Because of Your Compassion Lives Have Changed

2017 Annual Report

Anchorpoint Counseling Ministry
Saving Families, Saving Lives Since 1966
Anchorpoint Counseling Ministry

Formerly North Hills Youth Ministry Counseling Center
Saving Families, Saving Lives Since 1966
800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237-6504
AnchorpointCounselingMinistry.org • 412-366-1300
Building hope and promoting healing and learning through faith-based counseling and support services.

Our Compassionate Community
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• Corporations • Fellow Non Profits • Individuals
• Clients • Physicians • Referral Partners • Donors
• Foundations • Counselors • Staff • Prayer Partners
• Board • Volunteers • and YOU!

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Rev. Dr. Ron Barnes, LSW

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Sr. Mary Jane Beatty, CDP, MSEd, LMFT
Rev. Don Ludwig, LSW
Jennifer A. Regester, LCSW
Robin Rishel, Ph.D., LPC
Don Shar, MA, NCC
Jay Sperling, MSEd, LPC
Alex Waitt, Ph.D, LPC

Education & Support Groups:
Cassy Wimmer, LSW, Groups Facilitator
Mandy Jabbour, LSW, Parent Education Director

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Leanne Bentz, MS, Tutoring Program Assistant

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Wendy Cibula, Communications Coordinator
Lisa Feraco, Office Manager
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We have this hope as an anchor for the soul, firm and secure.
- Hebrews 6:19
Sarah, a single mother from the North Hills, struggled with depression after her husband left, but couldn’t afford mental health counseling for herself or her two children. With no money to pay the mortgage and barely enough to keep food on the table, she tried to remain stoic, but one day, when a friend at her church reached out to give her a hug, Sarah started weeping uncontrollably. That public acknowledgment of helplessness led to her referral to Anchorpoint. She was able to see a therapist and her children were enrolled in the after school tutoring program.

It was compassion that moved Sarah’s friend to refer her to Anchorpoint to receive the help she needed. It also was compassion that created Anchorpoint’s ministry over 50 years ago. It is the compassion of Jesus Christ that instructs Anchorpoint to be a caring presence for those we serve every day.

The mystery of God’s compassion becomes visible in the healing stories of the New Testament.

“When Jesus saw the crowd harassed and dejected like sheep without a shepherd, he felt with them in the center of his being (Mt. 9:36). When he saw the blind, the paralyzed, and the deaf being brought to him from all directions, he trembled from within and experienced their pains in his own heart (Mt. 14:14). When he noticed that the thousands who had followed him for days were tired and hungry, he said, I am moved with compassion (Mk 8:2). And so it was with the two blind men who called after him (Mt 9:27), the leper who fell to his knees in front of him (Mk 1:41), and the widow of Nain who was burying her only son (Lk 7:13). They moved him, they made him feel with all his intimate sensibilities the depth of their sorrow. He became lost with the lost, hungry with the hungry, and sick with the sick. In him, all suffering was sensed with a perfect sensitivity. The great mystery revealed to us in this is that Jesus, who is the sinless son of God, chose in total freedom to suffer fully our pains and thus to let us discover the true nature of our own passions. In him, we see and experience the persons we truly are. He who is divine lives our broken humanity not as a curse (Gn 3:14-19), but as a blessing. His divine compassion makes it possible for us to face our sinful selves, because it transforms our broken human condition from a cause of despair into a source of hope.” - Donald P. McNeill

Being a compassionate presence makes a significant positive difference in the lives of those we serve at Anchorpoint. We are so very grateful to the many board members, staff, volunteers, donors, local churches, foundations, businesses and corporations who have enabled Anchorpoint to be a compassionate presence in the lives of thousands of people over the past 50 years. Compassion is a very powerful gift that changes lives. Jesus’s compassion teaches us to be a compassionate presence for others.
Life is full of challenges!

There is not one of us who has not faced some serious obstacles in our own lives. All of us at some point deal with anxiety, depression, grief, the loss of a parent, the loss of a job, the loss of a pet, the loneliness that comes with different days…or simply the challenges of parenting these little bundles of joy that now have cell phones permanently attached to their hands and real emotions that they wear on their sleeves! Even for the most stable and financially secure, life’s challenges can be overwhelming…Now imagine a single parent working two jobs just to pay the bills, with an emotionally challenged child struggling in school…. both with little self-esteem or zero feelings of self-worth. How do they do it? For too many, it’s not about their child excelling in school, it’s about simply getting through the day and sometimes just surviving. Many have no hope that their situation will change!

Parenting today is hard work. Families need a strong support system to guide them through their many challenges. Anchorpoint has been that support system for kids and families for the last 51 years! Through our tutoring, counseling, and parenting programs we are building hope, confidence, and social interaction skills for kids and families that truly change lives. With our sliding scale of payment, we are a beacon of hope to families in financial need. Our dedicated, passionate, and faith-based staff helps clients not only work through their current challenges but more importantly, helps kids and parents build a plan and process that will help them attack with confidence future challenges in life that we all know are coming!

I thank the staff, the many volunteer tutors, and our wonderful donors for all of your time and support. I don’t think there is a more important cause with kids and families than building hope, confidence, and a plan to deal with life’s challenges! You are all such an amazing group of individuals with a heart for helping families. I am so proud to be part of this organization and count so many of you as friends. Together we are making a huge difference in saving families and saving lives!

A suffering person does not need a lecture; he needs a listener

- Billy Graham

Thank you for giving us the opportunity to be listeners.
In 2017, Anchorpoint served approximately 480 families through our counseling services alone. This amounted to roughly 2,800 counseling sessions. We also counseled with approximately 100 + people through the various therapeutic groups that we facilitate. Anchorpoint continued to broaden its scope of services in 2017 by adding new therapeutic support groups, an additional SPIN group, and increased counseling by serving more clients over the age of 65.

Anchorpoint works on a relational model with belief that people need to be connected in a healthy way in order to thrive in life. Attachment, belonging, and caring are tremendous needs for us all. Anchorpoint addresses these needs every day through our Christian ministry perspective.

Inevitably we all face difficulties, trials, and challenges. It is usually through such experiences that we grow emotionally, mentally, and spiritually. The Bible states in James 1:1-4, “Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking in anything.”

The work of counseling is indeed a maturing process of learning how to accept what life has given us. Being Anchored in Christ (Hebrews 6:19) enables us to be grounded in His love and thereby know we are loved amidst the different journeys of life. Jesus Christ is our compassionate companion and savior on this challenging path we call life.
In 2017, Anchorpoint provided an answer to the community’s need for an ongoing support group for women. This support group—*Self Care in Action*—ran the entire year, allowing members to choose when they were ready to graduate. New members joined throughout the year and the group and its members are flourishing. Topics that were addressed included self-esteem, body image, emotion regulation, mindfulness, correcting thought distortions, and much more!

*Self Care for Women*, the 8-week version of the aforementioned group, was offered twice by interns in 2017. With a newly written curriculum, which includes a participant workbook as well as a facilitator’s guide, interns have found the group easy to facilitate and rich in growth opportunity for participants. This continues to be a very popular support group.

*Sanctuary for Teens* continues to undergo reformatting due to our discovery of the deep need for a step-down group from residential mental health programs for teens. These teens go from multi-hour, daily support to once-per-week individual sessions, and they often don’t do well. We are working with area mental health services to be the bridge in this service gap.

In summer 2017, area schools reached out to us to offer a group for *siblings of children with disabilities*. We provided a ten-week group for nine children, each of whom needed extra attention and a place to explore their feelings about their family.

Our therapeutic groups have grown so substantially during 2017 that we added another therapeutic group facilitator. God blessed us with a wonderful addition to our team. Mandy Jabbour is a licensed social worker with a heart for single moms and parenting issues. She came ready and excited to take on SPIN, our single mom’s group, as her own! With her expertise and grace, the leadership transition was smooth and successful.

*SPIN (Single Parent Information Network)* continued to thrive in 2017 as we addressed the growing need for single parent support. From October through May, single moms and their children gathered twice a month to enjoy a delicious dinner and then participate
In addition to finding therapeutic support and community from other moms, these women were embraced with love and care from a local church body. It was beautiful to see God care for and bring healing to these amazing moms and their kids.

Through your generosity, Anchorpoint had the opportunity to serve 21 moms and 28 kids through our SPIN groups in 2017. Because our two groups are already at capacity, we are in conversation with a third church to expand SPIN further in 2018. Thank you for your generous support in meeting this community need!

Anchorpoint continues to offer educational workshops on an as-needed basis. Churches, schools, and local organizations invite our staff to lead workshops on various parenting and mental health topics. Anchorpoint also offered three free two-hour workshops to congregations in lower income areas as a way to give back to our community. Topics included Love & Logic parenting, connection & conflict in the home, teen parenting, ADHD parenting, and maintaining a strong marriage.

"The tips and tricks given in this workshop make sense for my daily life and my child. I learned various tools to make a real change in my parenting.”

- Workshop Attendee

Dear Anchorpoint,

I did not ask to be a member of the single mom club in life. It was assigned to me three years ago. Our daughter was in fifth grade. I am a widow, and a single mom. I still feel married. So, in some ways I don’t feel like I am alone raising our daughter. We can still laugh at my husband’s silly jokes and we can still hear him spewing his wisdom upon us. But the reality is, I am a single mom, and that is where the Single Parent Information Network support group comes in.

I started attending after my aunt heard a counselor speak at our church. She called me and said “have I got a great place for you and Julie and they even give you dinner!” Dinner, support group for me and homework help or time for Julie. Win-win and win. This is truly what it has been, a win for me! The ladies in the group that I have grown to admire and adore are by far the strongest and most courageous women I know. We have all come from different avenues of becoming a single mom. But, boy do we struggle with the same chaos. Every week the group has a different topic to discuss. Parenting tips...every week I come out of the group with a nugget of golden wisdom to carry forward. It is a safe place for me to talk about all the “stuff” going on. It’s a cheerleading squad of ladies who know the hole I am in because they have been or are in the same one. I find shelter with this group.

My daughter also has found a safe place. A place where she is not the only one in the room without a dad. She doesn’t give me a hard time about coming which for a teenager is huge and speaks volumes. She is able to get her homework done and have a great meal.

Thank you for allowing me and my daughter to have this wonderful opportunity to meet other single parent families that are navigating these rough waters. I can see only good coming out of this network.

Sincerely,

Judy
Each year brings new faces, unexpected challenges, and uplifting moments to our tutoring program. This past year was no exception. Our program provided academic assistance to 117 students in 2017 … this is the highest number of students ever tutored in one year at Anchorpoint! That’s a total of 2,227 tutoring sessions! Certain nights were so busy that every cubicle was occupied, requiring several students and tutors to work at tables in our conference room. It was delightful to walk through the tutoring area and hear so much chatter, laughter, and learning taking place.

Not a week went by this year without parents expressing their frustrations with the amount and/or complexity of their children’s homework assignments, particularly in math. Common core standards are shifting math education, and parents (and tutors!) are scratching their heads in confusion as they try to help with this “new way of doing math.” A father of a 10 year old recently admitted, “Last night I couldn’t figure out my son’s math. This is ridiculous! I’m a mechanical engineer!”

Along with many of our students requesting math tutoring, there has been an increase in requests for tutoring in reading comprehension and written language for elementary students. More than ever, our youth are being asked to display higher order thinking skills at younger and younger ages. Summarizing, making inferences, and connecting ideas to reach new conclusions … these are all skills that struggling readers find difficult. Many upper elementary students have needed help with written expression, especially when completing TDAs (Text Dependent Analysis assignments). This type of assignment requires the student to read a passage, then analyze and use information from the passage in order to plan a comprehensive, organized written response. Sound difficult? It is, especially if you’re only in fifth grade!

Due to the increasingly complex nature of the school curriculums, and the specific needs of our students, we have found a need to hire more certified teachers for our program in order to best assist our students.* In 2017, we had 44 volunteers and 11 paid teachers providing reading, math, English, science, spelling, and social studies support. This year our paid teachers provided over 50% of the tutoring sessions during the school year (in contrast to earlier years when most of the tutoring was provided by volunteer tutors). The use

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* Due to the increasingly complex needs of our students, the need for more certified teachers resulted in us not being able to match some students in 2016. More teachers were hired in 2017 to meet this need.
of these paid teachers is an increasing expense for Anchorpoint, but it is necessary in order to provide the best possible help for the children and teens that come to Anchorpoint with hopes of better grades, less anxiety, and increased self-confidence. Jonah, a third grader, expressed his opinion of tutoring one day by saying, “I like getting help with my math homework because I always get a lot wrong when me and my mom do it together. My tutor’s real smart and she’s making me smart, too!”

Us + You =

• 117 Students/91 Families Served
• 44 Volunteer Tutors & 11 Certified Teachers
• 2,227 tutoring sessions were conducted in 2017
  1,561 School Year Sessions/666 Summer Sessions

  46 Elementary students
  37 Middle school students
  34 High school students

Public Schools our students attend:
Avonworth, Deer Lakes, Fox Chapel,
Hampton, North Allegheny, North Hills,
Riverview, Pittsburgh Public Schools, Shaler

Private schools our students attend:
Aquinas Academy, Assumption School,
Eden Christian Academy, Holy Cross
Academy, Northside Catholic, Oakland Catholic

Other: Cyberschool

Your Support Enables Us to Mentor Future Therapists Too....

“When I interviewed with Rev. Ron Barnes for a position as an intern at Anchorpoint, I was thrilled to be accepted. I have served here since last May, working 20+ hours per week, seeing individual clients and facilitating self-care groups. I will graduate in May 2018 with an MA in Counseling from Waynesburg University and then earn my hours for state licensure. My experience at Anchorpoint has prepared me in ways I could not imagine when I first began. To have my own client case load and to receive careful and regular supervision from Ron and Mary Jane Beatty have been key in teaching me to be an effective counselor. I will leave Anchorpoint better prepared because I have been entrusted with the care of clients and helped to provide them with a strong therapeutic relationship based on spiritual values and trust. I have seen clients make amazing progress at Anchorpoint and I truly believe it is our faith-based approach that makes all the difference. To be able to pray with my clients, if they want this, is a wonderful blessing. My clients and I use prayer as a way to summarize what they talked about in our session and to recap the progress they are making and hope to make. During sessions, I often quietly call on the Holy Spirit to guide me to say the right things or ask the questions that will be most helpful to the client at that moment. I am grateful to all of Anchorpoint’s wonderful staff and to all of our benefactors; you make the difference in client’s lives everyday because of your support.” - Mary Griffin, RN, MA Intern

“My son was furious when I told him that he was going to go to Anchorpoint for help in math. It only took one session for him to change his mind. His grades and his attitude have both improved. Now he even asks to have an extra tutoring session when he has a big test coming up!”

- Mother of 9th grader

“We can’t thank Anchorpoint enough for the tutoring help given to our daughter. Her reading and writing skills are getting better every week. Even her teacher is seeing a difference!”

- Parents of a 2nd grader

“I’m so grateful for the tutoring that my son is receiving and for the help given to me, also. The tutoring program manager and my son’s tutor have given me so much support in my quest to see if my son had a learning disability. They helped me write a letter requesting testing. Thanks to them, my son is now receiving special help from his school and is a much happier kid!”

- Parents of a 4th grader
There is great power in hope. Hope opens doors where despair has closed them. Hope sees problems as opportunities. Hope is essential for life...so essential, in fact, that Scripture describes hope as "a strong and trustworthy anchor for our souls" (Hebrews 6:19). One of the earliest symbols of the Christian faith, the anchor has at its center a cross. For Christians, the cross-shaped anchor reminds us of the hope we have in Christ. In the same way an anchor steadies and secures a ship during stormy weather, hope—anchored by faith in Jesus Christ—holds the wind-tossed, storm-torn, and weary believer during his or her most perilous times. God has called on countless loving and generous individuals like you to financially support this ministry. Anchorpoint Counseling Ministry is grateful for your partnership. Thanks to your generosity, the people who desperately need help but could otherwise not afford it now have hope. THANK YOU.

Thank you to our Generous Community of Benefactors.
You Make this Healing and Educational Ministry Possible.

Visionary
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Peggy Knott
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Lloyd and Kathleen White
Ray and Martha Wiseman

Financial Report

Gifts listed in this report were received in our office from January 1 through December 31, 2017. If your name has been accidentally omitted or misspelled, please accept our sincere apologies and notify us at 412.366.1300.
“Compassion begins at home, and it is not how much we do but how much love we put in that action. Do not think that love has to be extraordinary. What we need is to love without getting tired.”  
- Mother Teresa
Thank you for your Compassion!

Your prayers, sacrifices of time, treasures, and talents have enabled us to serve others in need of love and healing in our communities. We and our clients have been greatly blessed by your kindness.
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Berkeley Hills Lutheran Church
Bethany Community
Bethlehem Lutheran Church
Calvin Presbyterian Church
Christ Episcopal Church
Community Presbyterian Church of Ben Avon
Hampton United Presbyterian Church
Heritage Presbyterian Church
Hiland Presbyterian Church
Ingomar United Methodist Church
North Hills Community Baptist Church
North Hills United Presbyterian Church
Northmont United Presbyterian Church
St. Brendan’s Episcopal Church
St. John’s Evangelical Lutheran Church
St. John’s Lutheran Church of Highland
St. Paul’s United Methodist Church
Wexford Community Presbyterian Church

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Hair Symmetry
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Heritage Presbyterian Church
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Rico’s Restaurant
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Kyla Heller
Beth Kurtz
Deborah Milanek
Kim Rose
Cynthia Wallace

"Our brokenness has no other beauty but the beauty that comes from the compassion that surrounds it.”
- Henri Nouwen
In Honor of

Bonnie Brimmeier
  by Ronald and Cheri Barnes

The Cibula Family
  by Diane Hatala

Rev. Bill and Cathy Dambach
  by Anonymous
  by Izetta Wilson

John and Lisa Feraco
  by Lale Virostek

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  by Marilyn Conwell

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Ken Wilkins
  by Gerard Horn

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  by Carole Baierl

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  by Dean and Ellen Kelley
  by Roseann Lanyon
  by North Hills United Presbyterian Church Deacons
  by Dan and Loretta Zebo

LaRue Dorrell
  by Diane Zebrine

Introducing the E. Alan Bates Community Service Award:

Bonnie Brimmeier was recognized as the inaugural recipient in honor of her late husband and Anchorpoint Board member of 20 years.
Kenneth Gerst  
by Bates, Barksdale, Ickert & Co.

Robert Hatala, Sr.  
by John and Wendy Cibula  
by Diane Hatala

Jim Holding  
by Barbara Holding

Natalie Kelly  
by Ronald and Cheri Barnes  
by McKinley Carter Wealth Services

Susan P. Kirschler  
by R. Scott Kirschler

Trish Laquatra  
by John Laquatra

Dianne C. Latulippe  
by George Latulippe

Loved Ones  
by Karen Kowalski

Rev. Dr. Stephen Polley  
by Betty Polley

Susan Purviance  
by Edwin Purviance

Walter and Dorothy Saeger  
by William and Dottie Shuty

Wayne Spence  
by Beth Spence

Douglas E. Turner  
by Ronald and Cheri Barnes  
by Don and Sharyn Lammers

Virginia Wagner  
by Betty Kmiecik

This is what the LORD Almighty said: “Administer true justice; show mercy and compassion to one another.”  
Zechariah 7:9

Income Summary 2017
$462,970

• 872 counseling sessions valued at $53,555
• 2,154 hours of tutoring valued at $44,397
• 193 individual group session hours valued at $4,302

You Make a Difference!