

Seattle Counseling Service

PROUDLY SERVING THE LGBT COMMUNITIES SINCE 1969

SPRING 2007

OUR MISSION

Seattle Counseling Service is a community resource that advocates, educates and serves to advance the social well being and mental health of the Gay, Lesbian, Bisexual and Transgender communities.

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SCS Set to Expand Facility

With continually greater need for chemical dependency and mental health services to our community, SCS has been bursting at the seams for some time now. A space that seemed more than adequate just three years ago is now filled to capacity on a regular basis.

In order to keep pace with space demands, SCS has just completed an agreement to lease an additional 3,000 square feet of office space in our current building on Pine and Melrose. This new space will allow for the relocation of several administrative offices, storage rooms and other spaces. The result will be immediately adding an additional five rooms for individual and group counseling sessions.

"How lucky for SCS and our clients that additional space

opened up in our building just in the nick of time," said Executive Director Ann McGettigan. "We are proud to have the ability to continue to grow to meet com-



A planned remodel will provide additional space for medium to large groups.

munity needs while avoiding the high cost of a complete relocation."

The five additional therapy rooms are expected to be available to clients in just a matter of

weeks, but plans are in the works to eventually renovate the facility to make better use of the current space.

The envisioned remodel will reconfigure several therapy rooms and the exiting lobby to add two more rooms suitable for medium to large groups. Plans also include expanding the small kitchen attached the Rainbow Room, the large multi-purpose space used for the Clubhouse program and community events.

SCS is working with a local architecture firm to finalize plans and is seeking a contractor. Renovations will most like be completed in phases as funds are raised in the coming months. Be sure and check our website for updates at www.SeattleCounseling.org.

Donors Make Project a Reality

SCS relies on the support of community members in order to keep our services affordable for those most in need. Not only do donations directly impact the mental health and well-being of individual clients, but every donation is a vote of confidence that our work is important and that we are meeting the needs of the community.

Recently, SCS has been blessed with significant donations to complete some large-scale projects. **Long Painting Company** generously donated over \$15,000 worth of labor and paint to complete the interior painting project. Also funded by a grant from the **Employees Community Fund of Boeing**, the new paint makes SCS rooms and walls clean and beautiful.

We believe that everyone is entitled to safe and comfortable surroundings and know that a dignified environment makes good health and recovery that much easier. Thank you to Long Painting and the Employees Community Fund for sharing our vision and making the project a reality.

Message from the Director



Ann McGettigan,
Executive Director

Spring is just around the corner and with it come images of renewal, revitalization and recovery—all very apt for SCS.

RENEWAL I am pleased to announce a new addition to our leadership. **Dr. Paul Sherman** joined our board of directors in late January. Paul brings his many years of experience as a physician and administrator at Group Health. More importantly, he brings a sense of renewed energy to the board. Welcome, Paul!

REVITALIZATION As you will elsewhere in this newsletter, we are in the midst of expand-

ing and improving our facility.

RECOVERY In Springtime there is a feeling that recovery is more possible than ever. As we see the season change from gray skies to sunshine and budding plants and trees, many experience this as a time to let themselves experience growth and be re-created. If you are currently working on your own recovery, I commend and congratulate you. If you are ready to begin that work, I encourage and welcome you.

As we look back on the past year, we are learning that we served more community mem-

bers than ever. This highlights the increasing need for high quality mental health and chemical dependency treatment for the LGBT community, but it also points the growing health of our community members.

And speaking of the health of our community, congratulations to our friends at **Gay City** and **Verbena** on the first anniversary of the Center for LGBT Health. We look forward to many more years working in partnership with these excellent organizations.

“Caring for your mind as well as your body will keep you healthier, happier and more productive.”

May is Mental Health Month

Join SCS in celebrating May as National Mental Health Month! During this month, we want to remind you and your loved ones of the following:

- Caring for your mental health is key to your overall health.
- Most mental health problems, such as depression and anxiety disorders, are as treatable as physical illnesses.

- Mental illnesses are real, common and treatable.
- Seeking help when you need it is a sign of strength—not a weakness.
- Recovery is possible with proper treatment and support.
- You are more than just a diagnosis—you can lead an enjoyable, full and productive life.

If you need help, SCS offers an array of services specifically designed to meet the mental health needs of the LGBT communities.

We accept Medicaid, many insurance plans and have a sliding fee scale based on income. **Contact us for more information at (206) 323-1768.**

ICON on Sept. 8 will feature hostess **Aleksa Manila** & a cast of the best drag performers in Seattle.



Photo by Brian Buck

Benefit Event Date Announced

Mark your calendars now for Saturday, September 8, for our annual fundraiser **ICON: a celebration of drag, art & life!**

Now in its fourth year, **ICON** again promises to deliver a glamorous evening filled with the

very best of drag performances in Seattle. Organized and hosted by **Aleksa Manila**, past performers have included such stars as Sylvia O'Stayfor-more, Arnoldo! Drag Chanteuse, Lady Chablis, Smokee, Queen Bees, and more.

Join us in September for an over the top evening to delight

you and raise money for SCS. Tickets will go on sale in August and the show is expected to sell out quickly. Sponsorship and volunteer opportunities are available. For more information call SCS at (206) 323-1768.

Ride with Team SCS

Love riding your bike? Want to help raise awareness and money for LGBT mental health? Then **Team SCS** is for you!

Led by Clinical Director **Donnie Goodman**, Team SCS is a group of "rolling ambassadors" for Seattle Counseling Service. They use biking events as a means to tell others

about LGBT mental health issues and to raise money.

Building on last year's success, Team SCS will again ride in the Group Health Seattle to Portland Bicycle Classic (aka the "STP") on July 14-15. Team members are encouraged to ride at their own pace and to meet at a designated

camping area for dinner and fun together.

If you want to be part of the fun, call team leader Donnie at (206) 323-1768. Space is limited so sign up early to reserve your spot on the team.



Join Team SCS:
rolling ambassadors for LGBT mental health & wellness.

Thank You to Our Donors!

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Gift made in honor of
David Barker

Making a donation in honor of a birthday, commitment ceremony or other occasion is a unique & thoughtful way to celebrate!



Staff members Cassie Salewske & Greg Ohme.

Want to Volunteer?

Want to give back to the LGBT community? Want to be more involved in Seattle Counseling Service?

Then become a volunteer! We are seeking volunteers for short and long term assignments in the office, with the newsletter, for events, committees and more. Tell us how

you'd like to be involved and we'll find the perfect spot for you. Contact Julie at julieb@seattlecounseling.org.

Seattle Counseling Service

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Seattle Counseling Service

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