Studies show that 70% of those who self-injure have had a past suicide attempt. However, people are 120 times more likely to self-injure than to commit suicide.

The important thing is that if you are afraid your child is in serious danger, immediately take your child to the emergency room or call 911 or the RESOLVE Crisis Hotline (1-888-796-8226). If your child is not in danger, calling RESOLVE is still a good move. They are trained to assess the situation accurately and give you next steps.

Then, schedule an appointment with a therapist. Make sure the therapist is competent working with non-suicidal self-injury and will use evidence-based methods. Also make sure your child is comfortable sharing deeply with the therapist. Anchorpoint is available. Call us at 412-366-1300 to learn more and to schedule an appointment.

Should I hide the sharp objects? Matches?

Yes, you should. Less access to tools means less self-injury. However, you first need to do everything you can to

(continued on next page)



"I don't want to visit my dad because he doesn't care about me. I feel abandoned." - Teen in Counseling at ACM

"Our counselor is amazing. She has helped me and my daughter so much. Her voice has been a great comfort to me during this difficult time." - Mom & Teen in Counseling at ACM

"My father died and I don't know what to do." - Teen in Counseling at ACM

Your generous support of Anchorpoint helps children like these receive the help they desperately need. Thank you!

get your teen on board with the plan. Why? Because research shows that teens will find a way to self-injure if that's what they want to do. And, chances are, if you are taking a punitive approach rather than a supportive one, your child will just begin hiding it from you. Work closely with a therapist around this issue in family sessions.

What else should I do?

I think it would be easier to say what you shouldn't do. So, here goes:

1) Don't play it off as an attention-getter. Yes, your child is trying to get attention — attention that s/he desperately needs! If you ignore it this time, to what lengths will s/he go to get your attention next time s/he needs it?

2) Don't avoid the hard questions. Ask your child straight out if s/he wants to kill himself. Ask how deep s/he has cut. Ask how often it happens and what s/he is experiencing before doing it. Ask how you can help.

3) Don't leave it all up to the therapist. Chances are, since you're human, you're missing something. When your child lets you know how you could do better—and s/he will—be courageous enough to admit your mistake and work with the therapist to fix it.

This is so scary.

It is extremely scary. I'm sure you never pictured these types of issues while you held your infant in your arms so many years ago. I know you're experiencing grief, hurt, confusion, and maybe anger. I also know that you love your child and that you're going to do what's best. Find someone to talk to about your hurts so that you can take that deep breath, stand up tall and strong, and take action for your child. You've got this.

(Article Resource: Walsh (2012). Treating Self-Injury: A practical guide. The opinions expressed in this article should not be substituted for the specific advice of your therapist and health care professionals.)



Save the Date!
Golden Anchor Gala
Celebrating People of Hope in our Community.

Thursday, April 12, 2018
at the LeMont Restaurant

Honoring
The Schellhaas Family
FBC Chemical Corporation
Heritage Presbyterian Church

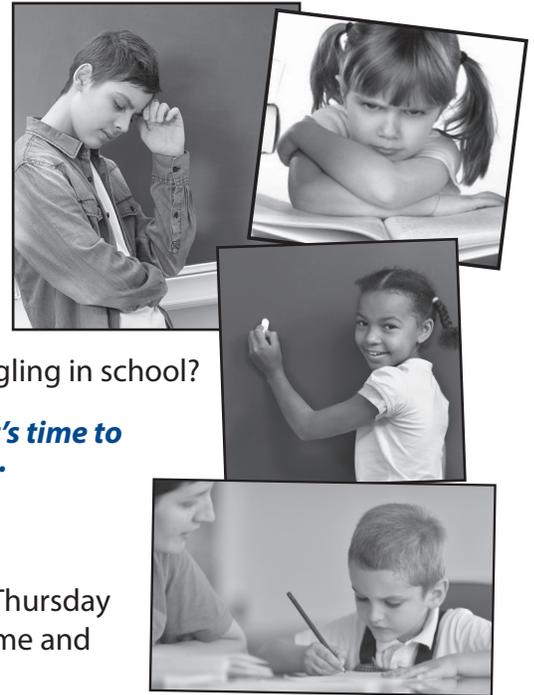
Who Inspires Hope in Your Life?
Here's an opportunity to recognize this special person: *Make a donation in his or her name. If present at the Gala, a special place card will greet your honoree. For more information and to make a donation in the name of your hope-inspiring friend, call us at 412-366-1300.*

After School Tutoring @ Anchorpoint

Tutoring & Mentoring Provided in a Nurturing, Supportive Environment.

Could your child benefit from tutoring?

- ✓ Does your child frequently complain about hating school?
- ✓ Is your child doing poorly in one or more subjects?
- ✓ Does homework take much longer than you would expect?
- ✓ When asked about incomplete homework, does your child make excuses as to why it is not finished?
- ✓ Are homework hassles ruining your relationship with your child?
- ✓ Do you frequently get calls/emails from your child's teacher regarding missing assignments and poor grades?
- ✓ Do you feel like you've tried everything and your child is still struggling in school?



If you answered "YES" to at least 3 of the above questions, maybe it's time to let Anchorpoint Counseling Ministry (ACM) help you and your child.

What makes ACM's Tutoring Program unique?

- One-on-one tutoring for youth in KG thru 12th grade
- One hour tutoring sessions scheduled from 3:30 – 8:30, Monday – Thursday
- Sliding scale used to determine hourly tutoring fee (based on income and number of people in family)
- Assistance provided for homework, reports, projects, organization, and preparation for tests

For more information about the tutoring program, contact Sandy Niekum at 412-366-1300 ex. 123 or tutors@anchorpointcounselingministry.org.

***"I cannot thank you enough for all of the encouragement and love that you have given me. It means a lot to have somebody to believe in you."
- High School Student***

Get Involved. Your Help is Needed!

Make a difference for a child struggling with school work.

We need the following:

- **Volunteer Tutors/Mentors**— Assist students in Reading, Math, English, and Science. Choose the subjects/grade levels (KG-12) that you are comfortable tutoring. The commitment is one hour/week during the school year on the same day at the same time with the same student helping with homework, study skills and remedial activities.
- **Certified Teachers**— One Elementary teacher (5-8 hours/week) and One Middle/High School Math Teacher (5-6 hours/week). These are both paid positions.
- **Substitute Tutors**— Volunteers and certified teachers who can occasionally fill in for tutors and teachers who need to take a day off.
- **Volunteer Office Assistant**— Volunteer(s) to assist Tutoring Program Manager during the program's busiest hours (Tuesdays: 4:00 - 5:30 and/or Thursdays: 3:30 - 5:00). Duties include: Record fees, photocopy worksheets, answer phones, and perform simple Google searches for tutors/students.



To learn more and to apply, contact Sandy Niekum at 412-366-1300 ex. 123



Your Golf Strokes add up to Help the Hurting

Implant in our hearts a love for this great game – but a greater love for our fellow-man on and off the golf course. - Complete Speaker's and Toastmaster's Library, # 317

Friday, September 15th at the Olde Stonewall Golf Club was a great day of fund-raising and friend-raising. We were blessed with a very generous group of businesses and long-time supporters of Anchorpoint who made this important day a meaningful and fun time.

We were excited to honor Seubert and Associates and the Grant Colton Memorial Fund for both being Twelve year significant sponsors of the ACM Golf Classic.

Bonnie Brimmeier was recognized as the first recipient of the E. Alan Bates Community Service Award in honor of her late husband who served over twenty years on the Anchorpoint Board of Directors.

North Hills Community Baptist Church took home the coveted Church Goers Cup. Bruce Bartlet's Medical Service Associates Team took first place in the First Flight and Seubert and Associates took first place in the Second Flight.

After all was said and done over \$50,000 was raised through a generous community of 108 golfers, businesses, and personal supporters.

These funds will be used to subsidize our various programs serving children, teens, adults, families, and single parents. Your generosity increases our ability to serve the numerous clients we work with each year.

Thank you to all of our kind-hearted supporters, players, and volunteers.

Please mark your calendar to join us next year back at the Olde Stonewall Golf Club on Friday, September 14, for the 27th Annual Anchorpoint Golf Classic.



Thank you to our friends at the Cranberry Noon Rotary Club for including Anchorpoint as one of the organizations supported by the 2017 Walk for Hope. We appreciate all of you who came to North Boundary Park to walk in support of us and other important suicide prevention programs. You make a difference for those who are hurting.

Wish List Thank You!

Area Rugs: New or like-new rugs are needed to make our offices warm and welcoming for clients. Call Laurie at 412-366-1300 for more information on sizes needed.



Restaurant Gift Cards or Prepared Meals For Single Mom Support Groups:

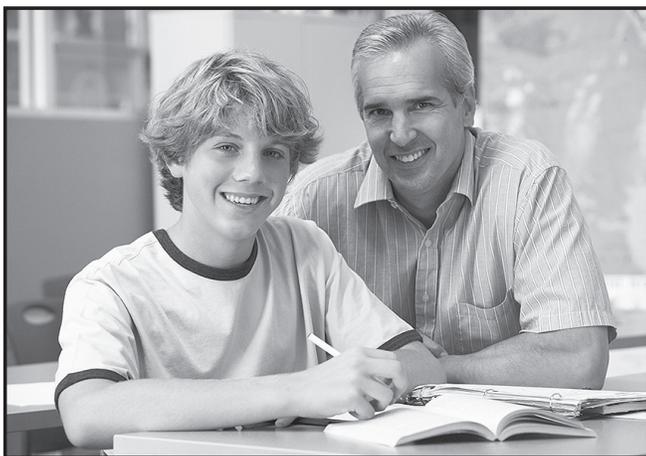
A delicious free meal is provided to moms and children who attend the SPIN for Single Moms Support Groups on Wednesday evenings at



local churches (Oct - May). Host churches have taken on the burden (both financially and with volunteers) of cooking these meals in addition to serving and providing

child care. We'd like to occasionally give them a break with the meals. Would you donate a restaurant gift card to supplement a meal or a prepared meal to bless these churches? Call Laurie at 412-366-1300 for more information on quantities and to reserve a date to give a fellow church some help and treat stressed-out moms and families with a worry-free meal.

Tutors/Mentors: Volunteer tutors, substitute tutors, and teachers needed. Call Sandy Niekum at 412-366-1300 ex. 123 to apply.



Thank you for Your Continued Prayers and Friendship.



Check off your Christmas list



Support Anchorpoint Counseling Ministry

The Christmas season is a time for giving. When you shop on-line using your Amazon or Amazon Prime account, ALL of your gifts can go just a little bit further to help your friends and neighbors in need.



It's easy—and there are no additional costs!

1. Visit <https://smile.amazon.com/ch/25-1196957>
2. Login to your Amazon or Amazon Prime account
3. Add items and gifts to your cart
4. Check out: .5% of your purchase will be given to ACM.

amazonsmile

You shop. Amazon gives.

All of us at Anchorpoint wish you and yours a blessed Thanksgiving and Christmas Season. Thank you for all the ways you serve and help us serve others through Anchorpoint. We are grateful for you.





The Gift and Art of Listening

By Rev. Dr. Ron Barnes, LSW

“Everyone should be quick to listen (and) slow to speak” -James 1:19

“Wisdom is supreme; therefore get wisdom. Though it costs all you have, get understanding.” – Proverbs 4:7

Being listened to is a gift; Listening to others is an art.

Do you have a friend who is going through a rough time? One of the best ways to encourage him or her is to be a good listener. Don't offer quick solutions or platitudes — simply be with your friend. Ask questions and offer advice when it is appropriate and requested. Pray for your friend. Ask God to help your friend through this difficult time and assure your friend of His love. If you think your friend is going through a very difficult situation and is in danger of self-harm, tell them about someone who can help him or her.

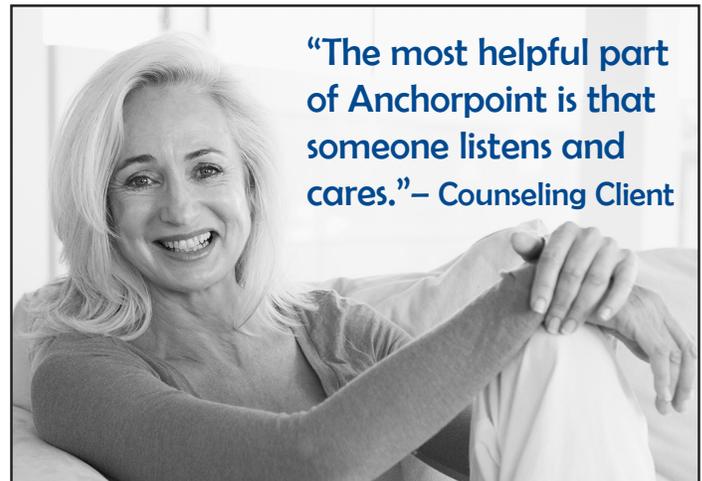
We listen to many people every day at Anchorpoint. It is a privilege and sacred experience to be invited to listen to the story of another's life situation. Many of the stories we listen to are very difficult and professional help is needed.

Those who are struggling emotionally, spiritually, and relationally need to be heard and experience an understanding heart and presence. In this process of being heard, healing takes place, souls are nourished, and emotional stability is restored. Communication becomes full of understanding rather than combativeness or feelings of being ignored.

Counseling helps them to have the opportunity to work through their struggles with the supportive pres-

ence of a caring, professionally trained therapist. ACM offers the experience of a caring environment where clients know they will be heard and understood.

When your friend is ready, and if appropriate, we'd be honored if you would refer him or her to ACM. In addition to accepting many health insurances, we offer an affordable sliding scale fee. The generosity of ministry supporters like you helps our counseling be accessible to all those we can help. To schedule an appointment with a compassionate therapist who will listen, call 412-366-1300.



“The most helpful part of Anchorpoint is that someone listens and cares.” – Counseling Client

Maintaining A Strong Marriage



While Parenting Special Needs Children

Hosted by North Allegheny Special Education PARENT NETWORKING GROUP

Thursday, November 9

6:30-8:30 pm • Baiert Center

(North Allegheny Senior High School in Wexford)

No pre-registration • open to the public

Weathering the challenges of life and keeping a marriage alive takes two people working together. When faced with the added pressures of raising a child with special needs it can be overwhelming. Join Anchorpoint's Parent Education Director and Social Worker, Mandy Jabbour, LSW, as she leads a discussion on effective strategies to help couples stay connected.

For more information: North Allegheny Special Education Group (PNG):

www.nasepng.org • Email: nasepng1@yahoo.com

Facebook: North Allegheny Special Education Parent Group

The PNG supports parents of children with IEP's, 504's, speech services, and learning differences by providing topical speakers and a place to network with other parents.

Pass this on to a friend in need: We're currently accepting clients for...

Professional Counseling

If a life transition or unexpected crisis feels overwhelming or challenging, we can help. Call us at 412-366-1300 to begin the healing process. Individuals, Couples, and Families Welcome. We are here to help you face and resolve significant issues such as:

- Anger & Forgiveness
- Depression & Anxiety
- Emotional, Physical & Sexual Abuse
- Marriage & Family Problems
- Peer Pressure & Bullying
- Conflict Management
- Drug & Alcohol Abuse
- Faith & Meaning
- Loss & Grief
- School Difficulties
- Self-esteem
- Separation & Divorce
- Parent Coaching

Tutoring/Mentoring Program

See the flyer inside this newsletter (page 4) for more details. Space is limited. For more information and to register your child, call Sandy Niekum at 412-366-1300 ex. 123.

Supporting Kids with ADHD

Equip your teachers, Sunday school staff, and child care providers with the tools for making positive connections to support children with ADHD.

"As a high school teacher we are usually well informed when a student has been diagnosed and has an IEP. Many, however, fall through the cracks and go undiagnosed. This experience helped me to better see the signs of ADHD on my own and what to do once I see them regardless of an official or professional diagnosis."

To schedule this workshop at your school or church, contact Cassy Wimmer, LSW at 412-366-1300 ex. 105 or cwimmer@anchorpointcounselingministry.org

Your generosity ensures these services and groups are accessible to those in need of help and healing regardless of finances. You are making a difference for individuals and families in need!
Thank you!!!

Thank you for remembering us during your company's United Way Campaign.

United
Way



354

Support Anchorpoint Counseling Ministry by designating United Way Giving #354. Thank you.

Support & Educational Groups

"I see that I am not alone in my situation."

Call 412-366-1300 to register for the next session and for more information regarding costs and topics covered. Do not let a lack of financial resources keep you from registering. Scholarships & Sliding Scale payments are available.

Grief Support Group for Widows & Widowers Over Fifty: Hosted by St. Sebastian's in Haber Hall and facilitated by ACM Counselors. 2nd & 4th Wednesdays, 1:00-2:30 pm.

Self-Care for Women: Eight week support and educational group for women struggling with stress or depression and its effects in their lives. Tuesdays: 6:30-8:30 pm.

Self-Care In Action: A group of women working together to live more confident, energized, self-aware, and joy-filled lives. Expect to embrace hope, battle insecurity, and confront difficult life problems in a safe and laughter-filled setting. This group is ongoing, as participants choose when they are ready to graduate. Monday evenings 6:30-8:30 pm.

SPIN For Single Moms— SPIN moms and their children enjoy a meal together (that they don't have to cook!). After dinner, moms engage in a therapist-led support group tailored specifically to the needs of single moms. While moms are in their group, child care is available for kids (kg-8th grade) to do homework and play games. There is no cost, but pre-registration is necessary.

Two Wednesdays a month (October to May):

1st & 3rd Wednesday at Heritage Church (*Franklin Park/McCandless*)
2nd & 4th Wednesday at Ridgewood Church (*Westview*)

6:00 - 6:30 pm: Dinner

6:30 - 8:00 pm: Mom's Group Meeting

Children's Homework/Game Time

Workshops...Invite Us to Your Location

ACM Staff will facilitate topics of your choice at your site, school, church, or library. Visit our website for more information on sponsoring and hosting a workshop: AnchorpointCounseling-Ministry.org (Click on the Education & Support tab).

• **Parenting & Family:** Equip parents, grandparents, and youth leaders with the tools to help navigate youth successfully through childhood and adolescence. To learn more, contact Mandy Jabbour, LSW, at mjabbour@anchorpointcounselingministry.org or 412-366-1300 ex. 121.

• **Marriage & Relationship:** Various topics available for married couples and singles. To schedule a workshop at your church or organization, contact Cassy Wimmer, LSW at cwimmer@anchorpointcounselingministry.org or 412-366-1300 ex. 105.

Stay In Touch & Keep Up to Date with Anchorpoint!

Follow us on Facebook or Twitter. Join our email list: A sign-up link is available on our Facebook page and our website: AnchorpointCounselingMinistry.org.

