



# SEATTLE COUNSELING SERVICE

*Proudly Serving our LGBT Communities since 1969!*



SCS Winter  
Newsletter 2005

## Inside this issue:

Clubhouse Thanksgiv- ing	2
Donor Thank You's	3
Staff Changes	4
Dealing with Holiday Stress continued	4
Relapse Prevention Tips	5
Chemical Depend- ency Groups	5
Chemical Depend- ency Resources	3

### Board of Directors

Wesley Neumann, President  
 Peggy Pullen, Vice-President  
 Meg McConnaughey, Treasurer  
 Rebecca Wood, Secretary  
 Mike Fitzpatrick, Past President

### Leadership Staff

Ann McGettigan, Executive  
Director  
 Sheila Murphy,  
Financial Director  
 Donnie Goodman, Clinical  
Director  
 Cathy Speelmon, Chemical  
Dependency Program Manager

## Message From the Director . . .



Ann McGettigan

Everyone is familiar with the common phrase "Happy New Year," but I wish there were a simple greeting to honor the end of the year too. We are all joyful to ring in the new, but let's not forget to pause and reflect on the year behind us.

2005 has been a terrific year of growth and collaboration for SCS. Through the dedicated work of the staff and the financial support of our generous donors, we have been able to expand our community outreach and to continue to strengthen our roster of top-notch clinicians and

support staff.

In 2005, SCS partnered with numerous local agencies, such as Gay City Health Project, Lifelong AIDS Alliance, the Seattle School District, and OutKitsap (just to name a few), to bring our services to more clients. By going out into the community, we bring help to where it is needed most.

This year we focused on increasing staff to address the needs of youth and transgender clients. We've also added a full-time development associate to help us diversify our funding sources. This has resulted in exceeding our goal to serve

*(Continued on page 2)*

## Avoiding (and Dealing with) Holiday Stress



The winter holiday season can be a wonderful time of celebration with friends and family. But for many people, the hectic schedules, changes in routine, social expectations, and increased budget demands can add up to serious stress and anxiety. Additionally, LGBTQ folks may have added stressors from intolerant or homophobic families of origin.

Consider the following tips for decreasing/dealing with holiday stress:

- ◇ 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.

*(Continued on page 4)*

## From the Director Continued SCS Supports Community Partners



The SCS table led by Ann McGettigan at the Soup R Bowl.

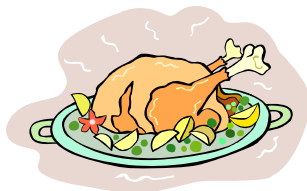
1,100 clients for the year. All in all, I count 2005 as a very successful year. I am grateful to each of you as you have a role in helping to ensure our successful work in the LGBT community. I hope that during this holiday season you too can take time to remember your achievements as you say good bye to the old year and welcome 2006.

Some SCS staffers took time out of their busy schedules to support one of our sister agencies in the community, Verbena. Verbena's mission is "to build vibrant communities for lesbians, bisexual and queer women, and transgendered individuals through health advocacy, education, support and access to care". We attended their fundraiser, The Soup-R-Bowl. To read more about what they do check out their website at [www.verbenahealth.org](http://www.verbenahealth.org).



## A Very Clubhouse Thanksgiving

*"Clubhouse membership has grown by 42% over the past year".*



SCS hosted this year's Clubhouse Thanksgiving Feast in our gorgeous Multipurpose Rainbow Room

Clubhouse, SCS's adult day treatment program, recently celebrated their 15<sup>th</sup> annual Thanksgiving feast. This year's meal was shared by twenty-seven current and former Clubhouse members and fifteen SCS staff. Members of Clubhouse worked as a group to plan the menu and prepare the dishes, which featured turkey, ham, and all the trimmings.

SCS Clubhouse is a day treatment program for adults with mental illness, and has been a part of SCS services for twenty-five years. Clubhouse offers members a safe, supportive environment

to make friends, learn new skills, and enjoy recreational activities. Clubhouse members meet twice per week to engage in a variety of activities—everything from arts and craft classes to barbecues in the park to movies and discussion to trips to the zoo and more.

As is tradition, the Thanksgiving celebration included a time for individual Clubhouse members to express thanks for the positive aspects of their lives. Many chose to talk about how important Clubhouse is as a space to make friends and to provide an opportunity to get out of their homes and re-

focus attention away from their own problems.

"Clubhouse provides a safe zone where members can meet other LGBTQI people, where they can talk about issues, where they can just be themselves," according to the staff Clubhouse director, Tammy Siu. "If you don't live in the middle of Capitol Hill or aren't into the bar scene, there are not many places to get that. Clubhouse is a place to be a real, whole person."

SCS's Clubhouse differs from other day treatment programs by placing a

*(Continued on page 3)*

## A Very Clubhouse Thanksgiving Continued



strong emphasis on teamwork and interactions. “Everyone must be willing to participate. You can’t come and just sit back.” Tammy encourages member leadership and personal ownership of Clubhouse. Activities are driven by the members, who draw up a monthly calendar of events and meetings.

The Clubhouse program also offers life skills through a monthly psycho-education discussion

group with topics such as time/stress management and communication skills. Clubhouse members have access to two computer workstations and can grow their cooking skills in the Clubhouse kitchen area.

Clubhouse membership has grown by 42% over the past year. On average, 15 members attend each of the twice-weekly meetings. Members decide how best to use their extremely modest budget by

carefully selecting activities and priorities for the group. As the group grows,

that budget is stretched thin.

Says Tammy, “I want supporters to know that the Clubhouse program is vital to its members. Donations to clubhouse could have a big impact on individual lives.” For more information about Clubhouse, contact the program director, Tammy Siu. To make a donation, use the form on the back of this newsletter or contact Development Associate, Julie Borden.



The meal included multiple pies, several meat dishes and yummy vegetarian options.



*“SCS’s Clubhouse differs from other day treatment programs by placing a strong emphasis on teamwork and interactions”.*

## THANK YOU FOR YOUR SUPPORT, 3rd QUARTER DONORS!

Anonymous

Agilent Technologies

Brian Arbanas

Rich Baring

Susan Fairo & Christine Suter

Michael Fitzpatrick

Pam Jensen

Bruce Lieberman

Gavin MacDougall

David Mahowald

Sheryl Peterson

Jane Ronngren

Monica Sanchez

Robert Smith

Pat Soon

Andrew Taylor

Michael West

Wina Wichienwidhtaya

Rebecca Wood

Donations received

7/1/05-9/30/05



Community support is a driving force behind SCS activities.

## Staff Comings and Goings

Goodbye and best of luck to intern therapists Yesenia Mora and Angela Hedwall, who have both graduated from Argosy University with an M.A in counseling. Yesenia has accepted a therapist position at Southwest Youth and Family Services, and Angela will pursue a Ph.D. in Counseling Psychology at Argosy.

A warm welcome to new intern therapists Larry Nicholas of Antioch University and Justin Pere of Seattle University. They will be joining the staff in January 2006.

## Holiday Stress (Continued)

(Continued from page 1)

- ◇ 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.

- ◇ Prepare emotionally for the season. Review your emotional and psychological history of holiday time. Give yourself time to process any traumatic memories and surround yourself with understanding people.
- ◇ Holiday time does not mean you have to go into debt. A creative gift from the heart is more meaningful and may cost less.
- ◇ 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.
- ◇ Stock up on 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.

**Feeling lonely or depressed as the holidays approach?**

That next drink or drug won't help.



We provide quality chemical dependency treatment in an LGBT affirming environment.

- Individual & Group Counseling
- Relapse Prevention & Aftercare Planning
- DUI Evaluations & Deferred Prosecution Program
- LOW or NO COST treatment for anyone earning up to \$20,000 a year
- Sliding-fee scale, medicaid coupons and many types of insurance accepted


**Seattle Counseling Service**  
1216 Pine Street, Ste 300  
Seattle, WA 98101  
**(206) 323-1768**  
www.seattlecounseling.org



## Newest Chemical Dependency Program Ad Campaign

These are just some of the new advertisements that we are running to spread the word about our stellar chemical dependency program. Look out for these print ads and more in such popular sources as *The Seattle Gay News* and *The Stranger*.

**Am I addicted?**



**Answering yes to even one of the CAGE questions indicates a possible problem with alcohol or substance abuse.**

- **C** Have you ever tried to **CUT** down on the amount you use or quit using?
- **A** Have you ever been **ANNOYED** by others comments about your substance use?
- **G** Have you ever felt **GUILTY** about something you said or did while under the influence?
- **E** Have you ever needed an **EYE-OPENER**?

We provide quality chemical dependency treatment in an LGBT affirming environment. For help or further evaluation, give us a call or stop by our location at Pine St. & Melrose.  
• Sliding-fee scale, medicaid coupons and many types of insurance accepted

**Seattle Counseling Service**  
**(206) 323-1768**  
1216 Pine Street, Ste. 300 • Seattle, WA 98101  
www.seattlecounseling.org



## Helpful Holiday Relapse Prevention Tips

The holiday season can be a particularly difficult time for those in alcohol or chemical dependency recovery. The staff of Project NEON and the Chemical Dependency program offers the following suggestions to help you enter the new year safe and sober.

**Cultivate healthy relationships.** People in recovery often must withdraw from old friends and acquaintances who still use, which can leave you feeling alone and isolated. Remember that many of the people in your group are feeling the same and would love to have the chance to develop new healthier relationships. Exchange numbers and plan to attend only alcohol-

and substance-free parties together.

**Make a plan before attending social gatherings.**

If you decide to attend a party where others may be drinking or using other substances, make sure that you have an ally at the gathering that knows about your recovery process and who can be supportive of your decisions to not drink or use. Plan ahead for an “escape route” in case the situation gets too intense or stressful. Bring phone numbers of recovering friends or a list of nearby support groups.

**Make a contact list.**

Whether you need help escaping a party or just

need to connect with someone who really gets it during this time of “holiday cheer,” it is important to have available a list of people to call on. Make a list with few numbers of friends from your treatment group, a crisis line, or perhaps some friends from the program. Be sure to use the numbers when you need them.

**Talk it out.** We are bombarded with images and messages of what the holidays are “supposed to be” for everyone. Sometimes we get overwhelmed and so stressed by what we think we should be feeling, that we let ourselves get to the point of using “just a little bit” to see us through. Open up at

meetings, share in group, and let your recovery family know what you are feeling. You will probably find that others are feeling the same way.



“Cultivate healthy relationships”.



## Seattle Counseling Service Chemical Dependency Groups

### Monday

- IOP 5:30 to 7:30 with John Martinez
- PM Discovery (Phase II): 5:30 to 7:30 Chuck Ellis
- Crystal Meth Recovery 5:30 to 7:30 D.L. Scott
- Monthly Group: 5:30 to 7:30 first Mondays Cathy Speelmon

### Tuesday

- Phase III: Relapse Prevention: 5:50 to 7:30 Cathy Speelmon
- NEON Peer Educators : 5:30 to 7:30 Arnold Martin
- NEON Crystal Clear: 6:00 to 7:30 D.L. Scott
- Coming Out Group: 6:00 to 7:00

### Wednesday

- Speed, Sex and Sanity (NEON Drop-in Group) 5:00 to 6:00 Tracey French
- PM IOP: 5:30 to 7:30 John Martinez
- PM Discovery (Phase II): 5:30 to 7:00 Chuck Ellis
- Rest Stop (NEON Health Night) 6:00 to 8:00 Arnold Martin

### Thursday

- PM IOP: 5:30 to 7:30 John Martinez
- Crystal Meth Recovery (NEON) 5:30 to 7:00

### More Support Groups

Capitol Hill Alano Club  
(206) 860-9560

Seattle Alcoholics Anonymous (206) 587-2838

Narcotics Anonymous of Seattle (206) 790-8888

PROUDLY SERVING OUR  
LGBT COMMUNITIES

SCS WINTER NEWSLETTER 2005

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. Please email: [julieb@seattlecounseling.org](mailto:julieb@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](mailto:info@seattlecounseling.org)

WE'RE ON THE WEB!

[WWW.SEATTLECOUNSELING.ORG](http://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

[Seattle Counseling Service Winter 2005 Newsletter](#)