



FOR IMMEDIATE RELEASE

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CODAC to Open LGBTQ Health & Wellness Center

Tucson, Arizona (March 18, 2014) – CODAC Behavioral Health Services proudly announces that it will be opening a health and wellness center specifically for the lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) community. Straight allies may also receive services in the center. The center, opening in early summer this year, will be called *Living Out Loud Health & Wellness Center*.

Living Out Loud will provide wellness services, traditional outpatient behavioral health treatment as well as primary care for children and youth age six and older, adults, couples and families. All staff and volunteers will be LGBTQ-identified and/or allies who have experience working within the community.

“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 will serve 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.
- An on-site lab.
- 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 LGBTQ community. We are pleased to be able to provide an option for LGBTQ 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 Aimee Graves, Vice President for Resource Development at (520) 202-1722.

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 providers of behavioral health and family development services. Through 11 service locations and nearly 400 staff, CODAC serves more than 12,000 individuals and families annually. For more information visit www.CODAC.org.

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