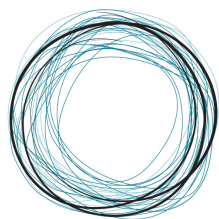


The Healing Connection



**Roanoke Park
Counseling**

Strong at the broken places

ANNUAL REPORT, FISCAL 2023 JULY 1, 2022 - JUNE 30, 2023

"There's nothing that compares to being able to safely share my story. The shared experience of being in a room, having this horrible thing in common — it's profoundly helpful — it just is. I wish every survivor could have that."

~ Erik C., RPC Client

EXECUTIVE DIRECTOR'S MESSAGE: *Nurturing Connections*

This past year was truly one of forming and nurturing healing connections. The energy and vitality generated from our return to in-person events deepened the connections throughout our clinical work and in our outreach to the community.

The mission of Roanoke Park Counseling remains as vital and critical as it ever has and because of your support, our commitment to bring healing and education to survivors and to the community is bringing healing and awareness to our community and beyond. There is power and healing in community!

This vibrant community that you create truly brings healing connections to survivors and to the broader community. You bring life-transforming healing to survivors and your support helps to educate and inform our wider community about the prevalence of childhood sexual abuse and its impact.

Your support allows RPC to be a trusted resource for survivors, providers, and throughout the community, fostering a deeper understanding of the needs of adult survivors. Because of your generosity, survivors and their families received a record number of hours of direct therapy services: ***In the past year our dedicated and hard-working therapists provided nearly 4,000 hours of healing*** (see page 5)! Your support is truly changing the world for survivors!

A particular hallmark of our services since the beginning of our agency has been our therapy groups for survivors and their partners, which is understood to be exceptionally effective. We are proud to share that

2 | Annual Report FY 2023

RPC is the only consistent resource for group therapy for survivors in the Puget Sound area.

We've shared an interview with one group member about their healing experience (p. 3) to provide you with some insight into the process and the amazing community you help create.

In addition to individual and group therapy services, ***an important part of our mission is to provide education and support to the professional community.*** In this past year, connections were strengthened as we were able to return to in-person events and expand our support to providers.

We were delighted to hold our Fall Professional Event in person, an event that offers education, networking, and refreshments to area providers. ***We further expanded our education and support opportunities by offering a monthly consult group for community providers who treat complex trauma.***

We look forward to the coming year with great anticipation of increased opportunities to bring hope and healing to survivors, and education and awareness to the community to strengthen and deepen the impact of our mission. ***It is always in our awareness that your support allows our mission to thrive. You are the reason that healing happens in the lives of so many survivors and we are filled with gratitude.***

My deepest thanks to you as you join us in creating this healing community.



Janice Palm, MA, LMHC
Executive Director

FALL PROFESSIONAL EVENT

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



Megan Fisher, LMHC

In November 2022 RPC hosted ***"IFS (Internal Family Systems) with childhood sexual abuse: Bringing compassion, connection, and courage to the experience of trauma"*** presented by Megan Fisher, LMHC, a licensed mental health counselor and psychotherapist.



CASE CONSULT GROUPS & OUTREACH EDUCATION

Roanoke Park Counseling added new dimensions to our professional outreach offerings over the course of the year, strengthening a healing community for survivors at no or a nominal cost to participants.



Amanda Franklin, MA, LMHC

In April RPC's Clinical Coordinator Amanda Franklin began hosting an on-going monthly consult group for WA State licensed therapists working with adult survivors of CSA or clients experiencing C-PTSD.

In June Ms. Franklin also began a series of five outreach education discussions with community mental health agencies around treating CSA.

Both are impactful, innovative ways RPC shares our specialized training, experience, and care for survivors with the wider community.

It Gave Me Humanity: AN IN-DEPTH SURVIVOR INTERVIEW

Our Executive Director had the opportunity to sit down with a member of our 21-week men's group to hear about his life-changing experience in group. We are enormously grateful to Erik C. for sharing his story and the depth of healing that men's group provided for him.

What caused your decision to begin group therapy at RPC?

I was in individual therapy at RPC and I knew I needed more. I was feeling isolated and wanted the shared commonality of hearing from other men who had been abused.

I came to group when I knew I just couldn't do it anymore — the way I was living my life.

What effect was the sexual abuse you experienced in your childhood having in your life?

When I grew up with the abuse, I thought I was the only one. I didn't want anyone to know. When it was over, I thought I was good, now I could get on with my life. I didn't realize all the residue that was left over that followed me into adulthood.

I had gotten to the point where I was so mad at the world and so emotionally distraught that I knew I had to do something about how I was feeling — my inability to deal with all the resentment and anger that I had regarding my abuse.

Do you remember what it was like when you first came to group?

I remember high anxiety — I felt like the mask was going to come off — I knew I was going to need to be vulnerable and that was nerve wracking.

I was very fearful to talk about it — I didn't want to get into it and talk about all that fear.

After the first session, when I left I was glad I came, and the anxiety decreased — I knew after the first group it was going to be worth it and that I was going to be okay.

Sharing your story and hearing other group members' stories is a significant part of group. How was that experience for you?

I remember hearing the first story — and realizing that that guy — I could see that when he was done, it seemed like he had lost 15 lbs. — I thought — that's what I want! I want to let go of that ball of shame that's been in my gut my whole life. I knew then that I could do it — I knew it was going to be hard, but I knew I could tell my story — all of it.

What was it like to tell your story?

It's the best thing I've ever done in my life — and the hardest. I realized that I needed others to help me. The only way for me to feel better about myself was to face my fear and learn how to do that in a way that I could be vulnerable and also be safe — that's the love, care, and support from the other men in the group.

Telling my story gave me freedom

and release. Telling my story gave me the ability to be honest with people and myself. I don't hide anymore — I don't try to stifle my emotions anymore like I used to. It's given me freedom.

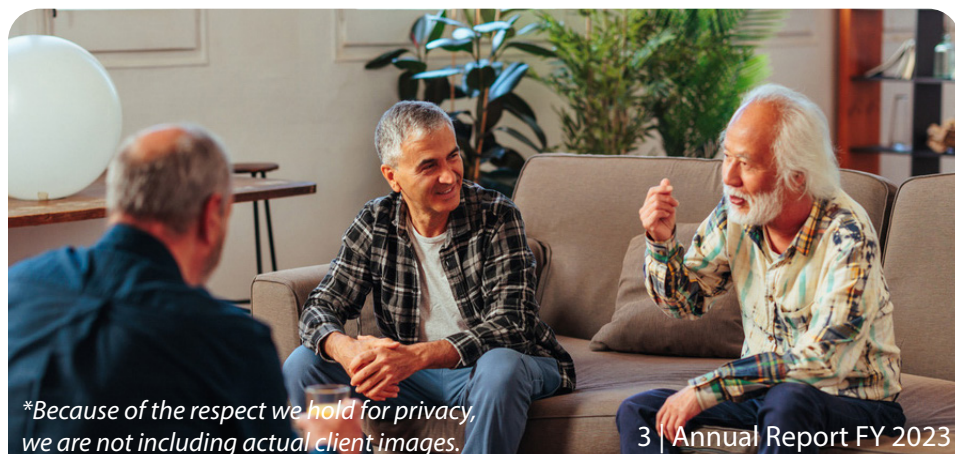
How did telling your story change how the abuse impacts you?

When I think about my abuse now, I don't get overcome with a sense of anxiety. I don't carry around the stick of dynamite anymore that feels like it's going to explode at any moment. When I think about what happened to me so many times, I don't carry that giant ball of shame that I carried for so long. The shame affected the way I saw myself — it destroyed any self-esteem.

What has stayed with you from group?

It gave me humanity. I didn't realize that I didn't feel human until I started to feel human. I look back now and realize I was a robot — trying to stifle my emotions. The only emotion that was comfortable was anger — because I was able to feel safe.

Group gave me empathy. I went into group so focused on myself. Through group I came to feel connected and truly care about the other men in the group. *(cont. on p. 4)*



**Because of the respect we hold for privacy, we are not including actual client images.*

MAKING CONNECTIONS: *Creating Healthy Communities*



SEVENTH ANNUAL FALL LUNCHEON

Truly a high point of the year was holding our 7th annual *Finding Hope, Inspiring Healing* Fall Luncheon in person on October 12. How wonderful it was to be together on a sunny fall day with our dedicated and caring community of RPC supporters to hear inspirational stories of healing.

Over the years, we often hear from those who attend the luncheon that there is a deep sense of warmth and connection in gathering together. This year, of all years, that sense of community, connection, and warmth was palpable and uplifting! ***The event is our opportunity to invite our community to witness, firsthand, the healing that supporters make possible in the lives of survivors.*** It is such a great pleasure to meet supporters who uphold this work and thank them in person.

We invite you to visit RPC's website (roanokeparkcounseling.org) and YouTube Channel ([youtube.com/user/shepherdscounseling](https://www.youtube.com/user/shepherdscounseling)) to view the survivor speaker video from this year as well as from years past.

This year the program included deeply moving stories from survivor speaker Olivia Summerhill; our keynote speaker David Johnson, Ed.D., LMHC, former CEO of Navos Behavioral Health, mental health clinician for 46 years; and Emcee Natasha Ryan, Vice President, The North Group. Daryl Redeker, Composer, Musician, and Instructor, shared his gift for guitar.



Russ Hanford, Board of Directors, and Janice Palm, ED, at the luncheon

PUBLIC ADVOCACY

RPC worked with the WA Dept. of Transportation during Sexual Assault Awareness Month (April) to shine the lights of the 520 Bridge's sentinels in teal, joining monuments and bridges across the country and around the world to symbolically shine a light into the darkness and increase public awareness of the prevalence of sexual assault.

On June 3, RPC sponsored a table at the NAMIWalk (National Alliance on Mental Illness) in Kirkland's Marina Park and met with the community at this annual advocacy event designed to combat stigma, raise funds, and promote awareness of mental illness.



Above: The sentinels on the 520 bridge lit in teal to honor survivors. Below: Board members Mike Gale and Vinnie Nappo at the NAMIWalk



"It Gave Me Humanity" cont.

My past and my abuse are no longer the issues driving my life because of being in the group.

I think one of the things that's stayed with me is the ability to face fear — no matter what it is — I learned that in group. Facing my fear in group made me stronger and more aware of myself.

If you knew of a survivor who was thinking about group, but had a lot of fear — what would you tell them? I promise it will help you.

It will help you in ways you couldn't imagine. It will tap into the inner strength you have from surviving the abuse and turn it into a positive that will allow you to face your fear and the shame.

It helps take away the victimization. It takes that feeling of powerlessness away.

It allows you to become who you were always meant to be.

When you're abused, it takes away your sense of innocence and takes away your sense of yourself. Group gives you back a sense of yourself and a sense of pride.

The sense of pride I felt from finally telling my story – no one can take that away from me. That's a true sense of power.

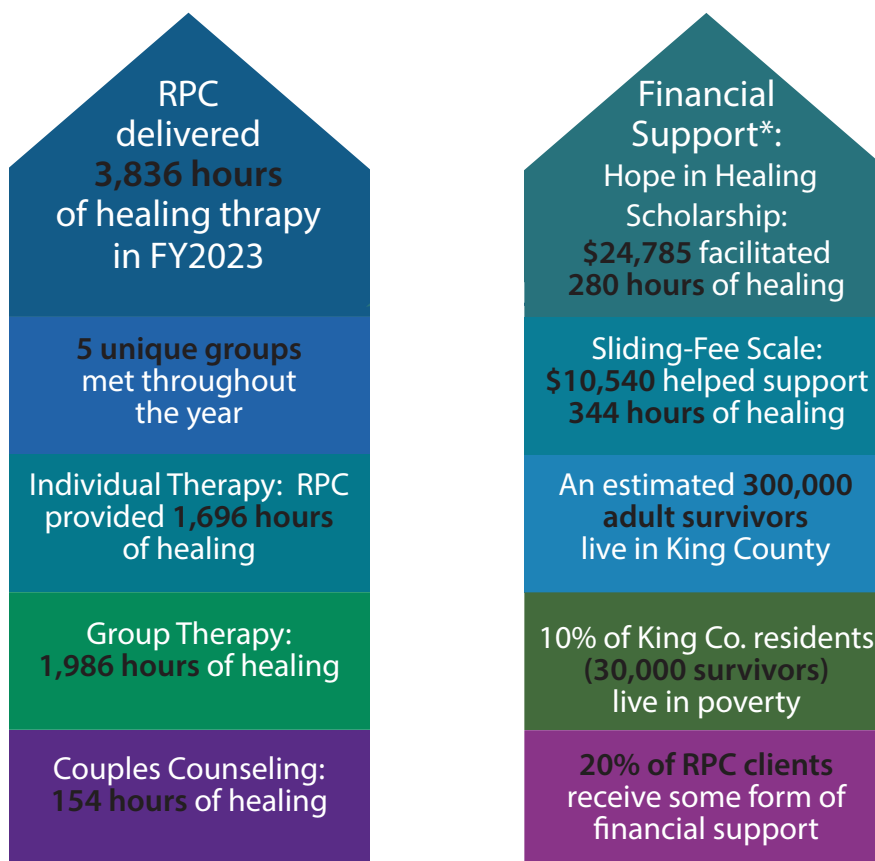
I wish I had done it earlier, but I wasn't ready. I know I came to group when I knew I couldn't go on the same way. This place has given me my life. The most important thing that group gave me was hope — I didn't have that. I couldn't see things getting better.

THE HEALING CONNECTION: *Impact within the Community*

In FY2023 the bulk of RPC clients returned to in-person therapy. The continued use of in-state telehealth therapy, however, expanded our healing reach. Adult survivors of childhood sexual abuse unable to leave their homes or in remote areas — east of the mountains, in the San Juans, and throughout Puget Sound — were now able to access individual therapy and join group sessions.

Group therapy can be an integral, dynamic part of healing, offering survivors the opportunity to experience growth and community with others who share similar histories. Groups are organized for female-identified, male-identified, and GenderQueer individuals. RPC also hosts partner groups, providing support, a sense of community and connection, and education to partners of survivors.

RPC's Healing Connection by the Numbers:



“Group gave me empathy. I went into group so focused on myself. Through group I came to feel connected and truly care about the other men in the group.

My past and my abuse are no longer the issues driving my life because of being in the group.”

~ Erik C., RPC Client

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

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

As noted above, sexual abuse of children is a problem of epidemic proportions. Thanks to an amazing community of supporters, every survivor who has come to RPC for healing will receive specialized therapy services tailored to meet their individual needs at a price comfortable to them through the use of our **Hope in Healing Scholarship Fund** and **sliding-fee scale** payment model.

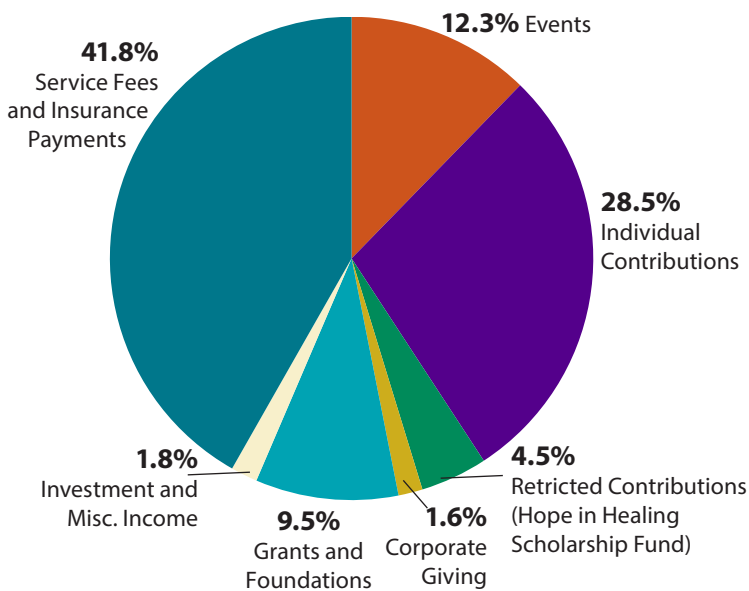
*“Financial Support” includes the sliding-fee scale subsidies provided to Clients in need.

“Scholarship Funds” are used to cover the full cost of therapy for the most economically challenged.

FINANCIAL OVERVIEW

July 1, 2022 - June 30, 2023

REVENUE OVERVIEW

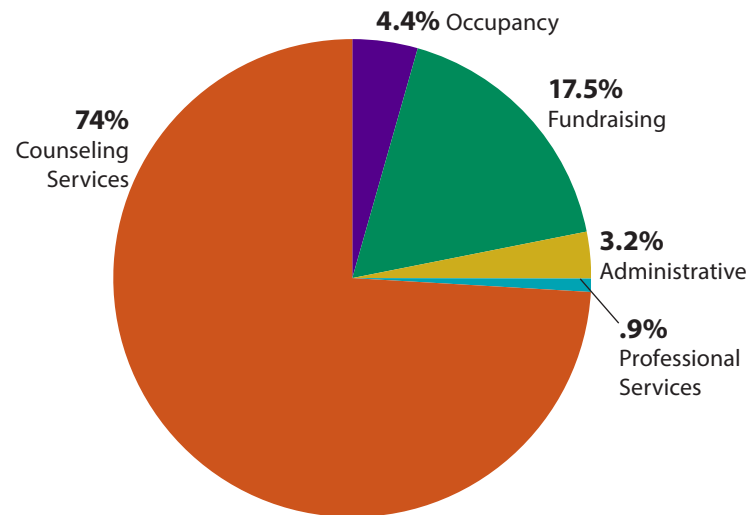


SOURCES of REVENUE

Events	\$55,291
Individual Contributions	128,252
Restricted Contributions (Scholarship)	20,148
Corporate Giving	7,293
Grants/Foundation Giving	43,025
Investment and Miscellaneous Income	8,037
Service Fees and Insurance Payments	187,956

TOTAL REVENUE **\$450,002**

EXPENSE OVERVIEW



EXPENSES

Occupancy	\$17,977
Fundraising	71,076
Administrative	12,809
Professional Services	3,656
Counseling Services	301,442

TOTAL EXPENSES **\$ 406,960**

*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 long-term therapy.*

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

MEET OUR BOARD OF DIRECTORS & STAFF: *A Healing Community*

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
Laura McFarland, Director of
Development
Lilly Ross, Office Manager
Connie Hoover, Interim Office
Manager

Clinical Staff

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

“When I think about what makes RPC unique, I think about when I walk into the building and I feel love, I feel welcomed.”

~ RPC Board Member

The work of Roanoke Park Counseling 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 services through education and advocacy activities.

RPC has been a national and international voice creating public awareness of childhood sexual abuse for nearly 40 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 staff are active in advocacy events and community education on the crisis of childhood sexual abuse and creating a better world for survivors.

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.



RPC staff enjoy an evening together. From left to right: Chelsea Gibson, Julia Laibson, Amanda Franklin, Janice Palm, Laura McFarland, Lilly Ross, and Malika Bains.



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, 2022 - JUNE 30 2023

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

\$25,000+

The Chernet Family Charitable Fund

\$10,000 - \$24,999

Mike Sander
The Jack Tarver Family Foundation

\$5,000 - \$9,999

Catherine Holmes Wilkins Charitable Foundation, Bank of America, N.A., Trustee
Alicia Gelles
The Law Offices of Steven Hay
The Law Offices of Pfau Cochran
Vertetis Amala LLC

\$2,500 - \$4,999

David and Hope Maltz
Janice Palm
George and Ruth Pappas

Janet and Harold Price
In honor of Mike Gale and in memory of Joanne Tankel
David and Ruth Seidel

\$1,000 - \$2,499

Anonymous (6)
Blackbaud Giving Fund
Scott Bedford
Jim and Patti Broulette
Mark and Suzanne Butler
Metta and John Collier IV
Dell
Michael Fang
Nancy Goehring
In memory of my sisters Patty, Jackie, and Casey
Russell Hanford
Paige and Leland Hanley
Jeff and DeAnn Harris
Robert Harrison
Bill and Chris Heaton
Amy Henry, MD
Connie Hoover and Harris Hinnant
Bob Kakiuchi
Lipman Bovy Family Fund
Shelley McIntyre
Mark Monroe
Vinnie Nappo and Jo Heinan

Anh-Tuan Nguyen
In honor of Bill Fleckenstein
Richard Qually and Lisa Jacobson
Paul and Carrie Sanford
Linda Scott
John Shelton
Josh Tiplady
University Congregational United Church of Christ (UCUCC)
Kagan Wolfe

\$500 - \$999

Ameriprise
Anonymous (12)
Donna Christensen
Grace and Oliver Grey Charitable Fund within the Community Foundation for the Fox Valley Region
Charles Crabb
Brian and Ardys Curtis
Sam Curtis
Ehrlich Donnan Foundation
Kelly Emery
Patty Funk
In Alice O'Brien's Memory
Karen and Scott Henricksen
Steve Hoover and Desiree Serr
Albert Israel
Dianne Tibbs Johnson

DONOR SUPPORT JULY 1, 2022 - JUNE 30 2023

\$500 - \$999, cont.

Tom and Amy Klempay
Raymond Kusinski
Georgia Leckie
Mr. and Mrs. W. D. MacLean
Francis and Catherine Mainville
Terri Winters Malolepsy
In memory of Henry and Mercedes and Paul Winters
Tessa Matthey and Peter Durkee
Veronica and Matt Mega
Molina Healthcare of Washington
Andrew Mortemore
Bipasha Mukherjee and Sriram Rajagopalan
Donald and Lynn Murphy
In honor of Vera Gallagher
Scott and Carol Neal
Netflix
Sunil Patel
Paypal Giving Fund
Heather Satterberg
Stephen Schlader
Andrew and Michele Schneider
Leonard Schwartz
The Seattle Foundation
Janice Shipley
William Thompson
Rob Ungaro
Tom Voelk
Wanda and Michael Yamashita
Theresa Zoun

\$250 - \$499

Anonymous (11)
Barbara Anderson
Michael Bobick
Robert Calaff
Courtney Campbell
Andrew Chin
Gerald and Francis Conley

Laura Domoto and Donald Wilson
Dennis Engblom
David Elliott
Jennifer Ferris
Rick Hall, MD
Larry Hanover
John Hatchel
Carl Hutchinson
Teneal Jones
Mariko Kakiuchi
Amy Lang
James and Julie Leinum
Dorothy Lemoult and Jeremy Kahn
Christopher McCurry
John and Surrey Mowery
Brian Niemiec
Oswald and Rayma Norton
Joshua Parks
Rita Patterson
Diana Plumis
Susan Pollard
Robert Pollsen
Sydney and Bruce Ranney
Tracy Rector
Harriet Saxe
Barbara and Charles Schaefer
In honor of Russ Hanford
Shannon Seidel
Anastasia Sprout, LICSW, CSAT
John and Jane Stiehl
Jules Still
Nicole Stromberg
Robert Toomey E. and Lisa K. Toomey
Colleen Yamaguchi
Michael Yendrek
Stuart Ziff

\$100 - \$249

Bill and Beverly Allen
Anonymous (16)

Anonymous,
In honor of Fleckenstein Capital
Ed Armstrong
In honor of Bill Fleckenstein
Toney Audino
Ballard Printing
Art and Mary Fran Barkshire
Benevity
Edmund Bevan
Stephen Bickel
In memory of Robert and Jeanne Bickel
Brian R Bidwill
Paul Bisping
Warren Burkholder
Angela Byrge
Joseph Carroll
Matthew Clafin
Katie Cohen
Alan Cooper
Anne and Mike Cullum
in honor of Mary Bayard
Karen Daiss
Laura Danielson
Lipo Davis
In honor of Anthony A. Davis
Kenneth DeSure
Deborah Dewey
Trevor Dobson
Anelga Doumanian
Donald Erickson
Andrew Etnyre
Robert Feigenson
Steve Fierro
Julius Fister
Kristie Flournoy
Amanda Franklin, M.Ed.
Chelsea Gibson
Mitchell Glazier
Susan Gorey
Gavin Graham

DONOR SUPPORT JULY 1, 2022 - JUNE 30 2023

\$100 - \$249, cont.

Sashi Fundlapalli
Katie Gurwell, LMHC
Steen Halling, Ph.D
Brenda Hancock
*For my daughter Marisa
Hancock*
Pamela Harmon
Ann Hathaway
Marcia Herivel, LICSW
Ann Hunt
Kevin Janusz
Julie Johnson and Sara Nawrot
Truman and Linda Jordan
In honor of Bill Fleckenstein
Michael Juneau
Christy and Jonas Keating
Patricia Kienholz
Mark Konwiser
Julia and Adam Laibson
Gina LaPorta
Shelley Lawson and Erik De Bie
Robert Lebida
Dennis Light
Gerald Lim
Alan Lippert
*In honor of my father and
mother*
David Lunt
Clarise Mahler and Paul Genovali
Laura McFarland and James
MacLean
June and Brent Miller
Liana Montague
Pamela Morrison
Cynthia Mowery
Mr. and Mrs. Henry Nelson
John Nelson
Hilary and Hamilton Newberry
Ken Nowell

David Ocheltree
Lesley O'Neill
Sandra and Scott Peabody
Sandra Price
*In honor of Mike Gale and his
dedication to RPC*
Steve Price
Lee Prosnit
Dr. Lindsey Rabushka
Winthrop Robinson
John and Ming-chu Rouse
Robert Runk
Natasha Ryan
Joel Sangerman
Jason Schneider
Patrick Shackelford
Sarah Kaplan and Howard
Shalinsky
David Shimana
Patricia Siggs
Jim Singleton
Kenneth W Sipes
Philip and Kay Skoglund
Thomas Smalley
Trent Smith
Kathleen Solomon
Susanna Southworth
Carolyn and Dick Stein
Randall Stenoien
Leigh Taylor
Tevin Thompson
Philip Tom
Maria Trakas
Addie Trausch
Tony Tse
Mark Tucker
Michael Tusay
Mike Van Couwenberghe
*In honor of Joan Van
Couwenberghe*

The Van Couwenberghe Family
Fund
*In honor of Joan Van
Couwenberghe*
Jonathan Van Eck
Bruce Viergever
Marty Walsh
James Wehinger
Helen West
Hilary Winslow-Simpson
Bob Wright
Fred Zack

\$1 - \$99

Adobe Systems
Anonymous (8)
Julia Anderson
Louis Andre
Philip Barlett
Angela Bertrand
Pura Betances
Christopher Bigler
Amy Chilcote
Russell Chute
Sydney Codd
Nancy Crossman
James Curtis
Erica Delavan
Werner Disse
Mike Duggan
Lisa Dunn
Meredith Edwards
Charles Ewing
Facebook (Meta)
Jan Finamore
*In honor of Joan Van
Couwenberghe*
Tucker FitzGerald
Carol Flexer

DONOR SUPPORT JULY 1, 2022 - JUNE 30 2023

\$1 - \$99, cont.

Eric and Elisa Ford
Susan Fondren
Bridget Friedman
David Garrett
Chris Grande
Cathy Grefsrud

In honor of Martha Alger Jasper

Bethann Gurrad
Jo Ann Herbert
Morton Howard
Jane Hunt
iGive.com
Susan Jasper
Mike Joyce
Alexander Kettell
Muriel V. Knapp
Craig Koerner

Cay Lane
Bethany Larsen
Chuck Lasher
Eric Lieber
Anita Lopiccolo
Jerry McCrohan
Fiona McKay
Leslie Mickel
Kristi Nelson
Mark Nockleby
Steven Odle
Eric Ohlund
John O'Leary
Katie Palm-Cruz and Cesar Cruz
Mary Podzilny
Donna Rigas
Jerome and Patricia Schmidt
Claudia Staples

Michael Strong
R. Thame
Vijay Thatte
John Tooney
Barbara and Michael Watkins
William Wien
Kate Wright



CORPORATE AND FOUNDATION SUPPORT

Adobe Systems
Amazon
Amazon Smiles
Ameriprise
Ballard Printing
Catherine Holmes Wilkins
Charitable Foundation,
Bank of America, N.A.,
Trustee
Benevity
Blackbaud Giving Fund

The Boeing Company
Dell
Ehrlich Donnan Foundation
Facebook (Meta)
Google
iGive.com
Kroger/Fred Meyer
Maidbridge NW LLC
Microsoft
Molina Healthcare of
Washington

Morgan Stanley
Netflix
Paypal Giving Fund
Pfau Cochran Vertetis
Amala LLC
The Seattle Foundation
Starbucks
University Congregational
United Church of Christ
(UCUCC)

IN-KIND DONORS

Bonsai Media

Connect Printing

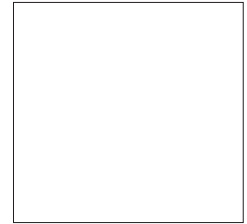
Happy Hauler



Roanoke Park Counseling

Strong at the broken places

2601 Broadway East
Seattle, WA 98102-3906



Address Service Requested

"It's really the place where I became me. I want everybody to experience the life-changing experience that I've felt." ~ Roanoke Park Counseling Client

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!

*"Anyone who comes through the door seeking these services finds they are available for as long as they need them. **Healing doesn't have a timeline**, so the fact that they can attend therapy for as long as they need to is something exceptionally special about Roanoke Park Counseling." ~ RPC Board Member*



facebook.com/RoanokeParkCounseling



@RoanokeParkCounseling



roanokeparkcounseling.org