

Roanoke Park Counseling

formerly Shepherd's Counseling Services



THE ROOTS OF HEALING

ANNUAL REPORT FY2022

Executive Director's Message

From Tender Roots

Dear Friends,

This year marked Roanoke Park Counseling's 35th year of providing healing to adult survivors of childhood sexual abuse and their families. It is truly inspirational to take a step back to consider the thousands of survivors who are living lives that are stable, happy and fulfilling because of the generosity of our wonderful community of support over all these years!

The tender roots of healing planted by our founder, Sr. Vera Gallagher, in 1987 have grown deeper and stronger to provide life-changing healing to survivors and their families and to reach out into the community through advocacy and education.

The past year was one of cautiously emerging from the shadow of the pandemic. The relief and gratitude were palpable for so many clients returning to in-person sessions as they walked up the familiar steps into our building for the first time in many months. In a time of so much adjustment

Janice Palm, MA, LMHC, with over two decades of experience in the field, is an expert in treating abuse, trauma, depression, and anxiety.

Janice joined Roanoke Park Counseling in 2000 as a therapist and has served as Executive Director since 2003. She is a frequent workshop presenter on the effects of childhood trauma in adulthood.

and change, returning to this safe and steady place of healing was good medicine.

Our 6th Annual *Finding Hope, Inspiring Healing Luncheon* was once again held virtually. A highlight was keynote speaker, Broadway performer and author Martin Moran. A longtime, treasured friend of RPC, Martin shared his own survivor journey of healing, reminding us all that, *"Every step of the way, something wonderful has always been trying its best to grow."*

These inspirational words also describe the journey of Roanoke Park Counseling over the years. Because of all who have shared generous support, their expertise, heart, and hard work, the roots of healing and advocacy for survivors have spread far and wide into the community.

In the coming year we look forward with great anticipation to holding more in-person events including our annual luncheon and returning to providing public advocacy and educational opportunities to bring light to the needs of survivors.

Your acknowledgement of the impact of childhood sexual abuse and your understanding of the critical need for survivors to receive specialized and affordable therapy has resulted in 35 years of healing. What an incredible difference you have made in so many lives!

We are deeply committed to continuing to provide compassionate and experienced care to our deserving clients through individual and group therapy services. Likewise, it is our commitment to you, who make these services possible, to continue to fulfill our mission to provide for the needs of adult survivors of childhood sexual abuse through affordable therapy, education, and advocacy with the highest standards.

The direct role that our generous and faithful donors play in making these services available to survivors is always in our awareness. Quite simply, you make this kind of healing possible!

Our mission is as relevant and urgent today as it was 35 years ago. Our tenacity and dedication to fulfilling our mission remain clear and strong.

We look forward to our next 35 years, and beyond, with strengthened hope and dedication to creating a difference in the lives of survivors and throughout our community.

Thank you for creating a community of care, hope and healing that is changing the world for survivors!

With my deepest gratitude,



Janice Palm, MA, LMHC
Executive Director

RPC Welcomes New Board Members

We are pleased to welcome three new board members; **Sam Curtis**, **Veronica Mega**, and **Vinnie Nappo**.

Sam is Executive Assistant to the Chief Program Officer at the Global Center for



Gender Equality and has worked and volunteered for many nonprofits.

They believe in accessible and affordable mental health care for all, and are deeply committed to supporting the kind of specialized care that RPC provides.

Veronica's extensive experience — as a practicing Licensed Mental Health Counselor she has worked for 20+



years with a focus on adolescents — is what drew her to RPC and supporting adult survivors of childhood sexual abuse. She looks forward to helping fulfill

RPC's mission of providing low-barrier access to essential services.

Vinnie is an attorney with Pfau Cochran Vertetis Amala LLC, a Seattle firm prosecuting civil cases of childhood sexual abuse. Vinnie's volunteer and lobbying efforts are motivated by his desire to prevent



sexual abuse and empower survivors through sensible public policy and initiatives at state and federal levels.

They join **Mike Gale**, **Russ Hanford**, **Ruth Pappas**, and **Wanda Yamashita** to offer guidance and hard work to fulfill our mission.

Sixth Annual Fall Luncheon



Thanks to our community of caring supporters who believe in the power of transformative healing, together we raised more than \$47,000 for survivors of childhood sexual abuse during our



*Janice Palm,
Executive Director*

virtual **6th Annual Fall Luncheon: Finding Hope, Inspiring Healing** on October 6, 2021.

We hoped to be able to gather in person for our luncheon but due to the ongoing risks of the pandemic, we felt it best for everyone's safety to meet virtually again this year.

While we missed greeting everyone in person, our virtual event allowed us to join together from near and as far away as Switzerland, to witness the courageous and

inspirational stories of survivors of childhood sexual abuse as they shared their experiences of healing.

Our deepest thanks to survivor speaker Ho-Duong as well as keynote speaker, Broadway performer and award-winning author **Martin Moran**, whose genuine stories of hope inspired all who attended our virtual luncheon! We also



Behind the scenes at RPC's virtual luncheon event on October 6

extend special thanks to our generous sponsors: Pfau Cochran Vertetis Amala LLC, Lemonidis Consulting and Law Group, Beverly Boy Productions, and ProTimeSports.

You can watch the recording of our luncheon on our website at www.roanokeparkcounseling.org. Watch this space for upcoming professional and fundraising event information.

To learn more about the work of RPC and the problem of childhood sexual abuse, visit our learning center: (<https://www.roanokeparkcounseling.org/learning-center/>)

We also invite you to subscribe to our blog: (<https://www.roanokeparkcounseling.org/learning-center/blog/>).

Coming to find healing from sexual abuse in childhood can be a long and multi-layered process. Many survivors come to Roanoke Park Counseling seeking a deeper level of healing and understanding of the life effects of sexual abuse.

At their first appointment at RPC, Rogan* shared, "I've been to several different therapists over the years, and it's been helpful in dealing with some of the symptoms of PTSD. I've learned a lot and my life is more manageable, but I know the abuse is still affecting me.

Every time a relationship starts to get close, I start to pull away – I still don't want anyone to know what happened to me. I desperately want a long-term loving relationship, but that can't happen if things stay this way."

The violation of sexual abuse in a child's life causes enormous disruption in the ability to form close and lasting relationships. Addressing these deep fears of closeness and connection requires a thorough understanding of the profound disruption of safety and trust that occurs when children are sexually abused.

"My abuser was a good friend of the family – a person I trusted and had been around me and my sisters for our whole lives. I was so happy when he wanted to spend extra time with just me. But then the abuse started, and I was so confused and ashamed. I think

A Survivor's Story:

A Deeper Level of Healing

somewhere in me I'm afraid that if I get close and trust someone, I'll be hurt again – that sounds crazy, but I think it's true."

As therapy began, Rogan's therapist understood the steady and gradual process of forming a trusting therapeutic relationship.

One of the hallmarks of therapy at RPC is our realization of the time it takes to form a safe trusting relationship. As trust developed, Rogan was able to

share more deeply about the abuse, uncovering layers of shame and fear.

"It was so hard, but I was finally able to talk about the most shameful parts of the abuse I've carried all these years. It was such a surprise and such a relief to see that my therapist really cared

about how it was for me and understood all that I was feeling."

In the safety of therapy, trust can begin to take hold as survivors take the huge risk to share more deeply. In the gradual and often uncomfortable process, survivors begin to find that they are so much more than their secrets. The need to hide and pull away decreases and so many possibilities for relationship begin to emerge.

"I know I'm at the beginning and I'm just taking baby steps, but I've started to date again and see hopeful glimmers of deeper and closer relationships forming. **I'm feeling hopeful about my future and finding the kind of close caring relationship I've always wanted.**"



Meeting the Needs of Survivors

July 1, 2021 - June 30, 2022

As with many other therapy practices, Roanoke Park Counseling moved to telehealth services due to the pandemic. By July 1, 2022, the start of a new fiscal year, RPC had resumed providing in-person, individual therapy. Additionally, RPC continues to offer telehealth services as needed, allowing for an expanded geographic footprint across Puget Sound while meeting the needs of clients unable to attend in person.

We continued facilitating group therapy via telehealth throughout the fiscal year, returning to in-person sessions in August, 2022.

In one month, Roanoke Park Counseling provides up to 210 therapy sessions for 80+ individuals who were sexually abused as children.



NEW Clients

50 Clients began their healing journey with RPC in 2022.



Individual Therapy

RPC provided **1,960** hours of healing therapy!



Geographic Reach

Regularly serving survivors across Puget Sound and beyond.



Groups

1,630 hours of couples, partners, male and female-identified group therapy!

Sexual abuse of children is a life-altering epidemic. In the U.S., the number of adults who have been sexually abused before age 18 is estimated to be 1 in 4 girls, and 1 in 6 boys.

The problem of abuse, left untreated, leads to decreased safety and increased vulnerability, allowing the ripple effect of abuse to spread to lives beyond the abused.



Financial Need

46% of Clients are low income, with **32%** being "very low" income



Financial Aid

\$16,320 in financial aid* totalling **409** therapy hours

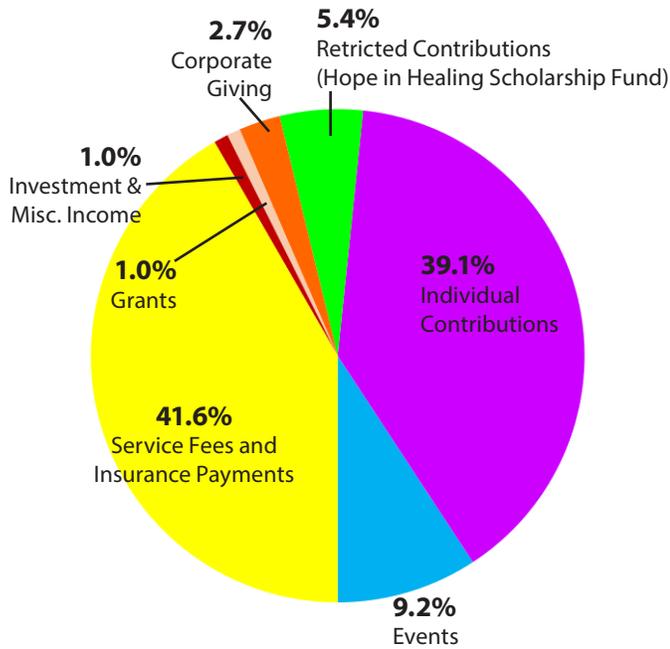


Scholarship Funds

\$37,780 in scholarships applied*, totaling **454** therapy hours

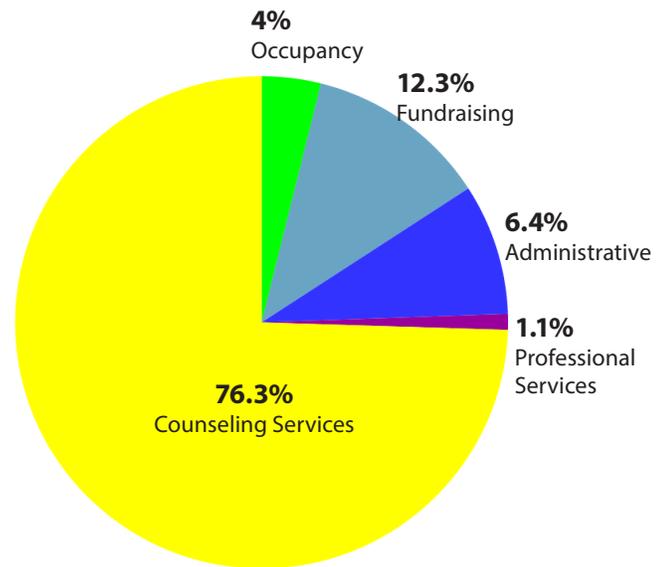
FINANCIAL OVERVIEW: FISCAL 2022

July 1, 2021 - June 30, 2022



REVENUE

Events	\$40,527
Individual Contributions	171,809
Restricted Contributions (Scholarship)	23,857
Corporate Giving	11,920
Grants/Foundation Giving	3,832
Investment & Miscellaneous Income	4,143
Service Fees and Insurance Payments*	183,046
TOTAL REVENUE	\$439,134



EXPENSES

Occupancy	\$16,500
Fundraising	51,028
Administrative	26,690
Professional Services	4,442
Counseling Services	317,663
TOTAL EXPENSES	\$416,323

**While many clients use RPC's sliding fee scale, the Hope in Healing Scholarship Fund makes it possible for those survivors whose level of need is greatest to access counseling services.*

The Fund was created in June, 2009 to honor Mary Bayard, who served as RPC Clinical Supervisor from 1992 through 2009.

MEET OUR BOARD AND STAFF

Grounded in experience & training

Members of the Board of Directors

Michael Gale, President
Russ Hanford, Treasurer
Ruth Pappas, Secretary
Sam Curtis
Veronica Mega
Vinnie Nappo
Wanda Yamashita

Executive Staff

Janice Palm, LMHC, Executive Director

Administrative Staff

Amanda Franklin, LMHC, Clinical Coordinator
Susan Fondren, Office Manager
Karen Daiss, Director of Development

Clinical Staff

Malika Bains, LMHC
Chelsea Gibson, LMHC
Julia Laibson, LMHC
Michelle Lifton, LMHC

The work of Roanoke Park Counseling (originally Shepherd's Counseling Services) is accomplished by a highly dedicated Board of Directors, clinical, and administrative staff.

All clinical staff are licensed mental health counselors (LMHCs) with master's degrees in psychology, social work or counseling, and are Washington State licensed.

Our board members come from diverse backgrounds, including legal services for sexual abuse survivors, with a focus in the field of mental health and a passion for supporting healing therapy and community support through education and advocacy activities.

RPC has been a national and international voice creating public awareness of childhood sexual abuse for 35 years, and is unique in its sole focus on providing specialized therapy services for adults who were sexually abused during childhood, and their families.

RPC is the only agency in the Puget Sound area, and one of the very few nationwide, that provides both individual and group therapy that is affordable and allows each survivor the length of time it takes to bring healing.



"I didn't know what it would be like to live without the weight of the abuse holding me back. And best of all, I am starting to feel more confident and hopeful about my life – that's something I've never had before."
~Roanoke Park Counseling client

Thank You to our Generous Community of Supporters

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

DONOR SUPPORT July 1, 2021 - June 30 2022

We are grateful to William and Melody Fleckenstein for their generous and continued support for survivors.

\$10,000-\$24,999

Anonymous
Jack Tarver Trust

\$5,000 - \$9,999

Anonymous
Joseph Delinsky
Christopher Hughes
Pfau Corchran Vertetis
Amala Attorneys at Law
Kagan Wolfe

\$2,500 - \$4,999

Facebook
Nancy Goehring
Michael Krasnokutsky
George & Ruth Pappas
Janet & Harold Price
John Shelton
WA Trust Bank *in honor of Karlla Sander*

\$1,000 - \$2,499

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Teamsters Joint Council #7 *in honor of Karlla Sander*
University Congregational United Church of Christ (UCUCC)
Robert Ungaro
Union #763 *in tribute to Karlla Sander*
Wanda Yamashita

\$500 - \$999

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Steven Oswald
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DONOR SUPPORT July 1, 2021 - June 30 2022

\$500 - \$999, cont.

Stephen Schlader
Janice Shipley
Mary & David Simpson
Joseph Smith
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tribute to Karlla Sander
W Mark Thompson
Joshua Tiplady
Jerray Wei

\$250 - \$499

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Erik Christensen
Deborah Dewey
Patricia Funk
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Leonard Schwartz
Patricia Siggs & Kristina Jensen
Jim Singleton
Anastasia Sprout
Jules Still
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Karlla Sander
Colleen Yamaguchi
Michael Yendrek
Fred Zack

\$100 - \$249

Adobe Systems
Abou-dan Ahmed
Beverly Allen
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Ameriprise
Anonymous (12)
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Toney Audino / People Path
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Michael Bobick
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Katie Cohen
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Lauren Cole
Frances Conley
Alan Cooper
Susan Cotter
Creation Nation/Frank Bresky
John & Priscilla Crutcher in honor of
Karlla Sander
Michael Cullum
Karen Daiss
Laura Danielson
Cache Deupree
Kevin Dineen
Trevor Dobson
Laura Domoto & Donald Wilson
Kathleen Dowd
Michael Duggan
Lisa Dunn
Todd Dusanj
David Elliot
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Carol Flexor
Stephen Florio
Susan Friedrich
Andy Galbraith
Ernest Geigis

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Susan D Gorey
Gavin Badgley Graham
Judith Grefsrud
Cindy Gustafson
Joy Hagen
Suzy Haby
Paige Hanley
Ann Hansen
JoAnn Herbert
Julie Hirsch
Ronald Holloway/Old Towne Tile
Shelly Holt
Allena Hyarr
Albert Israel
Dianne Tibbs Johnson
Jeff Johnson
Lisa Jones
Truman Jordan
Mark Konwiser
Steven Langell
Holly Lawson
Shelley Lawson
Ngoc-Linh Le
Nicole Le
Nathan Leigh
E Lenhart, *in tribute to Karlla Sander*
Dennis Light
Gerald Lim
James Curtis Lively
Tammi Lynd
Clarisse Mahler
Paul Mazanec
Gerald McCrohan
Matthew McPhail
June Miller
Dan & Elaine
Cynthia Mowery
Wendy Muesey
Eric Nelson
Henry Nelson
Hamilton & Hilary Newberry
Ho-Duong Nguyen

Brian Niemiec
Oswald Norton
Kenric Nowell
Eric Ohlund
Joshua Parks
Rodney Payne
Daniel & Judy Pepper
Anne Marie Peterson
Daniel Pierson
Robert Pollsen
Gina Porta
Lindsey Rabushka
Soo Rhee
James Richardson
Wayne Rickner
Kathleen Roden
Joel Sangerman
Charles Schafer
Jason Schneider
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David Shimana
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Ho Chan Song
Halling Steen
Carolyn & Richard Stein
Randall Stenoien
Jane Stiehl
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Amanda Strombom
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Sevil Toksu
Mark Tucker

Michael P Tusay
Thomas Udovich
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Martin Walsh
Julie Weaver
James Wehinger
Helen West
William Wien
Lisa Wilkinson
Kathy Wilmering
Deborah Winkel
Robert Wright
Austin Young

\$1 - \$99

Joshua Abajian
Louis Andrew
Anonymous (7)
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Malika Bains
Brianna Bannick *in honor of Karlla Sander*
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Cori Benson
Pura Betances
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Werner Disse
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Kenneth Hiroshi Eguro
Andrew Etnyre
Charles Ewing
Brandi Fields

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\$1 - \$99, cont.

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Giving and Gift Matching Programs

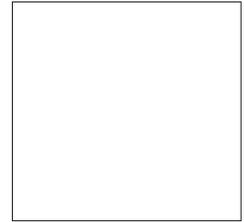
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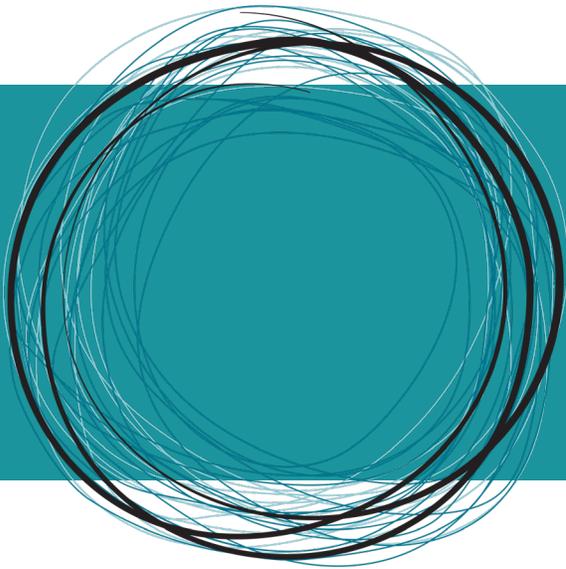
Roanoke Park Counseling

formerly Shepherd's Counseling Services

2601 Broadway East
Seattle, WA 98102-3906



Address Service Requested



Our 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.

Thank You for Your Support!

"The expertise, the compassion, the care, the connection — all of that happens at Roanoke Park Counseling because of the community, because of you, the people that donate and support us. That's what allows our mission to take place."

~ Mike Gale, RPC Board President



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