

Outreach

TEEN & FAMILY SERVICES, INC.

QUARTERLY NEWSLETTER

November 2022



COUNSELING. CARE. CONNECTION

HIRING NEWS

We are pleased to announce Kaitlyn Campbell has joined Outreach as our new Clinical Director. A Licensed Clinical Social Worker (LCSW), Kaitlyn has 10+ years of experience working with children and their families in a variety of clinical settings. Most recently, she was the mental health therapist for a Washington County school district, providing individual and group therapy, advocating for students, and supporting district staff and families. In this role, Kaitlyn created self-care programs to support teachers and provided trainings to increase mental health education and awareness. She is a graduate of the University of Pittsburgh, receiving both a Bachelor's and Master's degree in Social Work with a focus on Direct Practice and Mental Health.



Kaitlyn Campbell, LCSW

Kaitlyn believes in a whole-system approach to increase positive skills and uses an eclectic perspective to create a supportive, trusting space for children and their families. She is a Certified Family Check-Up Coach and is currently working toward a certification in Dialectical Behavioral Therapy (DBT). She also incorporates skills from her yoga teacher certification to support mindfulness and positive coping mechanisms.

Kaitlyn recently moved to Mt. Lebanon with her fiancé and rescue pup, Snoop. She enjoys teaching and practicing yoga, baking, trying new local restaurants, and traveling to visit friends and family.

Cole Risbon joins us as one of our newest counselors. For almost 8 years, he has worked in a variety of behavioral health field settings with children, adults and families experiencing depression, anxiety, sleep problems, ADHD, autism, anger, peer conflict, abuse, and trauma. He always strives to make his clients feel heard, listened to and important. Cole is a straight ally of the LGBTQIA+ community.

Originally from California, Cole moved to Pennsylvania in 2001, making his way to Pittsburgh in 2017. He earned his Master's degree in Professional Counseling from Carlow University and his Bachelor's degree in Psychology from Kutztown University of Pennsylvania.

In his free time, Cole enjoys playing video games and watching TV, movies and anime, but he doesn't forget to go outside to get some sunshine by playing tennis and volleyball.



Cole Risbon, MS, NCC



Kiera Mallett, MSW, LSW

Say hello to Kiera Mallett, another one of our newest counselors. Kiera brings to Outreach a wealth of knowledge of how to best support clients, rooted in her experiences working with diverse individuals, groups, and communities. She has a strong passion for serving and supporting youth and adolescents.

Previously, Kiera served as the first Director of Field Education for the Bachelor of Social Work Program at Pennsylvania State University, as well as a social worker for the Allegheny County Shuman Center and Pittsburgh Public Schools.

A native of Chicago, Kiera earned her Master's degree in Social Work, along with a mental health certificate, from the University of Pittsburgh.

UPCOMING EVENTS

Murder Mystery Luncheon

- Sunday, February 12th, 2023
- Crowne Plaza – Bethel Park
- \$75 for adults; \$40 for 12-17 aged students

More information coming soon!

Connections Gala

- Thursday, May 4th, 2023
- Renaissance Pittsburgh Hotel
- Sponsorship packages now available. [Click here](#) for information on how to become a sponsor today!

WE'VE MOVED!

Our offices are now located in the Executive Building, 615 Washington Road, Terrace Level - 6, Pittsburgh PA, 15228.

COMMUNITY COUNSELING

Did you know? Outreach counselors are available to **Bethel Park residents** at either the Bethel Park Municipal Building or our home office in Mt. Lebanon. Fees for a set number of counseling sessions are generously covered by an annual contract between Outreach and Bethel Park municipality. We also provide presentations for teachers and parents through an annual contract with the Bethel Park School District.

We have also recently launched a **new partnership with SHIM (South Hills Interfaith Movement)** to provide individual counseling services and mental health program for students who participate in after-school programming at the Baldwin SHIM center.

2022-23 BOARD OFFICERS

- Tammy Janero, President
- Kelly Morgans Schraven, 1st Vice President
- Jennifer McArdle, 2nd Vice President
- Alison Peters, Treasurer
- Josh Eaton, Secretary

A big welcome to this year's newest Board Members:

- Shelley Franco
- Lauren Ganoe
- Aimee Girod

PROGRAM UPDATES

We are offering **QPR** (Question - Persuade - Refer) training for anyone who regularly interacts with youth and is in a position to recognize & refer someone at risk of suicide. This training educates people on how to recognize the early signs of a suicide crisis and to know how and where to find help.

RAAPS is a 21-question youth-risk screening tool that provides resources to improve students' mental health & overall well-being. Assessments can be completed in 5 minutes at your child's school. The results offer interventions, as well as education, resources and referrals for identified at-risk students.


Interested in learning more about these programs?
Contact Maggie Zangara (mzangara@outreachteen.org).

REMINDERS

Be on the lookout in your email and on our social media channels for upcoming communications about this year's **Annual Appeal**. Our services depend on the continued support of generous donors like yourself.


Help us update & refine our communications strategy by taking this brief [survey](#). Your answers will help ensure we are reaching as many people as possible with meaningful, impactful information.

At Outreach, we provide affordable and accessible *connection, education, counseling, and coaching* to children, teens and families through safe, caring, responsive, confidential professional therapists supported by dedicated community advocates.

 412-561-5405

 info@outreachteen.org

 www.outreachteen.org

 615 Washington Road, TL-6
Pittsburgh, PA 15228

 Outreach Teen & Family Services

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 Outreach Teen

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