

# Outreach

TEEN & FAMILY SERVICES, INC.

## QUARTERLY NEWSLETTER

September 2023



COUNSELING. CARE. CONNECTION

## STAFF ANNOUNCEMENTS

It's been an exciting few months here at Outreach, a highlight of which has been the addition of three wonderful new counselors to our staff.

**Mara Kleinman** joins us after receiving her Master's Degree in Child Psychology from Duquesne University, where she is now on track to earn her Doctorate in May 2025. She has two years of experience working in Allegheny County schools and four years of experience working with children and adults with disabilities. Mara's areas of expertise include Autism Spectrum Disorder, anxiety and self-esteem.

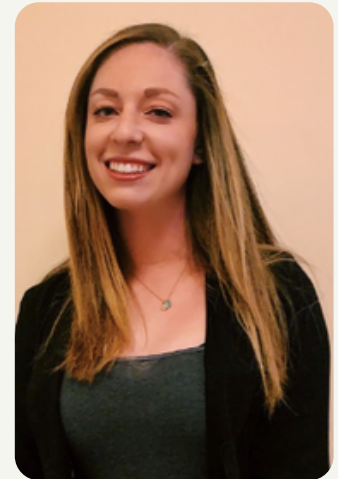
"Even though I am new to Outreach, I appreciate how supportive and welcoming the team has been to me so far," she said "Outreach is a kind, compassionate and safe environment. ... I look forward to providing a wide range of counseling services to children and families in the future."

It also brings us great pleasure to announce that our previous intern **Logan Pieri** has joined our staff as a Master of Social Work after graduating this past spring from the University of Pittsburgh. Driven by her passion for making a meaningful impact, Logan has experience serving children, adolescents and families in a variety of mental health and community settings.

As a full-time school-based mental health counselor in the West Allegheny School District, Logan has the privilege of being part of students' lives as they navigate the complexities of growing up.

Last, but certainly not least, **Kylie Tautkus-Malobisky** joins us as our in-school counselor for students at Chartiers-Houston Junior and Senior High School. Having received her Master's in Social Work from the University of Pittsburgh, Kylie is experienced in helping youth manage impulsive behaviors through mindfulness strategies.

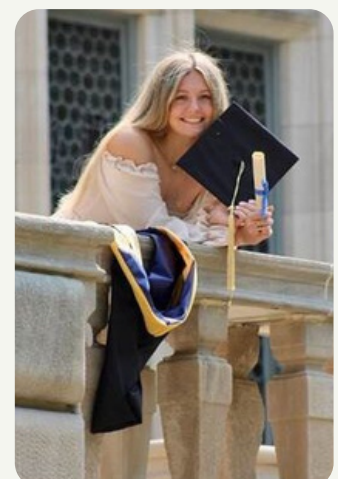
*Join us in welcoming Mara, Logan  
& Kylie to the Outreach family!*



Mara Kleinman



Logan Pieri



Kylie Tautkus-Malobisky



Maggie Zangara, LPC    Meagan Rosenthal, LPC

In other staff news, counselors **Maggie Zangara** and **Meagan Rosenthal** recently received their LPCs and are now officially licensed professional counselors.

*We are actively hiring outpatient therapists & always looking for new interns! If you are a college student studying psychology, counseling or other mental health field, or if you already have your Master's in Social Work, Clinical Mental Health, or School Counseling, Outreach could be a great fit for you! If you (or anyone you know) is interested in either a job or internship, please visit the [Employment page](#) on our website to learn more.*

*Congrats to Maggie & Meagan on this wonderful achievement!*

## UPCOMING EVENTS

### Coffee with a Counselor

- Saturday, September 30, 2023
- Bird Park, Mt. Lebanon
- To register, [click here](#).

### Annual Appeal

*Stay tuned for communications in November & December with more details!*

### 2024 Connections Gala in Wonderland

*Celebrate our 50th anniversary!*

- Friday, April 26, 2024
- Renaissance Pittsburgh Hotel
- Details forthcoming

CRITICAL  
NEEDS  
ALERT

*thank  
★ you ★*

Thank you to everyone who donated to Outreach during **The Pittsburgh Foundation's #ONEDAY Critical Needs Alert** earlier this summer.

50+

### SUBSIDIZED COUNSELING SESSIONS FUNDED

Last year, about one third of our total client sessions were fully subsidized, with even more being partially subsidized. This is a huge help to our agency and makes it possible to positively impact as many youth & their families in our local communities as possible.

*If you did not get a chance to donate during Critical Needs, you can still help make possible subsidized counseling sessions by making a one-time or recurring donation to Outreach. [Click here](#) to donate now!*

# SUPPORTER PROGRAM

**Without the support of generous donors like you, we would not be able to continue providing vital mental health education & resources to those in our communities who need them most.**



To join the Supporter Program, scan or click the QR code above, enter your desired donation method (\$20/month or \$240 for the year) and choose "Supporter Program" from the dropdown menu.

When you become a Supporter, you help to ensure the longevity of Outreach and our community programming. Your \$20 monthly donation (or one-time donation of \$240 for the year) is designated to helping us grow and maintain critically important mental health education programs. This includes QPR (question – persuade – refer) suicide prevention training, RAAPS® (Rapid Adolescent Prevention Screening), mental health meet-ups for teens and many more.

*A standard donation to Outreach supports our general operating costs and helps to subsidize counseling sessions. Supporters' donations make it possible for us to provide our programming to local communities & their residents at free or discounted rates.*

The transition students undergo as they head back to school after the summer months can be an exciting time filled with friends, social events and extracurriculars. But returning to school also means the emergence of new (and sometimes re-emergence of old) stressors because of busier schedules, demands of nightly homework, and conflicts with peers.

## ENGAGE OUR SERVICES

As parents & guardians, it's our job to stay vigilant and attuned to any changes in our children's behaviors and moods that may indicate an impending mental health challenge. If you're concerned about your child(ren), contact us today to set-up a (one-time) free parent consultation to meet with one of our counselors to better understand the issue and develop a plan to manage it with your kiddo at home.

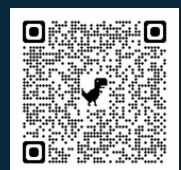
If your child(ren) is actively struggling with a mental wellness issue, complete our [intake form](#) to talk with our clinical director about our services and decide on a course of action that will best fit their needs. Our master's level and licensed counselors are qualified to work with clients dealing with a wide range of topics, including depression, stress/anxiety, time management, anger management/emotional regulation, peer conflict, substance use/abuse, and many more.



### Something catch your eye?

Feel free to forward this newsletter to a parent, teacher, guardian, counselor or anyone else 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!



# 2023-24 BOARD OFFICERS

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

## PROGRAM UPDATES

Outreach volunteer Kelly Gyurina is trained in **Mental Health First Aid (MHFA)** and ready to bring her knowledge to parents/guardians & adults who regularly work with youth in our local communities. This evidence-based program teaches adults to identify the common signs & symptoms of mental health challenges and substance abuse among children & adolescents.

**Question-Persuade-Refer Training (QPR)** is offered by several Outreach counselors to provide adults at schools, universities, libraries, community centers and more with the language & tools needed to help a young person who is in distress and contemplating suicide.

If you're interested in scheduling an MHFA and/or QPR workshop for your work, group of friends, community center, etc., contact Maggie Zangara ([mzangara@outreachteen.org](mailto:mzangara@outreachteen.org)) for more details.



## COLLEGE CREW

If you know a young adult (ages of 18-25) who is passionate about mental wellness, they should consider becoming a member of our **Outreach College Crew** (OCC, previously the YAC). It's a peer-to-peer resource for young adults to use their voices in broadening our agency's mission. It's also the perfect opportunity for emerging professionals who want to proactively advocate for positive mental health programs & resources across the South Hills of Pittsburgh.

Applications are currently being accepted.

To apply, [click here](#).

Questions? Contact Maggie Zangara.



"I would say to absolutely go for it!! The YAC is a group of super cool, nonjudgmental people. We welcome everyone with open arms (and a joke or two).

"If I end up encouraging one or 100 people to help themselves or someone they know, I will be the same amount of happy and excited either way. Every day is a new day to help someone here at the YAC."

*Amelia Carey, former Youth Advocacy Committee (YAC) member*



412-561-5405



[info@outreachteen.org](mailto:info@outreachteen.org)



[www.outreachteen.org](http://www.outreachteen.org)



615 Washington Road, TL-6  
Pittsburgh, PA 15228



Outreach Teen & Family Services



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