

Outreach
Teen & Family Services, Inc.

Reaching Out To
The Needs Of Kids And Parents.

2016-17 / 2017-18 Combined Annual Reports

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,

As a valued community partner for nearly 45 years, Outreach's vision to support a healthy community that embraces mental wellness is in action each and every day! We continue to hear accolades from the community about meaningful connections made with our caring counselors, leading to positive individual and family outcomes. From the police officers who refer troubled kids to our agency; to the pediatricians' offices referring a worried parent; to the 14-year old in need of help who finds the courage to walk through our doors, Outreach is your community resource for professional mental health counseling.

While the roots of Outreach Teen & Family Services run deeply within the Mt. Lebanon Community, we have branched out to serve the mental health needs of communities throughout the Greater Pittsburgh area, as well as Washington County. Our emergence as a community-based counseling agency was revolutionary back in the 1970's, and our non-medical model continues to afford flexibility in providing effective, responsive, and dedicated mental wellness counseling services for those in need.

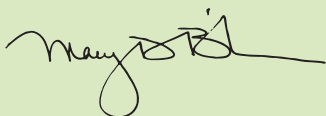
Your support of our agency in 2016-2018 empowered Outreach Teen & Family Services to provide our services to young people and their parents throughout Allegheny and Washington Counties. Your commitment to our mission allowed our master's level clinicians to:

- help 585 clients, with over 4,104 counseling sessions from nearly 50 townships and municipalities;
- provide free parenting consultations for 34 families and facilitate over two dozen school/community education opportunities;
- engage over 50 underserved youth in life skills and anger management classes.

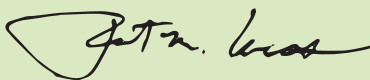
The hiring of the Director of Professional and Program Services in August 2017 laid the foundation for more robust program development and implementation, including a new Drug & Alcohol Assessment tool. Through the generosity of foundation partners, we have been able to begin the expansion of the Teen Screen and ART (Aggression Replacement Training) programs, positively impacting more kids in our efforts to support communities that embrace mental wellness. The comprehensive funding plan adopted in 2015 has led to a formal Annual Appeal, and expanded relationships with donors and charitable foundations. While our financial position remains strong, we continue to explore opportunities for diversification of agency revenue.

Mt. Lebanon was ahead of its time founding Outreach Teen & Family Services nearly 45 years ago for the benefit of its children and families. It is an honor to call Mt. Lebanon home while sharing our professional mental health counseling and expertise across Allegheny and Washington Counties.

The Outreach story embraces our past, while enthusiastically anticipating our future!



Mary D. Birks
Executive Director



Robert Lucas
Board President - FY 2017-18

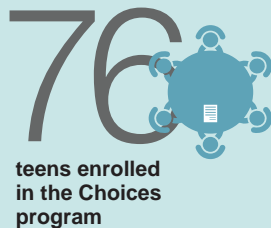
In an effort to cut down on printing costs, generously donated by Knepper Press, we have combined our 2016-17 and 2017-18 Annual Reports into one. While the financial data will be separated by fiscal year, the programs remain identical; we believe this is a more efficient use of the printer's donation.

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 2016-2018:



"I can never thank my counselor enough for all that she has taught me over my four years at Outreach. She worked with me on coping skills to manage my depression and anxiety, leading to more confidence in all aspects of my life." - Outreach Client

Individual Children, Teens and Family Counseling

The client's needs are matched to a master's level/licensed 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 2016-18
increase in positive screens from 10.52% to 18.22%

"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

Our Vision

Outreach supports a healthy community that embraces mental wellness.

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

PROGRESS We are a learning organization.



 **35%**
 graduating students
 receiving services

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 include:

- Help! Homework is a Battle in My House
- Stress Management
- Technology & Teens
- Building Confidence and Self Esteem in Children and Adolescents
- Taming Tempers

“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 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. Part of the Choices program now addresses vaping and the dangers associated with the use of e-cigarettes.

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

- Blaise Larotonda
 Magisterial District Judge

Substance Use & Abuse

Assessments A confidential and evidence based evaluation may be completed in one session for teens and adults. Experienced, masters-level therapists administer the evaluation tool and provide treatment recommendations.

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.

Outreach Values

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

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.

ng 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.

Golf Outing We traded in handbags for golf bags at our annual golf outings in 2016 and 2017. Hosted at the beautiful Lindenwood Golf Club, golfers enjoyed 18 holes of golf, lunch and amazing raffle items! While no one won the hole in one contest, we truly appreciated Colussy Chevrolet enticing golfers with a Chevy Cruze!

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 continues to be Outreach's signature event! Held each spring on the rooftop of downtown hotspot, Sienna Mercato, we've increased our attendance to nearly 200 guests with distinguished sponsors representing multiple Pittsburgh and surrounding area businesses. KDKA-TV's Ken Rice has been our star emcee since 2014! Whether it was prime tickets to Steelers or Pens' games; a golf trip to Naples, Florida; a week at a house in Kiawah Island; golf at various area clubs; a dinner and wine pairing for 10 at Lawrenceville restaurant, Piccolo Forno; sports memorabilia or other fantastic items, fun was had by all! The 2018 event utilized mobile bidding for the first time, and over \$46,000 was raised for Outreach's programs!



fully subsidized counseling sessions

2016-17 \$\$\$ In

Diversifying our Sources of Revenue

Schools	\$124,037
Mt. Lebanon	\$104,040
Allegheny County	\$66,675
Foundation Grants	\$54,600
Fees	\$76,347
Fundraising	\$57,832
Individual Gifts	\$28,340
Civic	\$2,500
Programs	\$9,810
Total Revenue	\$524,183

2016-17 \$\$\$ Out

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

Personnel	\$385,466
Rent & Utilities	\$58,056
Fundraising	\$16,106
Advertising/PR	\$6,547
Office Supplies	\$14,494
Computers & Technology	\$10,800
Professional Fees	\$18,135
Insurance	\$6,121
Programs	\$3,303
Misc.	\$11,059
Total Expenses	\$530,090

2017-18 \$\$\$ In

Diversifying our Sources of Revenue

Schools	\$125,127
Mt. Lebanon	\$104,040
Allegheny County	\$64,623
Foundation Grants	\$39,400
Fees	\$77,607
Fundraising	\$71,344
Individual Gifts	\$21,170
Civic	\$2,500
Programs	\$10,435
Total Revenue	\$516,247

2017-18 \$\$\$ Out

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

Personnel	\$384,165
Rent & Utilities	\$57,980
Fundraising	\$19,405
Advertising/PR	\$9,325
Office Supplies	\$15,631
Computers & Technology	\$15,872
Professional Fees	\$17,342
Insurance	\$4,784
Programs	\$4,077
Misc.	\$16,316
Total Expenses	\$544,901

Operating Statistics

Staff	4
School-Based Counselors	4
Counselors	15
Number of Counseling Sessions	4,104

Outreach Administrative Staff

Mary D. Birks, Executive Director
Dr. Tracy Scanlon, Director of Professional & Program Services
Lindsay Gorman, Finance Manager
Lisa Harris, Office Manager

Outreach Board of Directors 2017-2018

Robert M. Lucas, President
Durwood Hill, 1st Vice President
Myles Lilley, 2nd Vice President
Nancy Dapper, Treasurer
Mark Mazzei, Secretary

Directors
Sara Dileonardo
Heidi M. Grogan
Michael Higginbotham
Aaron Lauth (*Ex Officio*)
Kara Malley
Steve McLean (*Ex Officio*)

Stephanie Ross
Mary Ellen Schmidt
Rekha Shukla
Jean Silvernail
Justin Smerker
Judi Stemmler
Abigail Duclos (*Junior Member*)

Honorary Members

Jane Compagnone
C. Michael Dempe
David A. Hartman
Lee Heckman
David Hughes
John Jones

666 Washington Road
Pittsburgh, PA 15228
412-561-5405
www.outreachteen.org

Thomas M. Joseph, CLU, ChFC
Representative Dan Miller
David B. Paolicelli
Kathleen Rullo (Katy)
Shelly Saba
Joshua Stuart

2016-2018 Supporters of Outreach

Donors

Robert & Sharon Abraham
Willie J. Allen
Nora Anderson
Helen Andrews
Amy Bader
Jason & Val Baer
Louanne Bailly
Wes Baranowski
Susan Bekenstein
Hilary Bendik
Lawrence & Donna Bickar
Amy Billerbeck
David & Mary D. Birks
Mary Birks
David Blair & Marianne Bokan-Blair
Jill L. Blayden
George Ann Bower
Chuck and Jill Brodbeck
Sharon Burks
Richard Byrne
Annette Calgano
Elaine Cappucci
Christopher Carson & Maria Kast-Carson
Dan & Katie Caste
James & Heather Charron
Daniel Coast
Jane Compagnone
Lara Cosentino
Nancy & Bob Dapper
Steve & Jan Darcangelo
Mary Kay Davis
Todd DePastino
Judy Delestienne
Mike & Joanne Dempe
Sara Dileonardo
Angie Dietrick
Shawn Donahey
Jay Donato
David Duessel
Jodi Dunlap
Jack & M. Kathleen Dzuban
Nancy Faust
Susan K Fish
Duane Fisher
Timothy Flynn
Tammy & Tod Foster
Rachael French
Andrea Friede
Thomas B. George
Raymond & Susan Glinka
Philip & Lauren Goldblum
Marshall & Baylee Gordon
Chuck Graf
Judy & Bill Grayhack
Christine M Griffel
Heidi Grogan
Kate Hartford
Lincoln Hartford
Barbara Hartford Mee
David & Laura Hartman
Patrick Hewitt
Michael Higginbotham
Durwood Hill
Wayne & Kim Honath
Tim & Lisa Honkala
James & Sharon Howell
James Hownstein
David & Leslie Hughes
Nichole Humes
Geoff & Pat Hurd
Lisa Hurm
Jack Hyde
Edward Jackson
Tammy Janero
John Jones
Tom & Teri Joseph
Bobby Kang
Katie Keating
Mr & Mrs. Robert Kimmitt
Stacy Kokoszynski
Patricia Koval
Ed & Jodi Kubit
Blaise & Dorothy Larotonda
Aaron Lauth
Ms. Katie Le
Larry & Lynn Lebowitz
Terrence Lewis
Myles Lilley & Laura Pace Lilley
Matthew Linaburg
Robert & Anna Lucas
Gary & Annette Luchini
Mildred Luchini
Terry Maddox
Kara Malley
Arthur Manion
Jennifer Martin
Jennifer Master-Bruni
Bill & Matthews
Mark & Linda Mazzei
Walter T McGough, Jr.
Patrick McGuigan
Steve & Jane McLean
Michael & Julie McMullen
Wilma McNeese
Jorel Mee
Ian & Chantelle Moore
Mike Moran
Alexander J Murray
Ken & Jill Nolan
Michael & Maria Olivo
Fred Osthoff & Judy Jones-Osthoff
David & Anne Paolicelli
Anthony & Amy Pardo
Carly Pasquini
Aubrie Pecore
Ted Pettko
Kim T Pierce
Chuck & Linda Potter
Peter Pross
Rebecca Puhac
Dakshinamurthy & Neeta Raja
Lindy Reed
Charles Richardson
Ken Rindt
Gerald Rosenfeld
Stephanie L. Ross
Mario & Katy Rullo
Bill & Mary Ellen Schmidt
Lori Schriker
Jennifer & Robert Schuler
Mildred Schwarz
Daniel & Rochelle Seigel
Edward Shriver
Raj Shukla
Rekha Shukla
Steven Silverman
Jean Silvernail
Phillip & Susan Simon
Paul Sklar
Linda & Glenn Smartschan
Justin & Amy Smerker
Joe & Lynn Smith
Brad Spier

Timothy Steinhauer
Judi & Dave Stemmler
Rod & Deborah Stevens
Louise A Stewart-England
Faith A Stipanovich
Sandra Sweetland
Chris Taylor
Erin Thompson
Sol & Lin Toder
Sue Tolmer
Kevin & Heather Towers
Robert & Kate Truver
Nicholas Vallecorsa
Rocco Vallecorsa
Elizabeth Van Nostrand
Steven Veverka
D. Gregory Victor
Susan Wagner
Lynn Walcoff
D. Jonathan Waldinger
Dennis & Patty Waldinger
Ellis & Randi Weinstein
John & Petra Wettstein
John Wilcox
Rachael Williams
Ruth M Williams
Anne L Zacharias
Renu Zaretsky

In Kind Support

AEC Group
Adene Jewelry Designs
All-Clad Metalcrafters
Andora Restaurant
Andy Warhol Museum
Anonymous
A'Pizza Badamo
Antina's Salon
Arancini House
Artsmith's of Pittsburgh
Auto Zone
be Salon
Betsy's Ice Cream
big Burrito Restaurant Group
Birks, Mary & David
Bistro 19
Bravo! Cucina Italiana
Blehar, Michael
The Blooming Dahlia
Café IO and IO Deli
Calabro Tire & Auto Service
Caliente Pizza & Draft House
Carbonara's Ristorante & Pizzeria
Carnegie Mellon School of Drama
Carnegie Museum of Art & Natural History
Caruso Hair & Esthetics
Chamber Music Pittsburgh
City Theatre Company
Club Cycle
Dapper, Nancy & Robert
Dance Conservatory of Pittsburgh
DiLeonardo, Giusippina
DiNardo's Candy
Diamond Run Golf Club
Dinette
Duvall, Susan & Phil
Eden's Marketplace
Evolve Massage & Wellness Center
Fairmont Pittsburgh
Flagship Niagara League
Fleet Feet Pittsburgh
Flight Trampoline Park
The Flynn Family
Fort Ligonier
Fun Fore All
Fun Slides Carpet Skatepark
Gateway Clipper Fleet
Health Thru YOGA
Healthtrax Fitness and Wellness Center
Heinz History Center
Honath, Kim & Wayne
Houlihan's Mt. Lebanon
Idlewild
Il Pizzaiolo
Janet Tant Yoga
Kania, Mark
LA Fitness – Bethel Park
L.J. Marks Jewelers
La Gourmandine Bakery
Lebowitz, Lynn & Larry
Lebo Subs
Lee Heckman Custom Framing
LeMont
Life is Sweet
Lily & Val
Little Lake Theatre Company
Lindenwood Golf Club
Lowe's Home Improvement
Malley, Kara & Jerry
Mattress Factory
McMullen, Julie & Michael
Mindful Brewing Company
Mineo's Pizza House
Mohawk Construction
Mr. Magic Car Wash
Mr. McBubbles
Mt. Lebanon City Council of PTAs
Mt. Lebanon Volunteer Fire Company
Mt. Lebanon Police and Fire Departments
One Thirty One East
Orbis Café
Panera Bread
Paolicelli, Dave & Anne
Pennsylvania Trolley Museum
Piccadilly
Piccolo Forno
Pittsburgh Ballet Theatre
Pittsburgh Children's Museum
Pittsburgh CLO
Pittsburgh Improv
Pittsburgh National Aviary
Pittsburgh Opera
Pittsburgh Pirates
Pittsburgh Steelers
Potomac Bakery
Puhac, Rebecca & John
Rania's Catering/Rania's To Go
Redwood Cafe
Rollier's Hardware
The Saloon of Mt. Lebanon
Scoops on Beverly
Segway Pittsburgh
Sesame Inn
Silvernail, Jean
South Hills Country Club
Spoonwood Brewing Company
Stemmler, Judi & David
Trax Farms
Truver's Jewelry & Repair
Uptown Coffee
Walt Disney World
Washington Wild Things
Wayno® Illustrations

WGC – Bridgestone Invitational
The Yard Gastropub
YMCA

Foundations

Anonymous
BNY Mellon – The Anne L. and George H. Clapp Charitable & Educational Trust
Dormont/Castle Shannon/
Mt. Lebanon Rotary
G.C. Murphy Foundation
Grable Foundation
Roy A. Hunt Foundation
Earl Knudsen Foundation
McCune Charitable Trust
Howard & Nell E. Miller Foundation
Mt. Lebanon Community Foundation
Mt. Lebanon Police Association
Peirce Family Foundation
PNC Charitable Trust – Simon Hafner Charitable Foundation
Town Hall South

Sponsorships

AEC Group
Babst Calland
Bognar & Company
Burns White, LLC
Constanzo Financial Group
Dollar Bank
Expedient
Fleming Financial Services
Fort Pitt Capital Group
Gleason
Hahn Loeser, Attorneys at Law
Henderson Brothers
Highmark
Wayne & Kim Honath
Jones Day
Thomas M. Joseph
Knepper Press
Terrence Lewis
Luchini & Company, P.C.
Managed Benefits
Mark Mazzei
McCarl's Services, Inc.
Michael & Julie McMullen
Ian & Chantelle Moore
OSPTA
Dave Paolicelli
Pittsburgh Post-Gazette
Schneider Downs
Steve Silverman
Sitko Bruno
St. Clair Hospital
Sullivan Cotter & Associates, Inc.
Texas Roadhouse
UPMC
Vertical Solutions
Wilke & Associates

Matching Gifts

BNY Mellon Corporation's Community Partnership
The Benevity Community Impact Fund
Dollar Bank Foundation

Printed through the generosity of Knepper Press