SAY YES. THEN ADD SOMETHING.

Why an East Austin dance night is raising money for therapy, and how it's built to feel safe.

01 THE IDEA

In improv, "yes, and" is the first rule: accept what your scene partner offers, then add to it. Nobody gets shut down, and the scene keeps growing. YES/& borrows that rule for a night out. The goal is a room where people feel free to dance badly, dress loud, talk to strangers or keep to themselves, and know that any of those choices is fine.

What "consent-first" means

Permission only works when it comes with boundaries. Consent-first means guests decide how they want to interact before anyone has to ask. Each person picks a color-coded wristband at the door that signals how social they want to be, and everyone in the room is asked to respect it, so nobody has to explain themselves. A legend at the entrance and on the event page tells everyone what each color means.

02 THE CAUSE

All profits from YES/& go to Capital Area Counseling (CAC). Members of the Capital Area Psychological Association founded CAC in 1980 to meet Austin's need for low-cost psychological care. Today the nonprofit offers individual, couples, family, group and children's therapy, in English and Spanish, in person and by telehealth.

Sessions cost $15 to $60 based on income and household size. That price is the point, and it's also why demand is high: CAC's waitlist runs from two weeks to three months. CAC also trains new therapists, so donations support care today and the people who will provide it next.

> "My therapist challenges me and makes me question a lot of things. It has helped a lot in my progress."
>
> Capital Area Counseling client (anonymous)

Why a dance night?

The audience for a $20 electronic music night is mostly young adults. That's a group that often needs mental health care and is least able to pay full price for it. YES/& puts the fundraiser where they already are: on a dance floor.

03 THE ROOM

dadaLab is an East Austin venue run by dadageek, a local nonprofit that teaches and supports immersive artists and electronic musicians. Its main room has a 16 x 16 stage, a JBL sound system with QSC subs, and four projectors that wrap 180 degrees across the front and side walls. For YES/&, live VJs will run visuals all night, with DMX lighting to match. The room holds about 100 people for this event, so it feels full without being packed.

04 THE MUSIC

The night moves through four styles over four hours. It opens with ambient and IDM as doors open, warms into downtempo and house, peaks with techno, and closes with drum and bass. Every DJ is local to Austin. The full lineup will be announced Oct. 21 at yesandatx.com and on Instagram at @yesandatx.

05 THE PRODUCER

Jonathan Earley is an Austin-based educator, designer and musician who runs the creative studio Tealix Design. He conceived YES/&, designed its identity and website, and will play the opening set.

06 STORY ANGLES

Health and community

Affordable therapy waitlists run up to three months. Here's a night of local DJs raising money to help shorten them.

Music and culture

Austin's house, IDM, techno and drum and bass scene in a 180-degree projection room, for a cause.

Students and young adults

An 18+, alcohol-free night built around consent, where the wristband you pick tells people how social you want to be.

TV and video

A live DJ plus projection demo for a morning segment, or b-roll from setup and the night itself.