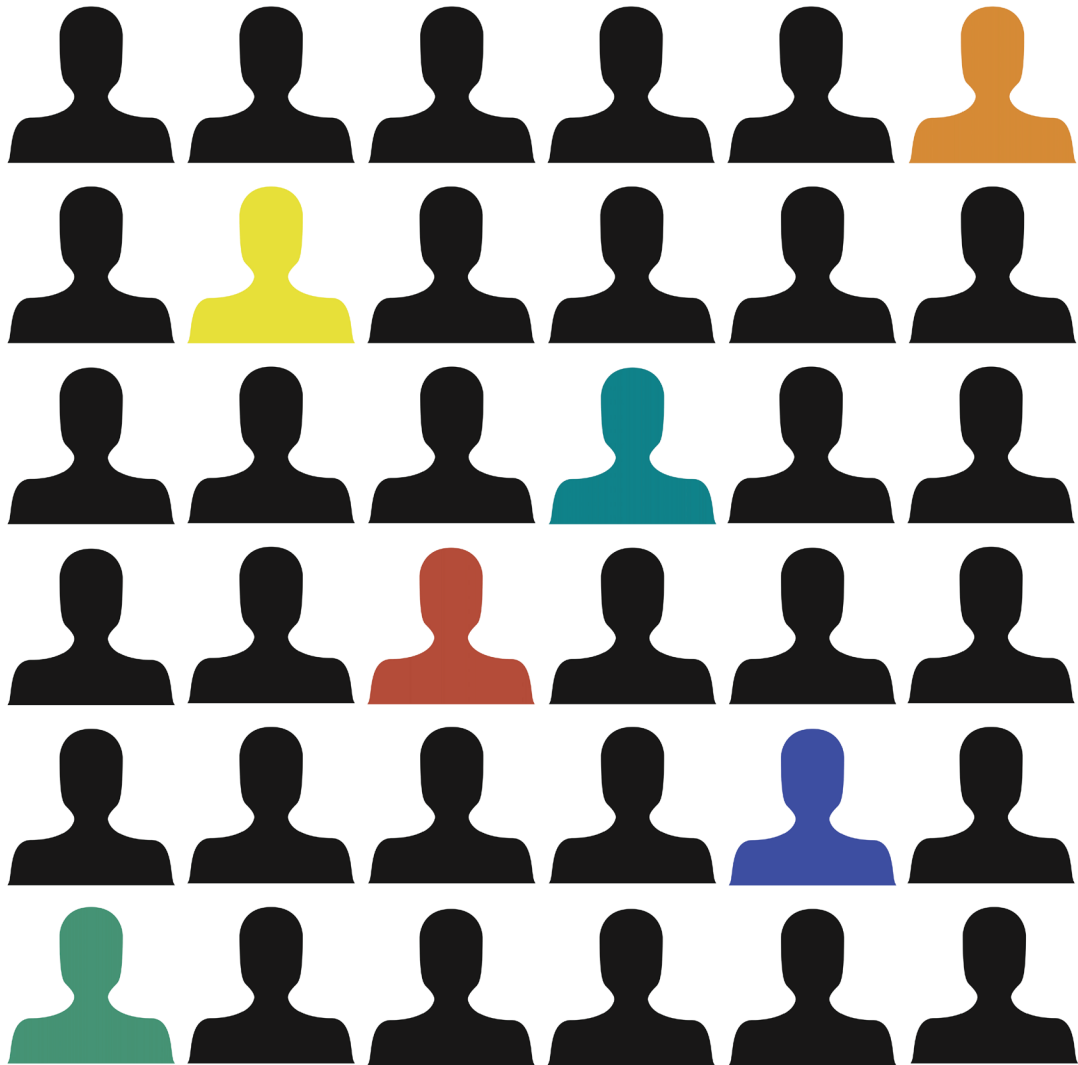


A Place for



Male Survivors

Shepherd's Counseling Services
2016-2017 Annual Report

We continue to hear: “I forget this happens to boys.”

40% of our clients are men.

60% of our clients are women.

Survivors of child sexual abuse share common experiences of suffering, silence, shame, abandonment, and feeling alone regardless of gender.

All survivors deserve support to find healing.

For 30 years we have stood with our community of donors and advocates to offer every survivor of childhood sexual abuse a safe, supportive place to heal.

Unique among nonprofits, men find this a safe place for specialized therapy and a community of support.



Dear friends,

As our society has recently shown greater awareness and cohesion in support of survivors, we are keenly aware of how important you are in leading the way.

Your acknowledgement of the impact of childhood sexual abuse and your support of each person who comes here to find support for healing has a far reach in making a critical difference.

There is power in community.

The community you create and build here helps survivors find healing and also helps build greater awareness of the suffering that we come together to alleviate for all survivors.

In the fall of 2016, we had our first fundraising luncheon with table captains inviting their friends to learn about our critical mission and how it

transforms suffering through healing and community. We welcome each of you who is new to this remarkable and valuable community. Welcome!

And thank you to all those who have been building this community of support for survivors for 5, 10, 20 and more years!

As we look to the year ahead, we look forward to connecting with you at our annual fall luncheon and reaching out together to build and expand support for survivors through joining together in leadership and voice.

We also remain committed to bringing our voice as an organization to the larger public, representing the perspective of survivors.

The media stories of sexual abuse have been troubling,

but also representative of the prevalence we know too well.

The silver lining has been an opportunity for us to inform and educate the public.

I invite you to find interviews on our media page speaking to recent events.

We will continue to stand with you out in front as we lead the way together for awareness and to support healing for survivors of childhood sexual abuse.

Thank you for standing with us!

Janice Palm, MA, LMHC
Executive Director

“We now carry these powerful stories together and perhaps we are even part of the universal story of humanity in a new way – connected more deeply and broadly.

Our collective story has been expanded by these courageous souls who have travelled their journey of healing as survivors of childhood sexual abuse.”

Closing Remarks, 2016 Fall Luncheon

Serving our Community

July 1, 2016 - June 30, 2017

147 Clients Served

61 Men



86 Women



53 New Clients



20 Special
Advocates and
Table Captains



2,417 Individual Therapy Sessions



37 Blog
Subscribers



48 Men's Group Sessions
24 Women's Group Sessions



75 Couples Therapy Sessions



295 Followers at
Shepherd's Counseling
Services



\$25,112.50 Financial Assistance*
Supporting 514 Hours of Therapy

723 Followers at
Turn the Light On

*From the Operating Fund, separate from scholarship funds.

Mission

We unite to create a safe place
to achieve a crucial mission:

to restore the hope and dignity of adults who have been
sexually abused in childhood through specialized and affordable therapy,
community education, and public advocacy.

From Victim to Survivor . . .

By Chuck B.

. . . from isolation to a happy member of the human race.

As a young child of about six years of age, my life was inalterably changed when my next-door neighbor, Mr. Benson, began sexually abusing me. He was a man in his seventies who was a surrogate grandfather to my sister and me. The abuse would continue for approximately 8 more years, until I was a young teenager.

From the instant it began, my life changed from that of a happy, innocent tyke to that of a wounded and confused little boy whose life was suddenly filled with night terrors, bed wetting, isolation, shame, mistrust, and sexual confusion.

To get the full picture of the total hell my life turned into, you need to know that my home life was very troubled before the abuse even began. My father was a rage-filled, emotionally and physically abusive man, which he learned at the hands of his own abusive father. My mother suffered from a degenerative brain disease that left her mentally ill and prone to excessive and outlandish sexual proclivities which my sister and I often witnessed. During my childhood in the early 60s, she was in and out of state hospitals and ended up being institutionalized.

My sister Dee Dee was only 18 months older than me and she provided the only normalcy I had in the "Twilight Zone" that was my home.



My treatment was an uphill hike that would lead me to confronting the broken little boy inside.

I clearly remember the time Mr. Benson's wife caught him in the act of abusing me. Her initial reaction was to yell at him, saying that she would not tolerate this happening again. But she quickly turned her anger on me and screamed that this was all my fault. She said if I ever told anyone about it, I would be going to jail. I ran home crying and scared, filled with shame over Mrs. Benson's words.

That afternoon, I fearfully and shamefully confided my secret to Dee Dee. Understand that for a little boy, being molested carries with it the false belief of

complicity, of having done something very dirty and terribly wrong. As you might expect, my abuser also made me swear that I was never to tell anyone what had happened. My sister was shocked, but she also insisted that I tell our parents.

During dinner that night, with Dee Dee gently kicking me under the table, I mustered the courage to quietly tell my parents what had happened. My father reacted quickly and fiercely, his backhand suddenly smacking my face with enough force to knock me into the edge of the kitchen table, badly chipping two front teeth. He asked me how I could say such a terrible lie about Mr. Benson. He then grabbed me by the arm and dragged me next door to my perpetrator's house to apologize.

I stood in the porchlight as Mr. and Mrs. Benson stared at me through their screen door as I told them how sorry I was for the "lie" that I had told my parents. Mr. and Mrs. Benson then chastised me for being a nasty little liar.

(continued on page 5)

From Victim to Survivor

(continued from page 4)



The world shifted that night for both me and my sister.

The abuse continued for another six years as I lived a secret life that nobody else knew about.

My life became split into two separate lives. One was a little boy trying to survive in a house of horrors, and the other a little boy who lived in terror that someone would discover his horrible secrets.

I steadfastly kept my secrets and never told anyone what had happened to me until many years later, when I told my wife just before we married. But even then, I downplayed the abuse to her, implying it was only one event and that I had “dealt” with it.

As I grew up, I developed self-reliance, and sought out ways to gain some acceptance and positive affirmation. I became an above-average athlete and a mediocre student.

However, I always felt like I was “less than”, failing to measure up to my peers who were smarter and more athletic. I looked at life from the outside, viewing others as human, always wondering what it would be like to be “normal”.

To mask the pain of my underlying insecurities, my drug of choice became sex . . . surprise, surprise. True intimacy evaded me. I loved my wife, but I built an emotional wall to prevent her from knowing about my secret life. I could not experience love and sex simultaneously.

Just as I did in my childhood, I was living two separate lives, one which was very dark, shameful and secretive, while the other was that of a model family man – a happy, successful man, a church leader and genuine nice guy that I wanted everyone to believe was the real me.

My two lives continued well into my 50s until, within a matter of weeks, everything profoundly changed. I bottomed out after my wife discovered that I had been in a two-year affair and she made plans to leave me. Realizing that I was about to lose the love of my life, I attempted suicide and ended up hospitalized where I was diagnosed with PTSD resulting from my childhood abuse and sex addiction from my years of using sex to medicate the trauma.

My treatment was an uphill hike that would lead me to confronting the broken little boy inside.

My therapist at Shepherd’s Counseling Services has helped me to deal with the pain, fear and anger that I have lived with for my whole life. I joined Shepherd’s group for male survivors and we met every week for 21 weeks. Gradually, I realized that I was not alone because the other men who had suffered from abuse and were hurting like me knew and could relate to my pain – to my little boy’s pain.

Through extensive therapy, I was eventually able to bring him out

I looked at life from the outside, viewing others as human, always wondering what it would be like to be “normal.”



(continued on page 6)

Advocacy - A Public Voice

Sexual abuse in the news
compels us to share our 30 years of experience
to help bring an understanding of the survivor
experience to public awareness.

Op Ed, The Seattle Times - February 6, 2016
By Janice Palm, *Special to the Times*

Excerpt: The reflexive need to turn away from the horrible reality of an adult sexually abusing a child, thus protecting the abuser, appears to be all too common. We know the certain outcome of this egregious failure: Children are left to silently bear continued abuse and a lifetime of nearly unbearable struggle and abusers remain at large, free to continue to perpetrate.

It is the job of all adults, most certainly those in positions of authority, to unequivocally put the needs of each and every child before their own, to be alert to the opportunity and the signs of abuse and, most of all, to listen and believe a child who asks for help.

This is what every abused child desperately needed and what every survivor deserves.

Visit us online to find:
Media Coverage
Director's Blog
and more!
ShepherdsTherapy.org

*I replied through tears
that I felt human. I could
join the human race.*

(continued from page 5)

into the sun light. The process was not easy. As time passed and I heard the other group members' stories and felt the pain and suffering that sexual abuse had caused in these men, I began to understand and confront mine. Finally, it was my time to share, or more to the point to let my little boy share his story. As he shared, the fear, anger, shame, and guilt that I had lived with began to melt away.

At the end, my group leader asked me how I felt. I replied through tears that I felt human. My little boy could now start to grow and feel safe and free. I could join the human race.

I will always live with being a survivor, but for the first time in my life, I can accept it for what it was and live a life free of the many emotions that swirled around it.

I can't say why I could live the life I did, with the accomplishments that I have made in light of my history. But know this to be true, none of us need to walk through life alone. I am blessed to have had the support of a very loving wife, two wonderful children, many supportive friends and healing therapists.

My life is now as it should be.



Operating Statement

For the Year Ending June 30, 2017

INCOME

Fundraising

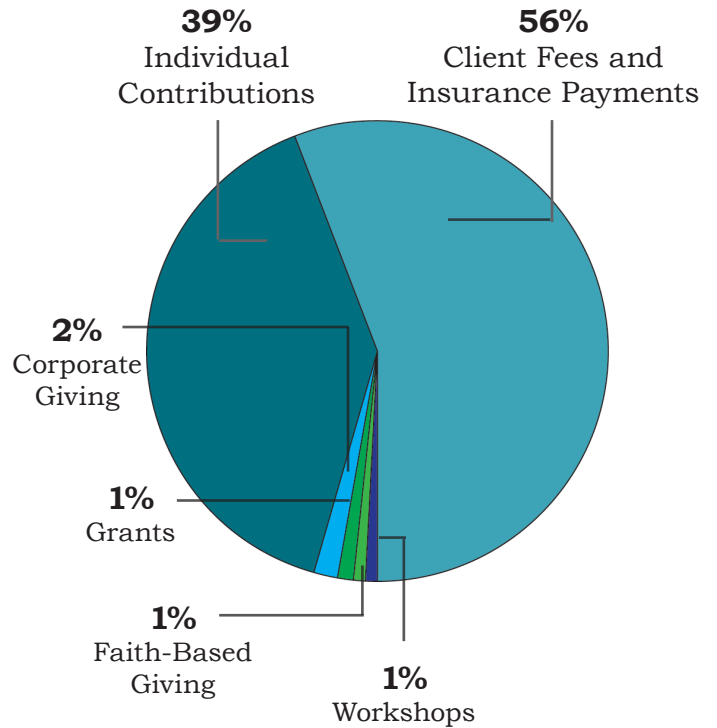
Individual Contributions	\$147,266
Corporate Giving	6,115
Grants	4,650
Faith-Based Giving	<u>2,525</u>
Total Fundraising	\$160,556
Client Fees and Insurance Payments	208,997
Workshops	3,000
Interest Income	247
TOTAL INCOME	\$372,800

EXPENSES

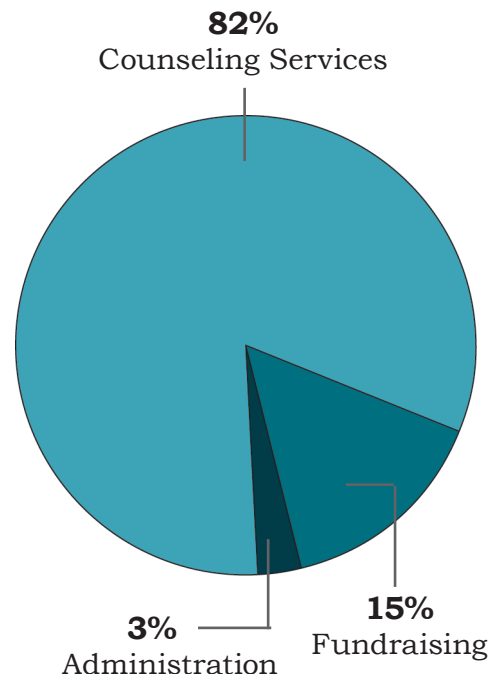
Program

Counseling Services	\$228,431
Sliding-Fee Subsidies	25,113
Hope In Healing Scholarships	32,325
Fundraising	51,060
Administration	<u>10,420</u>
TOTAL EXPENSES	\$347,349

2016-2017 Sources of Funding



2016-2017 Expense Allocation



Hope In Healing Scholarship Report

Designated Contributions	\$30,062
Distributed Funds	32,325
# Therapy Hours Received	384
# Clients Receiving Scholarships	18

15 Women
3 Men

Average weekly sessions per client: 5.3 months

Thank You

*for opening the door
day after day and week after week
to a safe place where survivors of childhood sexual abuse
can find expert help
and a community of support
for their courageous journey of healing.*

***We extend a very special
thank you to
William and Melody
Fleckenstein for their
generous support.***

\$5,000-\$9,999

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Erik Christensen
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Shelley Lawson
Kristen Parris
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Natasha Ryan

*Thank you to these
leaders for expanding
awareness and support
for healing!*

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Celeste Bennett	Ralph Huskey
Kim Darby	Amy Lang
Anne Duroe	Julia Massey
Kathy Forrest	John Nelson
Marc Fredson	Karlla Sander
Michael Gale	David Schor
Marisa Hancock	Cate Weisweaver

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Kim Darby	SaNNi Lemonidis
Kathy Forrest	Veronica Minai
Michael Gale	Karlla Sander
Russell Hanford	David Schor

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You!**

*A special thank you
to each individual and
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inspirational gift match
and to those who
create events benefiting
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Services!*

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*“I will always live with being a survivor,
but for the first time in my life, I can
accept it for what it was and live a life
free of the many emotions that swirled around it.”*

- Chuck B.

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2016-2017 Annual Report*