



**Reaching Out To  
The Needs Of Kids And Parents.**

## **2016 Annual Report**

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

## To our Friends, Neighbors and Supporters,

Outreach has been a solid part of our community for 43 years. We are at times referred to as a “hidden gem.” Our goal is to shine a light on the work the agency has done and continues to do. Let’s polish off this gem for every parent, teacher, police officer, or librarian who has quietly told us “Your work is so necessary,” or “I send so many kids your way.”

Outreach Teen & Family Services sprouted out of a grass roots effort. The Mt. Lebanon Community Relations Board and the Mt. Lebanon Police Department partnered together to respond to emerging concerns. It was clear that some Mt. Lebanon teens were troubled and that deploying counselors to talk to them might help. It was revolutionary, but we continue to meet the community’s needs, and have evolved into the counseling agency you see today: effective, responsive, and dedicated to promoting mental wellness for our community.

We continue our strong partnership with the Mt. Lebanon Municipality while also serving the needs of children and families throughout the South Hills and beyond. Your support of our agency in 2015-16 empowered Outreach Teen & Family Services to provide our services to young people and their parents throughout Allegheny and Washington Counties. Your commitment to our mission allowed our master’s level clinicians to:


- help over 1,800 clients and program participants, with over 2,500 counseling sessions from nearly 40 townships and municipalities;
- provide free parenting consultations for over 20 families and facilitate over two dozen school/community education opportunities;
- engage nearly 100 underserved youth in life skills and anger management classes.

Whether our young clients are struggling with depression or anxiety, stress, family and school issues, anger, or drugs and alcohol, our professional counselors meet their needs with empathetic, personal, accessible, and affordable mental health counseling.

Our agency continues to learn and adapt. Through support from the Alcoa Foundation and BoardsWork!, our Board of Directors have engaged in training, and two new directors joined our team through the program. The staff are focused on strengthening our activities and expanding awareness of mental wellness by exploring new program areas. A comprehensive funding plan adopted in 2015, including the Annual Appeal for 2016, and expanded relationships with charitable foundations have led to a stronger financial position. We continue to identify what we do best and where we might improve through new evaluation and outcomes measurement tools.

The Outreach story continues with help from past partners and new collaborations.

Mt. Lebanon was ahead of its time founding Outreach Teen & Family Services 43 years ago for the benefit of its children and families. It is an honor to call Mt. Lebanon home while sharing our professional counseling and expertise across Allegheny and Washington Counties. We plan to stay proactive and support healthy communities that embrace mental wellness.



**Mary D. Birks**  
Executive Director

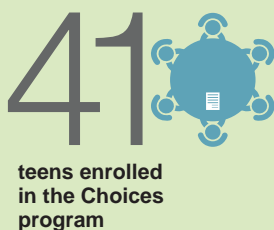
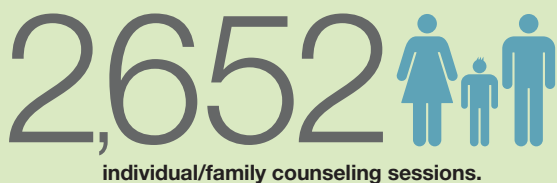


**Rekha Shukla**  
Board President – FY 2015-16

# Reaching Out To The Community.

Growing up is never an easy process. We all experience different changes and struggles that shape us into the person we will eventually become. School, relationships, parents, and other pressures can result in anxiety, worry, fear, and worse. However, with the right support, children and teens can grow in healthy emotional and mental environments and become successful in the future. As an established member of the community, Outreach Teen & Family Services has been providing counseling services and programs for more than four decades, focusing on empowerment, prevention, education, and early intervention.

## How Many We Reached Last Year



“Outreach is definitely a place I recommend; it is powerful. You discover that life is like a mountain and while sometimes obstacles like rocks and trees get in the way, on the other side is a whole new view.” - Outreach Client

### Our Vision

Outreach supports a healthy community that embraces mental wellness.



### Individual Adolescent and Family Counseling

The child's needs are matched to a master's degree level counselor's area of expertise. The first session is usually scheduled within a week of the initial inquiry.

“The Mt. Lebanon School District has developed an extraordinary partnership with Outreach Teen & Family Services. Their partnership is a vital support service for the health and well-being of our children.”

- Timothy J. Steinhauer, Ed.D.  
Mt. Lebanon School Superintendent

### TeenScreen® developed by

**Columbia University** TeenScreen is a tool much like a vision or hearing screening used to identify serious, often hidden, mental or emotional issues such as depression, suicide risk, anxiety or alcohol and other drug abuse.



teens screened in 2015-2016.  
14% were positive.

“The best resource for families in the Pittsburgh area.”

- Blaise Larotonda  
Magisterial District Judge

**EMPATHY** We listen. We strive to understand.  
**RESPONSIVENESS** We respond.

**PROGRESS** We are a learning organization.



**In-School Services** Outreach provides on-site counselors to serve students who are having behavioral or emotional problems which disrupt the educational process for themselves and others in the classroom. In this capacity, we serve post-secondary students, as well as middle and high school students.



**Parenting Programs** Discussion groups, consultations, and community presentations for parents who want to learn more effective parenting skills.

Topics this year include:

- College Transitions
- Taming Tempers
- Raising a Resilient and Responsible Child
- Sibling Rivalries
- The Worried Child and Strengthening Family Ties in a Hurry Up World

“Encouragement and humor help build stronger relationships with my kids.”

- Parenting Program Participant

**Kids At Risk Effort (KARE)** A countywide program for teens who are considered to be at high risk and are already identified by the juvenile justice system.

“Over 90% of the patients referred to Outreach have given positive feedback regarding their experience with your services (either as adolescents or parenting consults).”

- A referring pediatrician’s office

**Choices - Drug & Alcohol Education Program for Teens**

A group program for teens who have appeared before a magistrate for underage drinking or drug use, or any teen in need of education on how to make better decisions with the pressures of alcohol/other drug use.

**Aggression Replacement Training (ART)**

An intervention program to help adolescents improve social skill competence and moral reasoning, better manage anger, and reduce aggressive behavior.

**Speak Up!** A girls’ group that teaches effective negotiation skills. These valuable skills promote personal and professional success throughout a girl’s life.

“In Speak Up! I learned how to negotiate, how to make things not only better for me, but for everyone else, too.”

- Speak Up! Participant

**Community Education** Outreach provides seminar, conference, and lecture opportunities to both the community-at-large and the professional community.

“As police officers, we are expected to quickly respond and assess a variety of different, and often complicated situations. Unfortunately, we are often able to provide only a short term fix. The ability of our officers to refer teens and families to Outreach for additional resources in a local setting, helps to ensure that these young people and their families will receive professional and specialized care for the difficult circumstances they are facing.”

- Aaron V. Lauth, Chief of Police  
Mt. Lebanon Police Department

**The Ralph Compagnone Athletic Series**

An initiative in memory of Mr. Camp who passed away in October 2015. Outreach Teen & Family Services is honored to sponsor, or develop and implement presentations for high school student-athletes, coaches and parents that exemplify the qualities Ralph exhibited as a caring coach and mentor.

“Our students and their families are lucky to have Outreach as part of our community. I feel very confident that families will get the support and help they need when I suggest they contact Outreach for services.”

- Tara S Leja  
Mt. Lebanon School Counselor

**Outreach Values**

**RESPECT** Everything we do is confidential. We respect the uniqueness and value of every child, every family and every situation.

We understand. We do not judge. We offer a place of comfort, compassion and caring. We gain the confidence and trust of those who need our help and engage them in a genuine relationship. We respond quickly to every call and every question. We deliver affordable, effective options for youth and families and adapt quickly to the changing needs of our community.

**PREVENTION** We provide proactive services focused on prevention, education and awareness. We promote mental wellness.

We are a growing organization. We seek continually to expand our capacity, improve our skills, and reflect on our work to provide the best possible service to children and families in our community.

# By the Numbers

Fundraising is critical to the success of Outreach Teen & Family Services, and we are working hard to fund these new programs. The state of today's economy has put pressure on Outreach to find new sources of income to help fulfill the needs of the community.

**Purse Bash** is an annual event where attendees have the chance to win designer purses and cash prizes. Ticket price includes dinner and beverages as well as two raffle numbers for the evening's drawings. Event attendees can also win through 50/50, basket, and pick of the table raffles.

## Mt. Lebanon Police Car Show

is our annual 'friendraiser,' enabling Outreach to stay in touch with the community by selling hotdogs and refreshments while enjoying vintage car conversations with event participants.

**Night at the Speakeasy** was the ongoing theme for Outreach's 2016 spring fundraising event. Over 150 guests enjoyed the ambience on the rooftop of downtown hotspot, Sienna Mercato, while munching on those famous meatballs! KDKA-TV's Ken Rice emceed the evening, encouraging guests to bid on auction items, including a golf trip to Naples, Florida, a week at a house in Kiawah Island, a dinner and wine pairing for 10 at Lawrenceville restaurant, Piccolo Forno, sports memorabilia and other fantastic items! Nearly \$23,000 was raised to support Outreach's services.



fully subsidized counseling sessions



## \$\$\$ In

### Diversifying our Sources of Revenue

|                         |                  |
|-------------------------|------------------|
| Schools .....           | \$129,608        |
| Mt. Lebanon .....       | \$104,270        |
| Allegheny County .....  | \$56,258         |
| Foundation Grants ..... | \$57,000         |
| Fees .....              | \$78,818         |
| Fundraising .....       | \$73,102         |
| Individual Gifts .....  | \$52,915         |
| Civic .....             |                  |
| Programs .....          | \$10,278         |
| <b>Total Revenue</b>    | <b>\$562,248</b> |



## \$\$\$ Out

### 3 out of 4 dollars support staff & counselors, providing exceptional service for clients

|                                   |                  |
|-----------------------------------|------------------|
| Personnel .....                   | \$425,153        |
| Rent & Utilities .....            | \$57,139         |
| Gala & Fundraising .....          | \$25,643         |
| Misc. ....                        | \$12,892         |
| Advertising/PR .....              | \$7,456          |
| Office Supplies .....             | \$11,171         |
| Computers & Technology .....      | \$11,222         |
| Audits & Consultants .....        | \$12,903         |
| Insurance .....                   | \$6,554          |
| Programs, Activities & Educ ..... | \$11,732         |
| <b>Total Expenses</b>             | <b>\$581,864</b> |

### Operating Statistics

|                                     |       |
|-------------------------------------|-------|
| Staff .....                         | 4     |
| School-Based Counselors .....       | 4     |
| Counselors .....                    | 15    |
| Number of Counseling Sessions ..... | 2,652 |

## Outreach Administrative Staff

Mary D. Birks  
Executive Director

Dr. Tracy Scanlon  
Director of Professional & Program Services

Lindsay Gorman  
Finance Manager

Lisa Harris  
Office Manager

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