



SPRING APPEAL NEWSLETTER, 2009

BUILDING, THRIVING... *and* APPEALING

Dear Friends,

This is an exhilarating time for everyone at *Pacific Center*, for even though we are challenged by the uncertain economic climate and its effect on funding, the demand for our services is increasing.

We are needed now more than ever. For many of us – especially those in the first stages of coming out, suddenly all alone or under attack for simply being ourselves – *Pacific Center* is where to find acceptance, no matter who we are, how we look, or how much money we make...or don't make anymore. It is very gratifying to do work that really matters.

Because of *Pacific Center*, every year lives will be touched and made better...

- 600 walk through our doors, or call, simply because they need someone to talk to
- 375 receive the individual therapy they need without worrying about how to pay for it
- 250 find community by joining a peer group
- 50 youth are trained to speak out in their schools and community, reaching another 650 of their peers
- 75 address the issues of living with HIV
- 500 are reached through our community educational events
- 65 volunteers will make sure *Pacific Center* stays strong and true to our mission.

Sixty-one percent of the people who come to us earn less than \$20,000 per year, with another 17% earning between \$21,000 and \$30,000 per year. This means that nearly 80% of our clients earn half to a quarter of the area median income. Twenty-three percent of our clients are 55 or older. Seventy percent of youth and 40% of adults coming to *Pacific Center* are people of color.

In the last six months, our drop-in youth program participation is up by 22%. There have been eight new support group proposals brought to us for consideration. The waiting list for individual therapy is at its fullest in over four years.

Our clients say it best

"This has been my best therapy experience ever. Having a space to process at Pacific Center every week has made me feel more secure."

"Pacific Center has been a very important part of my beginning on my journey. Thanks."

"My therapist is incredibly helpful. It is so important to work with someone who is a part of the LGBTQ community."

"I love the Pacific Center. I have been coming here for several years. Pacific Center has had a very positive influence on my daily actions, outlook, and mental health."

"Therapy at the Pacific Center has tremendously helped me and my relationship with my partner. I am sad to say goodbye to my therapist but am looking forward to working with another intern next year."

We need you more than ever, too!

In this newsletter, you'll find out more about the unique services we have provided since 1973 and why our work is still relevant today. On behalf of all of us at *Pacific Center*, thank you in advance for your continued support.

Leslie Ewing, Executive Director

PLEASE GIVE TODAY

Please use the return envelope enclosed, or donate online at www.pacificcenter.org/support.html

WHY GIVING NOW IS IMPORTANT...

A key component of the work we do revolves around the excellent training program *Pacific Center* provides for graduate-level psychology student interns.

Our interns receive culturally competent LGBTQ instruction and supervision from a dedicated core of volunteer licensed psychologists and psychotherapists. Because of this program, *Pacific Center* has been able to provide valuable mental health services for people - no matter what their economic means.

Interns also generate a vital portion of the agency's income while providing affordable therapy options.

This program runs from August to July of each year. As the summer approaches and current interns start winding down their hours, we see a decrease in income.

While the new interns transition into seeing clients on a full time basis, it is two to three months before we

start realizing income from their efforts.

What this means is that summertime represents a negative cash flow time for *Pacific Center*. Everyday expenses, rent, and insurance must be paid regardless of how much income we are generating.



Another great option to consider is to **give on a monthly basis**. Giving monthly provides a consistent stream of revenue for us and lessens the negative impact on your cash flow. To set up a monthly pledge, visit our website www.pacificcenter.org/support.html and click on the "Please Donate Online" link.

Your gift has a great impact this time of the year!

IF YOU OR YOUR FAMILY NEEDS COUNSELING, WE ARE HERE TO HELP

**CALL 510.548.8283
EXT. 250
FOR AN APPOINTMENT**

CALLING ALL LGBTQ THERAPISTS

Are you a licensed MFT, LCSW, PsyD, or PhD? *Pacific Center* is seeking volunteer supervisors for its upcoming training season (August 2009-July 2010) to serve on our faculty and provide weekly, hourly individual supervision to our interns.

This is a great chance to build your supervision skills while getting lots of support. It is also a chance to provide a valu-

able service to the LGBT community, as we strive to develop culturally-competent and highly skilled therapists.

We are especially seeking doctoral-level supervisors at this time.

In exchange we provide: supervision experience; monthly training and consultation; Continuing Education Credits; The opportunity to meet, work with, and learn from other Bay Area clinicians.

The Pacific Center provides psychodynamic training, with particular focus on feminist theory and cultural/social awareness. We also ask that applicants have experience, interest, and competence in serving members of the LGBT community.

For more information, **contact Aaron Testard:** atestard@pacificcenter.org

THANKS, GIDGET KITCHEN! HOW IN-KIND DONATIONS HELP!

We would like to thank the folks at *Gidget Kitchen* for recent in-kind services and computer donations.

Gidget Kitchen (formerly *Tuxwings*) is an organization that encourages the use of recycled & re-used electronics, and provides computers & knowledge to underserved communities. With an emphasis on reuse, *Gidget Kitchen* promotes the use of *Linux* and open-source software like *Ubuntu*.

Special thanks to Mark Teranova, who spent several March afternoons working closely with our Operations Manager eddie gesso

to upgrade and rebuild several computers.

We now have a faster computers for our Youth



volunteers; and a rebuilt server.

This summer, Pacific Center will team up with *Gidget Kitchen* to provide computer

Program Manager and front desk volunteers; a "new" re-used computer (loaded with *Ubuntu*, a Linux-based operating system) available for our guests, youth, and

education and training. Participants can expect to improve their computing skills and learn about open source software like *Ubuntu*.

In the future, we hope to work with *Gidget Kitchen* to provide computers to low-income clients too.

If you'd like to participate in this project, or have another idea for in-kind donations,

please contact: egesso@pacificcenter.org

GROUPS AND MEETINGS

MONDAYS

5:30-7:00 Board of Directors Meeting @ Pacific Center
*Last Mondays Only
 All Welcome*
6:30-8:00 HIV Positive Men's Therapy Group
(Sign up required)

TUESDAYS

4 – 6:00 Youth - Arts, Music, Writing, Crafts *(drop in FREE)*

WEDNESDAYS

4 – 6pm Youth - Leadership *(drop in - FREE)*
7:30 – 9:30pm Bi Women's Group *(drop in peer group)*
8 – 10pm Married/Once Married Gay/Bi Men's Group *(drop in peer group)*

THURSDAYS

1:30-3:30 Senior Men
 2nd/4th Thursdays *(drop in peer group)*
4 – 6pm Youth - Speak OUT *(drop in - FREE)*
7-9 pm Lesbians of Color *(drop in peer group)*
8 – 10pm Express 20's Group for men in their 20's and 30's *(drop in peer group)*

FRIDAYS

4 – 6:00 Youth - Fun Fridays *(drop in - FREE)*
8 – 9:30 Transgender Support Group *(drop in peer group)*

\$5-20 sliding scale for peer groups.

\$10-45 sliding scale for therapy groups.

We welcome your suggestions and ideas
info@pacificcenter.org

VOLUNTEER OF THE CENTURY

Pacific Center is very much volunteer-driven at all levels. All of our supervisor therapists, office support staff and front desk workers are volunteers: volunteers literally keep the doors open at *Pacific Center*.

And, recently, one very special volunteer, Steve Di Ciucci, has been recognized with the unique designation of

VOLUNTEER OF THE CENTURY!

Steve has been holding down the Monday night shift at *Pacific Center's* front desk **FOR OVER 20 YEARS!** Not only that, we don't think he's ever missed a shift! He is patient, kind, and has a wicked sense of humor coupled with an invaluable sense of perspective.

Steve's reaction to being recognized is typical of his good nature and wit: "Just exactly to which century are you referring?" To that we say... as many as you want! THANKS, Steve!

If you'd like to learn more about volunteering at *Pacific Center*, contact our volunteer coordinator, Clarice Sevegney (clarice@pacificcenter.org) or, call Steve some Monday night! He'll give you all the info you need!



Steve Di Ciucci and Clarice Sevegney

ATTENTION THERAPISTS AND OTHERS!

NEED SPACE FOR A GROUP OR MEETING ?

**CONTACT: AARON!
 ATESTARD@
 PACIFICCENTER.ORG**

YOUR TIME IS WORTH MONEY!

Let's have a yard sale for Pacific Center!

Your used and unloved "stuff" can help support the cost of seeing low-income clients. We are in the planning stages for a community yard sale here at *Pacific Center* to be held in **early September**.

Start "editing" your precious "inventory" **NOW!**

SAVE THE DATES!

Pacific Center is a beneficiary of the **Up Your Alley and Folsom Street Fairs**
July 26th and Sept. 27th

Volunteering is easy

**Contact:
 egresso@
 pacificcenter.org**

MORE WAYS TO GIVE BACK....

We need:

Evening front-desk volunteers. Hold down the fort! File, flirt, and do data entry! Contact Clarice: csevegney@pacificcenter.org

Update our community resource database. Contact: egresso@pacificcenter.org

New grant leads. Do you work for a corporation that has a community foundation? You can help us just by being you! Corporate foundations support organizations suggested by their employees. Contact lewing@pacificcenter.org

Your email address! We send out an events e-newsletter every month or so and it is the best way to keep up-to-date on local news and activism. Try us on for size! Send your email address to lewing@pacificcenter.org and we'll keep you informed.



2712 Telegraph Ave. Berkeley, CA 94705

Pacific Center provides sliding scale LGBT-competent mental health and wellness services, and trains LGBT proficient mental health care professionals. **Pacific Center** has been the **only** organization providing affordable mental health services specifically for the LGBTQ community in the entire East Bay...since 1973

Pacific Center Staff

Executive Director: Leslie Ewing
Clinical Services Manager: Aaron Testard
Operations Manager: eddie gesso
Youth Services Manager: Mario Balcita
Volunteer Coordinator: Clarice Sevegney

2008-9 Volunteer Interns

Howard Curtis, Sara Durbin, Buddy Farrell, Kyra Grosman, Stephan Kappler, Roseanne Pikul, Chris Powers, Jason Sheperd, Suzie Sherman, Ali Sideroff, Robin Sweeney, and JL Zbacnik

2008-9 Volunteer Supervisors

Cindy Blackett, Sarah Caroll, Ellen Case, Samatha Clemens, Frank DiPelezi, Laura Goldberger, Debra Lyman, Cindie Moyer, Deena Solwren, Jennifer Sterling, and James Wagner

A fond farewell...

After ten years of service (eight as a volunteer supervisor) to *Pacific Center*, Robert Hopcke is concluding his two year term on the board in June.

Rob most recently served as Board President and led the organization through the challenging process of hiring a new Executive Director and guiding *Pacific Center's* response to cuts in government and foundation funding.

Although Rob's board term is ending, he plans to remain involved with the organization.

THANKS, ROB!

Recently, the board held a special election and Vice President Antonio Salas has been elected to the office of President. He and Rob are working together for the next couple of months to complete the process of revamping board-driven committees and ensuring a smooth transition.

To:

Spring Appeal 2009

2009-10 Board of Directors

- President: Antonio Salas
- Vice President: to be elected in June 2009
- Secretary: Phil Evans, MFT
- Treasurer: Shannon Brueckner, MFT
- Members: Sue Kramer
James Hodgkins, Esq.
Sheila O'Rourke
Christopher Ruetz

Interested in joining our board?

Contact: Antonio Salas: ruoutyet@yahoo.com

WWW.PACIFICCENTER.ORG



As always, Thank you...

The City of Berkeley and Alameda County have supported *Pacific Center* for over twenty years. This year, we've also received funding from the Hass Jr. Foundation, San Francisco Foundation, Gaylesta, Horizons Foundation, SFAIDSWalk, Macy's Passport, Partnership Foundation, Live Oak Fund, Berkeley Fellowship of Unitarian Universalists, Newman Hall Holy Spirit Parish, and the van Lobels Sels Foundation.

We are also grateful to our steadfast individual donors including Joe Garrett and Spike Lomibao, Ralph Thomas, Katharine Gale and John Shepard, Robert Hopcke, Raul Guzman, Chris Ruetz and Bayley Raiz, Walt Odets, Sheila O'Rourke, James Hormel, Walter Gorski, Rowena Gargaliana, Al Baum, Brenda Laribee, Mark Leno, Antonio Salas, Eric Hsu, Darlene Ceremello and Jessea Greenman, Phil Evans, Dvora Honigstein Ph.D., Kriss Worthington, Larry Wolfson, and The Rose Garden Inn.