
Providing high quality, faith-integrative, affordable counseling for individuals, couples and families throughout Puget Sound since 1960, as well as consultation, mediation and educational services for churches and organizations.

"Who is Our Neighbor?"

Providing Mental Health Counseling for Homeless Youth

One of Samaritan Center's newest faces is that of Liza Ziliak, a young mental health counselor who holds a unique and innovative position with us.

She doesn't see her clients in the way most of our therapists do, arranging an appointment on the phone and then meeting with them on a regular basis in an office specifically designed for individual or family counseling.

Liza's clients are among the many homeless and at-risk youth who live on the streets in Seattle's University District. Because of the precarious circumstances in which these young people live, they don't access services that are often desperately needed in the traditional way. Anyone who wants to be of significant help to them has to show up in the places where they are.

"Gaining their trust is the first, most important thing," Liza said. "I have to be where they are and then just be patient and present to their reality. If we want to help, we have to be willing to *really* see them, hear them and, together, discover hope in the midst of their often-harsh reality."

Liza spends most of her work week at three drop-in centers near "The Ave," an area where many of the city's homeless youth gather. In partnership with UDYC (Catholic Community Services), Street Youth Ministries (University Presbyterian Church) and Sanctuary Art Center (University Lutheran Church), Samaritan Center adds mental health counseling to the other services youth can access in the University District. Grants from two foundations, the Stewardship Foundation and Lucky 7 Foundation, will financially support the first year of our expanded ministry to at-risk youth.

Liza frequently can be found at UDYC (University District Youth Center), supported by Catholic Community Services, where youth are met by a diverse and dedicated staff who are quick to say, "What do you need?" "I can help you with that." In the old yellow house belonging to University Congregational Church, they can get a meal, take a shower, talk to a counselor, do their laundry, go to school, get drug counseling or simply sit down and get warm. *(continued on page 5)*



The Samaritan Community

Clinical Staff

Kay Abramson, MS
Marti Aitken, PhD
James Aultman, MSW
William Collins, PhD, MS
Mary Denny, Ph.D
Robert S. Erickson, MS
Steve L. Franks, MA
Sue Freeborn, JD, MA
Beth Geense, MSW
March Gunderson, MDiv, MEd
Margaret A. (Peggy) Hansen, MS
Beth Hess, MS, MSW
Mark Houglum, PhD, MDiv
Douglas Johnson, MSW
Colleen King, MC
Ron Kirstein, PhD, MDiv
Joan Krakowiak, MSW
Natividad E. Lamug, MA
Douglas K. LeRoy, MSW
Ada Mak, MS
Joanna McGuire, MA
Ellen Paek, PhD
Pat Pedegana, MA
Anne Perry, EdD, MA
Michael E. Rogers, MDiv, MA
Gary O. Steeves, MEd
Beverley Shrumm, MC
Neal Teng, PhD
Lisa Thocher, MS
Lori VanderBilt, MS
David Wells, MDiv, MS
Jinah Yoon, MDiv, MSW
Liza Ziliak, MA

Dave Hall, MD

Mediation Team

Sue Freeborn, Marty Hawkins,
Michael Rogers, Gary Steeves

Clinic Providers

Elizabeth Dean Covey, Vicki Doud,
Will Dowd, Esra Karaca, Bil Kareta,
Elizabeth Mackend, Michael Samsel,
Leslie Savage, Allison Spiceland,
Eric Stroo, Tita Subercaseaux,
Dominique Walmsley

Locations

Seattle

Main Office (Greenlake)
Beacon Hill Presbyterian
First Presbyterian
Woodland Park Presbyterian
West Seattle

South

Family of Grace Lutheran (Auburn)
Wabash Presbyterian (Auburn)
Lake Burien Presbyterian
Steel Lake Presbyterian (Federal Way)
Washington Baptist Convention (Kent)
Renton First Presbyterian
First Presbyterian (Puyallup)
Immanuel Presbyterian (Tacoma)

North (Shoreline)

Trinity Presbyterian
St. Luke Parish

West

Rolling Bay Presbyterian
(Bainbridge Island)

East

First Presbyterian of Bellevue
St. Andrew's Lutheran (Bellevue)
Newport Covenant (Bellevue)
Overlake Park Presbyterian (Bellevue)
Redmond Presbyterian (Redmond)
Sammamish Presbyterian

Administrative Staff

Beverley Shrumm, President & CEO
Bill Collins, VP/Training & Operations
Michael Rogers, Clinical Director
Gerry Barney, VP/Finance
Emily Kelly-Peterson, Development
Peggy Hansen, Community Relations
Louise Witt, Accounting
Gale Kennedy, Reception/Bkcp/Admin
Leah Buck, Reception/Admin
Jesse Dobner, A/R & Billing
Delia Yeager, A/R & Billing
Mary Hanson-Spofford, A/R & Billing

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Rev. Scott Lumsden, Ex-Officio
Presbytery of Seattle

Dr. Bill Wright
Samaritan Institute Liaison

Director Emeritus

Rev. Dr. Neal A. Kuyper

Christian Communities Providing Ongoing Financial Support

Bethany Presbyterian Church
Evergreen Baptist Association
First Presbyterian of Bellevue
First Presbyterian of Kent
Lake Burien Presbyterian
Lake Washington Methodist Women
Maple Valley Presbyterian
Maplewood Presbyterian
Mt. Baker Park Presbyterian
Newport Presbyterian
Northminster Presbyterian
Overlake Park Presbyterian
Presbytery of Seattle
Rolling Bay Presbyterian
Southminster Presbyterian
University Presbyterian
Wedgwood Presbyterian
Woodland Park Presbyterian

President's Message

Beverley Shrumm, MC, LMHC

"Life is hard," a 59-year-old woman and a 24-year-old man both said to me recently. I offered my agreement and have since asked various people if this statement seems to fit for them. Their response? Looks that say, "Have you been paying attention?"

I was just visiting with Kristen Bushnell, the Seattle Area Coordinator for Children of the Nations. COTN provides care for orphaned and destitute children in Dominican Republic, Malawi, Sierra Leone, and Uganda. The Seattle staff 'live' with us at our Ravenna facility. As we were reflecting together about the impact of these turbulent times on our ministries, Kristen shared with me that one of her colleagues in Sierra Leone recently sent word that she was praying for the COTN founders, Chris and Debbie Clark.



I asked if her words could be shared with all of us. Here are excerpts from a message from Reverend Angie Miles, the Sierra Leone County Director. *"Grace, Peace, and Love from God who has called us to minister to His Body with humility. I am happy to report that the work is very challenging, and makes me more dependent on Him. It has not been easy, but we are on the winning side. The battle is not ours it is the Lord's. I feel in my spirit that you are much stressed. I listen to the news about the financial crisis in the US. I wish to remind you that God who has the ministry will provide every cent for the work. I believe that the God who you serve will provide in spite of any financial crisis USA has...I am really praying for you...Commit every thing to God."*

I am aware of a persistent sense of unease that has 'moved in' to my inner being. Others have said that is true for them as well. My perception is that there isn't a 'normal' for us to try to return to. The future is unpredictable, as we may have previously thought, but now there is a new awareness that permeates most days. I wonder how I can sufficiently rouse myself to participate in the changes that surely we all need to make. In our youth group at First Presbyterian Church of Bellevue we used to sing, "Not my brother, not my sister, but it's me, oh Lord, standin' in the need of prayer." I am deeply grateful that Reverend Miles and other leaders in faith around the world know of our need and generously offer their prayers for us.

New Staff

Ada Mak Joins the Samaritan Community



"Before I came to the United States six years ago, I was a social worker for more than 20 years in Hong Kong. After completing my training at Seattle Pacific University as a marriage and family therapist, I started a private practice and worked as an extern with Samaritan Center. Counseling to me is not a career but my calling to ministry, to be with people who need someone to care for them. I am increasingly humbled by the pain and struggles of my clients, and I am thrilled to be able to work alongside my compassionate colleagues at Samaritan.

"I am passionate about families, and I work with couples, parents with young children and teenagers. I also enjoy doing presentations on parenting, marriage, and a number of mental health issues.

"In addition to English, I speak Cantonese and Mandarin. I am glad to be able to use my experience to help bridge the gap between the first generation immigrants and their children. I have been married for 26 years and am very grateful for my loving husband and two charming young men, my sons."

In February, Ada Mak became a member of the clinical staff. Previously she had been a provider in Samaritan's Low-Income Clinic as she completed requirements for state licensure. Ada will see clients at St. Andrew's Lutheran Church in Bellevue and Family of Grace Lutheran Church in Auburn as well as in the main office at Ravenna.

In Difficult Times, Our Faith Calls Us to Resilience



Are these, to quote Dickens, a man who knew tough times, “the best of times or the worst of times?” I believe these are times for reflection, re-evaluation and reinvention.

This is a time to reflect. What do we value most? For whom and for what are we willing to sacrifice? The needs at Samaritan are no fewer than they were six months ago before the economy “went south.” In fact, many of our clients are having to cut back their counseling sessions at a time when they need them more than ever. I find myself wondering, in the range of basic needs for food, clothing and shelter, where does the strength gained from skilled, compassionate counseling fall?

Reflection leads to reevaluation. How can we, as an agency, be in relationship with you, who support Samaritan’s services, in ways that are less taxing and more informative and inspiring? Making it clear that we are good stewards of the agency’s resources, particularly in this challenging year. We’re aware of that special kind of “compassion fatigue” that affects the most loyal donors when they are asked again and again to give. So we ask ourselves--board and staff and those who advise us--how can we do best this task of fundraising?

From reevaluation to reinvention. In 2010, we will celebrate the 50th anniversary of Presbyterian Counseling Service/Samaritan Center’s service to this community. We believe it’s important to mark this significant milestone in a way that’s congruent with our mission, the times, and the achievement it celebrates, and plans are underway for a springtime event in 2010. In the meantime, for this spring, we will hold a “Silent Samaritan Campaign” in which we will ask people to simply make a gift to the Samaritan Fund, which serves people in severe financial need, without coming together for a meal or speaker. Our appreciation for you, our community of believers, is stronger than ever, however, and we don’t want to miss an opportunity to be with you. We hope you’ll join us for an Open House here at the Ravenna office, giving you a chance to see where it is we live out our daily work lives and our belief in God’s transforming power. (*See the back page for an invitation to the open house.*)

In this best/worst time, I feel hopeful. In practical terms, this is the 17th recession our country has experienced and we’re still here. In theological terms, our faith calls us to resilience. Questions abound: Who are we? To whom do we belong? Who are we called to love? How will we respond in hard times? I can assure you that Samaritan will continue to respond with great love and healing, and that, with God’s grace, it will for another 50 years to come.

-- Emily Kelly-Peterson, M.Div.

The 2008 Samaritan Fund Fundraising Event and Celebration

This past October our annual event was, again, a testimony to the way in which old and new supporters rally around this ministry. What began 12 years ago as a fundraiser for women has been widened to support “The Samaritan Fund” – open to all people who are in significant financial need. Both men and women attended the luncheon, hearing Dr. David Hall’s keynote speech on “Peace-Building,” a client’s story of how Samaritan has helped her, and having the opportunity to talk with friends and Samaritan staff.

The event and the Fund benefited again this year from the contribution of \$5,700 from Park Shore Retirement Community. Altogether, donations of more than \$30,000 went into this fee assistance fund. We are immensely grateful for these gifts, and history tells us that they will be used up long before the year is out. That sets the stage for our upcoming Spring Appeal in which we will be asking those of you who have a heart for this mission to consider how you can continue to provide care for those in need through your support of Samaritan Center.

Many thanks to all of you who shopped and visited with us at the Ten Thousand Villages Community Shopping Event in December! Clients, staff members and Board members enjoyed an evening of fun fair-trade holiday shopping, and 15% of all sales were donated to Samaritan Center. Thanks to Ten Thousand Villages and you, we received nearly \$400 for The Samaritan Fund, which helps people in significant financial need access our counseling services.

Who Is Our Neighbor? (continued from page 1)

In the UDYC entryway, there's a list of all the places in the U District where youth can go for help, with a map of their locations and the times they're open. There are several drop-in centers, health care, drug and alcohol assessment, meals and food banks, a school program, legal advocacy and an over-night shelter. Most programs serve youth from the ages of 13 to 22.

Liza also goes around the corner to Street Youth Ministries (SYM) to what she says feels like "a living room" in the basement of University Presbyterian Church. Open in the evenings, SYM has dedicated staff members and volunteers who make sure that the youth have food, warm clothing if they need it, and somebody to just listen or play a video game with.

Her third "home" is at University Lutheran Church's Sanctuary Art Center (SAC) where homeless youth can experience creativity and success in a warm, calm and safe environment – something very rare in street life. "Guests" at SAC can play music, paint, sculpt and learn with fellow artists.

Liza's professional home is at Samaritan's main office near Greenlake where she joins other clinical staff members on Tuesdays. While this provides important support for her work, initially there was the dilemma of finding "a room of her own" in the U District where she and her youthful clients could meet privately, one-on-one. That need has now been met by University Lutheran Church which is providing what will be a comfortable counseling office.

Samaritan's Colleen King, a mental health counselor who oversees our Youth and Family Services, is gratified by the cooperation she sees in the University District, saying that it has helped Samaritan expand our care for at-risk youth and their families in a meaningful and timely way. These safe havens exist because of the network of human concern and financial support provided by churches, non-profit organizations, private foundations and public funding.

Liza asked the young man whose poem is on this page if he'd be willing to share it with Samaritan Center newsletter readers. Written as part of his "zine" and produced on a computer at UDYC's drop-in center, it reflects a line in Elizabeth Alexander's poem "Praise Song for the Day," which was read at the President's inauguration ceremony January 20:

*"... We encounter each other in words,
words spiny or smooth,
whispered or declaimed,
words to consider, reconsider..."*

Liza has a master's degree in Counseling Psychology from Mars Hill Graduate School. She has worked extensively with at-risk youth and families in Indiana, Kosovo and Seattle, addressing issues of trauma, abuse, domestic violence and addiction. She notes that her year in Kosovo working with Albanian students after the war was a formative experience.

City Life

by Billy Bones

*Beggars on every street corner
With crooked cops just around the corner
Homeless people forced to stand all day
And if they don't obey
So they're on their way
A jail cell awaits
The nights are booming
The guns are shooting
And people are looting
 And abusing And using
 And fighting And biting
 And lying And dying
While the mayor is hiding Let alone lying
The yuppies black business suits and really expensive shoes
The junkies blackened with dirt
And bruise the veins bulging with their minds racing
Racing for new ways for freebaseing
While some are lacing
Making others hearts to begin racing
The busses not stopping
The noise never ending
The people glaring
The city ignoring one person's cry
The cry and the sigh
The sigh that is mine*



Taking Care of Business . . .

“After 40, It’s Just Patch, Patch, Patch...”

It’s a very old one-liner, of course, about how we cope with the aches and pains of growing older. It’s true, not just of human beings but our dwellings as well. The main office of Samaritan Center of Puget Sound in Seattle is located in the former Ravenna Boulevard Presbyterian Church building, given to us in 2005 by the Presbytery of Seattle. We’re grateful for this significant gift and mindful of the need to be good stewards of a building that—like many of us—is clearly showing its age. In fact, if our building were a person coming for counseling, we’d advise serious self care and stress management strategies including, possibly, a nice relaxing massage.

With a staff of more than 40 therapists and other providers who, with the help of eight support and administrative staff, provide more than 22,000 hours of service each year in this building and our 20 field offices, the conversation about how to best use our space never ends.

In 2008, in a long-awaited remodeling project, the first floor was reconfigured to create a more inviting reception area, more efficient administrative space, and four large counseling rooms which now accommodate families and mediation clients comfortably. Earlier, thanks to an unexpected donation, we repainted the interior walls, replaced some very old draperies with vertical blinds in the entry way, and placed a canopy over the front door to protect clients from the drenching Seattle rain.



While some of the work has necessarily been left to professionals, our ability to stretch a dollar so that you can see through it lies with our staff members who pitch in when work needs to be done. There are two particular heroes: Bill Collins, overseer of facilities and operations, who also is our “first responder” when something goes haywire, and Doug Johnson, whose ingenious fingerprints are all over this building, top to bottom, inside and out.

Our goal is to ensure that those who come to Samaritan feel welcome and comfortable, and make the space serve our multiple needs and lift our spirits. This spring, again thanks to the generosity of dedicated donors, we will take on the long-overdue improvement of the kitchen and four bathrooms. Again, staff participation will ensure that the money will be well spent.

The reader board on our front lawn currently asks of passersby: “What do you value most?” Among the things we value, as staff and board of Samaritan Center, is the mission that’s been entrusted to us—that of providing high quality, faith-integrative, affordable counseling for those who are in need of it. When our clients step through the door, we want the welcome to be genuine, heart-felt and visible. That’s why we keep the paint brushes, screwdrivers and hammers handy.

-- Peggy Hansen

For an invitation to our May 16 Open House, please see the back page of this newsletter.

A Variety of Services for Congregations and Clergy



Samaritan Center has long been a resource for churches and clergy in the Puget Sound area. In the past year, nine denominations have invited us into their faith communities to provide consultation and educational services. Our staff is trained and experienced in being there both in times of crisis and as part of the ongoing life of the church.

Mary Denny, a psychologist at Samaritan who has extensive experience in managing and governing church organizations, is coordinator of this ministry.

The Resource Center for Ministry (RCM) comes alongside faith communities in four primary ways: nurturing congregational health, strengthening church leadership, caring for clergy and their families, and fostering collaboration among congregational members. Services include consultation and conflict resolution, visioning and planning, leadership development, education, mediation and coaching.

For more information about RCM services, contact Mary Denny, PhD, at 206-527-2273 x 328 or go to our website at www.samaritanps.org.

Mediation

When Did You Last Win An Argument?

by Marty Hawkins, Certified Mediator

Really. Think about it. When was the last time you "won" an argument? No, you can't count the time the other person said, "Okay, we'll do it your way" and stormed out of the room. I mean a real "win" with the other person saying, "Now I see it your way. Thanks for showing me I was wrong." Doesn't happen often, does it?

Here's a better approach: don't argue. Instead, start a *dialogue*. Think of a dialogue as a joint search for the best solution. Start by being curious. Ask clarifying questions (Please, tell me more...) or reflecting back what you've heard (Here's what I heard you saying...).

Effective communicators use *inquiry* more than *advocacy*. The inquirer sends this message:

"Let's work together to find the best answer." The advocate sends a different message: "You're wrong. Let me tell you how it is." It's not hard to see why inquiry invites dialogue while advocacy sets up arguments.

Suppose you suggest to your spouse going to a movie. "I heard "Doubt" is good and Meryl Streep is up for an Oscar." Your spouse responds: "No way I'm going to *that* movie tonight." The advocate would respond: "Why not? It's one of the best movies of the year. It's thought-provoking and has great actors. It's a great choice. Let's go!" The inquirer, on the other hand, might say, "I'd be interested in hearing your thoughts about going to see 'Doubt'." The first response is likely to invite a counter-argument while the second could lead to greater understanding. For example, the inquiry approach could help your spouse reveal: "I've had a very stressful week and, while I agree it's probably a good movie, could we go see a comedy or maybe just go out to dinner together?"

The next time someone rejects your suggestion or finds fault with your actions, resist the temptation to argue about it. Instead, begin a joint search for a good solution. Inquire. Open a dialogue.



The certified mediators at Samaritan Center can help clients balance inquiry and advocacy. If you'd like to inquire about mediation or other conflict resolution services, go to our website at www.samaritanps.org or call us at 206.957.4696.



Formerly Presbyterian Counseling Service

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Readers are welcome to reprint
newsletter articles. Please credit
our writers and Samaritan Center.

Open House at Samaritan Center of Puget Sound

Saturday, May 16, 2009 1:00 to 5:00 p.m.

564 NE Ravenna Boulevard Seattle

Samaritan Center Board of Directors and Members of the Staff
invite you to join us at our main office near Greenlake.

There will be an opportunity to see how we're improving our building, visit with
counseling staff members, enjoy music and light refreshments, and
hear what's up with Samaritan now and as we look to the future.

For more information call Emily Kelly-Peterson at 206-527-2266 x 109 or for directions go
to our website at www.samaritanps.org.