

Outreach

TEEN & FAMILY SERVICES, INC.

QUARTERLY NEWSLETTER

May 2023



COUNSELING. CARE. CONNECTION

BOARD SPOTLIGHT

Jacquelyn Raco joined the Outreach Board after returning to the Pittsburgh area in September 2019 as a way to use her professional experience in schools and school health to better the welfare of our communities' youth. Her favorite thing about being a Board member is the impact the organization has on today's youth at a time when mental health awareness & care is so needed.

When asked what is the most important work Outreach performs in the community, Jacquelyn says, "Outreach helps so many in so many ways, that picking one reason is difficult! **The ability to decrease costs and provide care sooner than later for a child is not only impressive, but appealing to parents and guardians when seeking services.**"

She feels a great sense of pride in participating in such a wonderful organization and also cherishes the friendships she has formed as a result of her involvement.



Jacquelyn Raco,
Outreach Board member

MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month and this year, Mental Health America is encouraging everyone to look at their world and explore how different factors might be affecting their mental health. Do you feel safe? Do you have access to health care and grocery stores? Does your home support you, both physically and mentally?

While many parts of your environment can be out of your control, there are steps you can take to change your space and protect your well-being:

- **Focus on your home:** Keep your space tidy, sleep-friendly and well-ventilated. Surround yourself with items that help you feel calm and positive.
- **Create bonds with your neighborhood and community:** Get to know the people living around you, join or start neighbors-helping-neighbors groups, and support local businesses to challenge gentrification.
- **Connect with nature:** Hike in a forest, sit in a city park, bring a plant inside, or keep the shades open to absorb natural light.



The world around us can be both positive and negative – bringing joy and sadness, hope and anxiety.

If you're taking steps to improve your surroundings but are still struggling with your mental health, you may be experiencing signs of a mental health condition. Take a free, private screening at mhascreening.org (<https://screening.mhanational.org/screening-tools/>), to help you figure out what is going on and determine next steps.

CONNECTIONS GALA



Thank you to everyone who attended and donated to our recent 2023 Connections Gala. We're still finalizing the results, but anticipate this being a record-breaking year for the event!

None of the work we do in our communities would be possible without the support of our individual donors, community partners and corporate supporters. From the bottom of our heart, we thank you for making this year such a success so we can continue to make sure all children, teens & families in our communities thrive.

thank
★ you ★

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Donte's Pizzeria
Paul J. Gitnik

Hors d'Oeuvres Underwriter

Anonymous



Mary Birks, Outreach's Executive Director, poses with KDKA's Ken Rice, who served as the event's emcee.



Robert and Anna Lucas show off their new Peppa Pigs that they won in the silent auction for their grandchild.

In-Kind Donors

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South Hills Jewelers
Spencer Family YMCA
Spoonwood Brewing Company
The Little Gym of Pittsburgh - South Hills
The Reusable Life
Trace Brewing
Trolley Barn Eatery
Truver's Jewelry
Washington Wild Things
Wigle Whiskey

NEXT YEAR

Meet us in Wonderland

to celebrate 50 years of Outreach Teen & Family Services

SPRING 2024

details to follow



JOIN OUR SUPPORTER PROGRAM

Funds from our Supporter Program are designated specifically to *help us grow and maintain our educational programming*. This includes QPR (question-persuade-refer) suicide prevention training, RAAPS® (Rapid Adolescent Prevention Screening), mental health meet-ups for teens and more.

**JOIN
TODAY!**



Active Supporter



Parents & guardians of youth and young adults (ages 5-21) who are looking for active support as they navigate parenthood.

As an Active Supporter, you will receive a number of resources in return for your investment that are designed to help you along your parenting journey.

\$20/month, \$240/year*

***\$228 of donation is tax deductible**

Sustaining Supporter



Community members and parents/guardians with grown children who want to help the next generation of parents raise their kids in a safe, accepting environment.

Supporters at the Sustaining level do not receive any additional benefits. Your full donation goes toward ensuring we can continue to provide programming.

\$20/month, \$240/year**

****donation is fully tax deductible**

BENEFITS OF BEING AN ACTIVE SUPPORTER

- **Tote bag**
- **Post-It® Notes** to-do sheets (6" x 4")
- Bi-monthly **e-newsletters** with pertinent information to understand the needs & issues most important to today's youth.
- **Coffee with a Counselor** - Each quarter, gather with fellow Supporters and an Outreach counselor at a local coffee shop to discuss topics relevant to the struggles & situations both you and your children face in today's society. This is a space to learn, make connections and ask questions in a comfortable, relaxed, environment. Discuss a topic as it pertains broadly to developmental aspects of your child(ren) or a specific, related situation you are personally encountering.
- **Quarterly updates & input opportunities** - Learn how you are making a difference through identity-protected success stories. Have the opportunity to give input on future e-newsletter topics.
- From time to time, there will be **special opportunities for the children of Active Supporters** to gain access to leadership and professional development activities.

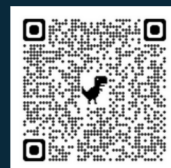
Whereas a typical donation to Outreach supports our general operating costs & helps subsidize counseling sessions, Supporters' money directly guarantees the health and longevity of our programming so we can continue to provide these essential resources in our communities.



Something catch your eye?

Feel free to forward this newsletter to any parent, teacher, guardian, counselor or whoever you think could benefit from the content.

HAVE FEEDBACK?



Complete a brief survey to let us know how we & our communications can support you better!

2022-23 BOARD OFFICERS

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

*And a big welcome to our newest Board Member,
Lindsay Meucci, Vice President,
Marketing, Communications &
Advocacy - St. Clair Health*



What parenting support could you use? What parenting support do you want to provide to others?

We are currently looking for a few more individuals to join our Parent Steering Committee. If you're interested, contact Maggie Zangara (mzangara@outreachteen.org).

PROGRAM UPDATES

One area we often neglect our needs and don't want to admit we need help is parenting. It's the most rewarding job you'll ever have, but it can also be the most challenging. At Outreach, we seek to support you as parents and guardians by helping to provide the education and tools necessary to succeed. One way we do this is through our **Parent Steering Committee**.

This group gives parents the opportunity to become part of a *community of like-minded individuals* who are dedicated to working together to *protect the mental health & wellness of themselves and the children in their lives*. Share with and learn from each other's experiences. Your conversations will serve as the foundation for the topics addressed in our Parenting Discussion Series, as well as in our Supporter Program's newsletter and quarterly chats with a counselor.

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.



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Outreach Teen & Family Services



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@outreach_teen



Outreach Teen

Check out our *Teens Tap In* podcast!



WE WANT EVERY CHILD, TEEN AND FAMILY
IN THE COMMUNITIES WE SERVE TO THRIVE.