

# Outreach

TEEN & FAMILY SERVICES, INC.

## QUARTERLY NEWSLETTER

December 2023



COUNSELING. CARE. CONNECTION

## BOARD SPOTLIGHT

A resident of Mt. Lebanon for almost 30 years, Brian Walters has always valued, respected and appreciated the services offered by Outreach Teen & Family Services to those in need. Two years ago, he made the decision to join our Board so he could more actively contribute to supporting our mission and make a more meaningful difference in the lives of those who live and work in our communities.

“Outreach is well-positioned to carefully and thoughtfully listen - and respond in a timely manner - to the challenges faced by families struggling with certain levels of disruption, serving as a lighthouse for those navigating turbulent waters,” he says.

***“Outreach does so privately and confidentially, assuring families that they are not alone in their journey.”***



Brian Walters,  
Outreach Board member

Brian enjoys being connected to a trusted community resource which services a wide variety of people in need through cost-effective, professional support. This extends to his involvement on the community advisory board of St. Joseph's House of Hospitality and the Mt Lebanon Blue Devil Club.

## WE ARE A GREAT NONPROFIT!

But you already knew that, right?!



Thank you to everyone who recently shared about their positive experiences with Outreach on GreatNonprofits.org. **Because of you, we have been named a 2023 Top-Rated Nonprofit!**

[Click here](#) to see what everyone is saying about us! You can also use this link year-round to share your own experience, .

If you did not have a positive experience, with Outreach please contact us directly at [info@outreachteen.org](mailto:info@outreachteen.org) so we can make the situation right.



# CAN WE COUNT ON YOU?



Brock\* was off the charts gifted and intensely artistic, but he didn't engage with his classes or peers. Instead, he was always searching to attract the 'right' attention from adults he looked up to and hoped would champion him. When these efforts failed time and time again, he became discouraged and began smoking, skipping school, and turning to drugs to mask his pain of inadequacy and not belonging.

During an afternoon spent smoking at Mt. Lebanon Park, a counselor from Outreach approached Brock and sat down to listen to him. ***It was the first time in his life that Brock had encountered an adult who had a genuine interest in what he was experiencing.*** This counselor began to regularly make time to show up and talk with Brock, without judgement, and over time, built trust with him as he struggled with mental health issues. Eventually, the counselor encouraged him to visit Outreach's office in Uptown Mt. Lebanon. It was there that the real work on Brock's mental health journey began.

**At Outreach, Brock found real support for the challenges he faced.** He had a difficult home life, complete with disinterested parents and complicated sibling relationships. But as he grew more comfortable, Brock was able to share his issues during group counseling sessions. He began to understand that his drug use was masking the emotional and psychological stressors caused by his dysfunctional family. His counselor encouraged him to explore these emotions and issues, working together to create new coping skills and healthy habits.

Brock went on to graduate from high school and eventually attended a 4-year college. There were bumps along the road of course, but he always made great strides to return to the coping skills he learned years earlier from a caring, nonjudgmental adult at Outreach.

**The year Brock came to Outreach was 1974, but he could just as well be a student in 2023.** These critical connections between counselor and client have been occurring every day at Outreach for the past 50 years. We provide a safe space for support, guidance and counseling to children, teen and families, whether they are navigating anxiety, depression, stress, bullying, family discord or difficult transitions, all of which had a place in 1974, but have only become more prevalent today in our complicated society.

## UPCOMING EVENTS

### Murder Mystery Dinner

*Dial 'M' for Mother*

- Saturday, January 27, 2024
- 5:30-9pm
- \$85/person
- Crowne Plaza Suites
- To register, [click here](#).

### 2024 Connections Gala in Wonderland

*Celebrate our 50th anniversary*

- Friday, April 26, 2024
- Renaissance Pittsburgh Hotel
- Stay tuned for more information in the new year!

***Presented by***



As our communities' resource for low to no cost counseling, we play a vital role in addressing the same stressors and mental health concerns that our children, teens and families experienced 50 years ago. When you donate to Outreach, you're helping to ensure the young people today, whether their experiences are similar to Brock's or unique to 21st century challenges, have continued access to essential mental health counseling and education.

Thanks to your contributions over the last year, we have served nearly 215 youth through 1,260 counseling sessions to date, along with impacting more than 1,500 kids and their families through innovative programming and community presentations.

**A donation today will recognize our 50th Anniversary and support our efforts to expand programming, increasing the number of youth and families we serve in 2024.** Our goal for the next 3 years is to impact more than 5,000 individuals in 5 communities around the South Hills of Pittsburgh.

Thank you for your support!

\*name has been changed to protect confidentiality



To make a donation, visit  
<https://outreachteen.org/donate/>  
or mail a check to our office. And  
don't forget to ask your employer  
to match your contribution!



*Is your employer looking for sponsorship opportunities next year? Do you own a business and want to get more exposure for it within our local communities?*



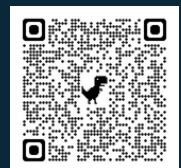
### Consider the 2024 Connections Gala in Wonderland!

## SPONSORSHIP OPPORTUNITIES

We currently are looking for businesses (or individuals!) to sponsor the event at levels ranging from \$1,000 to \$7,500. There are also underwriting options that cost between \$500 and \$1,000. Proceeds from the event go to general operating support and subsidized counseling sessions.

All sponsors are recognized in the event program and on signage through the event space. Sponsors are also featured on Outreach's website, social media channels, newsletters, and annual report. For more information, refer to our [sponsorship catalog](#).

#### HAVE FEEDBACK?



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



#### 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.

# 2023-24 BOARD OFFICERS

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

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



Outreach Teen & Family Services



@outreach\_teen



Outreach Teen

Check out our Teens  
Tap In podcast!



## PROGRAM UPDATES

Outreach counselor Colleen O'Shea will be hosting the first session of our new drug & alcohol group counseling program, **Project TND**, in January 2024. It is designed to help young people ages 14-19 stop or reduce their use of cigarettes, vaping, alcohol, marijuana and hard drugs, along with violence-related behaviors. Participants will better understand what is creating their need to rely on substances so they can work toward making improved choices in the future by developing better decision-making skills. To register your child, [click here](#).

We will also be offering **Mental Health 101** training in the new year! This is for anyone who is interested in learning more about mental health so they can better advocate for others who could benefit from mental health support. The training will educate individuals on how to recognize the early signs of common mental health diagnoses and to know how and where to find help. Groups of 10-20 people can register for a 1-hour session. Outreach will bring the training to you!

*Interested in learning more about these programs?*

Contact Maggie Zangara

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

### If you have not already done so, be sure to join our Supporter Program!

Your generous, monthly donation helps Outreach to grow & maintain our critically important community mental health educational programming.

Scan the QR code on the right, enter your desired donation method (\$20/month or \$240 for the year) and choose "Supporter Program" from the dropdown menu.



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