

Outreach

TEEN & FAMILY SERVICES, INC.

Program Guide

| 2022 |

Counseling | Care | Connection



Table of Contents

About Outreach	3
School-Based Programs	5
Community Education Programs	6
QPR Training	7
Hidden In Plain Sight	8
Substance Use & Abuse Evaluations	9
Choices: Drug & Alcohol Education	10
RAAPS: Rapid Adolescent Prevention Screening	11
ART: Aggression Replacement Training	12
Talk It Out: Mental Health Meet-Ups	13
Testimonials	14



Our Vision

We want every child, teen and family in the communities we serve to thrive.



Our Values

Respect. Everything we do is confidential. We respect the uniqueness and value of every child, every family and every situation.

Empathy. We listen. We strive to understand. We do not judge. We offer a place of comfort, compassion and caring. We gain the confidence and trust of those who need our help and engage them in a genuine relationship.

Responsiveness. We respond quickly to every call and every question. We deliver affordable, effective options for youth and families and adapt quickly to the changing needs of our community.

Prevention. We provide proactive services focused on prevention, education and awareness. We promote mental wellness.

Progress. We are a learning organization. We seek continually to expand our capacity, improve our skills and reflect on our work to provide the best possible service to children and families in our community.



Our Mission

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.



As a part of the local community for nearly 50 years, Outreach Teen & Family Services provides counseling services and programs to support the mental health needs of youth in the South Hills of Pittsburgh. Our focus is on **empowerment, prevention, education** and **early intervention**.



Located in the business district of Mt. Lebanon, with a satellite office in the Bethel Park Municipal Building, we make it simple to schedule an appointment. There is no waiting list and you will be matched with a Master's level or licensed counselor who has expertise in your specific need(s).



To schedule a counseling session, call 412-561-5405 to speak to our Clinical Director. Appointments are usually made within one week of your initial call.

Our Services

Outreach counselors see children and young adults ages 5-21, along with their parents and families. We serve clients from nearly 40 zip codes in both Allegheny & Washington Counties.

Community Partners

- School districts
- Parent groups
- Youth organizations & clubs (i.e. Boy Scouts & Girl Scouts)
- Local government & clubs
- Religious & youth groups
- Libraries
- Recreation & community centers
- Hospice support groups
- Emergency responders & medical professionals

Our People.

Many of our counselors are licensed and credentialed. They utilize client-centered, strengths-based and solution-focused approaches with techniques and interventions from a variety of treatment modalities, including cognitive behavioral therapy, mindfulness and positive psychology.

Counseling sessions are organically tailored to fit the unique needs of each client. This creates an environment where individuals feel safe and empowered to work on and grow in their area(s) of concern.



School-Based Programs

For more than a decade, we have provided on-site counselors to assist students with behavioral and emotional problems that present barriers to academic success. Our specialists offer an extra layer of support that can increase student retention and graduation rates. *We meet the needs of students in an informal environment without placing an added demand on family and school resources.*



Primary & Secondary Schools

Time is a luxury not always afforded to the in-school mental health professionals and guidance counselors who are charged with assisting students. But Outreach therapists, acting as on-site mental health counselors, can immediately respond to the needs of students in distress.

Students may participate in groups or meet one-on-one to discuss a number of issues, including academics, relationships and parents. These concerns, especially if left unchecked, can result in anxiety, depression, stress or worse.

NOTE: Students do **not** need a diagnosis, insurance or a recommendation to the Student Assistance Program (SAP) team in order to participate.



Post-Secondary Schools

Our mental health counselors provide a supportive structure which assists students in overcoming life's obstacles. These connections help students meet their goal of graduating to become contributing members of society.

In addition, faculty and staff benefit by having a referral source for students, allowing them to better utilize their own professional time.

Topics We Assist With:

- Time management
- Stress management
- Anger
- Sadness/melancholy
- Family concerns
- Social skills
- Grief
- Bullying & peer conflicts
- Self-esteem
- Anxiety
- Homesickness
- Substance use



Chariters-Houston School District
Inspire all students to achieve their greatest potential.



For more information, contact
Mary Birks at
mbirks@outreachteen.org.



Community Education Programs

Whether through webinars, in-person presentations or workshops, our Master's degree level counselors offer a variety of informative, impactful programming to address the challenges faced by today's youth and their parents in this rapidly changing world.

Past Presentations

- Technology Teens: Parenting in the Age of iPhones and Facebook
- Homework & Other Battles
- Ages & Changes of Your Adolescent (it's just a phase)
- Do You Sometimes Doubt Your Parenting Skills & Abilities?
- How to Protect Your Child Against Bullying
- You Don't Have to Attend Every Fight Your Teen Invites You To
- Kick-Start Confidence: The Keys to Building Your Child's Self-Esteem
- Family Talk: Listening Without Judgment & Talking Without Yelling
- Overcoming Anxiety
- Parenting a Strong-Willed Child
- Raising a Resilient & Responsible Child

community
presentations =
\$50/hour

For more information, contact Mary Birks at mbirks@outreachteen.org.



Topics range from time management, school pressure and positive attitudes to risky behaviors, depression & suicide, relationship violence and substance abuse. *Material can be tailored to fit your audience's specific needs.*



You will learn a number of different strategies & coping tools that can immediately be put to use:

- How to say 'no'
- Prioritization of tasks
- Reflective, active listening
- Healthy coping mechanisms for stress
- How to address issues without getting angry by understanding *why* your child misbehaves
- The impact of resilience on a child's ability to navigate everyday life and periods of adversity



QPR Training

Question
Persuade
Refer

➤ **Who:** Anyone who regularly interacts with youth and is in a position to recognize and refer someone at risk of suicide.

➤ **What:** QPR training helps prevent suicide by educating people to recognize the early signs of a suicide crisis and to know how and where to find help.

➤ **Where:** Caryn Jooste, NCC, brings QPR training to you. Groups of 15-20 can register for a 60-90 minute session.

➤ **Why:** By recognizing the early warning signs of suicide, opening a supportive dialogue, and securing consultation with a professional, you may prevent the need for an emergency room visit or psychiatric hospitalization.



QPR is not intended to be a form of counseling or treatment.

QPR is intended to offer hope through positive action.

QPR is intended to teach those who are in a position to recognize the warning signs, clues, and suicidal communications of people in trouble how to act vigorously to prevent a possible tragedy.

To schedule a training session, contact Maggie Zangara at mzangara@outreachteen.org.

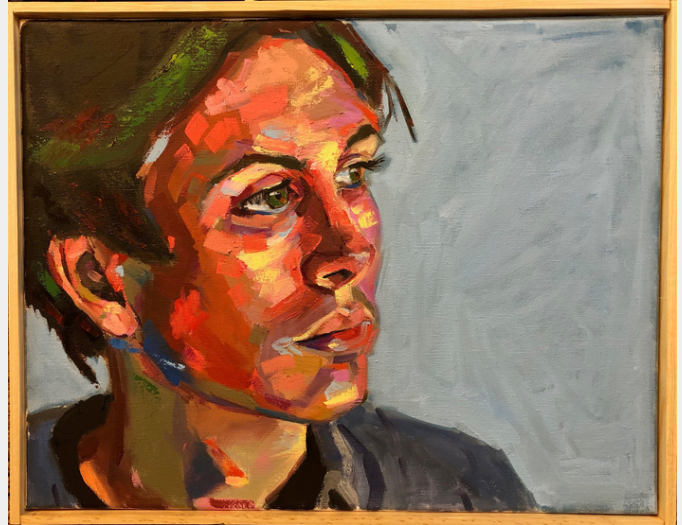
All participants receive a QPR booklet and card complete with warning signs, methods to encourage help and a list of community resources.



Hidden in Plain Sight

➤ **Who:** Mt. Lebanon Police Department, in partnership with Outreach Teen & Family Services.

➤ **What:** Parents and community members explore a mobile trailer that is set-up as a mock teenager's bedroom and 'search' it for hidden drug, alcohol and/or vaping paraphernalia.



➤ **Why:** With the support of police officers and professional counselors, participants learn what to look for to ensure their children are not using and abusing substances. They will also be educated on trends and how to talk their children about related issues.

trailer rental =
\$100/hour



➤ Contact Corporal Jeffry Kite (jkite@mtlebanon.org) or Officer Scott Kunz (skunz@mtlebanon.org) to schedule this program at your school or community event today.



Substance Use & Abuse Evaluations

-  **Who:** Teens & young adults (up to 21 years old) experiencing difficulties as a result of their drug & alcohol use.
-  **What:** Experienced, Master's degree level therapists administer a confidential substance abuse (i.e., drugs & alcohol) evaluation tool.
-  **Where:** The evaluation can be completed in one session (~60 minutes) at Outreach's offices.
-  **Why:** Take back the power over your substance use by receiving treatment recommendations in a caring, comfortable outpatient setting.



No referral is required, but registration is necessary. There is a **\$125** fee due before class.

Questions to Consider

Has your drinking, vaping or drug use caused problems at school, work or home?

Has your drinking, vaping or drug use resulted in legal issues?

To register, email info@outreachteen.org.



Choices Drug & Alcohol Education

➤ **Who:** Any young person in need of help dealing with the pressures of drug & alcohol use.

➤ **What:** Teens learn about the harmful effects of substance use and learn how to make positive behavioral choices.

NOTE: The program does **not** assume every teen entering it has firmly set upon the road to addiction.



➤ **Where:**
All sessions are held at Outreach.

Teen Sessions

third Saturday of every month
9a-1p
registration is mandatory, no walk-ins

Parent Sessions

third Saturday of every month
12-1p (held separate from
Teen Session)
*attendance by one or both parents/
guardians is highly recommended*

To register your child(ren), click [here](#). There is a **\$175** fee due before class.

➤ **Why:** To prevent the reoccurrence of previous drug/alcohol-related behavior among adolescents by supporting families in finding answers & educating teens to make better decisions in the future.

Class Topics

- Short- & long-term consequences (physical, psychological & legal) of drug/alcohol use
- Media's cultural impact on teen drug/alcohol use
- Developmental impacts of drug/alcohol use
- The addiction process & continuum of usage
- Recognizing denial
- Refusal techniques for teens
- Setting limits and being consistent in parenting

If a teen is referred to the Choices program by a judge, Outreach will inform the magistrate of enrollment & successful completion of the program.



RAAPS Rapid Adolescent Prevention Screening®



Who: Students 9-18 years old



What: A 21-question youth-risk screening tool that provides resources to improve students' mental health & overall well-being.



Where: The assessment can be completed in 5 minutes and is conducted at the student's school.



Why: These screenings provide students, families and school stakeholders with important mental-health related data. The results offer interventions, as well as education, resources and referrals for identified at-risk students.



Schools are turning to these screenings as an opportunity to:

- Identify students in need
- Increase coordinated referrals for healthcare & mental health services
- Capture population risk demographics to drive programming & support funding

For more information, refer to the [information sheet](#) and [FAQs](#).

Contact Maggie Zangara at mzangara@outreachteen.org with any questions.

For most schools, there is a **\$30/screen** charge.



ART

Aggression Replacement Training



Who: Chronically aggressive youth who have been referred by the Allegheny County juvenile justice system.



What: A 30-hour, evidenced-based intervention program led by two Master's degree level counselors from Outreach.



Where: ART is held 1-3 three times a year at Outreach's offices.



Why: To help adolescents improve social skill competence and moral reasoning, better manage anger, and reduce aggressive behavior.



Please note, a referral is **required** to participate in this program.

"I don't care about ANYBODY," one student claimed at the beginning of their participation in ART. But by the seventh week of the program, this same student was asking where another one of the participants was: *"I was just wondering if she is okay."*



Talk it Out Mental Health Meet-Ups



Who: 6th-9th grade students



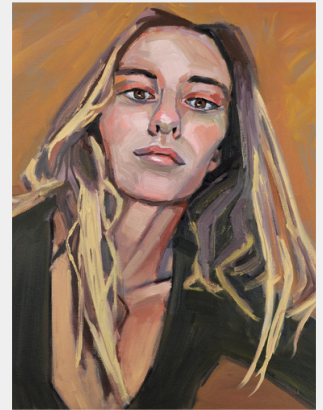
What: This 6-week workshop provides psycho-educational lessons and activities on mental health topics that are relevant to today's youth.



Where: Mental Health Meet-Ups can be held at your local library, community recreation center, etc. Participants will be led through the sessions by an Outreach counselor.



Why: To help students become happy and successful members of our community, it's important to meet their mental needs and to increase their social/emotional development.



Workshop Timeline

Week 1: Coping with stress

Week 2: Balancing social media usage

Week 3: Managing moods

Week 4: Self care isn't selfish

Week 5: Fostering relationships

Week 6: Building confidence

To schedule, contact
Maggie Zangara at

mzangara@outreachteen.org.





Reaching out ...

beyond the borders of classrooms

Reaching out ...

to the needs of kids & parents

Reaching out ...

to our communities



"The Mt. Lebanon School District has developed an extraordinary partnership with Outreach Teen & Family Services. Their partnership is a vital support service for the health and well-being of our children"

- Timothy J. Steinhauer,
Ed.D., Mt. Lebanon School
Superintendent.

"As police officers, we are expected to quickly respond and assess a variety of different, and often complicated, situations. Unfortunately, we are often able to provide only a short term fix. The ability of our officers to refer teens and families to Outreach for additional resources in a local setting, helps to ensure that these young people and their families will receive professional and specialized care for the difficult circumstances they are facing"

- Aaron V. Lauth, Chief of Police,
Mt. Lebanon Police Department .

"I don't know if you'd call Outreach a lifesaver. That sounds dramatic. But maybe it was."

- parent of client
(as told to Mt. Lebanon
Magazine)

"The best resource for families of the Pittsburgh Area."

- Blaise Larotonda Magisterial District Judge (retired)

Outreach Teen & Family Services, Inc.

615 Washington Road, TL-6
Pittsburgh, PA 15228

Office hours:

Monday-Thursday, 8am-3p
Friday, 8a-12p

412-561-5405

info@outreachteen.org

www.outreachteen.org

