

# Counseling. Care. Connection.



NOV  
2019

## Board News

### Board of Directors

Robert M. Lucas, President  
Edward Kubit, 1st Vice President  
Michael Higginbotham, 2nd Vice President  
Nancy Dapper, Treasurer  
Mark Mazzei, Secretary

### Directors

Heidi Grogan  
Mike Hathy  
Tammy Janero  
Aaron Lauth  
Myles Lilley  
Kara Malley  
Steve McLean  
Joe Polk  
Stacey V. Rhodes  
Mary Ellen Schmidt  
Kelly Schraven  
Justin Smerker

### Junior Board Member

TBA

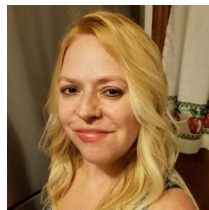
### Did You Know?

Outreach's Twitter handle is  
@OutreachTFS

Our Facebook posts have surpassed  
2K followers!  
[www.facebook.com/outreachteen](http://www.facebook.com/outreachteen)  
Great articles and advice!

Our website contains insightful blog  
posts each month. Check them out!

Our articles in Mt. Lebanon Magazine are  
made possible by a generous grant from  
the Mt. Lebanon Police Association.



## Counselor Spotlight: Colleen O'Shea, MA, CFAS, CAADC

Colleen O'Shea is a native Pittsburgher, earning her Bachelor's degree in Psychology from the University of Pittsburgh in 1997. She went on to obtain her Master's in Criminology from Indiana University of Pennsylvania in 2001. Colleen has worked in the mental health/drug and alcohol field for 22 years, 17 of them at Outreach Teen and Family Services. She is a facilitator for the Aggression Replacement Training (A.R.T.) program as well as Outreach's Drug & Alcohol Education program, Choices. Colleen sees clients for individual counseling sessions at the Mt. Lebanon Office. She's worked full-time as a drug & alcohol/mental health therapist for Pittsburgh Mercy since 2004, specializing in clients with mental health, drug and alcohol and legal issues. Colleen recently became a Certified Advanced Alcohol and Drug Counselor (CAADC) through the PA Certification Board in August 2019.

### Fun facts about Melanie:

*Favorite movie?*

The Outsiders

*Favorite thing to do when not working?*

I love spending time with my pets and watching sports.

*Best Vacation?*

I went to the Bahamas several years ago, and it was beautiful.

*Favorite Quote?*

"Success is not fearing failure but learning from it."

## New Faces/New Credentials:

Outreach has new faces in our counseling/program areas!

Corrie Yanko joins us as an outpatient counselor and Jenica Schoolcraft comes to us as our Program Manager. Our Aggression Replacement Training (ART) facilitators include 2 new consultants; Lindsey Wall and Chaz Sandiford. Their bios are available on the website!

Lauren Stoner has done the difficult work necessary to become a Licensed Credentialed Social Worker! And counselor Colleen O'Shea passed her exam become a Certified Advanced Alcohol and Drug Counselor (CAADC). Way to go!

We also welcome Barb Harms to our administrative staff as our new Bookkeeper.

## Counseling and Program Updates:



### Hidden in Plain Sight

Outreach is excited to be partnering with Mt. Lebanon Police Department in efforts to educate and inform parents about the potential signs of drug, alcohol and vaping use/abuse by their children. MLPD

schedules the trailer, and is training other police departments in its use. For more information, email Corporal Jeff Kite: [jkite@mtlebanon.org](mailto:jkite@mtlebanon.org) or Officer Scott Kunz: [skunz@mtlebanon.org](mailto:skunz@mtlebanon.org) There is a fee for presentations that include an Outreach counselor.

### Choices

Outreach has updated its popular Drug & Alcohol education program to include information on vaping and Juuling. If you suspect your child is engaged in these behaviors, we can help! Choices meets the 3rd Saturday of every month, 9am – 1pm, and includes an hour of parent education as well. Cost: \$175

### Substance Use & Abuse Evaluations

Outreach Teen and Family Services offers a substance abuse

assessment (drugs and alcohol) for teens and young adults. No referral is required. Cost: \$75/assessment

Call 412-561-5405 or e-mail [info@outreachteen.org](mailto:info@outreachteen.org) to register or find out more!

### Mental Health First Aid

In this MHFA training, participants learn about the common risk factors and warning signals for mental health issues, tactics for how to help, and where to turn in the aftermath. Please email Dr. Tracy Scanlon to schedule this training for your group, [tscanlon@outreachteen.org](mailto:tscanlon@outreachteen.org).

### Bethel Park Satellite Office

Bethel Park Municipality and Outreach Teen & Family Services, Inc. of Mt. Lebanon have partnered to offer Bethel Park youth ages 5-21 access to free counseling services at the Bethel Park Municipal Building. This unique relationship with Bethel Park came about from Municipal officials, including Police Chief Timothy O'Connor learning about the organization through attendance at a South Hills Area Council of Governments (SHACOG) meeting. While the office is open Mondays from 3-6 p.m. for appointments, those that can't meet during the Bethel Park hours are always welcome to visit the organization's main office in Mt. Lebanon.

Check out our events calendar on our website for up to date information.

# Fundraising Focus: Donor Spotlight Questions – Mike and Joanne Dempe



**Tell me how you first got involved with Outreach Teen & Family Services. How long have you been donating?** We first heard about Outreach when we moved into our first home

on Old Farm Road and our neighbor was a board member. Fifteen years later a great friend was on the Board and invited Mike to consider Outreach. Twenty years later Outreach remains an important part of our giving plan.

**Does anyone in your life play a role in supporting your involvement? In providing inspiration?** We very much believe in the cause. As children do not come with instruction manuals, it is wonderful to have such a caring group in our own community for advice. Several times we have reached out to Outreach for colleagues and friends from other communities.

**What other organizations or causes do you support?** We are both very supportive of our respective churches and a Haitian missionary group.

**What motivates you to stay involved?** We truly believe in the importance of families and being able to help during

difficult times. Outreach has always been a wonderfully caring group of people who go to great lengths to help their clients. Watching the organization maintain this spirit while developing professional leadership for sustainability has been energizing.

**In your opinion, what is the most important work that this organization does? What makes you say that?**

Originally, Outreach had a stigma of being a place for kids with drug and alcohol problems. Outreach offers so very much more! Having an accessible, caring organization that can provide advice and options on everything from parenting topics, family dynamics and divorce issues, self-esteem and anxiety issues, bullying and anger issues, to mental health issues to drug and alcohol issues is such a blessing for our community and one of the many ways Mt. Lebanon is different.

**What do you wish other people knew about Outreach?** The caring culture of the entire team to serve, their willingness to go to great lengths to help and the ease at which a family/youth in need can receive immediate support and advice.

**What might people be surprised to know about you?** How uncomfortable we are with this interview as neither of us like the attention.

**What would you tell someone who is thinking about donating to Outreach or sponsoring an event?** Take the time to get to know the organization. It is actually better on the inside than it looks from the outside. If supporting community youth and families is important to you, knowing how effectively Outreach does this in our community will make donating an easy decision.

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## Artwork Donated to Outreach

Paintings previously on loan by local artist, Deborah Holtschlag have been acquired through the generosity of two donor families: Dr. G. Alan and JoEllen Yeasted, and Stacey Vroegindewey Rhodes and Andy Rhodes. The artist chose to donate a 3rd portrait for the Outreach office from the *Adulthood* series, shown in the fall of 2016 at Panza Gallery in Millvale. Thank you to these amazing donors!



## Our Mission

To promote and provide empathetic, personal, accessible and affordable mental health counseling and wellness programs for children and families.

# Endowment Initiative Public Phase Launches Soon!

## Outreach 5.0: Ensuring our Legacy...Recognizing our History

Outreach has evolved to meet the changing mental health needs of our community since its founding in 1974. Our goal is to raise at least \$300K by Outreach's 50th anniversary in 2024, creating an Endowment to support Outreach's mission by ensuring subsidies for those in need; a comfortable, welcoming facility for clients; an engaged, highly professional staff. Thanks to our hard-working Steering Committee, we are on the way to achieving our goal! To date, we have received pledges/donations exceeding \$115,000! Join us in our effort to ensure Outreach will continue on into the next 50 years as the trusted, valued community resource it's been for our kids and families. Contact Mary Birks, 412-561-5405, mbirks@outreachteen.org, to obtain a pledge form and find out more about this philanthropic opportunity.

## Annual Fundraiser – SAVE THE DATE!



### Join us for Night at the Speakeasy 2020 on Thursday, May 7th.

This year's event will be held at the Renaissance Pittsburgh Hotel, with stunning views of PNC Park and the Allegheny River. More information coming soon, including sponsorship opportunities!

## Town Hall South Lecture Series

Outreach is fortunate to count Town Hall South among its contributors! Don't miss this year's Lecture Series, which includes Vijay Gupta and Lynsey Addario! Go to [www.townhallsouth.org](http://www.townhallsouth.org) to order your tickets today!

## Community Champion Award

At this year's Donor Appreciation Dinner, Fort Pitt Capital Group's Michael Blehar, and his wife and Community Volunteer, Beth Evans will receive Outreach's Community Champion Award for all that they do to support the agency's mission. Join us in congratulating Mike & Beth!

## Office Staff:

Mary D. Birks, Executive Director  
Dr. Tracy Scanlon, LPC, Director of Professional & Program Services  
Lisa Harris, Office Manager  
Barb Harms, Bookkeeper  
Jenica Schoolcraft, Program Manager

## Fundraising Focus

Annual Appeal We are gearing up for Outreach's Annual Appeal for 2019-20! There are multiple donor vehicles available for your generosity, including direct donations on the website, [www.outreachteen.org](http://www.outreachteen.org); Day of Giving, December 3rd; United Way Contributions (#126); Employer Matching programs; multi-year donations, as an Outreach Ambassador, as well as monthly or quarterly payment plans. Questions? Call Mary Birks, 412-561-5405.

### United Way Contributor Choice #126

Many of our donors utilize United Way through their payrolls to contribute to Outreach Teen & Family Services. Sign up for the 2019 campaign, which began on May 1, 2019. Please remember Outreach in your charitable giving this year. Check with your HR department to find out how easy it is to be a part of United Way and benefit Outreach!

## Association/Foundation Partners:

Thank you to our Association/Foundation Partners! Your support empowers clients each and every day and supports a healthy community that embraces mental wellness!

Anonymous  
BNY Mellon Foundation  
The Anne L. and George H. Clapp Charitable and Educational Trust  
Dollar Bank Foundation  
JB Finley Charitable Trust  
Grable Foundation  
Simon Hafner Charitable Foundation  
Roy A. Hunt Foundation  
Howard & Nell E. Miller Foundation  
Mt. Lebanon Community Foundation  
Mt. Lebanon Police Association  
GC Murphy Foundation  
Ovid D. Robinson Charitable Trust  
St. Clair Hospital Community Benefits Committee  
Staunton Farm Foundation  
Town Hall South