

SEATTLE COUNSELING SERVICE

Proudly Serving our LGBT Communities since 1969!



SCS Summer
Newsletter 2006

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Message From the Director . . .

Ann McGettigan

June is LGBT Pride Month and at SCS we have much to be proud of and to celebrate this year. First, I'm PROUD to welcome our newest Board Member, **Jim Holm**. As a former SCS client, Jim brings a unique perspective to our governing body. We are very pleased to have his help in keeping our work focused on client needs.

I'm also PROUD to report that by the time you are read-

ing this, SCS will have hosted the third annual **ICON: a celebration of drag, art & life**. Organized and emceed by our very own Arnold Martin (aka Aleksa Manila), the show features top-notch performers and helps to raise funds for SCS programs. By popular demand, this year we doubled the VIP section and still sold out! Thank you to all who attended and also to our terrific sponsors—**Knights of Malta, Mae's Phinney Ridge Café, Café Metropoli-**

tan, Neighbors Nightclub, and all who came forward to help make the event a success.

Finally, as you get out there and **CELEBRATE**, I urge you to keep in mind all the progress we have made as a community and each of our own personal accomplishments. SCS is PROUD to have been a part of the tradition since 1969 and we will continue to serve the community for years to come.

Dual Diagnosis & Integrated Services

Helping clients who suffer from mental illness & chemical dependency

SCS is pleased to announce a new therapy group to serve clients with dual diagnoses.

The group, slated to begin June 9th, will meet every Friday 11:am-12:30pm and will be facilitated by Cathy Speelmon, Chemical Dependency Program Manager, and Jennifer Mullane, Mental Health Therapist.

Seeking help for either a mental illness or substance abuse problem can be a daunting task. But dealing with both simultaneously can be an overwhelming challenge. That is why SCS has created a model of integrated care for mental health and chemical depend-



WA State Dept. of Social and Health Service, recently honored SCS for "leadership, compassion, and advocacy in meeting the needs of LGBTQ communities." Accepting the award on behalf of SCS is Cathy Speelmon (left), pictured with Doug Allen, acting Director of Div. of Alcohol & Substance Abuse; Richard Kellogg, Director of Mental Health Div., and Robin Arnold-Williams, head of DSHS.

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Celebrate Pride!

June is a time to celebrate the LGBTQ community—our accomplishments, our struggles, our diversity.

Thank an elder LGBTQI person for their pioneering work in our community.

Become a mentor for a young person. Youth in our community need role models and caring adults.

Write to lawmakers. Now is a great time to remind our congress people of issues affecting our community. They work for us, so tell them how you feel!

Fly the rainbow flag. Did you know that the rainbow flag originally had eight stripes? **hot pink**—sexuality, **red**—life, **orange**—healing, **yellow**—sunlight, **green**—nature, **turquoise**—magic, **blue**—harmony, **violet**—spirit.

Come out to someone. Pride month is a perfect time to say you're here, you're queer, and you're proud of it!

Speak up when you hear homophobic or transphobic jokes or comments.

Give to your local LGBTQ agencies. There are dozens of groups in Seattle dedicated to serving the needs of our community. Show your support with a donation.

Join in community celebrations. SCS will be in the Raise Your Voice! March (on Broadway, June 24) and also in the Seattle Pride Parade (downtown, June 25). Join us as we march or look for our booth at the Pride Festival on June 25 at Seattle Center.



Updated SCS Groups Calendar

MONDAY

Intensive Outpatient 10am-Noon
HIV+ Men Over 35 10:30am-Noon
Discovery 11am-12:30pm
Crystal Meth Recovery 5:30-7pm
Discovery 5:30-7pm
Intensive Outpatient 5:30-7pm

WEDNESDAY

Intensive Outpatient 10am-Noon
Clubhouse Noon-4pm
Discovery 5:30-7pm
Gender Queer 5:30-7pm
Intensive Outpatient 5:30-7pm
FTM Process 6-7:30pm

FRIDAY

Gender Group 10-11:30am
Intensive Outpatient 10am-Noon
Dual Diagnosis 11am-12:30pm
Clubhouse Noon-4pm

TUESDAY

Survivors of Sexual Incest 9:30-11am
Relapse Prevention 5:30-7pm
Crystal Clear 6-7:30pm

THURSDAY

Discovery 11am-12:30pm
Crystal Meth Recovery 5:30-7pm
Intensive Outpatient 5:30-7:30pm

Groups are open to SCS clients and meet at the SCS offices, 1216 Pine Street. For more information, call (206) 323-1768 or email info@seattlecounseling.org

Special Art Group Starts in June



We are pleased to present a special series of creative expression groups, beginning in June. The "Art & Soul" group will be facilitated by Intern Bryce Bailey and is open to SCS clients.

The group aims to provide a safe place for non-verbal (visual) communication, to explore the inherent healing power of art-making, and to introduce additional methods to express mental health issues for the unconscious.

Art supplies and activities/directives will be provided. Participants will have the chance to work with various media such as pastels, crayons, colored pencils, pens, paints, magazine cut outs (collage), sculpey, and more. No art experience or talent is

necessary.

The group will be in 4-week segments: June is Spirituality, July is Creative Process, and August is Body Image/Identity Empowerment. Clients may sign up for the entire 12-week series or one

of the 4-week courses. The group will meet Thursdays, noon-1:30pm. For more information call Bryce at (206) 323-1768, ext. 351 or email bryceb@seattlecounseling.org.

Staff Comings & Goings

Welcome to...

Billing Coordinator **Shelley Ho** and Administrative Associate **Lisa Cohen**, who both joined SCS earlier this year.

Goodbye & Best of Luck to...

Margo Burnison, **Bryce Bailey**, **Dennis McCarthy**, **Jenna Rizzo**, **Mariam Sarikham**, **Dale Tarpinning**, and **Mark Davis** as they complete the

SCS internship program and their professional degrees.

We will welcome new interns **Sharon Arthur** and **Erin Bower**, both from Seattle University, on June 19th. Then starting September 5th we will welcome **Marisa Hancock** and **Adrienne Desilva** from Antioch University and **Miriam Stone** from the UW School of Social Work.

Dual Diagnosis & Integrated Services (Continued from Page 1)

ency treatment.

Not everyone is familiar with the terms “dual diagnosis” or “co-occurring disorders,” but the issue is more common than you may think.

According to recent research published in the Journal of the American Medical Association, 37% of alcohol abusers and 53% of drug abusers also have at least one serious mental illness. Of all people diagnosed as mentally ill, 29% abuse either alcohol or drugs.

SCS statistics confirm these generalized findings: approximately 30% of mental health clients report substance abuse issues.

Those who suffer from both mental illness and chemical dependency often face challenges that are compounded by their dealing with multiple issues. Both mental illness and chemical dependency affect individuals physically, psychologically, socially and spiritually.

Each illness has symptoms that interfere with a person's ability to function effectively

and relate to themselves and others. Not only is the individual affected by two separate illnesses, both illnesses interact with one another.

The illnesses may exacerbate each other and at times the symptoms can overlap and mask each other making diagnosis and treatment more difficult.

For example:

- Psychiatric symptoms may be covered up or masked by alcohol or drug use.
- Alcohol or drug use or the withdrawal from alcohol or other drugs can mimic or give the appearance of some psychiatric illness.
- Untreated chemical dependency can contribute to a reoccurrence of psychiatric symptoms.
- Untreated psychiatric illness can contribute to an alcohol or drug relapse.

While these interrelated illnesses can seem overwhelming, SCS has worked to ease the process of obtaining comprehensive care. Any client who seeks treatment at SCS is carefully screened for both mental health and chemical dependency issues, regardless of why they may have first

sought treatment.

A client may first come to SCS because of depression

or anxiety but will also get help with an alcohol problem that has developed in their attempt to self-medicate.

Or someone may first ask for help with a drug addiction, which leads them into mental health therapy to deal with problems that first caused them to use drugs.

Or a client may come to know about SCS through Project NEON where they got help with healthy lifestyle choices before they were ready to quit

using.

No matter by what avenue a client may first enter SCS, clinicians work to make sure they move seamlessly along the continuum of care.

All clinical staff—therapists, counselors, medical staff and interns—meet together every week to discuss treatment progress and issues. Bringing the entire staff together gives the team an opportunity to learn from one another's expertise.

As a result, chemical dependency counselors are better equipped to serve the mental health needs of clients, while mental health counselors are more knowledgeable about chemical dependency issues.

Further, the weekly meeting is a chance for the team as a whole to work towards the greater help of each individual client. Instead of just one staff person, each SCS client receives the benefits of having a whole team of experts working to help them with their individual needs.



SCS is pleased to announce that we were awarded a **\$2,000 grant from the Norman Archibald Foundation**. The grant will support our ongoing technology enhancements project, helping SCS better serve our clients through improved computer systems. Thank you to the Norman Archibald Foundation for the generous grant!

*More common than you
may think: 30% of
SCS mental health
clients also report
substance abuse issues.*

THANK YOU TO OUR RECENT DONORS!

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PROUDLY SERVING OUR
LGBT COMMUNITIES

SCS SUMMER NEWSLETTER 2006

Please help us keep your information current. If you have changed your address or any other information, please give us a call or drop us a line.

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