



Gay, Lesbian, Bisexual, Transgender: Your quality of life matters.

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SEPTEMBER 2008 NEWSLETTER

Counseling & Treatment

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United Way of Greater Houston

September is National Alcohol and Drug Addiction Recovery Month

Because September is National Alcohol and Drug Addiction Recovery Month, we'd like to take this opportunity to highlight our [Chemical Dependency](#) Treatment program. Our specially trained staff is available to help you recover from substance abuse. Individual, couples/family, and group counseling is available, and our program prides itself on providing gay, lesbian, bisexual, and transgender individuals with a safe place in which they can honestly talk about the factors which trigger their addiction.

If you or someone you know is ready to end their addiction and begin a sober life, please call 713.529.0037 to set up an intake appointment. Our intensive outpatient program includes multiple group sessions and one individual session per week.

Suicide Prevention

September also is Suicide Prevention Month. It is estimated that gay and lesbian youth are up to five times more likely to attempt suicide. Researchers believe the increased risk results from isolation, rejection, confusion, and shame due to being repeatedly marginalized by society. Montrose Counseling Center is a member of the Houston-Area Suicide Prevention Coalition, and sees the results of this marginalization on a regular basis, with adults seeking therapy, youth in the [HATCH](#) program, and callers to [Gay & Lesbian Switchboard Houston](#).

"Some of our clients experience this marginalization three-fold, in a society that not only stigmatizes gay, lesbian, bisexual and transgender [GLBT] persons, as well as those who are HIV positive, but also stigmatizes those who reach out for mental health care," notes Ann J. Robison, PhD, Executive Director of MCC.

According to the Mental Health Association in Texas, "Of the suicides carried out, 90 percent are related to untreated or under-treated mental illness with the most common factor associated with suicide being depression."

Experts believe most suicidal individuals do not want to die, instead just wanting to end the pain they are experiencing. Some just can't see a way out of a temporary dilemma. A call to Gay & Lesbian Switchboard Houston at 713.529.3211 may be the first step towards reaching out for help. Volunteers are trained to listen to callers and help them find their own solutions, or refer them to professional psychotherapy if it's beyond the scope of peer support.



Robison goes on to say that, "with this focus on suicide prevention month, we hope members of the GLBT community know there's a place they can go for help, whether it's through HATCH, Gay & Lesbian Switchboard Houston, or making an appointment to see a therapist in a GLBT-affirming environment like Montrose Counseling Center."

Reaching Out to Street Youth

Montrose Counseling Center recently acquired funding to meet a need that has plagued our youth for far too long. Outreach workers are now available to travel Houston's streets in search of GLBTQ youth in need. Participants in this new program will be provided a variety of services, including immediate need fulfillment, service linkage referrals, family reunification, counseling, and case management. All too often those who most need services are the least likely to pursue help. We are proud that, by meeting participants in their natural environments, we will promote health and independence among GLBTQ street youth, ages 14 - 20.

Socialize with SPRY

Are you 60 years or older and considering becoming more involved in your community? SPRY Socials are a great way to start. Stop by the **GLBT Cultural Center**, on the 1st floor of MCC, at 401 Branard, during one of the following events, or visit the **SPRY Drop-In Center** every Thursdays from 1 - 3 p.m.



Tuesday, September 16, 8:30 a.m., Field trip to Coshatta Casino

Make your bus reservation with [Coach America](#) today! On Tuesdays, two can travel for the price of one, only \$15! Join SPRY as we hit the casinos, and you'll be provided with a voucher for coins or the buffet. We will be leaving from the I-45 and Crosstimbers bus terminal at 8:30 a.m. Hope to see you there!

HATCH Sponsors Opening Night

HATCH is the proud sponsor of the opening night film in this year's [Ofest](#), "[Save](#)

What's New?

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Did you know?

Montrose Couns
 United Way org
 We are the only
 organization at t
 Greater Houston

**Clients past an
 hear your story**
 has touched you
 Email us at
mcc@montrose



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 Approval™.

client safety


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<http://www.jointcomr>

Me." directed by Robert Cary and starring Chad Allen as the gay son of conservative parents who put him in a program to "fix" his sexual orientation. Qfest is the 12th annual installment of the Houston Gay & Lesbian Film Festival. "Save Me" will be shown at 7:30 p.m. on Friday, September 26 at the Museum of Fine Arts, Houston. [Tickets](#) are \$10. Qfest runs through September 28.

Shop for a Great Cause: MCC

Need new shoes, clothes, or accessories? Who doesn't? For only **\$5 each**, you may purchase a ticket for **20 percent** (10 percent for furniture) off all purchases made on **Saturday, September 20** at **Macy's** during their *Shop for a Cause* fundraiser. Buy one for yourself, your friends, and your family members. Ticket must be shown at time of purchase but may be used repeatedly throughout the day. Contact 713.529.0037 x372 or communitydev@montrosecounselingcenter.org to buy your tickets!

Wanted: Old Board Games & Playing Cards

 Why let them collect dust when they can be played in the **SPRY Drop-In Center!** Contact Ben at 713.529.0037 x350. Please be sure all pieces are intact.

Continuing Education

Montrose Counseling Center's next **Continuing Education** training will be held at 401 Branard Street on Friday, September 19, 1 - 5 p.m. The topic this month is **Cultural Diversity/Sensitivity**, and the speaker will cover the variables that influence cultural identity, including: race, ethnicity, gender, culture, ability, religion, age, HIV status, body type, sexual orientation and gender identity, and the issues that affect professionals' interactions with diverse populations as clients. Classes are open to everyone, and Continuing Education Units (CEUs) are available for LMSWs, LBSWs, LCDCs, and LPCs. The cost for the training is \$30 if prepaid, \$40 at the door. A registration form is available [here](#). Please call MCC's Education Department at 713.529.0037 for more information. To find out about future classes, [click here](#).


Building Community Leaders

HATCH is a sponsor of the first meeting of the "**New Leaders' Network: Meeting the future of the GLBTQ community,**" to be held on **Saturday, October 4 from 2 - 5 p.m.** in Room 101 of the **GLBT Cultural Center**, on the 1st floor of MCC, at 401 Branard. Organizer Pamela Paige Palmer, who is a graduate of HATCH's youth leadership development program, hopes to bring together GLBTQ youth, ages 16 - 24, to share information about how to strengthen GLBT student groups and connect with community organizations. You do not need to Rsvp or be a member of HATCH to participate, and refreshments will be provided by the Houston Rainbow Pages and the Greater Houston GLBT Chamber of Commerce.

The Secret's Out Save the Date - Tuesday, October 7, 2008

SAVE THE DATE
TUESDAY
OCTOBER 7
THE SECRET'S OUT

Come find out why Montrose Counseling Center is the BEST KEPT SECRET in Houston's Gay, Lesbian, Bisexual & Transgender communities.



6:30 p.m. Light Dinner & Presentation
Arrive a half hour early for social time.
Stay a half hour after for dessert and tours.

Montrose Counseling Center
401 Branard St. • 1st Floor
Houston, Texas 77006

Rsvp to your Table Captain or to 713.529.0037 x372 or communitydev@montrosecounselingcenter.org

Please add "The Secret's Out" to your social calendar. The dinner is free, but we do hope to inspire you to support Montrose Counseling Center. Tours also will be available. Rsvp to communitydev@montrosecounselingcenter.org or 713.529.0037 x372. Seating is limited.

What is the GLBT Cultural Center?

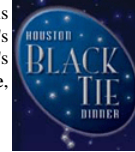
The **GLBT Cultural Center** is now open! Located on the 1st floor of MCC, at 401 Branard, this multi-use space is dedicated to GLBT nonprofit and community groups. Fully-accessible by elevator and stairs, a variety of rooms are available to rent or lease, from small



meeting rooms to a large conference/event hall. Our largest room is _____ perfect for a commitment ceremony or a movie screening. The smaller spaces are ideal for board meetings or workshops. Amenities include electrical outlets, nearby public and private restrooms, kitchenette, and optional beverage service (coming soon). If you would like to **schedule a room**, check [the floor plan](#) to determine which space best meets your needs and the [calendar](#) to determine its availability. Then, simply download [this file](#) and fax the first and last page to 713.526.4367. Someone from our staff will contact you to confirm your room's reservation. Email questions that are not answered in the attachment to mcc@montrosecounselingcenter.org.

Save the Date - New Year's Eve

We are very pleased that the **SPRY Program** has been selected as a beneficiary of this year's **Houston Black Tie Dinner**, one of the premiere fundraising events for Houston's GLBT communities. This is the first time the SPRY Program has been chosen. This year's event, **BLACK TIES and BIG HEARTS Charity Ball** will be held on **New Year's Eve**, December 31, 2008 at Houston's new luxury Hotel ZaZa in the Museum District.



Simple Ways to Support Us... Have you done them yet?

You Have to Buy Groceries Anyway



Through **Kroger's Neighbor to Neighbor Program**, you can support MCC every time you grocery shop! **Print this bar code** or [download this letter](#), and ask your checker to scan it the next time you use your Kroger Plus card. After that, every time you use your card, you will be supporting MCC! Conveniently, you only have to scan the bar code once, unlike the Kroger SHARE cards of the past.



Goodsearching for MCC

Make [Goodsearch](#) your search engine and [Goodshop](#) your online shopping tool! With Montrose Counseling Center as your designated charity, we'll receive money every time you run a search or make a purchase. Tell your coworkers, friends, and family about this easy way to donate to MCC without spending a penny!



Wear Your Support on Your Wrist



Purchase a bracelet and support MCC and **Until There's A Cure®** Foundation, a nonprofit organization that raises funds and awareness about HIV/AIDS. Be sure to mention Montrose Counseling Center with your order, and we'll receive 25% of the sale!

Giving

MCC needs your support. If you would like to support a particular program or help us pay off the debt from our new building, please donate now by clicking on the Network for Good link at the top of the page. All donations are greatly appreciated and tax deductible! Are you interested in joining one of our giving levels or including Montrose Counseling Center in your will because you know that we are an organization that will continue to serve the GLBT community? Please contact communitydev@montrosecounselingcenter.org or 713.529.0037 x372.

Thanks 1,000,000!

Thank you to The Memorial Grill, Barefoot Wine & Bubbly and Minute Maid for their generous donation for our Table Captain Training for The Secret's Out.

Additionally, we would like to thank the Houston Comets for donating tickets to Montrose Counseling Center clients, SPRY participants, HATCH youth and volunteers for the Comets home games on September 2, September 9 and September 12.

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