

# Counseling. Care. Connection.

## Outreach

Teen & Family Services, Inc.

MAY  
2019

## Board News

### Board of Directors

Robert M. Lucas, President  
Myles Lilley, 1st Vice President  
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Nancy Dapper, Treasurer  
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### Directors

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Heidi Grogan  
Mike Hathy  
Michael Higginbotham  
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Aaron Lauth  
Kara Malley  
Steve McLean  
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Stacey Rhodes  
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Kelly Schraven  
Justin Smerker

### Junior Board Member

Abigail Duclos

### 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: Melanie McConnell, MSCP, IMH, LPC

Melanie joined the Outreach team in October 2017. Melanie focuses on stress management, anxiety, relationship/life transitions, self-esteem, positive psychology programs and mindfulness education. She has over 18 years combined in the field of medical, academia, coaching and counseling. Melanie has experience as an owner and director of a counseling practice as well as serving on the faculty of a post-secondary school for twelve years. Her background includes conventional medicine and holistic studies.

Melanie is a graduate of both Carlow and LaRoche Colleges, earning a Master of Science in Infant Mental Health Counseling Psychology from Chatham University, specializing in Infant-maternal health, attachment styles and disorders. She recently completed her requirements for PA State Licensed Professional Counselor (LPC).

As a counselor, Melanie brings a solution-focused style and mindfulness based approach integrated with her background as a yoga teacher as the foundation of her counseling work. "I really thrive on empowering people, especially using mindfulness exercises and solution motivated practices which can change a person's entire world view. One of the first questions I ask my clients is what would you like to accomplish during our work together? What do you want your life to look like? What motivates you and gives you energy? We start with a positive focus which can make a big difference. Most people are not in the habit of asking themselves these kind of questions. And it's these type of questions that inspire positive change".

Melanie's primary focus with Outreach is her role at Bidwell Training Center on the North Side, serving as a behavioral consultant providing counseling and psychoeducation programs.

In addition, Melanie started a satellite location on behalf of Outreach at the Bethel Park Municipality Building collaborating with the school district and library to bring awareness of Outreach outpatient counseling to the Bethel Park community.

### Fun facts about Melanie:

*Favorite movie?* Anything with Robin Williams

*Best Vacation?* Some of my colleagues may not know this, in my early twenties, I used to be a flight attendant. I was able to travel extensively and see many parts of the world. However my favorite vacation spot is living year round in the log cabin I built with my husband.

*Favorite Quote?* "You must master a new way to think, before you can master a new way to be" – Marianne Williamson.

# Fundraising Focus: Donor Spotlight Questions – Terry Lewis



Tell me how you first got involved in with Outreach Teen & Family Services. How long have you been donating? I was first introduced to Outreach Teen & Family Services by Robert Lucas, the current President of Outreach's Board in

approximately 2015. My wife Annette and I have been providing support to the organization since 2015. It is a truly wonderful organization with an incredible charitable mission of helping, supporting and guiding children in our community of Mt. Lebanon.

Does anyone in your life play a role in supporting your involvement? In providing inspiration? My dear mother Joan Lewis has always inspired me to help others and always be a person for others. She raised me and my brother Tom and sister Sara before passing away many years ago. Our father Tom Lewis passed away when we were small children. My mother was strong, fair and most of all loving and giving of her time to her family and the community. My father had the same virtues and values.

What other organizations or causes do you support? The United Way, The Women's Center and Shelter of Greater Pittsburgh, Duquesne University School of Law and the University of California, Santa Cruz.

What motivates you to stay involved? The giving spirit of my mother and father and my wife Annette.

In your opinion, what is the most important work that this organization does? What makes you say that? Following its stated mission of helping children and young adults overcome difficult circumstances in their lives and giving each child a new hope and inspiration to be themselves. By staying involved and supporting the organization we receive regular updates of the activities of the organization and the many successes the organization has with our community's children.

What might people be surprised to know about you? I played the Viola for the North Allegheny Orchestra and once played live on local radio. Also, I am a long-time Grateful Dead fan and support the band's official archive located at the University of California, Santa Cruz.

What would you tell someone who is thinking about donating to Outreach or sponsoring an event? If you are looking to make a real direct impact in the community, there is not a better non-profit organization to support. The organization is well structured, follows its mission, has a proven track record and the employees and volunteers of the organization are truly wonderful and amazing people. And of course, its charitable mission is solely to assist our community's children.

## Counselor News

Outreach has added three new counselors to our ranks!

Please welcome Stephanie Petchel, Lauren Stoner and Lauren Tan. Their bios are available on the website!

Both Jennifer Master-Bruni and Melanie McConnell have recently obtained their Licensed Professional Counselor credentials! Way to go!

## Program Updates

Call 412-561-5405 or e-mail [info@outreachteen.org](mailto:info@outreachteen.org) to register or find out more! Check out our events calendar on our website for up to date information.

**Hidden in Plain Sight** Outreach Teen & Family Services recently received a grant from JB Finley Charitable Trust to fund the purchase of a trailer for this mobile drug & alcohol education program. Outreach is excited to be partnering with Mt. Lebanon Police Department in efforts to educate and inform parents throughout the Greater Pittsburgh area. No fee.

**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

**MAY IS 2019**  
**MENTAL HEALTH MONTH**  
**#4MIND4BODY**



**LEARN ABOUT HEALTH - 4MIND4BODY**  
at [bit.ly/MayMH](http://bit.ly/MayMH).

**SHARE WHAT YOU DO TO STAY WELL**  
by posting with **#4Mind4Body**.

**SEE WHAT OTHERS ARE DOING**  
at [bit.ly/4Mind4Body](http://bit.ly/4Mind4Body).

## May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>These great ideas are from Mental Health America.</i>	<i>See more great ideas and events supporting mental wellness on our website:  <a href="https://outreachteen.org/event-calendar/2019-05/">https://outreachteen.org/event-calendar/2019-05/</a></i>		<b>1</b> Exercising with other people can enhance its stress-reducing benefits! Try a dance class or a new sport!	<b>2</b> Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creativity & overall well-being are linked!	<b>3</b> Feeling stressed? Smile. While not the easiest thing to do, smiling can help to lower your heart rate & calm you down.	<b>4</b> People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends & family! Go have that cookout!
<b>5</b> Pittsburgh Marathon! Lots of fun and FREE events in the city today!	<b>6</b> Go to: <a href="http://bit.ly/4mind4body">bit.ly/4mind4body</a> to see what other people are doing to work wellness into their lifestyles.	<b>7</b> Take 30 minutes to go for a walk in nature. Being in nature can increase energy levels and reduce depression. boost	<b>8</b> <b>Night at the Speakeasy!</b> Join us for a night of fun and support of mental wellness!	<b>9</b> Set up a getaway. The act of planning a vacation can boost your overall happiness for up to 8 weeks!	<b>10</b> Make a point to not answer work emails this weekend. Boundaries help to establish a work-life balance.	<b>11</b> Get connected – share a meal with someone or pick up the phone. Studies show that good relationships make the difference between very happy and less happy people.
<b>12</b> <b>IT'S MOTHER'S DAY!</b> The city is full of fun today. Visit: <a href="https://www.visitpittsburgh.com/blog/mothers-day-in-pittsburgh/">https://www.visitpittsburgh.com/blog/mothers-day-in-pittsburgh/</a>	<b>13</b> Plan out your personal & professional obligations for the week. Work-life balance lessens depression/anxiety symptoms.	<b>14</b> Feeling in a rut? Think back and laugh at something silly you've done. Remember, everyone deserves a break and we're often hardest on ourselves.	<b>15</b> Get comfortable and read a good book. Reading can help relieve stress and tension.	<b>16</b> Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.	<b>17</b> Take some time this weekend to re-connect with family! There are many venues that are available for families, both young & old.	<b>18</b> Try meditation; these spiritual practices are linked to increased levels of feel-good chemicals & lower levels of chemicals associated with stress.
<b>19</b> Aim to get 7 to 8 hours of sleep each night this week! People who get enough sleep are more likely to succeed at their daily tasks.	<b>20</b> Do some coloring for about 20 minutes to help you clear your mind. No crayons? No problem! Download an app from MHA partners at <a href="http://www.colorthrapy.app">www.colorthrapy.app</a>	<b>21</b> Add some green to your office or home (if you don't have much of a green thumb, try a succulent.) Seeing plants can reduce stress and anxiety.	<b>22</b> Incorporate something funny into your environment for a daily dose of humor. It could be a goofy picture of your friends, family or pets; a mug with a witty saying or a cartoon.	<b>23</b> Make a list of activities you enjoy. Set aside time each week to focus on yourself and what makes you happy.	<b>24</b> Give yourself a break! Take 10 minutes out of your day for a walk. Small breaks (and exercise) improve your ability to deal with stress.	<b>25</b> This weekend, try being a tourist in your own town. Often, people only explore attractions on trips; you may be surprised what cool things are in your backyard!
<b>26</b> Let's Go Bucs! Enjoy a day at our beautiful ballpark! Today is Kids Free Ice Cream Day! Watch the Buccos take on the Dodgers at a 1:35pm game.	<b>27</b> <b>MEMORIAL DAY</b> There are plenty of events to honor our fallen heroes. From bike rides, to a flag ceremony, to parades in just about every neighborhood, bring the family to honor & commemorate this very special day and those who gave their lives for our freedom.	<b>28</b> Work your strengths at school or work. Do something you're good at to build self-confidence, then tackle a tougher task. You've got this!	<b>29</b> Time with animals lowers stress hormones and boosts oxytocin – which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.	<b>30</b> Take a few minutes to breathe deeply – in through your nose and out through your mouth. Try this technique: Pretend you're taking a giant whiff of a bouquet of flowers, then pretend to blow out a candle.	<b>31</b> Bring the family for Free Shirt Friday and cheer on the Pirates as they take on the Brewers! 7:05pm game time.	<i>Outreach is your mental health counseling resource for kids, ages 5-21, parents and families!            Call today to schedule your appointment, 412-561-5405 or email us at <a href="mailto:info@outreachteen.org">info@outreachteen.org</a></i>

## Our Mission

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

# Annual Fundraiser



## Join us for Night at the Speakeasy May 8, 2019 • Sienna Mercato

We look forward to another moving presentation by our junior board member this year. KDKA TV's Ken Rice will be our emcee once again! Well-received last year, we are pleased to offer mobile bidding for the silent auction. Along with live auction and raffle baskets, there is something for everyone!

### Thank You to Our

#### Night at the Speakeasy Sponsors:

Diamond: Fort Pitt Capital Group,

Mt. Lebanon Office Suites, UPMC

Gold: Expedient, Highmark Blue Cross Blue Shield, St. Clair Hospital, Sullivan Cotter & Associates, Inc., Wayno® Illustration

Silver: Babst Calland, Burns White, Dollar Bank, Hahn Loeser, Jones Day

Bronze: Costanzo Financial Group, Gleason, Henderson Brothers, Luchini & Co., McCarl's Services, Inc., Michael & Julie McMullen, Schneider Downs, Sitko Bruno, Vertical Solutions, Weiss Burkhardt Kramer, LLC

Bee's Knees: Wilke & Associates

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## 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 Lou Holtz and Lynsey Addario! Go to [www.townhallsouth.org](http://www.townhallsouth.org) to order your tickets today!



## Sad News

Outreach was deeply saddened by the loss of former board member, John B. Jones in April. We already miss his ready smile, his guidance and wisdom and his passion for our agency. Our condolences to John's family and to his many friends and colleagues.

### 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

Annual Appeal You are still able to make a contribution to Outreach's Annual Appeal for 2018-19! There are multiple donor vehicles available for your generosity, including direct donations on the website, [www.outreachteen.org](http://www.outreachteen.org); Critical Needs (May 7th); 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 begins 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 for 2018-19 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  
JB Finley Charitable Trust  
Grable Foundation  
Simon Hafner Charitable Foundation  
Roy A. Hunt Foundation  
The Earl Knudsen Charitable Foundation  
Howard & Nell E. Miller Foundation  
Mt. Lebanon Community Foundation  
Mt. Lebanon Police Association  
GC Murphy Foundation  
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