



## Anchor House Update - September Edition

### Together for Mental Health

Anchor House recognizes Suicide Prevention Month this September. Did you know? Suicide is the second leading cause of death in individuals for people aged 10 - 34.

The pandemic has highlighted and increased the need for mental health care. Our therapist and a substance abuse prevention counselor help youth on their journey.

Our staff works year round to **help youth improve their mental health through crisis intervention, counseling services and substance abuse prevention.**

If you or anyone you know needs help don't hesitate to reach out to a therapist or hotline. For information on suicide risks, prevention and the **national hotline visit the [Suicide Prevention Resource Center](#).**



### Program Spotlight: Counseling Services



Meet our therapist Ms. Crystal Young! Crystal is a Licensed Clinical Social Worker and has been employed as a social worker for the past ten years. She joined Anchor House last year as our agency therapist and enjoys interacting with and helping others improve their well-being.

In her role, Crystal **provides counseling to clients across programs as well as to any individual who has gone through our programs.** Our counseling services help to improve skills to encourage everyday functioning. Services are based on a positive youth development model in a trauma informed care environment.

Our staff works to reduce the stigma that can be associated with mental health challenges and seeking care.

*"I am a firm believer that while I may not see the results of my work in the immediate short term that I have planted a seed for a young person to grow and flourish." - Crystal,*

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## Zonta Club of Trenton/Mercer Grant for Equine Therapy

Anchor House is the **proud recipient of the 2021 Zonta Club of Trenton/Mercer \$5,000 grant for equine mental health services.** The grant will support equine assisted psychotherapy that uses horses for positive therapeutic outcomes.



The equine therapy will be offered at a local stable with a certified Equine Specialist and our agency therapist. The program will help youth explore difficult situations and emotions in an effort to feel more grounded, confident and stronger.

**Thank you to the Zonta Club and congratulations on 90 years of service to the community!**

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## Building Community in Trenton



Anchor House recently participated in the Trenton Public School Back to School Extravaganza. **Pictured here is Mayor Reed Gusciora and Anchor House outreach staff members** on a hot summer day.

Our staff also helped celebrate and build community at National Night Out in Trenton.

As a local leader in helping to end youth homelessness, Anchor House is proud to partner with the school district, police department, City of Trenton and numerous

community agencies to help youth thrive.

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**GIVE HOPE  
TODAY**

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