

Raising Awareness through Creating Community

A Message from the Executive Director: Creating Community

"I don't feel so alone and isolated. I was able to tell my story and for my story to be heard. I was also able to bear witness to others' stories and let them know they were not alone."

~ RPC Client

These words from a survivor in group therapy so clearly describe the community that is created for survivors at Roanoke Park Counseling. Being sexually abused is a profoundly hidden and isolating experience. For so many survivors, the feelings of shame and self-blame, along with the strong desire to keep the abuse a secret, create deep and lasting patterns of separation from others. Imagine the relief to be in a safe space, sharing one's most painful and secret truth and receiving words of knowing validation and encouragement.

Through the support and connection offered at RPC, survivors find a community — a coming together with others who are able and willing

to share the burden they have carried alone for so long. Belonging is an essential part of being in community. For survivors who have felt so apart and separated from others' experiences, the sense of finally belonging is a profound aspect of healing.

Walking through the doors of RPC, survivors often have a sense that there is something more and something different about coming to therapy here. We have intentionally cultivated a culture of caring that lets survivors know, from their very first interactions with staff, that they have come to a place where they belong. All of us who share in the work of RPC, from the board of directors to each staff member, are a part of upholding this healing place of community for survivors.

We are so aware that this caring community extends beyond the physical space of RPC to include all who so generously support the work

See ED message, p. 2

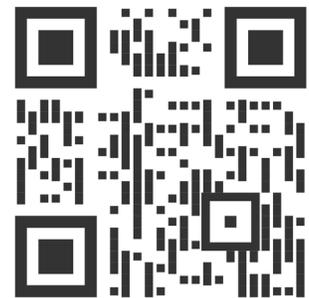
Support the Hope in Healing Scholarship Fund

Adult survivors of childhood sexual abuse with the greatest financial need rely on the Hope In Healing Scholarship Fund to access therapy services and begin their journey to healing.

Each spring, RPC and our amazing donors join together to strengthen this community of support by donating to the Hope in Healing Scholarship fund. JOIN US TODAY to support the healing.

Your gift creates community. Thanks to your generosity, since 2009 more than 220 survivors have had access to the healing therapy they so deeply deserve with support from our scholarship fund.

DONATE ONLINE VIA QR CODE!



1. **Open** your phone's camera app
2. **Move** your camera so the QR code is in the frame - a URL will appear
3. **Click** the URL to donate online!

Visit roanokeparkcounseling.org/donate/gift-of-healing/ for more ways to give, such as legacy tributes, gifts of stock, workplace donations, and corporate matching. *Keep the community strong for survivors every month by joining RPC's Circle of Hope.*



APRIL IS SEXUAL ASSAULT AWARENESS MONTH (SAAM)

Community is the Antidote to Stigma

GET VOCAL: Learn about sexual assault and share information about sexual assault with others to combat myths and misinformation (roanokeparkcounseling.org/april-awareness-month/, nsvrc.org/saam; or visit the [RPC website learning center](#)). Showing support also creates community by combating the sense of stigma or alienation survivors frequently feel.

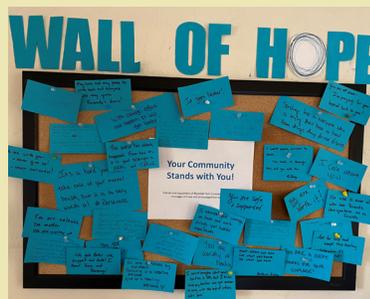
- Exciting work to support survivors is happening at the State government level — *follow RPC on Facebook for updates and opportunities to make your voice heard on specific legislation.*
- Like and re-share posts to widen the circle of conversation.
- Participate in SAAM activities, such as April 4, the Day of Action.
- *Wear a teal awareness ribbon or pin throughout the month to spark conversations, letting others know you support survivors.* Ask laura@roanokeparkcounseling for yours today!
- *On International Denim Day, April 26, wear jeans to show solidarity and community with survivors* who are frequently blamed for assaults because of the clothing they were wearing.



Survivor awareness/ support lapel pin

SHARE HOPE! Make a difference in survivors' lives every time they visit RPC! Add to the words of encouragement on the Wall of Hope in our waiting area. You'll receive an envelope and message card with our April SAAM mailing. You can also share kind wishes with survivors today, along with your on-line donation, by visiting our website at: <https://tinyurl.com/3xv8cbz9>, emailing laura@roanokeparkcounseling.org, or using the QR code below:

- *Open* your phone's camera app
- *Move* your camera to center on the QR code below — a URL will appear
- *Click* on the link and leave a message in the space provided!



RPC's Wall of Hope message board

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.

ED message cont.

of bringing healing to survivors. This strong and faithful community of support ripples through all the work we do with survivors every day of the year.

YOU are a vital and critical part of the support and care that surrounds each and every survivor who comes to us for help. Although you will likely never know the direct impact that your support has in survivors' lives, your support is deeply felt throughout every survivor's experience at RPC.

As we approach sexual assault awareness month (SAAM) in April, we understand that a wider community of awareness and support is essential in continuing to make strides in decreasing the incidence of sexual abuse and in creating a culture that supports survivors in the difficult task of reaching out to access help. Letting your community know that you understand the toll that sexual abuse takes and are willing to speak up to reduce the stigma surrounding this issue makes a life-changing difference.

Sadly, over the past few years of separation and stress due to the pandemic, the rates of sexual assault have increased. Community awareness and support for survivors is even more important than in recent years. Joining together to create and strengthen the community of those who care about survivors will change the culture. For ideas to participate in SAAM activities, see <https://www.roanokeparkcounseling.org/april-awareness-month/>.

My deepest thanks to you for all you continue to do to support healing and in making this world a better and healthier place for survivors.

Janice Palm, MA, LMHC
Executive Director

Therapist Spotlight: Malika Bains, MS, LMHC

Malika has worked with diverse communities (Asian, African American, Native American, Pacific Islander)



Malika Bains, LMHC

to address the impact of childhood trauma. She holds a BA in Psychology from Panjab University, India and an MS in Clinical Psychology from Eastern Washington University. Her specialties include abuse, trauma, PTSD, multicultural family dynamics, immigration, and assimilation.

Q.) What is your professional background / previous experience?

My specialization as a trauma therapist started during the years I worked at a community healthcare agency where I met clients from different walks of life. Once I understood my strength as a trauma therapist, I established a private practice and focused on refining my skills. I predominantly work with adults in individual, family, and couples therapy, as well as group therapy.

I grew up in India and worked as an intern in a mental health residential facility before moving to the US and completing my MS. Growing up in India and then immigrating to the United States has provided me with a deeper sense of understanding of the cultural nuances that can impact an individual's life. I have experienced how mental health is complexed by cultural and societal expectations.

This insight has led to my second specialization — working with immigrants (1st and 2nd generation) and individuals growing up in bicultural/multicultural households who are survivors of trauma.

We Are Here Together: The Transformational Healing of Group

"It's one thing to read about and watch shows/movies about CSA and 'know' that 1 in 3 are like you – but it's different to meet people, to meet the 1 in 3 and hear voices, see faces, and hear stories and feel you're not alone," is how a survivor describes the healing experience of group therapy. RPC is currently running four groups.

"This is more groups at once than we've had in my three years here - we likely can run three this spring," notes Amanda Franklin, Clinical Coordinator.

"When a survivor comes to group, they have the opportunity to reveal parts of their experience which they may have kept closely guarded, or even completely hidden, for years or decades of their life.

"Now that we are back to meeting in person, group members can listen to each other, breathe in the silences between words, offer or request a hug, sit together with a cup of tea at break - all ways of showing each other, *'We are here together.'*"

Q.) What is important & meaningful to you about working at RPC?

RPC is one place where I see how well the clients are taken care of by every staff member — from our administrative staff to the clinical coordinator, and then, of course, to the therapists.

RPC is a safe place to begin or add onto the work you've already done in your journey to heal from the wounds of childhood sexual abuse. It is a place where survivors can count on being heard, seen, and understood for what they have been through. It is a place where survivors can share their story without the fear of judgment or consequences.

At RPC, I have seen the power of providing safe space to the survivors where they can untangle their thoughts and explore their wants and needs and take one step at a time in their healing journey.

In my brief time here, RPC has provided many opportunities for me to grow as a clinician and it has been extremely valuable to work other along therapists who share the same values and mission when working alongside the survivors.

Welcome New Office Manager Lilly Ross!

Lilly joined RPC in February 2023. As Office Manager, she strives to create a



Lilly Ross

comfortable and smooth operating environment for our staff and clients. She has a background in administration and healthcare and is proud to be part of a community that prioritizes clients and personal healing.

Lilly completed a BA at the University of Washington in psychology and anthropology and believes in bringing an interdisciplinary approach to life. When away from RPC, she teaches art classes to students of all ages, coaches Muay Thai, and spends time with her family.

A Huge Thanks to Intrepid Office Manager Connie Hoover!

Many clients have been happy to see a familiar face answering the door these past few months as Connie Hoover, our wonderful office manager (2012-2020), returned to ease the transition to Lilly. It's not a small task to juggle all the tasks to keep the RPC office (not to mention therapists!) going strong, but Connie has been such a bright light through the years. *We will miss you!*



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Finding Hope
Inspiring Healing

Save the date for

Roanoke Park Counseling's 8th Annual Fall Fundraiser

October 5, 2023

***This year
we're gathering
at **Dockside@ Duke's**
on Lake Union
for an evening event
including
cocktails & dinner
and you're invited!***



Watch our website, roanokeparkcounseling.org/events/ and your inbox, for more details on this event with its inspiring program: recognizing the courageous journey of adult survivors of childhood sexual abuse while celebrating and supporting healing.

Contact Laura at laura@roanokeparkcounseling.org to take a leadership role as a Table Captain or to talk about corporate sponsorship opportunities.



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