



# SEATTLE COUNSELING SERVICE

SCS Autumn Newsletter  
2005



## Message From the Director . . .

Autumn 2005

### Inside this issue:

ICON/ AIDS Walk	2
Seattle PRIDE	3
Special Insert 2004 Annual Report	4
Lifelong Collaboration	6
Comments about SCS from our clients	7
LGBT Smoking Cessation	7
Donation Form	8

### SCS Fast Facts!

- We currently have 37 staff members including interns.
- SCS has staff members representing many gender expressions.
- We have client parking on site.
- We have all gender neutral bathrooms on site for clients.
- Our offices offer a sweet view of the Space Needle.

It's hard to believe that it has already been a year since SCS moved into our new building at Pine & Melrose. We have certainly enjoyed settling in here and making good use of our new space. With the recent devastation of Hurricane Katrina, we are more than ever thankful to be able to serve clients in a safe and comfortable environment.

With our physical space needs taken care of for the time being, my mind turns to other goals that SCS has set, especially our need for greater VISIBILITY in the Seattle LGBTQI communities. Thanks to the dedicated efforts of SCS staff and supporters, we offer comprehensive, culturally-competent mental health and chemical dependency treatment services. We are pleased to currently serve close to 1000 clients, but it is our goal to reach every LGBTQI person who is in need of our services. SCS continues to strive towards maximum visibility. To that end, we have made many successful efforts recently to get our name and faces out in the community. We have expanded our networking and collaboration with other local organizations. SCS has also been represented at recent community events, including Pride '05 and the annual AIDS Walk. These fun events have been great opportunities to meet new people and remind old friends that we are here to serve. We will continue to work towards reaching out to the commu-

nity and new clients through every possible venue. We invite you to join in this effort. We will contact our supporters in the coming weeks with an exciting opportunity to get involved.

After over thirty-five years, SCS is continuing to grow and thrive. Our growth and our very existence are thanks to the support we receive from community donors. An enormous THANK YOU is in order to each and every one of our donors. Each donation is a vote of confidence for the work we are doing at SCS. During the past year, we have received numerous "votes" including some anonymous gifts ranging from \$1000 to an amazing \$19,000. SCS couldn't continue without your support and involvement. Thank you!

Please read on for updates on SCS programs, staff, and clients. Be sure to see the Annual Report insert for a summary of last year's highlights. I think you will be pleased by the many accomplishments and by our continued growth. If you are interested in taking a leadership role in our future growth, you might consider a position on the SCS Board of Directors. We will be adding some new members in the coming months, so please contact me if you are interested. I hope you enjoy this issue of the SCS newsletter. After you are finished reading it, please pass it on to a friend or colleague. Also, remember to check our website: [www.seattlecounseling.org](http://www.seattlecounseling.org) for the latest SCS news and updates.

## Greetings From Brazil!

The word about SCS has really been getting out lately! We just received an email from a fan in Brazil!

“Hello guys. Well, I met a guy the other day and he was wearing an interesting bracelet with the word QUEER in it.... and there was the address of your website, too. So I was wondering if I could get a bracelet just like his...would it be possible? I live in Brazil and support the LGBT community as well...but we don't have anything like that here...I really liked the idea. Hope you answer me. Freedom and happiness for you. Dan”

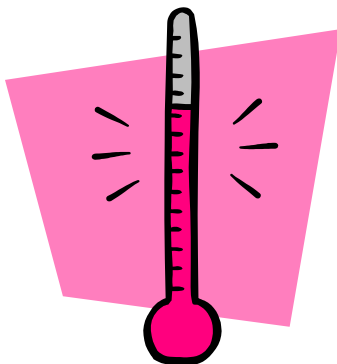


Don't worry Dan, a little package from us in Seattle is on its way to you in Brazil.

The SCS “Queer” Bracelet that we made for PRIDE 2005 will travel 5972 miles to Fortaleza, Ceará, Brazil.

SCS!

A favorite across the globe!



## Seattle Counseling Service Brings *ICON* Back to Life



By Sara Michelle Fetters

Seattle Counseling Service (SCS) proudly produced *Icon: A Celebration of Drag, Art & Life* on April 30 at 8:00 p.m. at Neumo's, located on Pike Street in Seattle's Capitol Hill Neighborhood. A star-studded benefit for the agency, the event featured performances by locally and nationally recognized entertainers including Mark “Mom” Finley, the Queen Bees and Arnaldo! Drag Chanteuse.

“This show is a celebration,” said Executive Director Ann McGettigan. “A celebration, not only of Drag as an art form and for Seattle's excellent performers whom make it great, but for SCS as it continues to supply much-needed services to the area's vibrant Lesbian, Gay, Bisexual and Transgender (LGBT) communities. *ICON* isn't just a fundraiser, it's a party, and one we hope everyone in Seattle can come out and enjoy.”

This is the second time *ICON* has been staged by SCS, and Event Organizer and NEON Health Educator Arnold Martin, a.k.a. Aleksa Manila, a former Miss Gay Seattle who's sung live with recording artists Pink Martini, hopes it will turn into an annual event. “For me, *ICON* is a chance to explore and honor the glorious history, past and present, *Drag* offers,” said Martin. “It

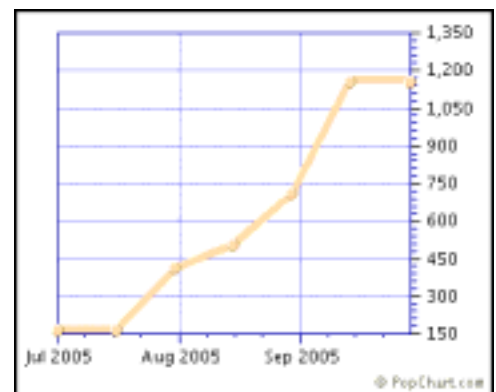
is a privilege to plan and put this show together, and the fact that it gives SCS a chance to showcase the works they do and the benefits they offer is definitely an added bonus.”

“There are a lot of great performers in our city, all of them ‘icons’ in their own right,” said Martin. “While there are some repeat performers from last year's event, I wanted to make sure and showcase some of Seattle's other top Drag entertainers this time. With Agent X Clothing showing off its fashions and noted local artist Stephen McFarlane displaying his work, I really think this year's *ICON* was a fabulous journey through entertainment's past, present and very hopeful future.”

“It's very exciting,” said McGettigan. “To me, an ‘icon’ is an institution, an enduring symbol that resonates long after current trends and cultural mores are forgotten. Truthfully, I believe SCS is an icon in the LGBT community, one that I really hope people can get behind and support.”

## AIDS WALK 2005 : Team SCS!

The Seattle Counseling Service 2005 AIDS Walk Team, represented SCS and did a great job walking in the pouring rain to bring in over \$1000 to support the fight against AIDS in our community! Over \$600,000 was raised during the walk to fund prevention programs and support those living with HIV/AIDS in King County.



## SCS at PRIDE 2005!!



## Smoking Cessation Resources

(also see article on next page)

- Gay City Health Project offers free quit kits for gay, lesbian, bisexual and transgender smokers. Call 206.860.6969, e-mail: info@gaycity.org

- Bastyr Center for Natural Health 206.834.4100
- Harborview Medical Center Smoking Cessation 206.731.2000

- Public Health: Seattle & King County Tobacco Prevention Program 206.296.7613

- Group Health: Free and Clear 1.800.292.2336

- Verbena 206.323.6540

Health advocacy, education and support services for lesbians, queer and bisexual women, and transgender people (MTF/FTM), including support for quitting.

Pride Explosion!



Photos from from L to R: Project NEON represents during the march, Seattle Pride Explosion: the float, Cori and some Gay Storm Troopers, Tracey French: Project NEON Coordinator represents SCS' CD Program, The Seattle Counseling Service Staff marches up Broadway behind our agency banner (from left to right) Shauntae Willis (CD), Tammy Siu (MH), Ann McGettigan (ED), Cassie Salewske (MH), Christine Suter (MH), Jennifer Mullane (MH), Angie Canelli (MH) and Ingrid Swenson (MH).



## On Collaborating With Lifelong



Until there's a cure!

Last year the HIV/AIDS Prioritization Council made a decision to create a program that would help clients retain their housing. The concept was that the program would consist of offering clients the ability to meet with outreach counselors who provide opportunities to engage with chemical dependency and mental health counselors in an

effort to give the clients a chance to change behaviors that might be jeopardizing their housing. D.L. Scott will be acting in the capacity of outreach chemical dependency counselor. What that means is that he will be spending five hours a week traveling to four different locations, The Cambridge, The Olive

Tower, The John Winthrop House, and Hayden Hall, attempting to engage clients who are referred to us by the Lifelong Aids Alliance staff due to a perceived need for possible Chemical Dependency Services. Therapist Chris Tolfree is doing the same thing but in his case it will be for mental health services

## Comings and Goings of SCS Staffers



In the last several months we have welcomed several staffers on board at SCS, including:

- Two former Seattle Counseling Service interns who have recently graduated from Seattle University, Mental Health Therapists Angie Canelli and Cassie Salewske



Laurita expects to spend long hours in the garden!

- Project Neon Coordinator Tracey French, who comes to us with a strong commitment to the principles of harm reduction and a resume that includes commitments to the YWCA, Central Youth and Family Services and Stonewall Recovery.

- Development Assistant Julie Borden comes to us with lofty fundraising goals and a knack for grant writing.

Our New Intern Therapists have just begun their career at SCS this fall. We would like to welcome these masters level students:

- Jenna Rizzo of LIOS
- Dennis McCarthy of LIOS
- Bryce Bailey from Antioch
- Shannon Lindquist from Antioch
- Mariam Sarikhan from Antioch
- Margo Burnison from the UW School of

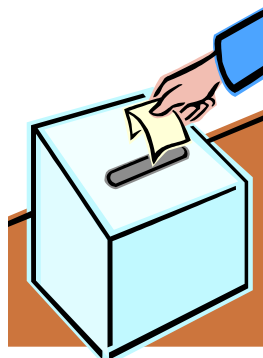
Social Work .

We've said goodbye to our last bunch of intern therapists:

Lynn Elwood, Jennifer Spencer, Radmila Juntara, Jim Mitchell and Pam delPozo. And we wish them luck in their new careers!

We were also sad to see a longtime staff member move on into retirement. Laurita Whitford was an integral part of the SCS community from 1996 until 2005. Laurita Whitford left SCS to pursue some quality free time with her partner. We wish to thank her profusely for her many years of service.

## Voices From the Suggestion Box



Here at Seattle Counseling Service we have a suggestion box in the lobby for people to share comments and suggestions. Recently we opened up the box and found many comments including these:

•“The services you offer here are vital, and have really changed my life”.

•“I’ve been a patient of professional counseling since I was 16, now I am 41 and the services here are the most caring I’ve ever had! Thank You”.

•“Chris Tolfree is an excellent counselor!”

•“The staff and area are kind and well-maintained. I enjoy my counseling. Services have been understanding and helpful in many ways. I’ve been through extreme emotional loss and financial hardships but have always felt cared for and safe in this environment!”



In recognition of the March 8 oral arguments at the Washington State Supreme Court, there was a Rally and March in support of equal marriage rights for same-sex couples. Above are several SCS staff in attendance.

## Our LGBT Communities and Smoking

Smoking is a serious threat to the well being of all Americans, and research indicates that it is especially destructive to our LGBT communities. The following information is derived from primary research conducted by the Mautner Project, The National Lesbian Health Organization.

34% of LGBT adults surveyed said they smoke cigarettes, as compared to 24% of heterosexual adults (Harris Interactive/Witeck-Combs Communi-

cations, 2003). Lesbians and bisexuals under 50 were more likely than heterosexuals to engage in cigarette smoking and heavy drinking (Valanis, et al. (2000). Data from the *Women's Health Initiative* indicates that about twice as many lesbians as heterosexual women reported being "heavy" smokers (6.8-7.4% of lesbians and 3.5% of heterosexual women). Although almost 50% of the heterosexual-women reported never smoking, only 25-33% of

lesbians reported never smoking (Valanis, et al., 2000). According to the *American Journal of Preventive Medicine*, lesbians are more likely to be heavy smokers than heterosexual women (Ryan et al., 2001). Bars, commonly associated with smoking, are often frequented by gays and lesbians because they are often discriminated against in other settings. We can all work together to support LGBT folks who wish to abstain from and quit smoking!



“Washington has the third highest percentage of same-sex households as a percent of all households among the fifty states.”



Copies of the Mature Friends Newsletter can be found in the SCS lobby alongside many other pertinent LGBT resources!

SCS AUTUMN  
NEWSLETTER

PROUDLY SERVING OUR LGBT  
COMMUNITIES SINCE 1969!

Please help us keep your information  
current. If you have changed your ad-  
dress or any other information, please  
give us a call or drop us a line. Please  
email: grego@seattlecounseling.org

Seattle Counseling Service  
1216 Pine St Ste 300  
Seattle WA 98101

Phone: 206-323-1768  
Fax: 206-323-2184  
E-mail: info@seattlecounseling.org

WE'RE ON THE WEB!

WWW.SEATTLECOUNSELING.ORG

NON-PROFIT ORG.

U.S. POSTAGE

PAID

SEATTLE, WA

PERMIT NO. 02260

# Seattle Counseling Service

Show your Pride! Support Seattle Counseling Service.

Yes! I/we would like to support SCS. Enclosed please find my gift of:

\$35    \$50    \$100    \$150    \$250    \$500    \$1000



Or use Visa/MC # \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

All gifts are tax-deductible and very much appreciated. Mail to:  
Seattle Counseling Service, 1216 Pine Street, Suite 300, Seattle, WA 98101