

Counseling. Care. Connection.

Outreach

Teen & Family Services, Inc.

NOV
2018

Board News

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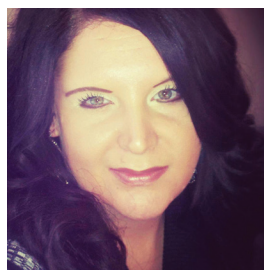
Did You Know?

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.

Our website contains insightful blog
posts each month? Check them out
at outreachteen.org!



Counselor Spotlight:

Nicole A. Zampini, MSPC, CPRP, NCC, LPC

Nicole has been in the field of counseling for over 18 years, working mental health and drug and alcohol counseling with adults, adolescents and teenagers, as well as in forensics. She received her bachelor's degree in psychology with a specialized degree in forensic psychology from Point Park University. Nicole attended Duquesne University's

School of Law, earning her Master's level certification from the Cyril Wecht Institute of Forensic Science and Law. She pursued her Master's in Professional Counseling from Carlow University. She is a Certified Psychiatric Rehabilitation Practitioner, a National Certified Counselor, as well as a PA State Licensed Professional Counselor.

Nicole's full-time work is as a Utilization Care Manager for Pittsburgh Mercy, in addition to a private practice in downtown Pittsburgh. She has been at Outreach for 8 years, working with individuals and families. Nicole facilitates the Choices class, and has been part of the KARE program working with teens in the juvenile probation system. As Outreach's Aggression Replacement Training (A.R.T.) certified trainer, Nicole trains other therapists at Outreach to facilitate the ART program to juveniles within the probation system. A facilitator herself, Nicole brings her background as a therapist into every session with the program's participants.

As a therapist, Nicole utilizes various therapeutic practices, including Positive Psychology, Interpersonal and Compassion based, along with Trauma-Informed treatments. She cautions against getting caught up in treatment modalities and losing the individual in the process, choosing to base her treatment on an individual and specialized basis. Working collaboratively with clients leads to achievement of goals necessary for individual success.

"Therapy is a brave and incredible process, and I am humbled and honored on a daily basis to have the privilege to be a part of that journey," Nicole states. She believes that we all have a story, needing to be heard and validated. Her priority is to create connection, space and dialogue for clients to share their stories, and know they are not alone.

Fun facts about Nicole:

Favorite movie? "The Bridges of Madison County". I read the book when I was younger and loved it and the movie was amazing. There is nothing like leaving the theater, and the movie staying with you long after. When it makes you think and feel something all at the same time-that is my kind of movie!

Favorite thing to do when not working? My favorite thing to do when not working would be to spend time with my family. They inspire me and support me even when my busy schedule gets in the way. I also love just relaxing on the couch with a good book. Since down time isn't very often I really value the little things.

Favorite Quote? "When the pain of remaining the same becomes greater than your fear of change, you will surely let go." - Nicole Zampini



Counselor News

Justin Koleny has joined the counseling team at Outreach. His bio is available on the website.

Melanie McConnell has joined the team at Bidwell. We're thrilled to continue to provide quality counseling and psycho-educational programs for the students there.

We are pleased to share that **Chelsie Musisko** is now a Certified Clinical Trauma Professional.

Jennifer Master-Bruni attended the "Building Compassionate Learning Communities" conference and was excited to share the great ideas with her students at Charters-Houston School District.

Program Updates

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

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

Mental Health First Aid

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.

Cost: \$15/person, or \$25/couple

Separation & Divorce Support Group for Women

Separation and divorce can feel like a "roller coaster ride" of powerful emotions. Our group provides a safe environment for women to share stories and be with others who understand their experience. The format will include group discussion & reflection activities and exercises. The group will include women at different phases in the separation/divorce continuum.

Newcomers welcome each month but pre-registration is required. Scheduled to meet the 4th Friday of each month, unless otherwise indicated.

Cost: \$25

Fundraising Focus: Fort Pitt Capital Group's Michael Blehar



Why did you first give to our organization?

Fort Pitt Capital Group is a big believer in giving back to the community we serve. I was introduced to Outreach years ago and learned about the fabulous

work you do for teens and families. I don't recall how many years it has been, but it was easy for us to decide to become a supporter of your organization.

What events have your sponsored? What benefit have you realized?

We have been a consistent sponsor of the annual gala and your golf outing. It's a benefit to us to have us recognized as a supporter. We believe it's good for community relations.

What other organizations or causes do you support?

We support a lot of organizations. Here are a few to which we have provided consistent support. Juvenile Diabetes Research Foundation (Pittsburgh Chapter), St. Barnabas Charities, Wesley Family Services, Ligonier Camp and Conference Center, Duquesne Athletics, Jewish Federation of Pittsburgh, Penn State Allegheny Campus, Family Hospice & Palliative Care, The Friends of South Park, The Salvation Army, The YMCA of Pittsburgh, HEARTH, Mount Lebanon Community Foundation, Arsenal Family and Children's Center, Junior Achievement, The Baptist Home, and many others.

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

Outreach provides needed emotional and psychological counseling to teens struggling with a variety of issues. Today's teens seem to be under more and more pressure to perform well in school and athletics and undergo peer pressure. Often families don't have the skill and patience necessary to provide the type of support and counseling that these kids need. Outreach is here for that and has made an amazing contribution to the community by being there for those in need.

What would you tell another organization someone who is considering sponsoring an Outreach event?

I would ask them to make a visit and talk to the staff and listen to stories of how Outreach has made a difference in people's lives. If they do that, they will be a lifelong supporter of Outreach.

What could Outreach do better for you?

I should ask what we could do better for Outreach.

What would you like to pass on to future generations?

To always make room for charity in your life. It can be in the form of service to an organization or in the form of giving to an organization. There are many who are in need and if you have the good fortune to be in a position to serve others through a kind act, make room in your life for that.

What might people be surprised to know about you?

Because I wear a suit and tie everyday a lot of people are surprised that I like to hunt. They'll say, "gee, you don't look like a hunter". I remind them that you don't wear a suit and tie when you're hunting, ha!

Our Mission

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

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

The presentation by one of our amazing clients left the crowd in tears, and even more committed to Outreach's mission! KDKA TV's Ken Rice emceed for the 5th year in a row, joined this year by Rocky Bleier. They electrified the crowd, and kept the auction bidding going up, up, up! Rocky graciously agreed to let our guests try on his Super Bowl rings, posing for photos with each and every person who wanted to touch a part of Pittsburgh sports history.

Thank You to Our Sponsors:

Diamond: UPMC

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

Bronze: AEC Group, CFG, Henderson Brothers, Luchini & Co., Michael & Julie McMullen, Schneider Downs, Sitko Bruno, Vertical Solutions

Coming Soon! Date for 2019 Night at the Speakeasy

Community Champion Award

At this year's inaugural Donor Appreciation Dinner, KDKA-TV's Ken Rice will receive Outreach's Community Champion Award for all that he has done to promote the agency's mission and his volunteer work on behalf of Outreach. Join us in congratulating Ken!

Thank You to Our Donor Appreciation Dinner Sponsors:

Dollar Bank, UPMC and Luchini & Co.

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

Outreach's Annual Appeal for 2018-19 begins November 1st! There are multiple donor vehicles available for your generosity, including direct donations on the website, www.outreachteen.org; Day of Giving (November 27th); 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. You still have time to be a part of the 2018 Campaign, which ends April 30th. 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 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
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