

# Roanoke Park Counseling

formerly Shepherd's Counseling Services

## A Path to Healing



*"I have finally found a path to healing."  
— a grateful RPC client*

### What We Want Survivors to Know: A Message from RPC Executive Director Janice Palm

**What we know that we wish every survivor could know.** Many adult survivors come to Roanoke Park Counseling believing that being sexually abused in childhood has irrevocably changed the story of their life. Survivors reaching out for help dare to believe in a distant glimmer of hope that there may be more to life. We know so well what survivors often can't envision — that there is so much more of life ahead and for many, the best part of their life story is just beginning. Nearly 35 years of work with survivors has taught us truths that we want all survivors to know.

**Reaching out for help is an act of strength and courage.** When children are sexually abused, they come to learn that the world is not a safe place and that it's up to them to keep themselves safe. Survivors often keep

themselves safe by becoming self-sufficient, by not needing to rely on others for help. Survivors can come to believe that asking for help is a sign of failure or weakness. We understand the courage that it takes for survivors to risk asking and allowing others to offer help.

**Being sexually abused doesn't define who a survivor is.** So many survivors grow up believing that the very bad and wrong thing that happened to them somehow makes them bad and wrong. Children are unable to differentiate between feeling bad and being bad. Survivors often carry the shame of this deeply held belief into adulthood. From the moment that survivors come to RPC, they find that we see them as whole and valuable human beings — capable of healing

*see MESSAGE continued on page 2*

*"It is extremely powerful to experience a safe space where our stories can be held."*

*"For me, it was the first time I felt truly heard and cared for."*

— Roanoke Park Counseling Client

### 2022 Fall Newsletter

#### Upcoming Professional Event

To further our advocacy and education work on behalf of survivors, RPC hosts professional events and programs for providers and community organizations.

This year we pleased to present:

***IFS (Internal Family Systems) with childhood sexual abuse: Bringing compassion, connection, and courage to the experience of trauma.***



Wed | Nov 16, 2022

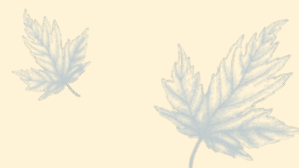
6:30pm Networking & Refreshments

7-9pm Program

Presented by  
Megan Fisher, LMHC

Megan is a licensed mental health counselor and psychotherapist.

For more information & registration: [info@roanokeparkcounseling.org](mailto:info@roanokeparkcounseling.org) - or - <https://www.roanokeparkcounseling.org/professional-education/>



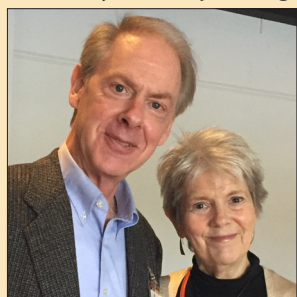
*The expertise, the compassion, the care, the connection — all of that happens at Roanoke Park Counseling because of the community, because of you, the people that donate and support us. That's what allows our mission to take place.*

— Mike Gale, RPC Board President

## Seventh Annual Fall Luncheon



On October 12, we were able to do something we hadn't been able to do in three years — join together to witness in person the healing capacity of survivors. It was so meaningful to be among others in our community of caring supporters who believe in the power of transformative healing. Together we raised almost **\$48,000** for survivors of childhood sexual abuse at our **Finding Hope, Inspiring Healing** Luncheon.



Board Treasurer Russ Hanford,  
Janice Palm, Executive Director

If you weren't able to attend, you can still support survivors at: <https://www.roanokeparkcounseling.org/donate/gift-of-healing/>.

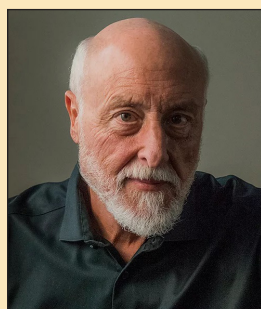
We hope you can join us next year, so save the date: **October 4, 2023!**

Our deepest thanks to survivor speaker Olivia S.; our keynote speaker David Johnson, Ed.D., LMHC, former CEO of Navos Behavioral Health, mental health clinician for 46 years; and Natasha Ryan, Vice President, The North Group, who served as Emcee. Their stories of hope inspired all who attended our virtual luncheon! We also thank Daryl Redeker, Composer,



Olivia S.

Musician, and Instructor, who shared with us his gift for guitar.



David Johnson, Ed.D., LMHC

**Thank YOU for making healing possible!** Your valuable support of survivors transforms the lives of every person who finds the courage to reach out to us for the help and healing they so truly deserve!

**P.S. Did you miss the event?** You can watch the moving Survivor Speaker video from the luncheon at [roanokeparkcounseling.org](https://www.roanokeparkcounseling.org).

To learn more about the work of Roanoke Park Counseling, the work on the path to healing, and how **your support helps makes the journey possible** for survivors, visit our learning center: (<https://www.roanokeparkcounseling.org/learning-center/>)

Subscribe to our blog to learn more: (<https://www.roanokeparkcounseling.org/learning-center/blog/>):

**"I was able to bear witness to others' stories and let them know they were not alone." — Roanoke Park Counseling Client**

**MESSAGE** continued from page 1

and finding out who they really are. As survivors begin to find healing, they come to realize that the abuse is something that happened to them, not who they are.

**Healing is possible and worth the journey to find.** The deep and life-altering wound of sexual abuse in childhood can take time and patience to heal. The uncovering of this deep wound often exposes the deep pain that had been held back for so many years. We honor and support the often long, winding path that leads survivors to healing. With the help of a skilled and caring therapist, survivors can come to weave together the tender strands of life, vitality, and goodness that have been hidden beneath the pain.

**A community of committed, caring individuals really can change the world for survivors.** The kind of life-altering healing that changes a survivor's life can only happen with the support, compassion, and care of other human beings who dare to hear and believe a survivor's story and walk alongside them on the path to healing. The unseen — but not less tangible — care and generosity of our supporters is the strong and steady foundation of this work that causes survivors to know that they are not alone, that healing is possible.

**Sexual abuse need not be the end of the story.** As survivors dare to expose the deep pain of a childhood altered by sexual abuse, they begin to see that there is a strong and steady light and life within — waiting to be discovered and entered into. With the skill and care of those who do the healing work of RPC, survivors come to find that there is so much more to their story and there are new chapters waiting to be written in a full and fulfilling life.

**Our deepest thanks to those of you who open your hearts to let survivors know that there is so much more to their story!**

*Janice Palm*  
— Janice Palm, MA, LMHC  
Executive Director

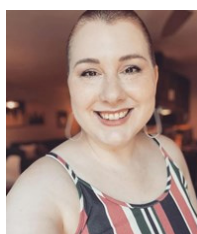


## RPC Welcomes New Board Members

Through collaboration, leadership, and commitment, Roanoke Park Counseling's Board of Directors works to strengthen and guide the organization.

We are pleased to welcome three new members to our board: **Sam Curtis**, **Veronica Mega**, and **Vinnie Nappo**. They join **Mike Gale (Board President)**, **Russ Hanford (Treasurer)**, **Ruth Pappas (Secretary)**, and **Wanda Yamashita** to offer guidance and hard work to fulfill our mission.

**Sam** is Executive Assistant to the Chief Program Officer at the Global Center for Gender Equality and has worked and volunteered for many area nonprofits. They believe in accessible and affordable mental health care for all and are deeply committed to supporting the kind of specialized care RPC provides.



Sam Curtis

**Veronica's** extensive experience in the mental health field is what drew her to the work done at RPC, and the opportunity to assist adult survivors of childhood sexual abuse. She is looking forward to assisting RPC fulfill our



Veronica Mega

mission and supporting low barrier access to essential services.

**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. As part of a broader strategy to make communities safer and help abuse victims come forward for healing and closure, he volunteers alongside law enforcement, victim advocates, think tanks, policy groups, politicians, and others.



Vinnie Nappo

## Because of You... The Healing Continues!

- RPC provides **210 hours of healing therapy for 80 survivors** in one month\*!
- **\$37,780\*\*** in Hope and Healing Scholarship Funds supporting therapy!
- **\$14,470** in additional funding for therapy sessions!
- **Healing across Puget Sound:** survivors join us from King, Kitsap, Pierce, San Juan, and Snohomish Counties!

Your support is a vital part of the healing process for the many people impacted by childhood sexual abuse:

- **1 in 4 women and 1 in 6 men** were sexually assaulted as children.\*\*\*
- There are approximately **300,000 adult survivors** just in King County.\*\*\*
- Almost half of RPC's clients are low income individuals on their journey who benefit from the generous support of our community of donors.

\*Therapy hours vary month to month. \*\*Revenue figures are from Fiscal 2022.

\*\*\*Most current estimates from the Center for Disease Control and the Department of Justice.

## Join Us in Thanking Our Generous Sponsors and In-Kind Donors

Every year Roanoke Park Counseling is honored and humbled to receive work and services donated on an in-kind basis. If your company is interested in offering support, or you have a skill you'd like to share such as graphic design experience, please reach out to us (206.323.7131 or laura@roanokeparkcounseling.org) for more information.

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*At Roanoke Park Counseling, 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.*



## Roanoke Park Counseling

*formerly Shepherd's Counseling Services*

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Seattle, WA 98102-3906

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## GIVINGTUESDAY is November 29!

Roanoke Park Counseling is proud to participate in **#GivingTuesday** on November 29.

Your support on **#GivingTuesday** — and every day — fulfills our mission of providing counseling services for adult survivors of childhood sexual abuse, regardless of their financial need, and helping them on their path to healing and finding a hopeful, fulfilling life.

**Consider a Recurring Donation.** As survivors walk the path to healing month by month, walk beside them with your monthly support.

*"It's been life-changing to face my shame with others and be greeted with love and understanding."*

— Roanoke Park Counseling Client

Text to donate:  
TEXT 44-321  
CODE: RPC2022



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