



Roanoke Park Counseling

formerly Shepherd's Counseling Services

Connecting to Hope

How was the name chosen?

Why did we change our name?

Over the past years we have come to realize that our name, Shepherd's Counseling Services, has brought confusion and has even caused survivors to not seek our services. While we have never been affiliated with a religious organization, the name, "Shepherd's" caused some to assume a connection. In our desire to remove any barrier to survivors accessing our services, we undertook the task of changing our name.



Why Roanoke Park Counseling?

We believe that the name *Roanoke Park Counseling* is reflective of our treasured location and our deep and grounded connection to the community.

Will there be other changes in operations or services?

Only our name and logo have changed. Our services to survivors remain exactly as they have been. We are deeply connected to the long and rich history that has allowed us to provide such rare and dependable therapy to adult survivors over the years and we are sincerely committed to continue our strong and steady mission to provide the highest quality services to survivors as we move forward.



A Message from the Executive Director

We are in a time of unprecedented fear and changes to the life we have lived day to day as we deal with the coronavirus pandemic. In the face of so much unknown it can be difficult to find a way to maintain any kind of steady balance. **First and foremost, I hope that you and your loved ones are safe and healthy and finding a way to stay connected while maintaining a necessary but difficult distance.**

In this time that seems so unknown and uncertain, we hear from survivors that, although they are dealing with the struggles of this global pandemic as we all are, there is something sadly familiar about the insecurity and uncertainty of this time. As Cecily* explained, "I'm coming to realize that there is a way that I know this time already – I know what it's like to live with constant fear and uncertainty.

For the 10 years my uncle was living with us, each day I woke up wondering if today was a day I would be abused. For every day of those 10 years I never ever knew when I was safe. That is a time I don't ever want to remember, but it's like now it's here with me every day."

As we all struggle to live with the challenges that this new reality has brought to our lives, we understand that for survivors and their families, the effect of these challenges is even more complex and impactful. We have made every effort to be able to provide safe and consistent therapy to survivors during this time by offering telehealth sessions. We hear the palpable relief from survivors who find that our staff is ready and able to continue to provide the human

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Sexual Assault Awareness Month

From Our Board President

As president of the board of Roanoke Park Counseling, I want to assure you that we are committed to continue providing the highest quality counseling services to our clients. Over the years we have worked very hard to provide a stable and secure base to guide the agency through less stable times. Although economic uncertainty may occur as a result of the global pandemic we are experiencing, please know that we are prepared to remain strong and stable. With the committed leadership of the board of directors and the incredible generosity of our supporters we will continue to provide our trusted services to survivors without interruption. Please know that we remain connected to you and together we will get through this very difficult ordeal.

Sincerely,

Mike Gale
President, Roanoke Park Counseling Board of Directors

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connection and support that survivors need so much during this time.

None of us know what the following months will bring, but it seems inevitable it will take quite some time to return to what feels like normal life. We are expecting that we will be getting an increase in calls from survivors whose lives have been impacted emotionally and financially through these difficult months. As many will face job loss and subsequent loss of medical benefits, we are anticipating that the need for scholarship support may be greater than ever before.

Our Hope in Healing Scholarship Fund was created specifically to help clients in these kinds of unexpected life events. We can't predict what circumstances may impact a survivor's ability to afford therapy, but we are certain that we will be there for survivors in their time of need. May 1 – 15 is our Annual Scholarship Campaign and a time to come together as a community to support clients who need the most financial help. You will find more

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information about our Scholarship Campaign on page 3.

Please know that as an agency, we are prepared to weather the storm of what may come. **We are here and we will continue to be here as a beacon of hope and stability in these uncertain times.** Our commitment to provide affordable therapy to survivors and their families remains strong and steady. We are so deeply grateful for your support through the years – the good times and the hard times. We know that you share our common passion to support adult survivors and that together we will continue to bring hope and healing to each and every survivor who comes to us for help.

- Janice Palm, MA, LMHN
Executive Director

* Out of our deep respect for the work of our clients, the names and details in this story have been altered.

April is National Sexual Assault Awareness Month (SAAM).

We invite you to join us in our effort to bring attention to the prevalence and impact of sexual abuse. During the month of April we join with the national effort to educate and engage the community in addressing the prevalence and impact of sexual assault.

Why does awareness matter?

As awareness increases, the stigma of sexual abuse recedes. As the stigma decreases, adult survivors become empowered to speak their truth.

Join Roanoke Park Counseling's effort to raise awareness about childhood sexual abuse.

- Wear a teal ribbon or teal clothing and post a photo to Facebook with #SAAM #RoanokeParkCounseling.
- Share our Facebook and Instagram posts.
- Change your profile picture to an awareness image.

When people ask why you're wearing teal, share:

- 1 in 4 girls and 1 in 6 boys are sexually abused before age 18
- Survivors deserve our support.
- Talking about childhood sexual abuse as a culture helps keep kids safe and supports adult survivors!

Follow us on Social Media



facebook.com/RoanokeParkCounseling



@RoanokeParkCounseling

Meet our New Development Director

Karen Daiss joined Roanoke Park Counseling in November of 2019 as the Director of Development and Communications. In this role, she is responsible for all fundraising efforts and works to connect the agency within the community to ensure growth and progress for its services.

Karen moved to Seattle in May of 2018 from Savannah, Georgia where she spent the last 19 years. Prior to joining RPC, she was co-host of a morning radio show in both Savannah and Seattle. She also previously served as the Director of Corporate Advancement at a regional nonprofit in Coastal Georgia and as a newspaper writer and editor.



Karen Daiss

She has been an active volunteer for many organizations including the Rape Crisis Center of Coastal Georgia, CASA, and several pet rescue organizations.

Karen will tell you that she's never met a dog she didn't immediately fall in love with - and when she's not hanging out with her 12-year-old pug, she loves to explore new restaurants, read, workout, host dinner parties, and perfect her chocolate chip cookie recipe (bacon makes a good addition!)

Karen is thrilled to be working with Roanoke Park Counseling to aid in the effort to provide the highest quality services to adult survivors of childhood sexual abuse.

You can reach Karen Daiss at karen@roanokeparkcounseling.org or 206.323.7131.

Hope in Healing Spring Scholarship Fund

May 1-15, 2020

The Hope In Healing Scholarship Fund is an online fundraiser intended to provide support for survivors who need the most financial help to find healing through our specialized counseling services.



In 2019, 13 clients received scholarships totaling \$18,632.50. We expect the need to be significantly greater this year due to the economic uncertainty ahead.

Your gift will make healing possible!

- Your gift of \$50 will allow a survivor to begin group therapy.
- Your gift of \$100 will allow a survivor to begin their path to healing through individual therapy using our sliding scale.
- Your gift of \$350 allows the partner of a survivor to complete an 8-week partner support group to find encouragement and validation.
- Your gift of \$750 allows a survivor to attend an entire 21-week therapy group that brings a new depth of hope and healing.
- Your generous gift of \$1,000 makes a life-changing difference in the life of a survivor through attending nearly a year of individual therapy.

To learn more or to make a donation, contact Karen Daiss by email at karen@roanokeparkcounseling.org or by phone at 206.323.7131.

Thank you for your generous and caring support that will bring life-changing healing!

Mark Your Calendar for GiveBIG Day on May 6!

GiveBIG Washington is a day where individuals and organizations come together and make an investment toward improving the quality of life in our communities by supporting the missions of nonprofits.



Does your employer match donations?

Many companies also support their community and their employees by matching employee gifts to non-profit and charitable organizations. Roanoke Park Counseling is eligible for most corporate matching-gifts programs as a registered 501(c)(3) non-profit organization (EIN #94-3061441). For assistance regarding corporate matching funds, please contact Karen Daiss at karen@roanokeparkcounseling.org



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Finding Hope
Inspiring Healing

SAVE THE DATE

Fifth Annual Fall Luncheon: Finding Hope, Inspiring Healing

Wednesday, October 7, 2020*

Pacific Tower Panorama Room

Contact Karen at karen@roanokeparkcounseling.org to take a leadership role as a Table Captain or learn about Corporate Sponsorship Opportunities.

*Due to the current circumstances with the coronavirus pandemic we will keep you updated on any changes that need to be made.