



SEATTLE COUNSELING SERVICE

Proudly Serving our LGBT Communities since 1969!



Seattle Counseling Service

Winter 2006

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2006: A Year of Ups & Downs for LGBT Community

The end of the year is a time to reflect on the events that have had meaning in our lives over the past 12 months. 2006 has certainly been a series of ups and downs for the local and national LGBT community. We've had some disappointments but have also experienced a good measure of triumphs.

SCS is proud to be a community resource for the tough times and for the good ones. We're here to celebrate every achievement, and we are also

the place where the LGBT community turns to make sense of our tragedies and to make it through times of crisis.

While each individual has a unique reaction to events, it is our collective experiences and responses that bind us as a community. We offer the following re-cap of some 2006 events important to LGBT folks as a chance to reflect on the journey of this year.

January: We are disappointed when Samuel Alito is con-



firmed as the 110th U.S. Supreme Court Justice. As a conservative, Alito is expected to vote against any advancement for gay rights.

February: A teen armed with a hatchet and handgun attacks patrons of a gay bar in Massa-

Continued on Page 4...

Make 2007 a Year for Total Wellness

Quit smoking. Lose weight. Exercise more. These are familiar New Year resolutions. As the beginning of 2007 brings us a fresh start, many will think of ways to live healthier lives. SCS would like to challenge you to make this year's resolution not just about personal physical health but about total wellness.

Wellness can encompass all aspects of our lives. While making our bodies healthy is important, we also need to think about the wellness of our mental and spiritual selves, our relationships and even our communities and environment. Here are a few suggestions to get you started making 2007 a year of total wellness:

Choose exercise activities that do more than help your

body. For example, consider joining a team sport, like rugby, softball or bowling to get the benefits of exercise, meeting new people and growing friendships.

Set aside specific time each week to spend with someone special. This someone could be your partner, a new friend, a relative or even your pet. Make it a priority this year to build and maintain at least one important relationship.

Resolve to eliminate at least one source of stress in your life. Maybe you've been putting off a task or have committed to an activity that you no longer enjoy. Identify one problem that you can take control of, then make a plan

to solve it. Think of the emotional and physical energy you can save once that stress is gone from your life.

Make a contribution to the wellness of your community. Both "community" and "contribution" can be defined in a number of ways. Community can mean your neighborhood, a circle of friends and family, your city or any group with which you identify. Consider contributing your time as a volunteer for service projects or making a donation to a community organization that really makes a difference, like SCS. Your contribution will advance community wellness and your own!

Gratitude

unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

- Melody Beattie

Message From the Director...



By Ann
McGettigan,
Executive
Director

With 2006 drawing to a close, I am reflecting on what an eventful year this has been! As an agency, community and even personally, we've faced many challenges and have seen a year filled with ups and downs.

As I look forward to a new year and a clean slate, I also am reflecting on the wonderful support that has made our

successes possible. When I think of our accomplishments one word rings over and over-gratitude.

Gratitude is an emotion that we don't necessarily cultivate in systematic way. In fact, gratitude is often a concept that we really explore only around Thanksgiving or when a major life event causes us to be more mindful.

But gratitude should be a way of life everyday. We certainly can't get very far in this world without the help of others, and we should be sure to thank them for it.

I hope you will join me in thanking our chosen and biological families, friends and others who support the work of SCS as agency and who personally support the often arduous work of SCS clients and staff.

Thank you to each of you for all you do. Thank you for your financial contributions, thank you for giving your time, your talents and your passion to SCS. We exist because of you.

I resolve to make 2007 a year full of daily gratitude and thank you's at every turn.

Program Partnership with King County and CPC: Access To Recovery

SCS is pleased to be an approved service provider for chemical dependency assessments and treatments through the King County Access To Recovery program.

Access To Recovery (ATR) is a new King County initiative to expand substance abuse treatment and recovery support services and provide consumer choice in the selection of service providers, including SCS and others. This allows clients to choose a program that works best for them and is tailored to meet their individual needs. As the only agency dedicated to serving the LGBT communities, SCS offers an option benefiting clients who might not otherwise receive the same level of sensitive and affirming care.

Unlike traditional treatment programs, whose purpose is to

help get people off drugs and learn how to make good decisions, ATR strives to go the next step and assist people in becoming more productive members of their families and society and integrating into the community.

Low income adults who need substance abuse treatment or are currently receiving treatment and are motivated to make significant life changes may qualify for ATR services.

ATR is a client-centered approach in which:

- The individual's treatment and recovery support needs are identified through assessment and preparation of a recovery plan.
- The client chooses providers from a variety of effective treatment and social service agencies in King County, in-

cluding faith-based providers.

-A case manager helps the client access services and regularly reviews the client's progress.

ATR services are coordinated through Community Psychiatric Clinic, and can provide up to eight months of assistance in meeting needs for case management, employment, family services, housing, medical care, mental health care,

peer support, transportation and other recovery support services.

Seattle Counseling Service is very proud to collaborate with King County and Community Psychiatric Clinic in offering Access To Recovery to our clients here at SCS. For more information, call SCS/ATR Coordinator - Arnold Martin at 206.323.1768 or email at arnoldm@seattlecounseling.org.

Join Team SCS!

Planning is already underway for Team SCS's ride in the 2007 Seattle to Portland Bicycle Classic (July 14-15). Join us as we pedal to raise awareness and funds for LGBT mental health! For more information, contact Team Leader Donnie Goodman or Coordinator Julie Borden at (206) 323-1768.



Speed, Sex & Sanity

Expo features local artists

Project NEON and Gay City Health Project recently sponsored Speed, Sex & Sanity: An Art Expo. The show, presented at the LGBT Center for Health, highlighted gay and bisexual men's stories about crystal methamphetamine and sex through visual artwork. Local community artists submitted work in a variety of media and styles.

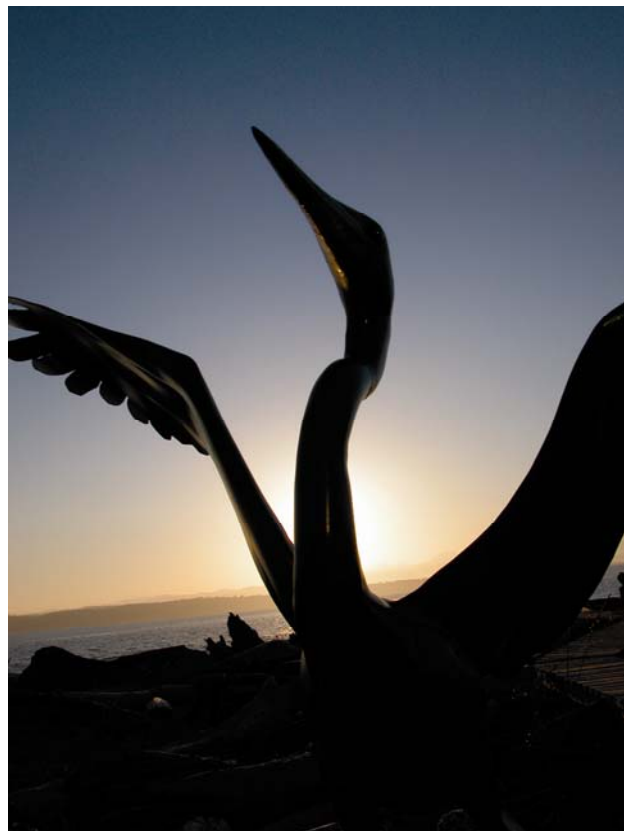
Seattle photographer and SCS client Mikal Brotnov showed a beautiful series of photographs that are now on display in the SCS lobby. The series tells a story of addiction and recovery and is infused with hope, optimism, and spirituality, like the photo "re:birth" at right. "The hardest part of putting together this series was editing and choosing the best photographs to tell my story," said Mikal.

A relative newcomer to the

medium, Mikal uses photography as a part of his recovery. "Photography functions as a tool for staying clean. My focus is shifted from using to working on my art," Mikal said.

He credits photography with helping him to re-connect to his environment and himself, and says the Art Expo was a good experience. "The show put me in a vulnerable position. My work was open to criticism from anyone who viewed it, but it was a very supportive environment."

In recognition of the help he has received at SCS, Mikal is generously donating the proceeds of sale of his photos to SCS. For more information about purchasing prints, contact Mikal at (206) 799-7398, via email zeropointdl@mac.com or website web.mac.com/zeropointdl



"re:birth" by Mikal Brotnov is one of the many pieces included in the recent Speed, Sex & Sanity: An Art Expo. "This photo is about finding my wings after five years of self-destruction," says the artist.

Holiday Season Stress-Busters & Tips

Avoid holiday "overload" with these helpful tips from SCS Staff:

- » Create your own holiday rituals. Explore what has meaning for you and celebrate it.
- » You don't have to attend every party. Set limits for yourself.
- » Challenge yourself to a drug-free and alcohol-free holiday. If you choose to imbibe, always have a designated driver.
- » Always have an exit plan. Know that if emotions are triggered (for whatever reason) you can leave.
- » Have a "holiday process friend" – someone who is supportive and willing to listen.
- » Maintain all appointments with your therapist, doctor or chemical dependency counselor.
- » Holiday time does not mean you have to go into debt. A creative gift from the heart has more meaning and needn't cost a bundle.
- » Stay on your medications!

This is not the time of year to "go off of meds" and it's probably not a good time to make major medication changes. Wait until after the holidays and work with your provider and therapist closely.

» Have a good stock of your favorite DVDs or videos to watch alone or share with others.

» Volunteer your time with homeless shelters or food programs to assist those less fortunate than you.

2006-2007 Holiday Closure Dates

SCS will be closed on

Monday, Dec. 25, 2006
(Christmas)

Monday, Jan. 1, 2007
(New Year's Day)

Monday, Jan. 15, 2007
(MLK Day)

Monday, Feb. 19, 2007
(Presidents Day)

Year in Review 2006, continued from page 1

chusetts, wounding three, before fleeing and eventually shooting and killing a police officer, a friend and himself. LGBT people across the U.S. reel from this violent and hate-inspired attack.

March: We turn our attention to a report released by the Task Force that warns ex-gay and conversion therapy groups, such as Exodus International and Focus on the Family, are targeting youth. The professional psychiatric community and SCS remind the community that these "therapies" are not professionally sound and are generally harmful to the mental health of their targets.

April: LGBT families celebrate as children of gay and lesbian parents are among those par-

ticipating in the annual White House Easter egg roll. Activists use the event to raise the profile of LGBT families and to assert that they should be welcome in all American traditions.

June: All over the U.S. and the world, LGBT Pride is celebrated. In Seattle, an expanded Pride parade and festival move downtown, while a more political rally and march are staged on Broadway in Capitol Hill.

July: We suffer another crushing blow to the LGBT rights movement when the WA State Supreme Court votes 5-4

to uphold the ban on same-sex marriage. Feelings of disappointment and frustration are palpable in the Seattle community.

August: Montreal hosts the first-ever World Outgames. The Outgames were created after the Gay Games VII organizers withdrew from Montreal, unable to resolve a disagreement with

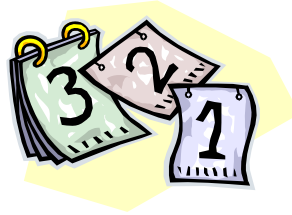
local organizers concerning size and budget. Both international events proceeded, indicating the growing importance of athletics to the world LGBT community.

September-October: Republican Representative Mark Foley of Florida resigns after ABC News exposes suggestive

emails he sent to underage male pages. Many insiders say Republicans and other officials were aware of his inappropriate conduct but failed to take action.

November: LGBT activists rejoice as Democrats win control of the Senate and several other important races across the country. The victories are tempered with some disappointment as several more states approve bans on same-sex marriage.

December: Nations across the globe mark World AIDS Day with a variety of protests, demonstrations and events. This year is the 25th anniversary of the first reported case of AIDS. Since 1981, the pandemic has killed more than 25 million people.



Staff Comings and Goings

Goodbye To...

It is with great sadness that we bid farewell to some terrific staff members. **Dr. Susan Caverly**, ARNP, announced her resignation after 13 years at SCS. She has decided to focus on other aspects of her work, especially with children and youth. We will miss Susan's dedication and care for clients.

Client Services Coordinator **Colin Lovell** is also moving

on after three years at SCS. And after a brief time at SCS, Administrative Associate **Lisa Cohen** has left to pursue work in archiving. We wish the best of luck to these outstanding staff members. They will be greatly missed!

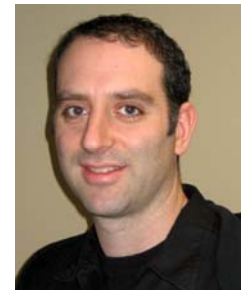
Goodbye and best of luck to graduating interns **Justin Pere** and **Shannon Hermans**. Shannon is now working with Eastside Youth Services. Justin will be taking a much-deserved

break while contemplating his next move.

Welcome To...

We are fortunate to welcome some new staff members to SCS. **Dr. Craig Jaffe**, pictured here, has joined the psychiatry program at SCS. Combined with Dr. Paul Grekin's schedule, SCS is now able to offer psychiatric services four days per week. Dr. Jaffe offers expertise in addictions and currently divides his time among clients at SCS, Harborview and Downtown Emergency Services.

We are also pleased to welcome **Mike Farris** as our new Administrative Assistant. Mike started in early November and you can see his smile



ing face at the front desk and office. **Marilyn Lowry** will join the staff in January as Executive Assistant.

A belated but warm welcome to **Kellie Parker**, CD Program intern. And a big welcome to incoming mental health interns **Marcy Belle**, **Calvin Burnap** and **Elana Kupor**, scheduled to begin in January 2007. SCS is happy to have such a great group of interns with varied expertise and life skills to serve our clients' needs. Welcome!

There's Still Time!

To make a tax-deductible contribution for 2006, submit your donation by December 31. Use the form on the back of this newsletter or give online at www.SeattleCounseling.org/donate.html.



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If you'd like to help clients of SCS Clubhouse (the therapeutic day treatment program) enjoy cooking, socializing, and going on outings in the Seattle area, in-kind donations would make a meaningful difference. Your donation goes a long way toward supporting our clients' mental and physical well-being. **Thank you!**

- AMC Movie Theaters (Gift Card or Ticket Packages)
- Sporting event Tickets (Mariners, Seahawks, Sonics, etc)
- AMF Imperial Lanes (Seattle) Bowling
- Safeway gift card
- Trader Joe's gift card
- Grocery Outlet gift card
- Dollar Tree gift card
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- Local restaurant gift card





PROUDLY SERVING OUR
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SCS NEWSLETTER WINTER 2006

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