

# Counseling. Care. Connection.

## Outreach

Teen & Family Services, Inc.

DEC  
2017

## Board News

### Board of Directors

Robert M. Lucas, President

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Jean Silvernail

\*ex-officio members

Junior Board Member: Abigail Duclos

We're looking for other high schoolers who might have an interest in serving. Please contact Mary Birks, [mbirks@outreachteen.org](mailto:mbirks@outreachteen.org), if you know of a student who would like to join our team!

### Did You Know?

Outreach's Twitter handle is @OutreachTFS

Follow us on Facebook, [www.facebook.com/outreachteen!](http://www.facebook.com/outreachteen!)  
Great articles and advice!

Welcome to our new Director of Professional & Program Services, Dr. Tracy Scanlon, LPC! Read more about Tracy inside the newsletter!

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



## Counselor Spotlight: Jennifer Master-Bruni, MS Ed, NCC

Jennifer works as the Outreach Counselor at Chartiers-Houston Jr/Sr High School in Washington, PA as well as working with children and families at Outreach's Mt. Lebanon office. Her areas of expertise include anxiety, depression, social skills, peer conflicts, stress management, organization/time management skills and ADHD. At Chartiers-Houston, Jennifer runs several small psycho-educational groups, individual counseling sessions, organizes mentoring programs, is the Student Assistance Program (SAP) coordinator, and the Jr. High student government sponsor.

Last year Jennifer started a group for girls called G.E.M.S., "Girls Encouraging Mutual Support."

The group's members are girls from both the junior and senior high who join forces to talk about current events, how those events might impact girls/women, and how they can support each other through difficult times. Jennifer explains, "Being a girl in the world can be hard and we need to stick together." Jennifer is also working with students to promote positivity and attempt to reduce bullying in the school by giving classroom bully-prevention presentations and starting groups to get students involved in making a safer school climate. "A few students approached me concerned about bullying in the junior high. We sat down and came up with some ideas for starting a group, focusing on spreading positivity and self-affirmation. Bullying is hard to completely stop, but I hope that by helping students develop an appreciation for their own uniqueness and become more assertive, they will have the confidence to stand up to those who try to bring them down".

In addition to being a National Certified Counselor (NCC), Jennifer is also a Pennsylvania certified K-12 school counselor. Prior to working at Outreach, she was a school counselor for several private schools in Armstrong and Westmoreland Counties. With over 20 years of experience working with children and families, Jennifer is passionate about helping children succeed emotionally, mentally, and academically and takes pride in promoting resiliency through her counseling and teaching. Jennifer graduated from Penn State University, earning her Bachelor's in Psychology and went straight onto Duquesne University to gain a Master's degree in Counselor Education with an emphasis on School Counseling. Currently, Jennifer is working on earning her professional counseling license.

# New Faces/New Names

**Dr. Tracy Scanlon, LPC** joined Outreach in late August of 2017, and she has already made a positive impact on the organization, by supporting a great counseling team, and adding to the agency's expertise with some impressive new hires; presenting to the teachers on anxiety at Mt. Lebanon High School for an in service day; participating in the Stop the Opioid Pandemic Community forum as well as Representative Dan Miller's Substance Abuse Forum; and she is scheduled to present at the spring 2018 NAMI conference in Pittsburgh focusing on either mindfulness based stress reduction in classrooms or schools as systems of care.

Welcome to Outreach's newest counselors:

**Devyn Breese** is a Licensed Social Worker and graduate of California University of Pennsylvania. She specializes in substance abuse related matters as well as spectrum disorders.

**Chelsie Musisko** is a master's level clinician with a graduate degree in counseling from California University of Pennsylvania. She has an eclectic approach to mental health matters and enjoys work with the LGBTQ community as well as drug and alcohol related issues.

**Rachel French** is a master's level drug and alcohol expert who received her graduate degree at Chatham University and who has been trained at Gateway Rehabilitation Center.

**Melanie McConnell** is a master's level clinician also in private practice. She received her graduate degree from Chatham University and her areas of interest include mindfulness based stress therapy as well as family counseling.

**Dr. Julie Macha** is a certified school counselor, crisis interventionist and a Behavioral Specialist Consultant who earned her doctorate at Duquesne University. Her areas of specialized interest include children and families and school-based interventions.

**Melissa Sodano** is a Licensed Clinical Social Worker who received her master's degree from Kutztown University of Pennsylvania. She has many years of experience working within school systems and wrap-around program services with expertise in Spectrum disorder related matters.

## Programs/Presentations

### Parenting Discussion Series

Our Fall Discussion Series included the following presentations:

"Help, Homework is a Battle in My House"

"Taming Tempers"

"Stress Management"

These presentations are developed and facilitated by Elizabeth Rychcik, but the subject matter is enhanced by suggestions from parents in our community and those in attendance at the presentations. We look forward to new presentations being developed for winter/spring of 2018!

### Choices

Our drug and alcohol education program is designed as an opportunity to help families find answers. We aim to reduce substance abuse among adolescents by supporting families and educating teens. The Choices program does not assume that every teen attending the program has firmly set upon the road to addiction. The goals of this educational program are to help prevent reoccurrence of the previous behavior and to help teens make better decisions in the future. This program is available on the 3rd Thursday of every month. Please call 412-561-5405 to register, or check out our website for more information, [www.outreachteen.org](http://www.outreachteen.org).

### TeenScreen

The goal of TeenScreen is to ensure that all parents are offered the opportunity for their teens to receive a voluntary mental health check-up. Just like vision and hearing screenings, TeenScreen does not make a diagnosis but informs parents of their teen needing further evaluation. TeenScreen focuses on screening for depression, anxiety, and alcohol and substance abuse because they are: common, treatable, often undiagnosed & untreated. In the 2016-17 school year, our counselors screened over 300 students from 3 high schools and 3 middle schools, with 14% students screening positive.

Thank you  
Outreach  
Teen & Family  
Services

for improving lives  
in our community through caring,  
counseling and compassion.



Highmark Blue Cross Blue Shield is an independent  
licensee of the Blue Cross and Blue Shield Association.

# Fundraising Focus:

## Donor Spotlight Questions – Lynn and Joseph Smith



Tell me how you first got involved with Outreach Teen & Family Services.

How long have you been donating?

In 1995 a good friend and neighbor, Scott King, asked Joe to join the Outreach

Board. Joe attended a board meeting and was inspired by the passion of the Outreach staff and board with their desire to help teenage children. Joe quickly recognized that growing up is challenging in our society and the reality that it is not uncommon for one of our children to struggle with drugs, alcohol, and eating disorders or bullying. Outreach's professional counselors are there to help one and all in a private, caring manner made us feel this is an organization we wanted to support.

Does anyone in your life play a role in supporting your involvement? In providing inspiration?

In 1995, our two daughters were aged 10 and 8, so we knew the obstacles facing us in the near future with teenagers would be challenging. Some years later, Outreach developed a parenting program that we attended. We have always felt the knowledge gained from being a board member and through this class made us better parents. Outreach is an accessible resource for our children specifically, but the perspective and understanding it provides parents cannot be underestimated.

Do you have an anecdote about Outreach that really moved you?

Some years after Joe joined the Board, Outreach started placing counselors in schools. Up until that time, Outreach had only done one on one counseling. Holly Sethman, our counselor in the Chartiers-Houston High School, was able to do group counseling in the school. The Board was very encouraged that this type of "real time" counseling is able to diffuse and address issues teenagers are facing in an immediate fashion. This learning helped to initiate a push to get our counselors into more schools. It also helped the Board to understand that our programs needed to start earlier in a child's development in middle school. The dynamism

of the staff and board's responsiveness is always a key strength of the organization.

What other organizations or causes do you support?

Joe is also on the St. Clair Hospital Board. He is the Chairperson for the Community Benefits Committee and has been able to witness the Hospital staff's involvement in helping members of our region who are suffering from addiction, mental illness, transportation for individuals needing healthcare, and neonatal challenges, such as low birth rate babies. This Committee of the Hospital has partnered with Outreach to help address issues with teenagers. In addition to St. Clair Hospital, we support the Pittsburgh Cultural Trust, WQED, the Public Theater and several other health related charities.

What motivates you to **stay** involved?

We know the great work Outreach does never ends. We want the best for our children and know the help Outreach provides during these formative years is invaluable. This is why we continue to support this wonderful organization each year.

In your opinion, what is the most important work that this organization does?

The needs of our children continue to change as our society evolves. The advent of the digital age has generated many new challenges for the Outreach Team and Board in their support of our children. Outreach has been successful with this evolution of cyber bullying and immediate communications between teenagers. This is why its regional footprint continues to grow and its programs are always being reviewed and updated.

What do you wish other people knew about Outreach?

Marshall Gordon, one of the founders of Outreach, continually advised the Board that kids would always face challenges growing up. Outreach helps them deal with and overcome these problems before it becomes a negative part of their personal history. Marshall always stressed that Outreach helps our children early in their life to become better people and is a special resource we have in this community.

## Our Mission

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

# Events

## FORE! Outreach Teen & Family Services' Second Annual Golf Outing

### Sponsors:

Nicklaus: Mr. Terrence Lewis

Palmer: Sullivan, Cotter & Associates, Inc.; UPMC

Watson: Babst Calland, Dollar Bank, Expedient, Mr. Dave Paolicelli, Texas Roadhouse

Tee: CFG, Fort Pitt Capital Group, Highmark, Mr.

Mark Mazzei, Luchini & Company, OSPTA,

Schneider Downs, Mr. Steve Silverman, Wilke & Associates

A very special and heartfelt THANK YOU to Tim Colussy from Colussy Chevrolet for donating a 2017 Chevrolet Cruze for a hole in one on a Par 3. Tim then went above and BEYOND this generous donation, by also sponsoring the other Par 3 holes and offering a 3 Day/2 Night Stay & Play at Treetops in Michigan; Tour Edge Woods golf clubs; and a 5-day Carnival Cruise!!! THANK YOU, TIM!!

**Please plan on joining us for next year's event, Monday, September 24, 2018 at South Hills Country Club.**



## SAVE THE DATE!

### Night at the Speakeasy • May 8, 2018 • Sienna Mercato



KDKA-TV's Ken Rice will once again act as our event emcee. Details are coming together for amazing silent auction items! Don't miss out; save that date today! Sponsorship opportunities will be posted on the website soon!

### Office Staff:

Mary D. Birks  
Executive Director

Dr. Tracy Scanlon, LPC  
Director of Professional & Program Services

Lindsay Gorman  
Finance Manager

Lisa Harris  
Office Manager

### Fundraising Focus

Last year's Annual Appeal was a huge success, and we are looking forward to assisting even MORE clients, thanks to donors like Y-O-U! The agency provided nearly 2,000 fully or partially subsidized counseling sessions for over 300 clients and families. Please use the enclosed envelope for your donation to the 2017-18 Annual Appeal. YOU ARE MAKING A DIFFERENCE!!

Ambassador Program:

2015 Ambassadors: Jason Baer, Mary Birks, John Jones (5-year pledges)

2016 Ambassador: Barbara Logan  
PLEASE JOIN US IN OUR PLEDGE EFFORTS! Become an Ambassador today!

### Association/Foundation Partners:

Thank you to our Association/Foundation Partners for 2016 and 2017! 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  
FISA Foundation  
Grable Foundation  
Simon Hafner Charitable Foundation  
The Earl Knudsen Charitable Foundation  
Howard & Nell E. Miller Foundation  
Mt. Lebanon Community Endowment  
Mt. Lebanon Police Association  
Peirce Family Foundation  
Ovid D. Robinson Charitable Trust  
Town Hall South