

Roanoke Park Counseling



Sheltering the Storm

FY 2021 ANNUAL REPORT

Dear Friends,

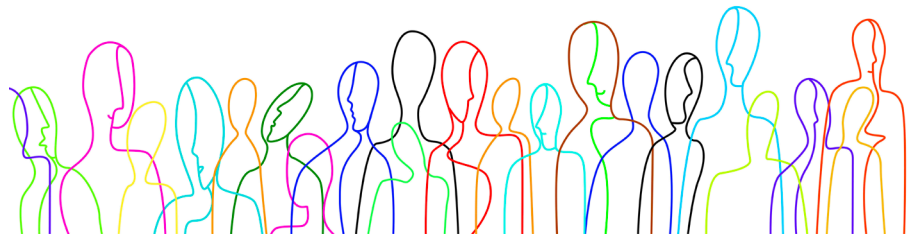
We reflect back on a year of change, uncertainty, and perseverance with enormous gratitude for the steady and generous support of you, our faithful donors. **Because of your faithful support, our services to adult survivors of childhood sexual abuse and their partners have remained strong and uninterrupted.** What a gift to be able to continue to provide the trusted support that our clients needed so desperately in such tumultuous times!

One of the hallmarks of our services over the years has been our responsiveness to survivors' needs. This was truly put to the test in this past year of providing therapy via telehealth. What began as a very swift pivot to meeting with our clients virtually in response to the COVID-19 pandemic in the Spring of 2020 has become a way of connecting with clients who may not otherwise be able to attend sessions in person. The

flexibility of our staff in meeting the needs of our clients

has been truly inspirational, finding creative and safe ways of meeting with clients who benefit most from in-person sessions.

Our groups have continued uninterrupted and have even increased over the past year as RPC therapists have mastered the art of holding groups virtually



allowing this truly healing experience to continue for our clients.

In a time of so much uncertainty and separation, we recognize the critical place we hold for survivors. So many survivors have shared their profound gratitude for the safety and steadiness of staying connected with this trusted resource. We are so aware that is it your caring and support that allows this dependable resource for our clients to exist.

Our Annual Fall *Finding Hope, Inspiring Healing Luncheon* was held virtually in October 2020. What a gift to be able to safely share the inspirational stories of the healing you make possible! For more about our luncheon, see page 4.

Through it all, Roanoke Park Counseling continues to be a beacon of light for survivors. We are a trusted and safe place, regardless of the winds of change and challenges that emerge.

The racial unrest in the spring of 2020 brought to light our collective

responsibility to address the racial inequities that have remained in the shadows for far too long.

The RPC board of directors is committed to using our mission and values to guide the work we do to address racial inequities within our organization and beyond. Through ongoing educa-

tion, earnest dialogue, and active listening, we seek to foster a climate where equity and mutual respect are intrinsic to promoting healing and understanding.

As we look to the future, we recognize our responsibility as an agency in continuing to be open to finding ways to thoughtfully serve the needs of the BIPOC community. We are consciously seeking to add diversity to our board and therapist staff. It is our firm desire to be a place that is informed and welcoming to all survivors!

Through it all, Roanoke Park Counseling continues to be a beacon of light for survivors. We are a trusted and safe place for survivors, regardless of the winds of change and challenges that emerge. **What a great honor it is for me to represent your generosity and support in this work and to witness the evidence of your care in the lives of survivors who come to us for help.** It is never far from my awareness that it is you, our faithful donors, that make it possible to bring the kind of consistent and trusted care that brings life-changing hope to survivors.

With my deepest gratitude

Janice Palm, MA, LMHC
Executive Director

MEETING CLIENT NEEDS

July 1, 2020 - June 30, 2021

In March of 2020, RPC shifted all individual therapy sessions to telehealth allowing us to continue to provide services to our clients without interruption. As the COVID-19 pandemic continued on, we shifted all of our groups to telehealth as well.

We now maintain both in-person sessions as well as virtual individual therapy sessions. Our groups continue to meet virtually.



Services

121 clients
received services
~35 male
~87 female



NEW Clients

50 new clients
received services
at RPC



Hours

RPC provided
1,937
therapy hours



Groups

Men's,
Women's and
Partner Support
Groups totalled
533 sessions

10% Increase in Therapy Hours

FY 2021: 1,937
FY 2020: 1,756
FY 2019: 1,980

RPC provided 10% more therapy hours in FY 2021 than in FY 2020.



Financial Aid

\$19,200 in
financial aid*
totalling **512**
therapy hours*

*Roanoke Park Counseling remains the **only** organization in King County offering support groups for childhood sexual abuse survivors, their partners, and families.*

**From the Operating Fund, separate from scholarship funds.*

Hector's Story:

Reconnecting to a Place of Safety and Trust

As the uncertainty and isolation of the pandemic increased in the Spring of 2020, many past RPC clients reached out for help to deal with the new and frightening reality.

As Hector* shared with his therapist, "I had no idea I would need to come back to see you, but I'm just not coping very well, and I know I need help." Hector shared the fear and panic he was experiencing as the pandemic went on. "I thought I was dealing with all of this, but I haven't had a night of restful sleep in over a month. I'm anxious all the time and I'm starting to have panic attacks when I need to leave home. The worst of it is, I'm beginning to have flashbacks of my abuse again. I thought that was all behind me, but when I close my eyes and try to sleep, I see my scout leader's face and the panic sets in all over again."

For many survivors, the stress and fear surrounding the onset of the pandemic

triggered memories and sensations from their childhood sexual abuse. At RPC, we understand that triggered responses can increase relational and life tensions in an already stressful time.

Because of our deep understanding of the impact of complex trauma, we recognize that clients may need to return to therapy as life events unfold.

"I don't know how I would have made it through this time without help. I'm just so grateful to know that I can always come back to get the help I need."



"Things are already so tense with my older kids home from school and my wife and I trying to work from home. I know I'm creating extra stress for my family, but I can't seem to cope. I know I need help."

With the help and expertise of his therapist, Hector was able to share

his experience within the safety of his therapy sessions. He was also reminded of the tools and skills he had used in his earlier therapy when he was initially confronting his abuse. Over several weeks Hector's anxiety gradually began to decrease and he was able to get restful and much-needed sleep.

Although the stress of dealing with the pandemic continued, Hector

found ways of caring for himself that allowed him to re-engage with his family in positive and helpful ways.

At his last session, Hector told his therapist, "I really hate that the abuse continues to impact my life, but I'm so lucky to have this safe and understanding place to come to. I don't know how I would have made it through this time without help and it means so much to me that you understand what it's like for me. I'm just so grateful to know that I can always come back to get the help I need."

As the pandemic took a toll on our collective mental health and triggered feelings of stress, anxiety and fear for many survivors, our therapists at RPC worked tirelessly to make sure that survivors had the valuable support and connection they needed to persevere.

*Because of the respect we hold for privacy, identifying details of this story have been altered.

RPC's Fifth Annual Fall Luncheon: A Virtual Experience

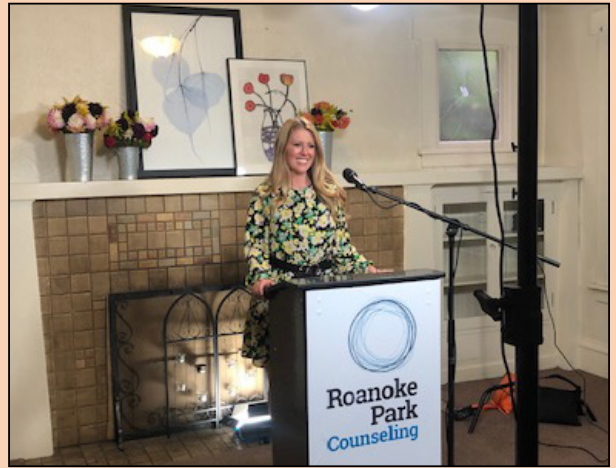
During this time of necessary social distancing, we transitioned our Annual Fall Luncheon to a virtual event. While we certainly missed the warmth and connection of gathering together, our virtual luncheon allowed us the wonderful opportunity to safely connect and share the inspirational and courageous stories of survivors

with those of you who support this work.

Our live-streamed luncheon was "attended" by over 100 individuals near and as far away as Zurich, Switzerland! We are so grateful to be able to give you a glimpse into the incredible and life-changing difference you are making in survivors' lives.

The event raised more than \$35,000 for survivors of childhood sexual abuse to find a new chance at life.

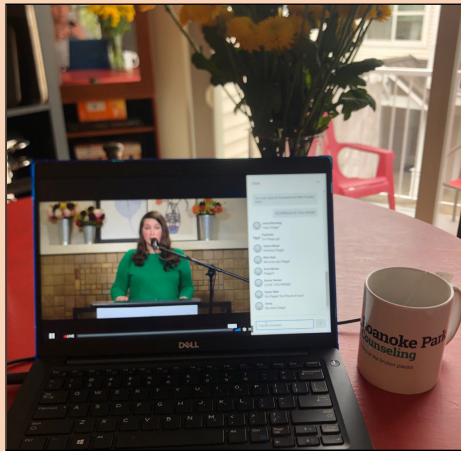
Our sincere thanks to our survivor speaker and our generous sponsors: PCVA Law, Molina Healthcare, Lighthouse Roasters,



Natasha Ryan emcees the virtual luncheon.

and to all of our courageous survivors, board members, and friends whose heartfelt stories of healing inspired all who attended our virtual luncheon.

Most importantly, thank YOU for making our 2020 Luncheon a huge success. Your support brings healing to survivors all year long.



Luncheon registrants enjoyed a gift of coffee, chocolate, and an RPC mug.

Our Commitment to Diversity and Inclusion in the Professional Community

Roanoke Park Counseling is committed to ongoing education regarding diversity and inclusivity. On December 3, 2020, RPC hosted a Virtual Professional Workshop for colleagues in the mental health field. *Beyond ACES: How Racism Impacts Those We Serve* offered our professional colleagues an opportunity to learn and discuss the impact of racism on the health and wellness of African Americans, Latinx and Native Americans.

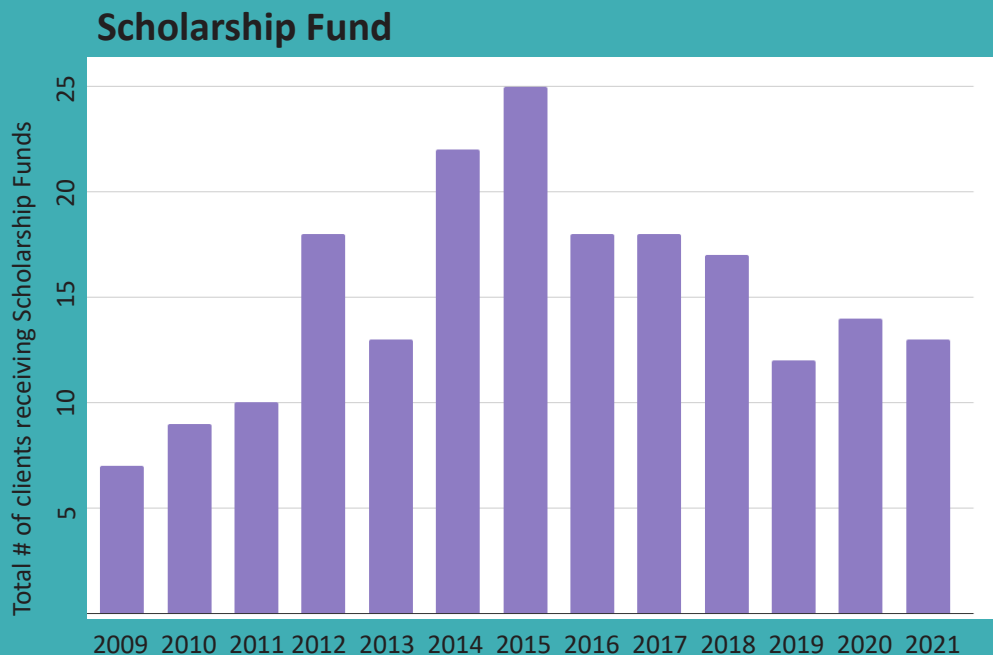
This workshop, hosted by Roy Fisher, MA LMFT, and attended by professionals across the country sought to convey a deeper understanding of the impact of racism on the health and wellness of African Americans, Latinx, and Native Americans and offered participants an opportunity to deepen their awareness and understanding of racism and their commitment to social justice.



Roy Fisher, MA, LMFT



Healing Happens Because of You!



While many clients rely on the financial assistance of our generous sliding fee scale (made possible through donations to the general fund), the Hope in Healing Scholarship Fund makes it possible for those survivors whose level of need is greater than our lowest sliding fee scale to access our unique, specialized long-term therapy services.

The Hope In Healing Scholarship Fund provides support for survivors who need the most financial help to find healing. The Scholarship Fund is designated solely for those who require this type of financial assistance and is supported 100% by our generous donors. Because of YOU, more deserving survivors will find their path towards healing at Roanoke Park Counseling.

Thank you for joining together to raise \$17,689 from our 2021 Spring Scholarship Campaign and for bringing life-changing therapy for those who truly rely on scholarship assistance to receive services.



Since the inception of the Scholarship Fund in June of 2009, more than 200 survivors have received services totaling 3,494 hours of therapy!

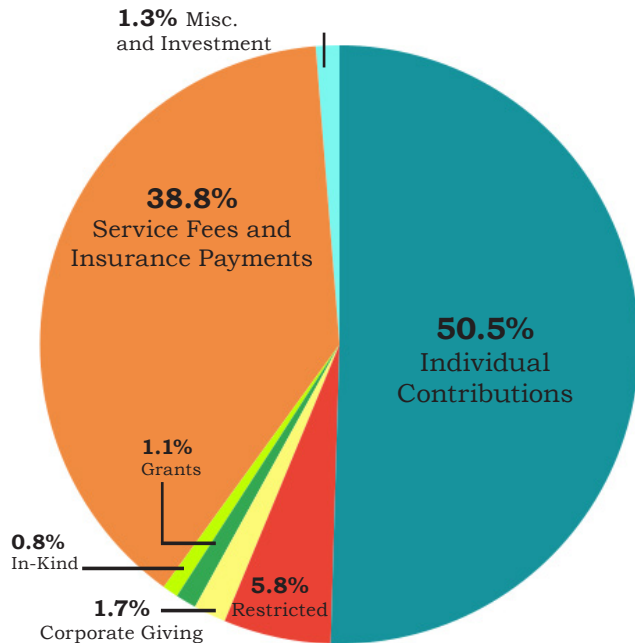
Through your incredible generosity, we have provided \$182,903 worth of therapy services to survivors!

“I don’t feel so alone any longer and I feel a spark of hope has begun inside me”

- former RPC Client

FINANCIALS

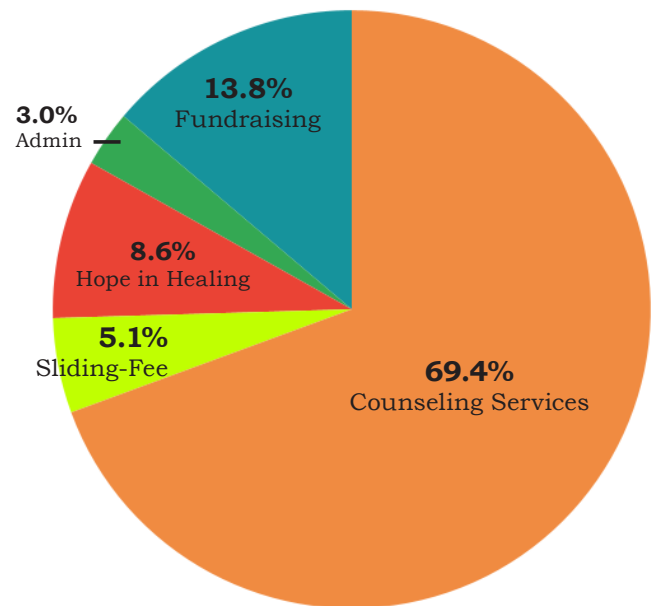
July 1, 2020 - June 30, 2021



REVENUE

Individual Contributions	\$240,619
Restricted Contributions (Scholarship)	\$27,621
Corporate Giving	\$8,336
Grants	\$5,341
In-Kind Contributions	\$4,044
Service Fees and Insurance Payments	\$184,759
Misc. and Investment Income	\$6,060

TOTAL REVENUE: \$476,780



EXPENSES

Program	
Counseling Services	\$259,502
Sliding-Fee Subsidies	\$19,200
Hope In Healing Scholarships	\$32,215
Fundraising	\$51,698
Admin and General	\$11,345

TOTAL EXPENSES: \$373,960

Hope In Healing Scholarship Report

Designated Contributions	\$27,621
Distributed Funds	\$32,215
# Therapy Hours Received	346
# Clients Receiving Scholarships	13

In FY 2021, the number of Scholarship Therapy Hours provided **increased by 22%** from FY 2020.



DONOR SUPPORT

July 1, 2020 - June 30, 2021

Thank You to our Community of Support

We are grateful for the following individuals, corporations, and foundations for their incredible contributions throughout the year. Your unwavering support creates an opportunity for survivors of childhood sexual abuse to receive healing at Roanoke Park Counseling.

On behalf of those who will have a chance to live a fulfilling life because of your support, thank you!

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

\$10,000-\$24,999

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OUR VALUES

Excellence

We require unequivocal excellence in providing therapeutic services to adult survivors of childhood sexual abuse.

Commitment

We hold a passionate commitment to providing affordable services.

Healing

We hold a steadfast belief in the capacity to heal.

Human Connection

We hold a resolute belief in the transformative power of human connection.

Human Dignity

We have unwavering respect for the dignity of all people.

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Roanoke Park Counseling

formerly Shepherd's Counseling Services

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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.

Thank You for Your Support!



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