

Events

Thank you to our event sponsors! Without your generosity, we could not do these amazing events!



Night at the Speakeasy May 8, 2018 • Sienna Mercato

Tickets available:

<https://one.bidpal.net/outreachteen/welcome>

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Thank you to our event sponsors! Without your generosity, we could not create a one of a kind experience for event attendees! This year, a former client will share her experience of being an Outreach client, and will also be presenting her poetry. KDKA-TV's Ken Rice will once again be the event emcee, and will be accompanied by the venerable Steelers' legend, Rocky Bleier, for a lively Live Auction!

A limited number of auction items will be available for pre-event bidding. Sign up at <https://one.bidpal.net/outreachteen/welcome> to be a part of the fun! We will have trips to Napa, Lake Louise in Canada; signed jerseys from the Steelers and Pens; dinner and wine pairing; prime tickets for Steelers and Pens games and an opportunity to throw out the Pirates' first pitch against the Giants in August! This is just to name a few!

DON'T WANT TO MISS OUT?
BUY YOUR TICKETS TODAY!

Office Staff:

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

Fundraising Focus

United Way Contributor Choice #126

Many of our donors utilize United Way through their payrolls to contribute to Outreach Teen & Family Services. The new campaign begins May 1st! 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!

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 Jon Meacham! Go to www.townhallsouth.org to order your tickets today!

Association/Foundation Partners:

Thank you to our Association/Foundation Partners for 2017-18 contributions! 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
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

Counseling. Care. Connection.

Outreach
Teen & Family Services, Inc.

MAY
2018

Board News

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Did You Know?

Outreach's Twitter handle is @OutreachTFS

Follow us on Facebook,
www.facebook.com/outreachteen
Great articles and advice!

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

Read about New Programs inside!



Counselor Spotlight: Rachael French, MSCP, NCC

Rachael joined the Outreach team of counselors in October 2017. Rachael focuses primarily on working with adolescents/young adults and their families on issues including substance abuse/addiction, anxiety, depression, self-esteem, anger management, stress, organizational issues, peer conflict, communication, enhancing self-awareness, and relationship/family dynamics. Rachael brings a client centered and positive psychology perspective to her work and believes that it is critical that the client take an active role in the counseling process. Rachael explains, "I really enjoy working with young adults who are making exciting but often daunting transitions -- either from middle school to high school, high school to college, or whatever comes next. Change is so often viewed with anxiety and negativity. Yet change is happening all around us every day. How can we make change a positive experience in our lives? How can we choose to change something that is not working? How can we change our perspective? And how can we learn and grow from a challenging experience? As a counselor, I believe my job is to create a space where clients can explore these and other topics in a way that positively impacts their day to day lives." In addition to counseling, Rachael is currently working toward becoming an Aggression Replacement Training (ART) facilitator, looking to work with teenagers in teaching appropriate social skills and anger management. Rachael also administers Outreach Teen and Family Services' confidential drug and alcohol evaluations. Rachael has a Master's degree in Counseling Psychology from Chatham University, as well as a Bachelor's degree from Duquesne University. Prior to her work at Outreach, Rachael provided individual, group, and family support for adolescents and adults in early and long-term recovery at Gateway Rehabilitation in McMurray.

Fun facts about Rachael:

Favorite movie? Anything by the Coen Brothers, but especially The Big Lebowski

Favorite thing to do when not working? Spend time with my family and friends

Favorite Quote? "They always say that time changes things, but you actually have to change them yourself." Andy Warhol



SAVE THE DATE!! 3rd Annual Golf Outing

Monday, September 24, 2018 9:00am

South Hills Country Club

4305 Brownsville Road, Pittsburgh, PA 15236

Details coming soon!

Sponsorships Available!

All major sponsors will receive recognition on Outreach's website, social media outlets, newsletter and annual report.

Fundraising Focus: Donor Spotlight Questions – Chuck and Jill Brodbeck



Tell me how you first got involved in with Outreach Teen & Family Services. How long have you been donating? Chuck got elected to the Board in 1980 or 1981 at the encouragement of Marshall Gordon. He was on the Board for approximately 10 years and served as Chair for two. We have been donating to Outreach since he first became involved.

Does anyone in your life play a role in supporting your involvement? In providing inspiration? It may not be directly responsive to the question but we are highly appreciative of the fact that the Mt. Lebanon Commissioners have so consistently recognized and supported the important role played by Outreach in our community.

What other organizations or causes do you support? Jill is an active member of the Board of the Pittsburgh Cultural Trust and has served as the Chair of the Three Rivers Arts Festival Advisory Board for

the last three years. Chuck is on the Board of the Eye & Ear Foundation and previously was on the Boards of Phipps Conservatory and the Western Pennsylvania School for Blind Children. In addition to supporting those organizations, we support a number of others including Carnegie Museums, the Homeless Children’s Education Fund, the Pittsburgh Symphony, the Women’s Center & Shelter and United Way.

What motivates you to stay involved? We’re creatures of the late 1960s and early 1970s who believe we virtually have a duty to be involved in our community. Moreover, we recognize we have been blessed and consequently want to support our community and its many worthwhile organizations. Finally, we think it is important to set an example for our three children, Scott, Christy and Carolyn, so that they get involved in their communities.

In your opinion, what is the most important work that this organization does? What can be more important than helping our young people during what can be difficult teen years?

What might people be surprised to know about you? Jill studied classical piano while growing up in Wisconsin and competed in many piano competitions. Chuck is an avid gardener and is proud that his garden has been on several Mt. Lebanon Library Garden Tours, including one featuring the men’s garden group which he helped to organize.



May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Meditation in Motion 6pm Dormont Library Free!	2 eBook: Heroin, Fentanyl & Other Opioids: Comprehensive Resource for Families	3 Guided Meditation Scott Twp Library 6:15-6:45pm Free! NIMH Twitter chat on teen depression, 3:00 p.m. ET. Use the hashtag #NIMHchats to join and follow the conversation: http://bit.ly/2JQNHSI	4 Why we all need to practice emotional first aid www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene	5 2018 Be Kind to Your Mind – Virtual 5k/10k Pittsburgh
6 City of Pittsburgh Marathon Join in the fun by running or cheering!	7 Sahaja Meditation Mt. Lebo Library 7pm Free!	8 Outreach Teen & Family Services Night at the Speakeasy! Buy tickets online at https://one.bidpal.net/outreachteen/welcome	9 Express Yourself! Writers Group USC Library Free!	10 “To be healthy as a whole, mental wellness plays a role.”	11 resolve is a 24-hour, 365-day crisis service. It’s free to all residents of Allegheny County 1-888-7-YOU-CAN (796-8226)	12 Kids Plein Air Paint Out Uptown Mt. Lebo 11am – 3pm Kids Yoga South Hills Power Yoga Peters Twp. 2:30-3:30pm
13 MOTHER’S DAY! Healthy Kids Running Series 3PM Andrew Reilly Memorial Park, Jefferson Hills	14 Talking to your mom or mother figure each day can help reduce stress levels because it releases oxytocin!	15 Outreach serves children 5 to 21 and we also support their parents and families	16 Cyber bullying resources for your teens: www.shapethesky.org	17 2nd & 4th Thursday: conversations on addiction & the effects on family.12:30/1:30pm. Community Resource Center, 500 Chartier’s Ave. McKee’s Rocks	18 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works by Dan Harris	19 CHOICES drug and alcohol education group for teens. Outreach 9am – 1pm Call to register 412-561-5405
20 Take the family out to the ballgame! Buccos/Padres 1:35PM PNC park	21 Emotional Balancing with Essential oils Mt. Lebo Public Library 7pm	22 PA Addiction Recovery Hotline 1-800-662-Help	23 “A happy soul is the best shield for a cruel world” Atticus	24 Parenting is hard work! Consult with a professional counselor for free at Outreach	25 Approximately 1 in 5 adults in the U.S. – 43.8 million, or 18.5% – experiences mental illness in a given year.	26 Summer Flower Show Phipps Conservatory
27 MEMORIAL DAY! Create Joyful Rituals!	28 Join local veterans to help unfurl a giant American Flag & observe a moment of silence for those who served.	29 Fit for 2! Fitness support for women & their babies. 6-730pm St. Clair Hospital Free!	30 Teen Screen Mental Health Screenings available at Outreach	31 Stop Over-Thinking. You don’t need to have the answers to all of life’s riddles.		

Our Mission

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

New Programs

Call 412-561-5405 to register and find out more!

Substance Use & Abuse Evaluations

Has your drinking or drug use caused problems at school, work, or home? Has your drinking or drug use resulted in legal issues? Outreach Teen and Family Services is now offering a substance abuse assessment (drugs and alcohol) for teens and young adults. This confidential and evidence based evaluation may be completed in one session at our Mt Lebanon or downtown Pittsburgh location. No referral is required. In addition to now offering substance abuse evaluations, Outreach provides prevention, education and both individual and group therapy for adolescents and adults throughout our community. We provide this service, as with all of our other services in a caring, comfortable and

confidential outpatient setting. Experienced, masters-level therapists administer the assessment tool and provide treatment recommendations. Call 412-561-5405 to set up a confidential appointment today. Cost: \$75/assessment.

FEMtastic

Outreach is pleased to offer this new opportunity for teen girls (between 15 and 18) and their moms, or an identified female mentor, such as an aunt or coach. The mission will be to uplift one another, as well as strengthen coping skills for specific issues facing women. The workshop will provide a safe space for women to discuss issues facing the female population, improve communication and provide general support within a female group. Group size is limited to 5 duos; register early! Available on Saturday, June 2nd, 9am-1pm. Cost: \$50/duo Facilitated by: Chelsie Musisko, MS, NCC

Mental Health First Aid

Just as CPR helps you assist an individual having in an immediate physical crisis, Mental Health First Aid helps you assist someone experiencing a behavioral health or substance use-related crisis. 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. Trained MHFA clinicians and therapists will provide the learner with opportunities to build and enhance their skill sets by way of lecture, role play, and hands-on group activities in application to real-life (life-like scenarios). Cost is \$15/person, or \$25/couple This class will be offered quarterly throughout the year, beginning September 22nd, 9am – 1pm. Facilitated by: Dr. Tracy Scanlon, LPC