

Counseling. Care. Connection.

Outreach
Teen & Family Services, Inc.

MAY
2017

Board News

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Did You Know?

Outreach's Twitter handle is
@OutreachTFS

Follow us on Facebook,
www.facebook.com/outreachteen
Great articles and advice from our
Clinical Director, Christina Hostutler,
LCSW.

Our articles in Mt. Lebanon Magazine
are made possible by a generous
grant from the Mt. Lebanon Police
Association.



Counselor Spotlight: Rocco Vallecorsa, MS Ed, LPC

Rocco has been part of the Outreach team of counselors since August of 2013. He has the unofficial distinction of being the most requested counselor, and also having the most clients at one time. Despite the fact that Rocco holds a full-time job at the University of Pittsburgh counseling center, he can be found at Outreach several days during the week, 'burning the midnight oil.' In addition to counseling, Rocco has become an all-star facilitator of the Aggression Replacement Training (ART) program along with his partner-in-crime Nicole Zampini. Together, they tackle a sometimes difficult group of teenagers and successfully teach them appropriate social skills and anger management. Rocco also facilitates our "Choices" drug and alcohol education group.

Rocco is a graduate of the University of Pittsburgh and Old Dominion University, and he recently was awarded his professional counseling license. Rocco has a passion for counseling and his role in client's lives. He explains, "As a counselor, I find myself wearing different hats, but ultimately I believe my role is to be a listener. I help clients find answers and solutions to their concerns, I provide strategies to improve thoughts, feelings, and behaviors. At the end of the day, simply being there for a client, to hear them out in a non-judgmental manner, and listen to what they are thinking, feeling or doing is the core of my role as a counselor."

Fun facts about Rocco:

Favorite sport to play? Basketball

Favorite team to watch The Pittsburgh Penguins

Best Vacation? Two years spent near Virginia Beach for grad school

Who would play the part of you in a movie? Keanu Reeves, he can be serious but also has a dry sense of humor.

Parenting Advice from our Clinical Director

Summer can be a challenging time for teens who are inexperienced in balancing a schedule. They want to have fun and relax after feeling the stress and pressure of the school year. However, teens and parents alike make the mistake of having either no structure/expectations, or being overly rigid and scheduled.

Start the summer off by having a family meeting where each family member is welcome to discuss individual goals for the break. Parents should highlight the importance of dividing up time between relaxation/ fun; pursuing skills/hobbies; working inside or outside of the home; volunteering/community/religious activities; and family/friend time.

Once your child brainstorms activities, help him/her figure out how to balance these priorities during the summer.

Parents should be prepared to set limits and rules in the summer that correspond with their child's age and maturity level. Just a few to consider: set a curfew; give them a list of regular chores; make certain family functions such as Sunday dinners are mandatory. Children should receive consequences for breaking these rules and not meeting expectations.

Whenever possible, allow your child/ren to choose activities they would enjoy. And offer some flexibility in when, or how, they accomplish a certain task in order to increase their sense of independence and responsibility.

May 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|---|
| | 1 Put down your phone and go walk in the woods-its proven to reduce stress | 2 Night at the Speakeasy! Our annual fundraiser at Sienna Mercato | 3 If you or a loved one is struggling, call Re:solve at 1-888-796-8226 for 24 hr crisis help | 4 Sharing your experiences with mental illness can help to end the stigma | 5 STAR conference "Treatment of Suicidal Youth: A Glimpse Into the Future" | 6 9:30am- Open Art Studio at Mt. Lebanon Library. Go get creative! |
| 7 City of Pittsburgh Marathon! Run or cheer, just get out there and be a part of this day | 8 Chipotle dining night from 5 to 9pm. Pick up one of our flyers and a burrito for dinner | 9 Mindfulness is paying attention to the present moment in a non-judgmental way | 10 1 in 5 children have a mental illness, early intervention aids in recovery | 11 St. Clair MH support group 7:30-9 at Christ United Methodist Church | 12 Outreach serves children 5 to 21 and their families. Sessions can start within a week | 13 Try practicing yoga or meditation today. Breathe through life's challenges. |
| 14 Happy Mother's Day! Ask your mom about her fondest memories of parenting | 15 Alateen Meetings for families of substance users 7:30 Crafton Heights UPC | 16 Suicide is the 2nd leading cause of death age 15-24. Call 1-800-273-TALK for help | 17 Chick-Fil-A dining night. Stop in 4:30 to 7 for dinner and tell them Outreach sent you! | 18 3:15 to 4:15- Middle School Maker hour at Mt. Lebanon Library- STEAM projects | 19 Practice self-care today- hang with friends, draw, exercise, write, go to bed early | 20 Choices drug & alcohol education class is 9 to 1pm; parents 12-1. Call to sign up |
| 21 Visit the Pittsburgh International Children's Festival downtown | 22 Baby Steps support group for new moms- 7pm St. Clair Hospital | 23 Mental Health Screening with TeenScreen is available at our office | 24 Visit Listenlucy.org to learn from others and anonymously share your story. | 25 By helping others you also decrease the feelings of depression and isolation. | 26 Outreach offers parent consults: call now for your free appointment | 27 LGBTQ+ Youth Prom at the Andy Warhol Museum- get your dance on! |
| 28 OpenStreetsPGH- bike from town to Lawrenceville- fun, music, and free fitness events | 29 Memorial Day- South Hills Parade down W. Liberty starts at 10am. | 30 Have dinner as a family tonight. Close connections decrease the risk of youth D&A use | 31 Look for our article in the next issue of Mt. Lebanon Magazine | | | |

Fundraising Focus: Donor Spotlight Questions – Kim & Wayne Honath



Tell me how you first got involved in with Outreach Teen & Family Services.

How long have you been donating? We were invited to an event by Outreach's former President, Gary

Luchini. When we attended, we were very impressed with the work Outreach does in our community and have been supporting the organization since then.

Does anyone in your life play a role in supporting your involvement? In providing inspiration? We were inspired to support Outreach by the number of friends, neighbors, and community leaders who are involved with the organization. Of course, there can be no stronger inspiration than the stories we have heard from the young people whose lives have been transformed by Outreach.

Do you have an anecdote about Outreach that really moved you? We have been very impressed by the poise and confidence of the speakers we have heard at the fundraisers. It is a challenge for anyone to speak in front of a group of strangers, but the young men and women that have so freely shared their stories – or poems – at events are just incredible.

What other organizations or causes do you support? We support a number of organizations, and try and keep our focus on local charities, such as Animal Friends, The Beaver County Humane Society, Light of Life Rescue Mission, Music for MS, the University of Pittsburgh, and HEARTH to name a few. We like to support organizations in Mt. Lebanon, including the Police and Fire Departments, Medical Rescue Team

South, the Historical Society, and the Veteran's Breakfast Club. We also regularly donate food to the Wallace Memorial Food Bank and the Chow Wagon program, which provides pet food to local food banks.

What motivates you to stay involved? We love living here, and we know that Outreach directly helps people in our community.

In your opinion, what is the most important work that this organization does? Outreach changes lives and saves lives.

What do you wish other people knew about Outreach? We wish more people knew that Outreach is available to everyone, and is centrally located in the heart of Mt. Lebanon.

Tell me about someone who has influenced your decision to work with Outreach? Gary Luchini, State Representative Dan Miller, and Mickey Gatto are among the many friends who played a part in getting us involved.

What might people be surprised to know about you? We have a trail camera in our backyard, and every few weeks we look at the photos of wildlife that has passed through. We even have some "mystery" animals that no one can positively identify, but haven't spotted Bigfoot...yet!

What would you tell someone who is thinking about donating to Outreach or sponsoring an event? Don't think of it as donating; think of it as an investment in the lives of others, and in your community. When you attend an Outreach event, you'll meet kind and dedicated people, and you'll have a good time!

Also, keep in mind that a donation does not have to be monetary. You can donate your time and talent to help with an event, or assemble a special gift basket for an auction.

Our Mission

To promote and provide empathetic, personal, accessible and affordable mental health counseling and wellness programs for children and families.

Events

Thank you to our event sponsors! Without your generosity, we could not do these amazing events!



Night at the Speakeasy

May 2, 2017 • Sienna Mercato

Tickets available for sale online: go to <https://secure.donorpro.com/otfs-gala> to reserve yours today!

Sponsors:

Gold: Expedient, Highmark, Mt. Lebanon

Office Suites, St. Clair Hospital, UPMC,

Wayno® Illustration

Silver: Burns White, Dollar Bank, Fort Pitt Capital

Group, Hahn Loeser, Jones Day

Bronze: Babst Calland, CFG, Fleming Financial Services, Inc. (Tom Joseph), Luchini & Company,

MBI, Ian & Chantelle Moore, Schneider Downs,

Sitko Bruno, Vertical Solutions

This year, we will hear from a recent client's parent on her experience with Outreach.

Joining KDKA-TV's Ken Rice, will be the exceptionally talented Elena LaQuatra, Miss Pennsylvania USA 2016. We expect lively bidding on some of the most incredible Live Auction items EVER!

We have a robust wine basket paired with the unique talents of a local sommelier; an original piece of art, produced for the International Free Expression Project, a major initiative now launching in Pittsburgh; Pens' Tickets (Loge Seats); Steelers' Tickets (Mohawk Suite); a brilliant diamond necklace donated by Truver Jewelers; dinner & wine pairing for 10 at Piccolo Forno in Lawrenceville; golf at Allegheny Country Club; and an amazing vacation home in Kiawah Island, SC.

DON'T MISS YOUR OPPORTUNITY TO BE THERE FOR THESE OUTSTANDING ITEMS!!!

Office Staff:

Mary D. Birks, Executive Director
Christina Hostutler, LCSW, Clinical Director
Lindsay Gorman, Finance Manager
Emily Heim, MA, Community Outreach & Program Manager
Lisa Harris, Office Manager

Thank you to everyone who has generously donated to our Annual Appeal, with an individual donation, or through United Way (United Way Contributor Choice Pledge #126).

It's not too late to contribute to our Annual Appeal! Please use the enclosed envelope for your donation to the 2016-17 Annual Appeal. Every \$100 donation subsidizes an individual session for a client in need. Join our Ambassador Program by making a long-term pledge:

2015 Ambassadors: Jason Baer, Mary Birks, John Jones (5-year pledges)

2016 Ambassadors: Barbara Logan, Elizabeth Van Nostrand

Association/Foundation Partners:

Thank you to our Association/Foundation Partners for 2016 and 2017! Your support empowers clients each and every day and supports a healthy community that embraces mental wellness!

- Anonymous
- BNY Mellon Foundation
- Dollar Bank Foundation
- Dormont/Castle Shannon/MTL Rotary
- FISA Foundation
- G.C. Murphy Foundation
- Grable Foundation
- The Earl Knudsen Charitable Foundation
- Howard & Nell E. Miller Foundation
- Mt. Lebanon Police Association
- Pearce Family Foundation
- PNC Charitable Trust
- Simon Hafer Charitable Foundation
- Town Hall South



SAVE THE DATE!!
2ND Annual Golf Outing

Wednesday, September 13, 2017 ♦ 9:00am Shotgun Start

Lindenwood Golf Club

60 Galley Rd, Canonsburg, PA 15317

Golfers' fees include:

- 18 holes of golf & cart
 - Use of the locker room
 - Hot dog and beverage ticket
 - Full dinner and prizes
- | | |
|----------------|-------|
| Singles..... | \$150 |
| Foursome..... | \$600 |
| Meal Only..... | \$ 50 |

Sponsorships Available!

All major sponsors will receive recognition on Outreach's website, social media outlets, newsletter and annual report.