



FOR IMMEDIATE RELEASE

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**CODAC OPENS CENTER FOR LGBTQ HEALTH,
FIRST IN ARIZONA**

Tucson, Arizona (December 16, 2014) – CODAC Behavioral Health Services opened a health and wellness center specifically for the lesbian, gay, bisexual, transgender, queer, questioning and intersex (LGBTQI) community. Straight and cis gender allies area also welcome. The center, which opened on December 8, is called *Living Out Loud Health & Wellness Center* and is the first of its kind in Arizona.

Living Out Loud is a welcoming environment where individuals and families can participate in mental health care, primary care, gender confirmation services, support and community groups, sexuality education, and much more.

“We have heard from our LGBTQ clients and from the greater LGBTQ community that they would like a one-stop health and wellness center that’s safe and affirming of their identities *and* provides top of the line, expert care for their specific needs,” says Dennis Regnier, CODAC President and CEO.

Living Out Loud serves individuals, couples, families and other professionals through its wide variety of health and wellness services, including:

- Individual, family, couples and group therapy.
- Specialized services and support for transgender individuals who wish to undergo gender confirmation procedures.
- Social activities and community gatherings.
- Health and wellness classes such as yoga, tai chi, meditation, exercise, nutrition, healthy relationships and parenting.
- Comprehensive general mental health assessment, psychiatric services and medication monitoring.
- Primary care medicine for annual exams and to address any medical issues that may arise.
- Professional consultation for other service providers in the community.
- An on-site pharmacy assistant who can help coordinate medication needs.
- SMART Recovery, 12-step and other support groups.
- Case management and peer support.
- Drop-in crisis intervention.
- LGBTQ-friendly resources and referrals.
- Counseling and support to straight and cis-gender allies.

“We are very excited to be able to offer this unique concept to the Tucson community. *Living Out Loud* will be a calm, inviting and community-oriented space that fosters health and wellness for the LGBTQI community. We are pleased to be able to provide an option for LGBTQI community members to choose for their wellness and health care,” says Aimee Graves, Vice President for Resource Development.

The cost of care may be covered by a variety of funding sources including private insurance (including many commercial insurance carriers and the new marketplace insurance companies), a reasonable sliding scale fee for service menu or AHCCCS.

For more information, contact Living Out Loud at (520) 202-1832.

Media Inquiries should be directed to Kristine Welter Hall at (520) 202-1746 or khall@codac.org.

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Founded in 1970, CODAC Behavioral Health Services is one of Arizona's oldest and most respected specialty providers of family development and integrated health care services. Through 11 service locations and more than 425 staff, CODAC services more than 12,000 individuals and families annually. For more information, visit www.CODAC.org.