



WHAT'S NEW?

- New Staff & Board Members
- New Diagnostic Tools to Serve Children/Teens
- CareTeams Program

WHAT'S INSIDE?

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Ramping Up to Serve More Children - Call to Help!

Many of you already know that we have several therapists on staff who specialize in working with children. In fact we've added two staff members - Matthew Percy, Psy.D. (hired last year) and Roger Lin, Psy.D. (see page 3) who joined us in August.

With the addition of these two Psy.D.'s we are in the process of purchasing tools for assessing and treating children - see list below:

- Intelligence Quotient (IQ) and cognitive abilities test
- Behavior Measures for AD/HD and disorders such as Oppositional Defiant Disorder and Conduct Disorder
- Personality Assessment software which will aid in diagnosis and therapy by revealing personal motivations, emotions, and conflicts
- A measure to help evaluate a child's social understanding
- Software designed to assist psychologists in administering, scoring, and interpreting over 30 computer-based tests, including personality measures
- Test for basic academic skills (including reading, spelling, and math computation)
- Measure of verbal learning and memory deficits
- A tool used for screening organic cerebral dysfunction in children and adolescents
- A measure designed to provide useful clinical information through projective drawings
- A measure of the effects of brain injury and other forms of central nervous system compromise
- Diagnostic tool for Autism Spectrum Disorders

The total cost for purchasing these tests is \$5,442.45. In addition we would like to purchase \$500 worth of a wide range of carefully selected toys to aid in "play therapy."

However, in order to purchase these tests and/or toys to better serve our child and/or adolescent clients we need your financial help.

*If you would like to donate money toward these costs, please do so by utilizing the enclosed envelope and check the box - "for Children's Therapy/Tests/Toys."
Many, many thanks in advance for your support.*



Clinical Staff

Kay Abramson, MS
 Anna Anderson, MEd, MS
 James Aultman, MSW
 Mary Denny, PhD
 Robert Erickson, MS
 Beth Geense, MSW
 March Gunderson, MDiv, MEd
 Margaret (Peggy) Hansen, MS
 Toshio Hayashi, MDiv, MSW
 Beth Hess, MS, MSW
 Pearle Hintz, MS
 Mark Houglum, PhD, MDiv
 Douglas Johnson, MSW
 Colleen Kelley, MC
 Ron Kirstein, PhD, MDiv
 Natividad Lamug, MA
 Douglas LeRoy, MSW
 Roger Lin, Psy.D.
 Joanna McGuire, MA
 Pat Pedegana, MA
 Matthew Percy, Psy.D.
 Anne Perry, MA, EdD
 Jim Ramsey, MA
 Michael Rogers, MDiv, MA
 Beverley Shrumm, MC
 Gary Steeves, MEd
 Eric Stroo, MA
 Tita Subercaseaux, MS
 Neal Teng, PhD
 Deb Thomas, MS
 David Wells, MDiv, MS
 Liza Ziliak, MA

David Harrison, PhD, MD
 Consulting Psychiatrist

Low Fee Clinic Providers

Thom Bianco, Whitney Dibble,
 Beth Lenz, Cora Lombardi,
 Leira Lugo, Cheryl Retic

Mediation Team

Marty Hawkins, Michael
 Rogers, Gary Steeves

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 and Education Coordinator
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 Mary Hanson-Spofford, A/R & Billing

CareTeams Ministry

Stephanie Pietras
 CareTeams Program Director

**Message from CEO,
 Beverley Shrumm**

I would like to take this opportunity to honor **Martha Longbrake**, long time supporter of Samaritan and previous board member and chair (1982–1988). While on the board Martha provided significant leadership for our agency. She passed away on June 24, 2014, after a 21-year battle with breast cancer.

Martha was a remarkable woman, way ahead of her time. Born June 9, 1946, in Portage, Wisconsin, she graduated with a B.S. in Zoology in 1968 and an R.N. in nursing in 1970 from the University of Wisconsin-Madison (UW). Martha married Bill Longbrake in 1970 and immediately after their wedding moved to College Park, MD, where Bill continued his work on his PhD and Martha worked as an operating room nurse at Leland Memorial Hospital in Hyattsville, Maryland. After the birth of their first child, Martha stopped working outside the home, but identified herself as a lifelong “*professional volunteer*.” For many years she taught child birth classes for the Childbirth Education Association. She participated in the PTA and helped in the classroom activities.

Martha was a passionate advocate for the Presbyterian Church, where she served as an ordained deacon, ordained elder, and trustee. In 1981 she was a commissioner to the PC(US) General Assembly.

After moving to Seattle in 1982, Martha served on our (Samaritan) board. She and Bill became members of Seattle First Presbyterian Church where she held several leadership positions. She also joined the Junior League of Seattle and was elected a parent trustee for Hartwick College, which her son David attended. In 1999, Martha and Bill co-founded the Longbrake Family Foundation to perpetuate their legacy of supporting education, affordable housing, and Christian mission. In 2004 Martha was invited to join the Board of Trustees of San Francisco Theological Seminary and served two five-year terms.

Martha breathed life and vitality into each venue she entered and will be sorely missed.

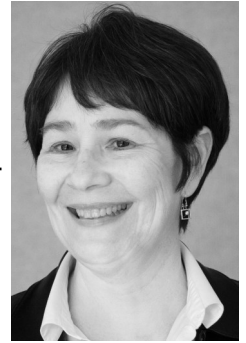
We want to thank those of you who generously sent gifts to us in memory of Martha.

**excerpted from bulletin at Martha’s memorial*

The main office of Samaritan Center of Puget Sound is located at 564 NE Ravenna Blvd, Seattle WA 98115. We can be reached by calling 206-527-2266 in Seattle, 425-732-2678 on the Eastside or 253-981-6575 in South King County. More information about therapists, locations and programs can be found on our website at www.samaritanps.org.

New Board Members: Lizann Jones & Marcia Riggers

Lizann Jones joined the board in April, coming over from the CareTeams Program and the board of Rosehedge/Multifaith Works. She joined The Multifaith AIDS Project of Seattle (later Multifaith Works, then Rosehedge/Multifaith Works) in 1999 as a CareTeams Volunteer and became a board member in 2009. She went to work for Adams Insurance Agency after graduating from college in 1977 and has been co-owner since 2000. Lizann is a cradle Episcopalian and has been a member of St Paul's Episcopal on lower Queen Anne since 1969. She met her husband, David, at St. Paul's and they were married there in the summer of 1984. Lizann and David have one daughter who is a college senior in Portland, Oregon.



Lizann Jones

Marcia Riggers also joined the board in April. Marcia served forty plus years in public education as a teacher, university faculty member and state administrator. She retired in 2006 as the Asst. Superintendent for Student Support in the Office of the Superintendent of Public Instruction and was Director of LENS (Lutheran Educational Network and Support) 2008-2012. Marcia has experience working on many boards, including: Regional Coordinating Council, Evangelical Lutheran Church in America (ELCA), Lutheran Counseling Network Advisory Committee, Communities in Schools, National Board of Directors, Future Homemakers of America, Inc., Families for Kids Partnerships, Community of Lay Ministers, Southwest Washington Synod (ELCA), ELCA Denominational Outreach Team, School of Theology and Ministry and currently, Seattle University.



Marcia Riggers

New Staff Members: Anna Anderson & Roger Linn

Anna H. Anderson is excited to be joining Samaritan as a staff therapist. Previously, Anna served as an extern in the low fee clinic at Samaritan for 18 months. Anna has a Masters of Science: Marriage and Family Therapy and a Masters of Education: School Counseling from Seattle Pacific University. Anna has over 13 years of experience working with youth, families, and couples in a variety of settings. Anna's area of clinical focus is working with children, adolescents, and their families. She also really enjoys working with couples. Anna and her husband, Joe, have two small children named Rachel and Eli. Anna enjoys reading, Bible study, working out at 24 hour fitness, and spending time with family and friends outdoors.



Anna Anderson

Dr. Roger Lin recently moved to Seattle from Chicago with his wife, Miriam. Roger serves as both a pastor and psychologist. He graduated from Trinity Evangelical Divinity School (Deerfield, IL) with a Masters in Divinity and Masters in Theology. He served as a pastor at a local church in Milwaukee, WI for 7 years. He graduated from Wheaton College (IL) with a Doctorate in Psychology and received training in a wide spectrum of settings including a university counseling center, hospital inpatient unit, intensive group programs, private practice, and in the military with active duty soldiers. He enjoys working with children, adolescents, adults, couples, families, and groups. He is passionate about providing a safe place for people to be listened to well, partnering with the local church to equip leaders with counseling skills, and bringing visibility to Asian American mental health needs. Roger and his wife enjoy traveling, reading, and spending time in nature.



Roger Linn

FAMILY SECTION

How to Reassure Your Kids It's Safe to Go to School

By Michele Fritz, Director of Marketing and Community Relations

It's fall and for many of us it brings back the feeling of "new beginnings", probably because it's the start of a new school year. As a child I remember being excited to start a new grade/school, meeting my new teachers, seeing school mates again and wearing my brand new school clothes!

However, with all the media stories about so many school shootings, going back to school might be a "fearful" thing for some kids. So how do we address our children's fears and anxieties? Experts say not to discourage kids from talking about the events. In fact, psychiatrist Dr. Keith Ablow says, "Believe me, kids are thinking already about it. They need an adult to coax them to express their feelings and to tell them they are safe and that we're going to do the things we need to protect you."

Dr. Alec L. Miller, a child psychologist with New York's Montefiore Medical Center/Albert Einstein College of Medicine says parents should challenge the fear that school shootings are becoming more common. He says while there have been several attacks in a short period of time, parents and educators should discuss how unlikely it is for such an attack to occur at school.

To guide parents through difficult discussions about school violence, the National Mental Health Association offers the following suggestions:

- Encourage children to talk about their concerns and to express their feelings
- Talk honestly about your own feelings regarding school violence
- Validate the child's feelings
- Empower children to take action regarding school safety (encourage them to report bullying, threats or talk of suicide)
- Discuss the safety procedures that are in place at your child's school
- Create safety plans with your child (i.e., help them identify which adults at school they can talk to if they feel threatened at school). Also, ensure your child knows how to reach you or another family member if they feel threatened. Remind them that they can talk to you anytime they feel threatened.
- Recognize behavior that may indicate your child is concerned about returning to school
 - Lack of interest or poor performance in school
 - Absence of age-appropriate anger control skills
 - Seeing self as always the victim
 - Persistent disregard for or refusal to follow rules
 - Cruelty to pets or other animals
 - Artwork or writing that is bleak or violent or that depicts isolation or anger
 - Talking constantly about weapons or violence
 - Obsession with violent games and/or TV shows
 - Lack of enthusiasm, energy or motivation
 - Carrying a weapon to school
 - Overreacting to criticism
 - Restlessness and agitation
 - Bullying
 - Misplaced or unwarranted jealousy
 - Involvement with or interest in gangs
 - Withdrawal from friends and activities
- Keep the dialogue going
- Seek help when necessary

Source: National Mental Health Association

Weaver, J. (2013). *Honest conversations can help ease your child's fears about school safety.* NBC News. Retrieved from <http://www.nbcnews.com>

Parenting Teens and Social Media

by Anna H. Anderson, M.S., M.Ed., LMFTA

Interacting with friends online is a huge part of the social lives of today's teens (Felsenthal, 2013). 95% of teens from 12-17 years of age are now online. Furthermore, 81% of online teens use social media. Most teens are more digitally savvy than parents. As a parent it can be overwhelming. You may wonder how to parent around social networking sites and applications.

Technology is rapidly evolving. Teens are using a variety of applications. Highly visual applications with instant sharing are the most popular. **Facebook, Instagram, Twitter, Pinterest, Vine, Reddit, Tumblr, Kik, Snapchat, Pheed, Wanelo, and 4Chan** are the hottest social platforms (Davidson, 2013). 94% of teen social media users use Facebook (Davidson). 26% use Twitter (Davidson).

There are negatives of social media. Cyberbullying and sexting are some of the latest threats facing teens online. As a parent, you can help teach your teens to be smart about what they put online. Additionally, there can be benefits to social media. Many teens say that social media helps them feel more confident, and helps relationships with their friends. Additionally, teens are also using social media for social good (Wallace, 2013). It is important to establish an open dialogue about the proper use of social media, texting, and cell phones.

Set Guidelines-when, where, how much technology is appropriate?

- Write a contract-how will your teen behave on social media. Outline consequences.
- Use parental controls and filters on computers that screen inappropriate content.
- Teens shouldn't accept friend requests from people they don't know.
- It's okay to ask for your teens' passwords.
- Limit computer access to common space in the house.
- Conversation needs to be open.

Social media and technology will continue to change. Continually talk to your teen about their computer and social media habits. Make sure your teen is welcome to talk to you if there is a concern. Ongoing communication regarding social media is important! Make sure your teen knows that you love them and that you want to understand them. Want to learn more? Further resources for parents include: safetynet.app.org, stopcyberbullying.org, enough.org, safekids.org, and commonsensemedia.org (Carroll, & Kirkpatrick, 2011).

Sources:

Carroll, J.A. & Kirkpatrick, R.L. (2011). Impact of social media on adolescent behavioral health. Oakland, CA: California Adolescent Health Collaborative. Retrieved July 31, 2014, from:

<http://www.phi.org/uploads/application/files/g9g6xbfgdxoe3yytmc1rfvwm8lt1ly9sr3j369pstkojdly15.pdf>.

Davidson, L. (2013). Moms, you oughta know: 11 social media apps teens are using now. Retrieved July 31, 2014 from: <http://www.today.com/parents/moms-you-oughta-know-11-social-media-apps-teens-are-6C10833314>

Felsenthal Stewart, R. (2014). Social Media: What parents must know. Retrieved July 31, 2014 from: <http://www.webmd.com/parenting/features/social-media-and-tweens-teens>.

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Wallace, K. (2013). The upside of selfies: Social media isn't all bad for kids. Retrieved July 31, 2014 from: <http://www.cnn.com/2013/11/21/living/social-media-positives-teens-parents/>

Geltman, J. (2014). *A Survival Guide to Parenting Teens*. New York, NY: AMACOM.

Levkoff, L., & Wider, J. (2014). *got teens? The Doctor Moms' Guide to Sexuality, Social Media, and Other Adolescent Realities*. Berkeley CA: Seal Press.



Anna Anderson, M.S., M.Ed., LMFTA, is a member of the clinical staff of Samaritan Center of Puget Sound in Seattle. Anna has over 13 years of experience working with youth and families in a variety of settings including schools, agencies, YMCA, Young Life, camps and churches. Anna can be reached at 206-527-2266 x381 or at aanderson@samaritanps.org.

CareTeam News

Legacy Gift for CareTeam Program



From Left: Stephanie Pietras (CareTeams Director), Beverley Shrumm (CEO/President Samaritan), Doug Farnham (Board Chair, Samaritan), Paul Binder (Board President, Rosehedge/Multifaith Works), Lizann Jones (Past Board President, Rosehedge/Multifaith Works and current Samaritan Board Member), and James Marshall-Ward (CEO, Samaritan)

On Tuesday, August 12, Rosehedge/Multifaith Works (RHMFV) Board President Paul Binder visited Samaritan Center to present Samaritan with a Legacy Gift to benefit the CareTeams program which Samaritan took under its umbrella in January, 2014 when RHMFV was being dissolved.

The gift of \$167,000.00 is a true blessing and will help ensure that the CareTeams program continues to serve those individuals or households living with HIV/AIDS.

The Board and Management Team of RHMFV had envisioned Legacy Gifts when discussing the dissolving of RHMFV. We are grateful that the board and staff undertook the arduous 12 month task of dissolving RHMFV's assets which included fixing up and selling the three houses where program residents lived.

Fortunately, the housing market was prime for the properties to be sold at full list price in a very short amount of time. The diligence and time spent by Board and staff that remained after January is more than commendable. As a result of their hard work, Legacy gifts were presented to:

- David Strong, Executive Director of AIDS Housing Tacoma, to continue the excellent AIDS Housing at Three Cedars. David is also a former RHMFV Board member.
- Josh Wallace, Executive Director of SASGCC, received a Legacy Gift as well.
- The fourth gift was given to Sean Humphrey House, a provider of AIDS housing in Bellingham. We celebrate with these three agencies as we continue the work Gwen Beighle envisioned in 1988.

CareTeam Volunteer Training - October 18

Many of our CareTeams are in need of new volunteers, four CarePartners are currently without volunteers and we have 8 referrals on our waitlist. We are holding a CareTeams Volunteer Training session on Saturday, October 18. If you are interested in attending, please contact Stephanie at spietras@samaritanps.org for information and/or visit our website.

Classes/Seminars



Mindfulness Based Stress Reduction

Two 8 week MBSR classes will be offered. One will be

lead by Kurt Hoelting on Tuesdays (9/16–11/4) from 6:00 p.m. - 8:30 p.m. The other class will meet on Mondays (9/22 - 11/10) from 6:30 p.m. - 9:00 p.m., led by Lisa Hardmeyer Gray. To register or learn more, visit our website at www.samaritanps.org.

Marriage Preparation Class

October 18 from 9:00 a.m. to 3:00 p.m. will be led by Deb Thomas at Bellevue Presbyterian Church. To register or learn more, visit our website at www.samaritanps.org.

Divorce Lifeline Group

Anyone going through a divorce, separation or ending a relationship knows that it's a time when people need understanding, support and a way to develop coping skills that will make everyday life more manageable and the future more hopeful. A small group provides a safe place where individuals can work through their feelings of loss, anger and grief and – at the same time – develop skills that will help them move through painful transitions.

Meetings will take place in our main office near Green Lake in Seattle on Tuesday evenings starting September 16 from 7:00 p.m. to 8:30 p.m. Class is ongoing, but we require you attend 10 consecutive weeks. For more information and intake interview, please contact Rob Erickson at 206-527-2266, ext. 370.

Adult Group Therapy

This is an open, process-oriented therapy group that meets weekly at our main office near Green Lake in Seattle. It is designed to serve clients as a companion to their on-going individual therapy. Groups are made up of 6-8 members who make a 10-week commitment with the option to continue if they choose. The group meets Tuesdays beginning October 14 from 5:30 p.m. to 7:00 p.m. For more information, please contact Eric Stroo at 206-527-2266 ext. 334.



EFT Training: Professional Training for Therapists

“Compassion Fatigue and Vicarious Trauma – Personal and Professional Challenges” will be presented by Marya Barey, PhD. on October 7 from 10:00 a.m. to 12:15 p.m. in Seattle. Cost of class is \$30 for 2 CEUs. Register by contacting Mary Eaves Mitchell at 206-527-2266, ext. 117.

Yolanda von Hockauf, M.Ed, RMFT will be conducting an **EFT: For Treating Individuals** two-day class Friday and Saturday **November 7-8** from 9:00 a.m. to 4:30 p.m. in Seattle.

Trainers Veronica Kallos-Lilly, PhD, RPsych, and Yolanda von Hockauf, M.Ed, RMFT, will be conducting **EFT Advanced Core Skills**, an eight-day class on Thursdays and Fridays, November 13-14, 2014; January 22-23, March 5-6 and April 23-24 in 2015 from 9:00 a.m. to 4:30 p.m. in Seattle. Total cost is \$1,580.00 (for all eight days). ***The Externship (offered in Spring 2014) is a prerequisite for this course.**

To learn more and/or register visit our website at www.samaritanps.org.

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Thank You to Our Supporters for the Spring Luncheon



Thank you to everyone who made the Spring Luncheon such a resounding success! You helped us raise \$52,000! This money will help:

- Replenish the funds that provide counseling fee assistance year-around for families and individuals in significant financial need and
- Help support the CareTeams Program which provides support to a person or household affected by HIV/AIDS and/or other chronic illness.

SPONSORS NEEDED!

If you own or work for a company that would be able to act as a “sponsor” for our 2015 Spring Fundraising Event, please contact Beverley Shrumm. Perhaps many of you know that if enough companies and/or individuals help sponsor an event, the organization holding the event has lower overhead costs and able to raise more funds for their charity.

As you know the funds we raise at our Spring Fundraiser now go to provide counseling fee assistance year-around for families and individuals in significant financial need and help support the CareTeams Program which provides support to a person or household affected by HIV/AIDS.