

Roanoke Park Counseling



ANNUAL REPORT, FISCAL 2024

July 1, 2023 - June 30, 2024

"I do not 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

EXECUTIVE DIRECTOR'S MESSAGE: The Healing Story of 2024

This past year has been a year of growing our program offerings, board membership, and clinical staff. Thanks to your generous support, the mission of Roanoke Park Counseling remains strong and alive.

We remain steadfastly committed to our specialized therapy services available to every survivor, regardless of their financial need. We believe that every survivor deserves the opportunity to find a new and vital life for as long as it takes to heal.

In this past year, each and every survivor who walked through our doors found a place where they could share their story and find the kind of hope and deep healing that creates meaningful and lasting change.

Lives have been changed and new possibilities for living a full and fulfilling life have become a reality because of you!

We are proud of the place we hold in the community for survivors and for area providers. Roanoke Park Counseling is a reliable and trusted resource for providing experienced and skilled therapy to adult survivors of childhood sexual abuse, and for providing education and support to area providers.

Supporting survivors and providers extends beyond the walls of our offices. During this past year, our

clinical coordinator, Amanda Franklin, M.Ed., LMFT, continued to host a monthly consult group for WA State licensed therapists who work with adult survivors. Ms Franklin also met with community clinics to offer education and support in treating adult survivors of childhood sexual abuse.

In addition, our annual Fall Professional Event, *Diving into the World of Therapeutic Psychedelics in Healing Trauma*, brought a full house of mental health professionals for an evening of networking, refreshments, education, and lively discussion.

We were delighted to outgrow our previous venue for our annual *Finding Hope, Inspiring Healing* Fall Fundraising Event, held this year at Dukes Dockside on Lake Union – a beautiful and inviting space.

Moving to an evening event offered the opportunity to host a cocktail hour prior to the program, allowing time to connect with our wonderful

together to hear the impact of your support in a survivor's life is a highlight of the year. Thanks to you, we raised a record amount of \$65,000 to provide healing to survivors throughout the year!

We anticipate continued growth in the coming year by increasing our clinical staff and by adding new members to our board of directors. We feel the energy and momentum of these solid steps of growth and recognize that *these steps are made possible because of those of you who believe in and support our mission to bring healing to survivors and to the community.*

We understand that there is great need in the community – to be a beacon of light and hope for adult survivors and to advocate for the needs of survivors all through the year. We are deeply committed to continuing to provide services of the very highest quality to our deserving clients and to fulfilling our mission.



Janice Palm and Fall Event Keynote Speaker Margaret Hoelzer.

The story of Roanoke Park Counseling is a story of commitment, perseverance, resilience and healing. You, through your generous support, are an integral part of our story. Our deepest thanks to you for being a part of this amazing story of healing!

Janice Palm

Executive Director

SURVIVORS' STORIES OF HEALING

In Their Own Words



The most powerful stories of healing from Roanoke Park Counseling of course come from survivors themselves.

We are profoundly grateful to survivors who volunteer to share their journeys as a part of the healing process and in the hopes that others will be encouraged in their own healing journey.

"It (group) has given me an experience that I have never given myself — a chance to share, be witnessed, be heard, be given a space — to tell my story." ~ RPC client

"It's important to tell my story because every time I do, though it's difficult, I heal a little bit more.

I feel a little less shame, a little less guilt, and I think it's important to stand by what has happened in my life and say I made it. I made it through that, and I came through to the other side and have been able to find some peace."

~ RPC client



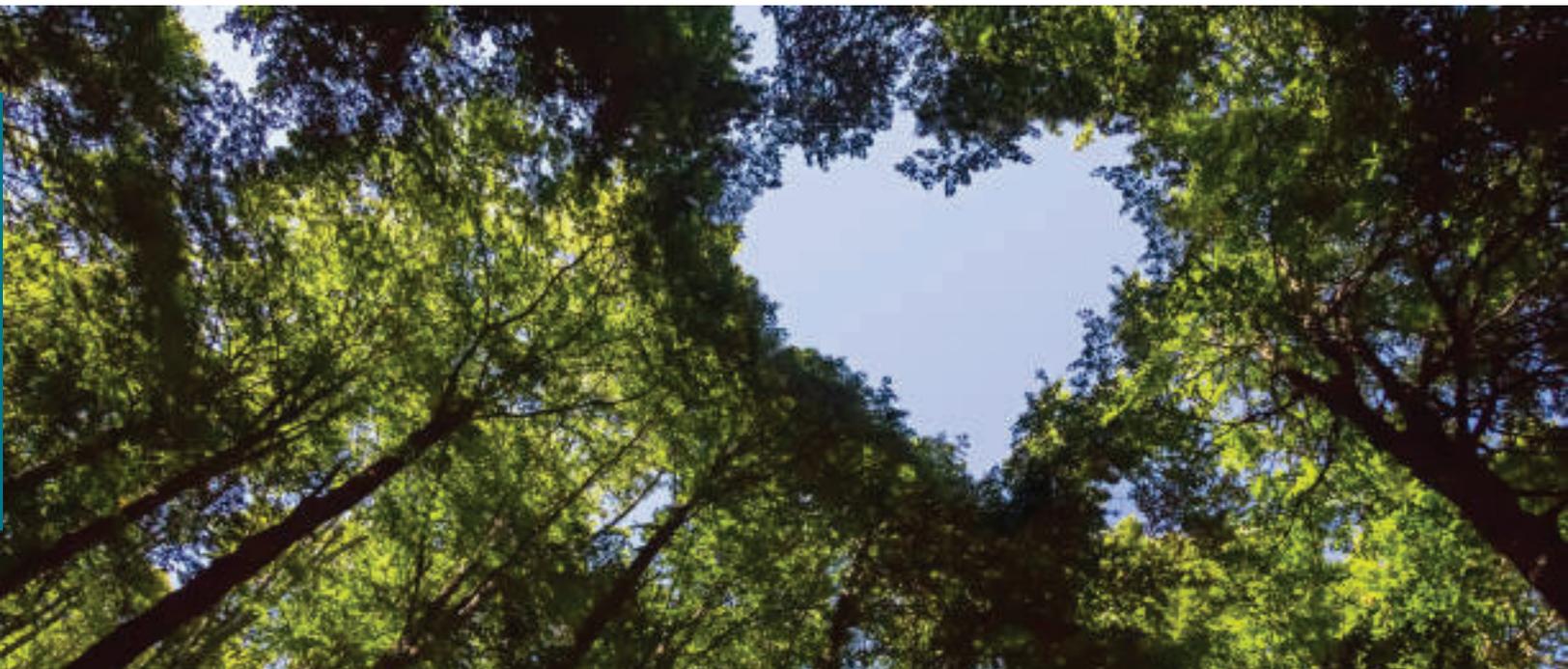
"It is extremely powerful to experience a safe space where our stories can be held, for me it was the first time I felt truly heard and cared for." ~ RPC client

"Reaching out for help was difficult in the beginning. I was looking around trying to find resources, trying to find somebody that I could talk to.

There was a lot of therapists that would say they don't deal with childhood sexual abuse. It felt like a roadblock, like, this is too difficult for some people to deal with, or they don't have the resources or they're not specialized, and that's what brought me to Roanoke Park.

RPC specifically says, 'this is what we do. We are prepared to handle all of this, and I felt like, that's it. That's the place where I need to be.'

I immediately felt like even though I wasn't fully prepared to handle everything, I had the support to be able to tackle it." ~ RPC client



SHARING STORIES: Advocacy and Education Outreach



A true high point of RPC's year is our annual fundraising dinner *Finding Hope, Inspiring Healing*. This event is an important time each year where we invite our generous community of supporters and sponsors to hear firsthand about the hard work survivors do on their pathway to healing.

It is always such a great pleasure to spend the evening with our amazing community of donors whose commitment to survivors makes our work possible. We are able to thank them in person and together to hear the brave and uplifting stories of survivors.

This year survivor speaker Pio Fitzgerald and keynote speaker Margaret Hoelzer, Olympic Silver Medalist and Survivor, shared their stories. Our Emcee once again was Natasha Ryan, Vice President, The North Group. Daryl Redeker, Composer, Musician, and Instructor, shared his gift for guitar. The fall dinner is an important advocacy event for RPC as well as being a fundraiser, and in FY2024 we

set a new record, raising \$65,000! We are incredibly grateful to those who shared the evening with us and to our generous sponsors: PCVA Law Firm, Molina Healthcare, Northwest Capital Group at Morgan Stanley, and the Dahlia Barn.

Hear stories of hope and resilience directly from survivors by visiting our website:

[Roanokeparkcounseling.org](https://roanokeparkcounseling.org) and YouTube: [Youtube.com/user/shepherdcounseling](https://www.youtube.com/user/shepherdcounseling).

To learn more about the vibrant, life-changing healing you make possible as part of the RPC community, visit our Learning Center and subscribe to our blog [Roanokeparkcounseling.org/learning-center/blog/](https://roanokeparkcounseling.org/learning-center/blog/)



Advocacy and Community Education Programs

RPC shines a light on the hidden epidemic of childhood sexual abuse (CSA) by engaging the community through community education and advocacy. As awareness increases and the stigma of sexual abuse decreases, survivors are empowered to step forward to receive life-changing help.



Above: Fall professional event speakers Jess Flanagan, FNP, and Marissa Grasmick, LMHC; Board President Mike Gale at the NAMIWalk.

- **MENTAL HEALTH CONSULTATION.** In the past year, RPC's Clinical Coordinator Amanda Franklin hosted a monthly case support group with other mental health providers treating with adult survivors of CSA.
- **PROFESSIONAL EDUCATION.** In November we hosted *Diving into the World of Therapeutic Psychedelics in Healing Trauma*, presented by Marissa Grasmick, LMHC and Jess Flanagan, FNP (Family Nurse Practitioner).
- **ADVOCACY AND COMMUNITY ENGAGEMENT.** RPC hosted a table at the annual Seattle NAMIWalks (National Alliance on Mental Illness) 5K walk advocacy event designed to combat stigma, raise funds, and promote awareness of mental illness.

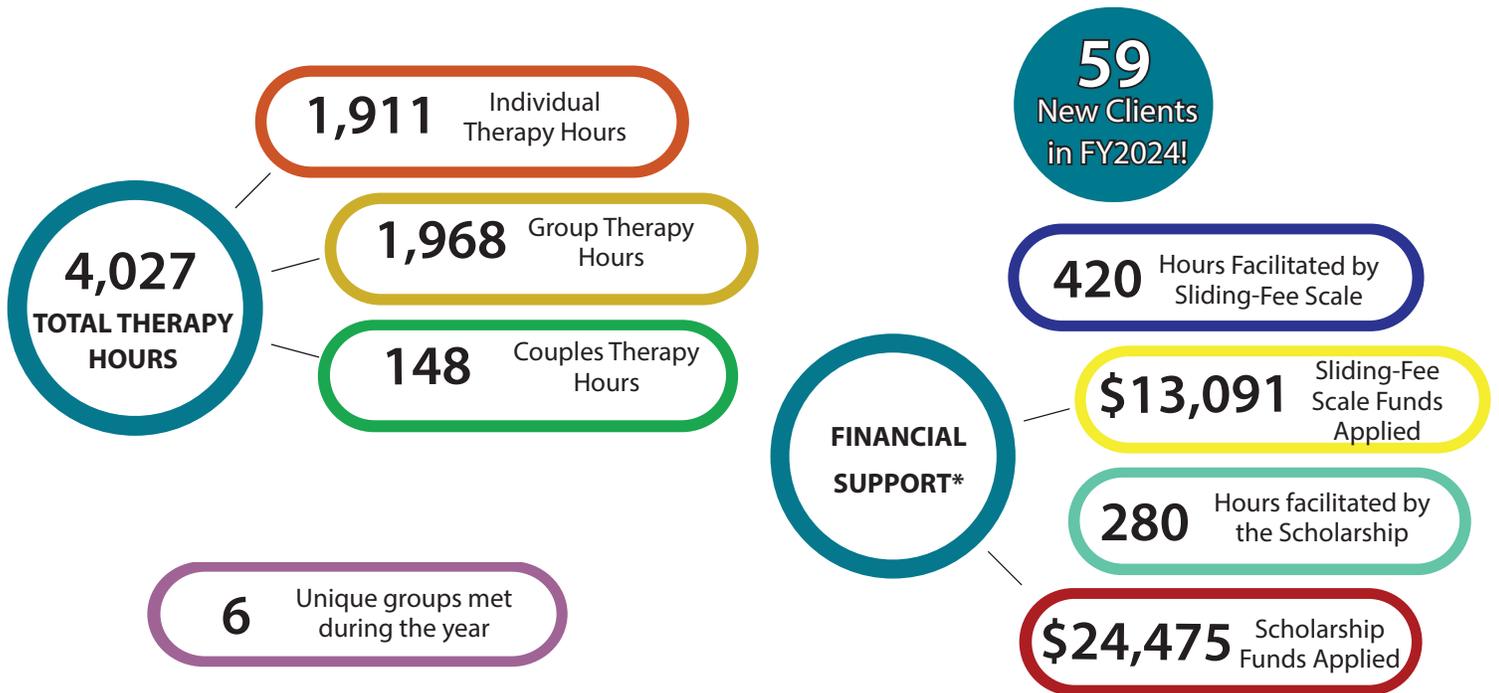
THE STORY OF HEALING: By the Numbers

Roanoke Park Counseling provides therapy for survivors and their families through individual, family, and group sessions.

Group therapy for survivors includes 10-week introductory groups as well as 21-week process groups. Both types of groups are offered for male-identifying, female-identifying, and GenderQueer adults. We also

host partner support groups (mixed gender) as well as couples counseling. New types of groups have been developed over the years in response to need.

While the majority of the survivors who come to RPC live in King County, thanks to telehealth services, we can accommodate clients joining us remotely from around Washington State.



*Healing happens
when stories are shared.*



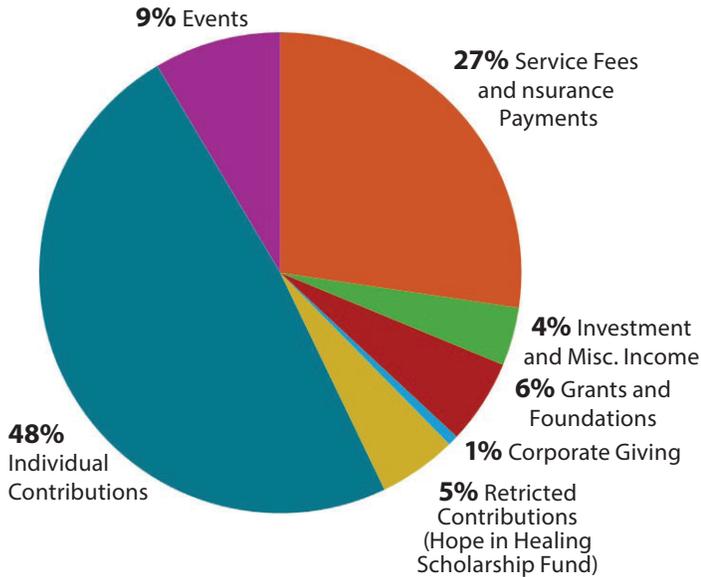
We share these numbers so that you, our community, has insight into the hard and rewarding work that happens at RPC throughout the year. While numbers can tell us part of a story, it's important to recognize that every number, every single hour of therapy, every group meeting and dollar listed, is both a tiny glimpse of and a major step in a survivor's life.

Every number represents a story of bravery, hope, and the belief that healing is possible. Every number also represents the amazing generosity of our community of healing for which we are deeply grateful.

FINANCIAL OVERVIEW

July 1, 2023 - June 30, 2024

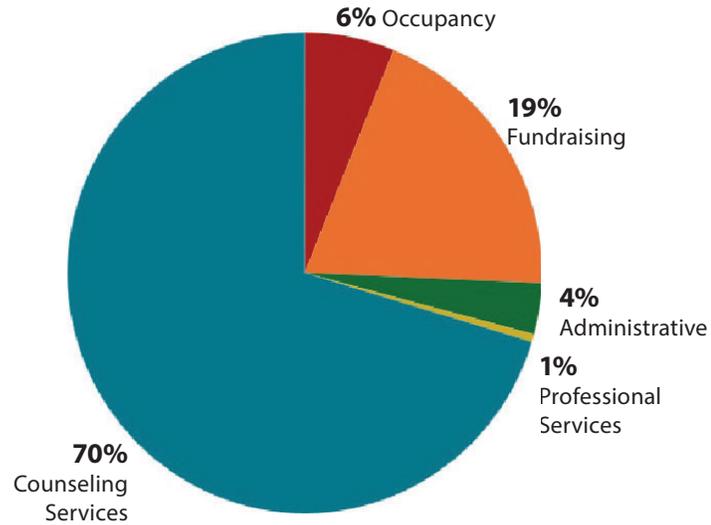
REVENUE OVERVIEW



SOURCES of REVENUE

Individual Contributions	\$363,226
Events	\$63,757
Grants/Foundation Giving	\$42,500
Hope in Healing Scholarship (Restricted Funds)	\$39,181
Corporate Giving	\$5,246
Service Fees and Insurance Payments	\$204,324
Investment and Miscellaneous Income	\$29,300
TOTAL REVENUE	\$ 747,534

EXPENSE OVERVIEW



EXPENSES

Counseling Services	\$272,539
Fundraising	\$75,755
Occupancy	\$23,719
Administrative	\$13,359
Professional Services	\$1,993
TOTAL EXPENSES	\$387,365

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 Veronica Mega
Russ Hanford, Treasurer Vinnie Nappo
Ruth Pappas, Secretary Anne Marie Peterson
Sam Curtis Wanda Yamashita

Administrative Staff

Janice Palm, LMHC, Executive Director
Amanda Franklin, LMHC, Clinical Coordinator
Laura McFarland, Director of Development
Lilly Ross, Office Manager

Clinical Staff

Malika Bains, LMHC
Nitara Dandapani, LICSW
Chelsea Gibson, LMHC
Julia Laibson, LMHC
Michelle Lifton, LMHC

*"The work being done here changes lives, and I couldn't be more proud to be part of a mission that brings such meaningful healing to our community."
Anne Marie Peterson, RPC Board Member*

The work of Roanoke Park Counseling is accomplished by our highly dedicated members of the Board of Directors, together with our clinical and administrative staff. This year we welcomed a new member, Anne Marie Peterson. Anne Marie is a long-time event attendee and who brings a wealth of knowledge and appreciation of the work we do.

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.

We also welcomed Nitara Dandapani to our clinical staff. All clinical staff are licensed mental health counselors (LMHCs) or social workers (LICSWs) with master's degrees in psychology, social work, or counseling, and are licensed in Washington State.

RPC has been a national and international voice creating public awareness of childhood sexual abuse for more than 35 years. 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 services for the length of time it takes to bring healing. RPC staff are active in advocacy events and community education on the crisis of childhood sexual abuse and creating a better world for survivors.



Members of the Board of Directors and our Executive Director dressing in teal during Sexual Assault Awareness Month. L to R: Anne Marie Peterson, Mike Gale, Janice Palm, Veronica Mega, Ruth Pappas, and Russ Hanford.

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, 2023 - June 30 2024

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

\$25,000+

The Grady Bruce Charitable Giving Fund

\$10,000 - \$24,999

Anonymous (1)
The Chernetz Family Charitable Fund
John Dreifus
Mike Sander
The Jack Tarver Family Foundation

\$5,000 - \$9,999

Anonymous (2)
Jim and Patti Broulette
The Deacon Charitable Foundation
Joseph Delinsky
David and Ruth Seidel
The Law Offices of Pfau Cochran Vertetis Amala LLC
Catherine Holmes Wilkins Charitable Foundation, Bank of America, N.A., Trustee

\$2,500 - \$4,999

Jason Amala
Pio Fitzgerald and Minh Pham
Russell Hanford
Law Offices of Steven Hay
Amy Henry, MD
Vinnie Nappo and Jo Heinan
Janice Palm, MA, LMHC
Ruth and George Pappas
University Congregational United Church of Christ (UCUCC)

\$1,000 - \$2,499

Anonymous (3)
Gail Alverson
Lipman Bovy Family Fund
Jim Broulette
Louis Burge
Donna Christensen
Michael Doctor
Reza Ektefaie
Eric and Elise Ford
Patty Funk
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Connie Hoover and Harris Hinnant
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Francis and Catherine Mainville
Tessa Matthey and Peter Durkee
Shelley McIntyre
Veronica and Matt Mega
Mark Monroe
Molina Healthcare of Washington
Anh-Tuan Nguyen
Dan Nord
Anne Marie Peterson and George Donovan
Janet and Harold Price
in honor of Mike Gale
Richard Qually and Lisa Jacobson
Paul and Carrie Sanford
Steve Schlader
Joshua Tiplady
Rob Ungaro
Kagan Wolfe
Michael and Wanda Yamashita

\$500 - \$999

Anonymous (12)
Ian Bamman
Mark Butler
Bob Calaff
Sam Curtis
Daryl and Janelle Deutsch
Ehrlich Donnan Foundation
David Elliott
Joel Ferguson
Susan Gorey

DONOR SUPPORT July 1, 2023 - June 30 2024

\$500 - \$999, cont.

Robert Harrison
Albert Israel
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Raymond Kusinski
Amy Lang
Georgia Leckie
Mr. and Mrs. W. D. MacLean
Terri Winters Malolepsy
Christopher McCurry
Bipasha Mukherjee and Sriram Rajagopalan
in honor of Russell Hanford
Donald and Lynn Murphy
in memory of Sister Vera Gallagher
Northwest Capital Group
Terry O'Neil, Ph.D., P.S.
Rita Patterson
Diana Plumis
Susan and Marc Pollard
Jean-Hubert Pouleur
Dermot Randles
John Rudolf Family Fund
Heather Satterberg
Leonard and Betty Schwartz
Seattle Foundation
Mary and David Simpson
W. Mark Thompson
Fiona Westover
Colleen Yamaguchi

\$250 - \$499

Charles and Barbara Anderson
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William Bennett
Stephen Bickel
William Carson
Andrew Chin

Jay Clark
Costco
Laura Domoto and Donald Wilson
Anelga and Mark Doumanian
Kelly Emery
Carol Flexer
Amanda Franklin, M.Ed.
Mimi Gan
in honor of Russell Hanford
Charles George and Nomi Hershman
Nancy Goehring
Nigel and Lynda Greig
Dr. Rick Hall
Paige and Leland Hanley
Larry Hanover
Ann Hathaway
Carl and Ellie Hutchinson
Kevin Janusz
Kristen Jewett
Tom and Amy Klempay
Mark Konwiser
Julia and Adam Laibson
David Lunt
Lisa McCloud
Jon Milazzo
Elaine and Daniel Mintz
Ho-Duong Nguyen
Oswald and Rayma Norton
Emily Palm-Yedo and Devin Yedo
in honor of Janice Palm
Ragu Raghavan
Sydney and Bruce Ranney
Winthrop Robinson
John Shelton
Janice Shipley
Susanna and Phil Southworth
Anastasia Sprout, LICSW, CSAT
Jules Still
John and Nicole Stromberg
Robert and Lisa Toomey
Jonathan Van Eck

Tom Voelk and Mariko Kakiuchi
Max Wahl and Cordelia Franklin
James Weisser
Brad Xanthopoulos

\$100 - \$249

Stefanie Anderson
Anonymous (13)
Anonymous
in honor of Anelga Doumanian
Anonymous
in honor of Russell Hanford
E.D. Armstrong III
AvidXChange
Malika Bains
Mark Banazek
Art and Mary Fran Barkshire
Cori Benson
Frederick Berliner
Kathleen Berry
Angela Bertrand
Edmund Bevan
Shelley Lawson and Erik De Bie
Paul Bisping
Andrew Black
Peter Boockvar
Warren Burkholder
Karen Byorth
Angela Byrge
Joseph Carroll
Eric Cinnamond
Katie Cohen
Gerald and Frances Conley
David Cooper
Alan Cooper
Sarah and Barry Crossman
Anne and Mike Cullum
Ardys and Brian Curtis
Karen Daiss
Laura Danielson
Zabrina Delgado

DONOR SUPPORT July 1, 2023 - June 30 2024

\$250 - \$499, cont.

Deborah Dewey
Kevin Dineen
JeeYoung Dobbs
Trevor Dobson
Eugene Eng
Steven Fierro, Ballard Printing
Avel and Julius Fister
Tucker FitzGerald
Rick Freedman
Bridget Friedman
Frontstream
Chelsea Gibson
Kristy Gibson
Riana Giusti
Gavin Graham
Katie Gurwell, LMHC
Cindy Gustafson
Steen Halling, Ph.D
Ann Hansen
Chris Hasenheyer
Jo Ann Herbert
Marcia Herivel, LICSW
Ann Hunt
in honor of Winona Wright
Michael and Allena Hyatt
Deborah Moore Jaquith
in honor of Janice Palm
Linda Johnson
Truman and Linda Jordan
Kroger Community Rewards
Bethany Larsen
Sherman Brumlow Law
James Leinum
Jeremy Kahn and Dorothy Lemoult
Eric Lieber
Dennis Light
Jerry Little
Kaileigh Loughery
James MacLean and Laura
McFarland *in honor of Ora*

Clarise Mahler and Paul Genovali
Carolyn Manta-Kennedy and David
Kennedy
David Markun
June and Brent Miller
Monica Moore
Cynthia Mowery
Eric Nelson
John Nelson
Mr. and Mrs. Henry Nelson
Hilary and Hamilton Newberry
Edward Nichols
Brian Niemiec
David Ocheltree
Katherine Palm-Cruz and Cesar
Cruz in honor of Janice Palm
Joshua Parks
Robert Pollsen
Dr. Lindsey Rabushka
Kathi Reid
Soo Rhee
James and Ruth Richardson
Wayne Rickner
Carolyn Riley-Payne
Diane and Michael Rivers
Lilly Ross
John and Ming-chu Rouse
Ellen Rugg, M.S.W., LICSW
Paul Rupsis
Joel Sangerman
Charles and Barbara Schafer
in honor of Russell Hanford
Kate Schneier
Sarah Schuyler
Rev. Willie Seals Jr.
David Shimana
Jim Singleton
Kenneth W Sipes
Philip Skoglund
Trent Smith
Brenda Smyk, MA, LMHC

Kathleen Solomon
David Sorensen
Thomas and Elizabeth Swanson
Kate Tanner
Leigh Taylor
William Theobald
Tevin Thompson
Tony Tse
Mark Tucker
Michael Tusay
Thomas Udovich
Bruce Viergever
Ben Watson
Julie and Aaron Weaver
Michael Werner
Helen West
Andrew Wilson
Hilary Winslow-Simpson
Michael Yendrek
Your Cause

\$1 - \$99

Anonymous (7)
Louis Andre
Pura Betances
Rebecca Birdsong
Ethan and Erica Delavan
Harriet Brodsky Weissman
Paul Barry, M.S.W.
Philip Bartlett
Franklin Coggins Charitable Fund
Floor Coverings International of
*Seattle Shoreline in honor of
Anne Marie Peterson*
James Curtis
Werner Disse
JeeYoung Dobbs
Michael Duggan
Andrew Etnyre
Peter Erickson

DONOR SUPPORT July 1, 2023 - June 30 2024

\$1 - \$99, cont.

Charles Ewing
Brandi Fields
Paul Forsyth
Cathy Grefsrud
Hagan Kelly Hagan
Susan Jasper
Muriel and John Knapp
Anita Lopiccolo

Molly Martin
Matthew McPhail
Leslie Mickel
Mark Nockleby
Kenric Nowell
Robert Runk
Jerome and Patricia Schmidt
Claudia Staples
Richard and Carolyn Stein

Michael Strong
Vijay and Ashwini Thatte
Addie Trausch
Rick and Laura Vopatek
Michael R Watkins and Barbara A
Watkins
Beth Wilson
Robert Wright

"This group — these women — are now a part of my healing story — their stories woven with my own. I will never forget them — thank you, Roanoke!" ~ RPC Client



"Thank you for creating a space for unsaid words." ~ RPC Client

CORPORATE AND FOUNDATION SUPPORT

Adobe Systems
Amazon
America Online Giving
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Ballard Printing
Catherine Holmes Wilkins
Charitable Foundation,
Bank of America, N.A.,
Trustee
Benevity
Blackbaud Giving Fund
The Boeing Company

Costco
The Deacon Charitable
Foundation
Floor Coverings International of
Seattle and Shoreline
Ehrlich Donnan Foundation
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Microsoft
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Northwest Capital Group at
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Restore the Child
The Seattle Foundation
UK Online Giving
Foundation
University Congregational
United Church of Christ
(UCUCC)
Your Cause

IN-KIND DONORS

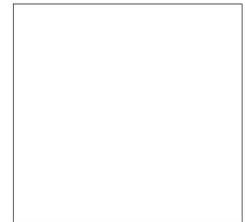
Bonsai Media, Connect Printing, and The Dahlia Barn



Roanoke Park Counseling

Strong at the broken places

2601 Broadway East
Seattle, WA 98102-3906



Address Service Requested

*“This has been a place where, for the first time I could not only share my story,
but share me authentically - without judgement.” ~ RPC 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.

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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