

Seattle Counseling Service

Proudly serving the LGBT Communities since 1969

begins May 14th
Thursdays 6-8pm
Kickin' IT
kick back & kick the habit

@SCS

contact: 206.323.1768 x104
maritad@seattlecounseling.org

Call to register or talk to your clinician about registering

An education and discussion group for LBTQ women considering or in the process of quitting smoking

Tobacco Cessation now available at SCS

In May, Seattle Counseling Service began a facilitated tobacco cessation education, discussion and support group for LBTIQ identified women. The group meets every Thursday at 6pm for six weeks, with one extra meeting in the last week for additional support. With over 3 months as a non-smoker, I know from personal experience that the process of quitting or reducing tobacco use is a difficult one that is often times made easier by the support of peers. We welcome any LBTIQ women who want to be in an upcoming group. If you are in a pre-contemplative stage and want to learn more about what tobacco does to our bodies and what the quitting process might look like, or if you've already quit and are looking for extra support, this group may be for you. Participants do not have to be SCS clients or Shift Peers. Feel free to call with any questions about this group, or to let me know that you are interested in attending! New groups will follow, so call if you are interested in future groups.

Marita DeLeon, Peer Network Referral Specialist
Contact me: 206-323-1768 x.104

Seattle Counseling Service

1216 Pine Street, Suite 300
Seattle, WA 98101

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SUMMER 2009

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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40

Seattle Counseling Service Marks 40 years of service to the community

Just months after the now famous Stonewall uprising a small group of therapists in Seattle were making available a safe place for Gay, Lesbian, Bisexual and Transgender people to talk and receive support.

Seattle Counseling Service is the first and oldest community mental health agency for lesbians, gay men, bisexuals, and transgender persons in the United States. We began in a rented house, with a telephone and several volunteers, who were ready to answer the phone, talk with people who dropped by, and offer counsel and support.

Now forty years later, Seattle Counseling Service (SCS) is celebrating our many years of service.

Events are planned throughout the summer and autumn. Mark these dates on your calendar and plan to join us in remembering where we have been and help us look forward to the future!

Please check out our
celebration events
on the inside!

Seattle Counseling Adds New Staff!

As the flowers have bloomed this spring so have the ranks of SCS. We are pleased to add seven new positions. At a time when economics are tough, SCS is proud to be able to respond to the increase demand for services.

Our additional staff will allow us to increase our efficiency, provide more support to direct services and support our clinical staff.



Left to Right:

John Sweetman (File Clerk)
Susan Millender (Project Inform Coordinator),
Libbie Stellas (Development Manager),
Sacha Maxim (Project Inform Specialist),
Megan Stine (Mental Health Therapist),
Joseph Siddiq (Office Administrator),
Missing from picture: Anthony Morgan,
(Neon Health Educator)

Project Inform Kicks off to help Women

Increases in methamphetamine use have been associated with serious health problems across North America over the past decade. Between 2002 and 2003, methamphetamine-related treatment admissions rose 30% for women in the United States. In 2002, Washington ranked sixth among 13 states with methamphetamine admission rates more than twice the national rate (Washington had 150.4 admissions per 100,000 people in 2002, compared to the national rate of 52 admissions per 100,000 population.).

Project Inform, Seattle Counseling's newest program will work to increase awareness within the LGBTQ community about methamphetamine and women as well as provide increased access to resources for those who want to change behavior related to abuse of or addiction to methamphetamine. Project Inform is a collaboration between SCS and King County Department of Community and Human Services, Mental Health, Chemical Abuse and Dependency Services Division.

Because of the lack of information about LGBTQ women and crystal methamphetamine use, learning will be the focus of the first phase of Project Inform. The learning phase will provide information about who/where/how women are using methamphetamine in the LGBTQ community. Community members will be invited to participate in focus groups to talk about their experiences using methamphetamine. Peers in recovery, who are part of the informal network of support, will be interviewed in the learning phase. The available existing research related to LGBTQ women and methamphetamine use will be reviewed and data on women in recovery will also be evaluated.

Connecting with LGBTQ women and the organizations with which they may be interacting will be the focus of Project Inform's phase two outreach efforts. This important phase will build and enhance our relationships with other agencies/organizations to reach women who are using crystal methamphetamine but are not "out" about either their sexual identity or their drug use. Project Inform outreach materials will be developed, including a project web site.

Phase three, the engagement phase, will connect women to the resources they want and need. Opportunities for individual and group engagement are anticipated, including peer to peer support, information and referral, case management, psycho-educational groups, trainings, workshops and social activities.

Contact: Project Inform Coordinator Susan Millender at susanm@seattlecounseling.org, or (206)323-1768, for more information.



40th Year Celebration Events

Pride Celebration: Sunday, June 28, 2009

Seattle Counseling is the Community Empowerment Grand Marshal for the 2009 Pride Parade. We will have TWO floats and over 40 marching to support mental health and recovery in our community. Join us at our Booth at Pridefest at Seattle Center following the parade.

Picnic in the Park: Thursday, July 23, 2009, 5- 9 PM

Join staff, friends, board members and former and present clients in this fun evening at Cal Anderson Park. A free event for all SCS friends and family. Join us for food, fun and games to celebrate our community and its health.

Gala Dinner/Dance: Saturday, October 10, 2009 6-Midnight

Celebrate the decades of our agency with fun and elegance. Many surprise guests including our founders and other dignitaries too numerous to mention!

Tickets will be available in August.

Call us at (206)323-1768 for more information about any of these events or check them out at www.seattlecounseling.org