

Read all about it!

- AIDS Walk Austin
- St. David's Increases Support
- Austin Red Week
- Quick Facts About Waterloo



Take a Walk with Team Waterloo

Join Waterloo Counseling Center at City Hall on October 17 for AIDS Walk Austin! **Waterloo is proud to be a sharing agency of [AIDS Walk Austin](#).**

Sharing agencies keep 90% of the donations made through their team web page. So **make a donation to the Walk through the [Team Waterloo page](#)**, and Waterloo Counseling Center and AIDS Services of Austin benefit!

Supporting Team Waterloo means that people living with HIV/AIDS in Central Texas can get the support they need. In the last 12 months, Waterloo Counseling Center has helped more than 100 HIV+ clients through individual, group and couples counseling.

Registration for AIDS Walk Austin starts at 12:30pm, with opening ceremonies at 1:30pm. Walkers step off at 2pm sharp for a 3-mile turn through downtown Austin.

It's not too late to [join Team Waterloo](#) and help us meet our goal of raising \$5,000 for AIDS Walk Austin. [Raising funds is easier than you think](#), and every walker who raises \$750 or more is entered into a drawing for a pair of roundtrip tickets on jetBlue Airways.

Stop by the Waterloo table on Walk day and register to win a Waterloo t-shirt or a gift package from the [Acupuncture Medical and Research Centre](#) (two treatments, medical consult, examination and a t-shirt) valued at \$250. See you October 17!

St. David's Community Health Foundation Offers Support and Inspiration

Long-time supporter St. David's Community Health Foundation has renewed its commitment to Waterloo Counseling Center's Project Open Door. The Foundation recently awarded a grant of \$149,687 to Waterloo—an increase of \$37,505 from last year.

Project Open Door provides no and low-cost mental health counseling services to people with an annual household income at 200% or less of federal poverty guidelines. For example, this means that a single person making \$21,660 or less, a couple earning \$29,140 or less or a family of four with an income of \$44,100 or less can receive counseling on a sliding scale.

Last year, 400 people who otherwise might not have been able to get help received counseling at a reduced rate. Depending on their income level, these clients paid anywhere from \$0 to \$55 per session.

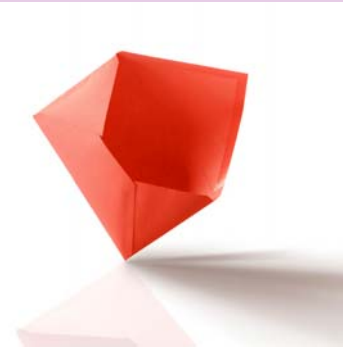
If you think you may be eligible for reduced cost counseling through Project Open Door, call Waterloo at 444-9922.

Follow us!

Keep up with Waterloo Counseling Center on our [website](#), [Facebook](#), [Twitter](#) and new [blog](#).



Letter from the Executive Director



Dear Waterloo Supporters,

Happy Fall! The cool weather is lovely. I have recently heard many people commenting on how much they love

this time of year.

It has been a terrific year for Waterloo so far! We have so much to celebrate as we move toward the holiday season.

In July, we updated our agency budget due to two funding increases. The City of Austin Ryan White Part A grant was increased to \$102,000 from \$64,000. St. David's Community Health Foundation increased their award to Waterloo from \$112,000 to \$150,000. These changes made our annual budget increase from \$507,700 to \$550,000. We are poised to cross the \$600,000 mark next year!

Waterloo added a second Spanish/English bilingual therapist to our staff. We now have five full-time staff therapists and four contractual therapists. I am also very happy to welcome Didi Anofienem, our new English/Spanish Bilingual Evening Receptionist! Didi is a Work Study student from UT and is available to take

your call from 5-8pm, Monday through Thursday. All of these new additions were made to serve our clients better!

The final change to our staff is a Development Director! Loretta Holland is now working part-time for Waterloo. She has been part of the Waterloo team for four years, writing our grants as a consultant. She is working with the board to increase our individual giving, as well as helping us with social media. This position was made possible by our generous friends at the Mills Dennis Family Foundation.

As a sharing agency for AIDS Walk Austin, Waterloo has raised almost \$5,000 so far. Come see us at the Waterloo table on October 17! We will have brand new Waterloo t-shirts, a fantastic prize package and some beautiful pins for donors. Each pin has a different color stone that indicates the donor's level of giving.

And finally, kudos to our wonderful board for developing a strategic plan that will guide us in our programming and fundraising efforts.

Thank you all for being loyal supporters! Remember us when you make those year end contributions!

Jean J. Lyons, MSSW, LCSW
Executive Director

HART Program Offers Hope



Waterloo Counseling Center offers people living with HIV/AIDS (PLWHA) a great resource for free or low-cost mental health counseling. Through Waterloo's HART (HIV/AIDS Responsive Therapy) Program, PLWHA have a compassionate, understanding place to go for emotional support.

While most clients see their HART therapist at Waterloo's office in North Austin, the Program can accommodate clients who are not well enough to travel. HART therapists often see clients at Project Transitions or in the client's home. HIV+ individuals outside of Travis County can see their HART therapist at Community Action Inc.'s locations in Georgetown and San Marcos.

Counseling can make a tremendous difference in helping PLWHA manage many other aspects of their lives. This is just one example of what HART is able to do for our clients.

Nine months after testing HIV+, Henry was lost in a deep depression. Lonely and afraid to tell anyone he was HIV+, Henry refused to see a doctor. After nearly a year of isolation, panic attacks and sleepless nights, Henry called Waterloo Counseling Center.*

Asking for help wasn't easy. Henry was reluctant to talk about being HIV+ and told his therapist that he felt like getting medical treatment would mean he was dying. Henry's therapist helped him focus on "living with HIV" instead of "dying of HIV." Feeling that a burden had lifted, Henry developed a new sense of self. He found a doctor and was surprised to notice that he felt optimistic about taking care of himself. Henry began planning for his future and is now enrolled in college.

For more information about HART and how to qualify for services, call Waterloo Counseling Center at (512) 444-9922.

**Note: The client's name has been changed to preserve confidentiality.*

Paint the Town Red: Austin Red Week

Austin will be going red October 10-17 to promote HIV/AIDS awareness in Central Texas. Be sure to check out these great Red Week events:

Huston-Tillotson University Disability Fair

Tuesday, October 12

11:30 am to 1:00 pm

Get information on HIV testing, AIDS Walk Austin and AIDS Services of Austin at this fair on the Huston-Tillotson campus.

National Latino HIV/AIDS Awareness Day

Friday, October 15

The AIDS epidemic is a growing threat to the Hispanic community.

[Check in](#) for more details about events to commemorate this day.

AIDS Memorial Quilt on Display

October 4-17

Locations include City Hall, Blanton Museum of Art, Huston-Tillotson University, Long Center for the Performing Arts, Texas Performing Arts—Bass Concert Hall, University of Texas Student Health Center and Whole Foods.

View Buildings Going Red

October 10-17

Look for buildings around Austin to be lit red at night to promote HIV awareness. Locations include: City Hall, Dell Children's Medical Center and The Monarch.

[Stay up to date on Red Week!](#) More activities and events are being added almost daily. Check [Waterloo Counseling Center's Facebook page](#) for featured Red Week sites.



Waterloo Quick Facts

- Waterloo is serving more low-income clients than ever. About 73% of clients in 2009 were low-income, compared to only 60% in 2008 and 40% in 2007.
- Last year, 96% of sessions were provided at a reduced cost—a total of \$517,468 in reduced fees. Depending on their income, some clients pay nothing for a therapy session.
- By the end of 2010, Waterloo will have provided 5,000 counseling sessions to 615 clients.
- So far in 2010, Waterloo has provided 4,700 sessions to 500 clients.
- 93% of clients achieve their therapeutic goals and 90% report an improved ability to cope with and function in life.
- Waterloo has a new bilingual evening receptionist who takes calls from 5-8pm, Monday through Thursday.



Waterloo Wish List

If you are able to donate any of the following items, please call us at 444-9922, ext. 100 or email our [administrative office](#).

- Large capacity stapler/electric stapler
- Digital camera
- Large capacity paper shredder
- Portable copier for therapists visiting clients in their homes (Canon PC170 Personal Copier)

Thanks to Our Generous Donors!

The following donors gave to Waterloo Counseling Center since June 2010.
Thank you so much for your support!

Jordan Abel
Suzanne Anderson
Anonymous
Rick Antoine
Tina Arnold
Dorsey Barger
Gus Baron

Stephani Davis
Patti Edwards
Lara Enzor
Michael Harper
Sharon Hoger
Steve Holifield
Dr. Richard M. Lewis

Swadesh Mitter Mahajan
Duane Mailman
Elaine Martin
Vallory A. Martin
Dwight C. McDonald
Dee Ann Newbold
Vicki Schmidt

Did you know?

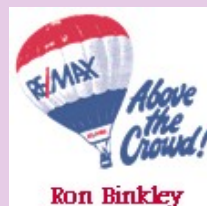
- \$100 pays for an hour of therapy
- \$200 pays for four group sessions
- \$300 pays for three family sessions
- \$400 pays for one month of counseling sessions
- \$500 pays for a half day of cultural diversity training
- \$750 pays for one full day of training
- \$1,000 will pay for a complete course of counseling for one person



Make your tax-deductible donation [online!](#)



The Mills Dennis
Family Foundation





Honoring cultural and human diversity

Waterloo Counseling Center's mission is to provide affordable mental health counseling services and training with an expertise in gender and sexual diversity. Our vision is to provide a safe, accepting, supportive environment for those at the margins to regain their voice; to empower clients to change relationships that inflict silence, shame and isolation; and to advocate for a community that has no margins.

Visit us on the web!

www.waterloocounseling.org

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Austin, Texas 78752

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Fax: (512) 444-9926

E-mail: info@waterloocounseling.org

Waterloo Counseling Center Staff

Jean J. Lyons, MSSW, LCSW
Executive Director

Rebecca Calhoun, MA, LPC Supervisor
Clinical Director

Loretta Holland, CFRE
Development Director

Charlotte Switzer
Intake/Administrative Assistant

Didi Anofienem
Bilingual Evening Receptionist, UT Work Study

Sarah Gremillion, LMSW
Bilingual Counselor

Sarah Gonzales, MA, LPC, NCC
Counselor

Melissa Hargrave, MA, LMFT-A, LPC Intern
Counselor

Nina Perales, MSSW, LMSW
Bilingual Counselor

Rhea Pledger, LPC Intern
Counselor

Contract Therapists
Amber Baldwin, LMSW
Paula Buls, LMSW

Rick Laskowski, MSSW, LCSW., Board-Approved
Supervisor

Kelly Robinson, MA, LPC Intern

Waterloo Counseling Center Board of Directors

Duane Mailman - Chair
Shelly Hobbs, CPA - Vice-Chair
Sharon Hoger, BSEE - Treasurer
Wendy Varnell, LCSW - Secretary

Members

Liza Arreaga
Tina Arnold
Tim Frantz, MDiv
Richard Lewis, MD
Bob Luther, Esq
Margaret McNeil, LCSW, ACSW
Jim Shead, Esq

Waterloo Counseling Center Interns

Jennifer Williams, St. Edwards University
Veronica Rocha, St. Edwards University

(Interns are candidates for a Masters degree in Counseling and are supervised by the Clinical Director)

How can we help?

Waterloo Counseling Center offers quality mental health counseling services on a sliding scale, with fee plans for everyone. Our staff and contract therapists are licensed by the State of Texas and use a variety of treatment techniques customized just for you, including:

- Eye Movement Desensitization and Reprocessing (EMDR)
- Feminist Theory and Relational-Cultural Theory (RCT)
- Spiritual and Energy-based work
- Cognitive-Behavioral Therapy (CBT)
- Art and Play Therapy for children, including Sand Tray Therapy
- Family Systems Therapy

Waterloo can help with:

- depression and stress
- panic and anxiety
- family and relationship issues
- coming out issues
- trauma related to hate crimes and social mistreatment
- survival of abuse
- HIV-related issues, including diagnosis and long term adjustments
- transsexual/transgender counseling, including diagnosis and assessment for hormone replacement therapy (HRT) and sexual reassignment surgery (SRS)
- spiritual journeys and existential explorations

For more information, contact Waterloo Counseling Center's Intake/Administrative Assistant at 444-9922, ext. 100.