

Our Place in the Community

2017-2018
2018-2019
2019-2020

ANNUAL REPORT



Roanoke Park Counseling

Strong at the broken places

Dear Friends,

This long overdue annual report represents a time of much exciting change in the life of what was Shepherd's Counseling Services and is now Roanoke Park Counseling. Although a significant change is a big undertaking for our small agency, the strong leadership and guidance of our board of directors has provided a steady path to move through change and we look to the future with great anticipation.

The time period of this annual report represents a time of significant cultural change. In October of 2017, thousands upon thousands of survivors found that they were not alone as they stepped forward to say, "Me Too". **These two simple words seemed to crack open the silence and the suffering of survivors of sexual abuse around the world. What we have known and born witness to for decades came into the spotlight.**

Our voice in the community was strong and clear as we responded to numerous requests from the [media](#) to bring validation to the experience of survivors. **And thanks to you, survivors who could no longer stay silent about their abuse, found the help they needed to find a path to healing.**

The cultural voice that *Me Too* granted to survivors revealed the deep truth that the violation of sexual abuse does not ease with



In June of 2019, we began the process of changing our name from Shepherd's Counseling Services to Roanoke Park Counseling.

time and in fact, becomes more complex and harder to bear. **Our model of understanding and treating the complexity of issues that survivors face, often throughout their lifetime, remains the standard of care for survivors.**

Our annual luncheons have truly been a bright light in bringing our community support together to celebrate healing. Since our first luncheon in 2016, the attendance at our luncheons has increased each year as our dedicated board members and table captains reach out to invite others to hear the inspirational stories courageous survivors share at the event. **We**

We understand that it is the entire community of support, working together, which makes this increasingly rare form of therapy that addresses the complexity of sexual abuse a valuable and life-changing resource for survivors.

together to share in survivors' healing and that it is truly an uplifting event!

It is the support of the community that allows our vital services to be available and affordable for survivors. **It truly**



does take a community to bring life-changing healing to survivors.

During this time, the leadership of the agency entered into a very thoughtful process of identifying the value and meaning of our place in the community and in the lives of adult survivors of childhood sexual abuse. [We believed it was time to choose a name that reflected our physical place in the community](#) next to the beautiful neighborhood Roanoke Park and also dispelled the confusion of any religious connection that our name engendered.

In June of 2019 we began the process of changing our name to **Roanoke Park Counseling** along with creating a new and dynamic logo and [website](#). The response from our clients and supporters has been overwhelmingly positive. **Although our name and logo have changed, our mission to provide therapy services of the highest quality to adult survivors and their families remains strong and clear.** Our services and our unwavering dedication to serving the needs of survivors remains unchanged and uninterrupted.

See FRIENDS continued on page 3

FRIENDS continued from page 2

As we are all so aware, in March of 2020, our world became disrupted in a way no one could have anticipated as the global pandemic of COVID-19 became a reality in all of our lives. The fear and uncertainty that held us all in its grip had a profoundly destabilizing effect on many survivors. We are grateful to our resilient and flexible staff of therapists who made the abrupt shift to telehealth, allowing our clients to continue regular sessions without interruption. **The human connection that we were able to maintain, although virtual, became a lifeline for many of our clients.**

In times of stability and especially in times of uncertainty, we are so very grateful to be able to depend on the generous support of you, our faithful donors. We understand that it is the entire community of support,

Check out our newly redesigned [website](#) for:
**Blog Posts, Provider News,
Donor FAQ's and more!**
roanokeparkcounseling.org



working together, which makes this increasingly rare form of therapy that addresses the complexity of sexual abuse a valuable and life-changing resource for survivors.

As we have since the foundation of the agency, we remain steadfastly committed to responding to the needs of adult survivors of childhood sexual abuse regardless of the state of the world around us and to raising awareness and support

through community education and advocacy. It is your generous and compassionate support that makes this work possible and truly changes the world for survivors, one life at a time.

Janice Palm, MA, LMHC
Executive Director

Finding Hope, Inspiring Healing at our Annual Fall Luncheons

Our Annual Fall Luncheons bring together extraordinary speakers sharing their journeys, insights, and inspiration with a supportive and caring community of attendees.

With a growing record of attendance, sponsorships, and contributions since our first luncheon in 2016, we are able to connect with friends and supporters each year to experience the powerful and inspirational stories of survivors of childhood sexual abuse as they speak of their experience of healing.

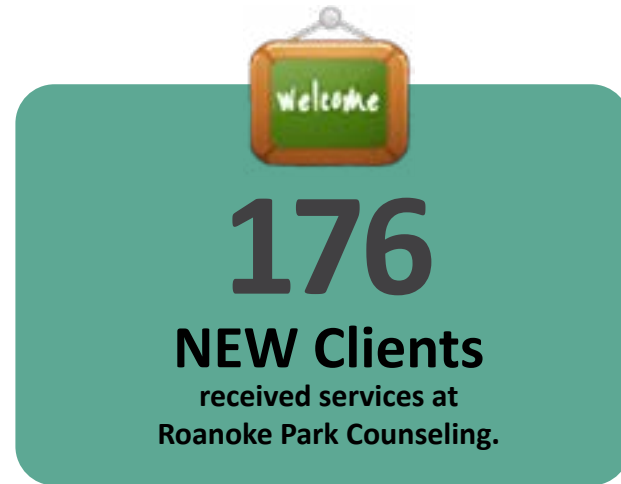
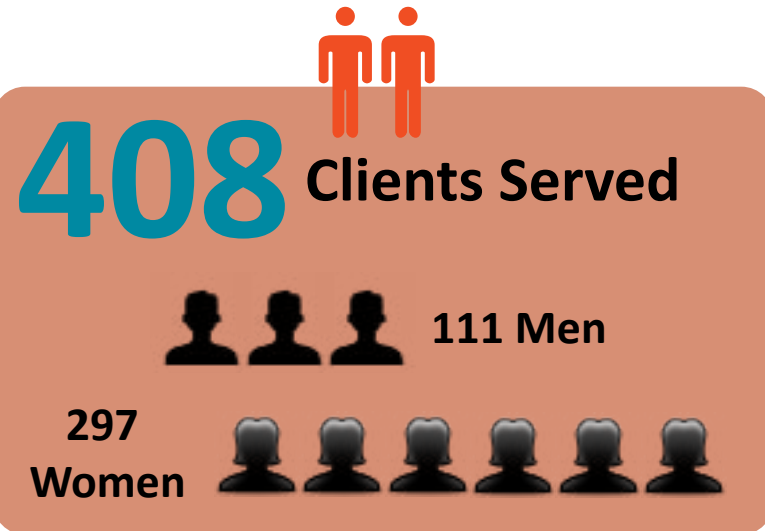
We are especially grateful to our community partners and sponsors who generously and steadily provide support to keep our services strong.



The 2018 Fall Luncheon took place at Pacific Tower's Panoramic Center offering stunning views of Seattle's waterfront.

SERVING OUR COMMUNITY BY THE NUMBERS

July 1, 2017 - June 30, 2020



*From the Operating Fund, separate from scholarship funds.

Our Place in the Community



For nearly 33 years, the big brick house on the busy corner of Roanoke and Broadway in the north Capitol Hill area of Seattle has represented the physical presence that has come to embody a trusted place of healing for so many adult survivors of childhood sexual abuse. Our name for all of those years, Shepherd's Counseling Services, was reflective of the origins and rich history of the agency.

Our founder, Sister Vera Gallagher, chose our original name to represent her affiliation to her religious order, The Sisters of the Good Shepherd. Sister Vera's journey to establish this place of healing and refuge for those

who had been sexually abused in childhood proved to be both visionary and inspirational for survivors far and wide.

In 1987, when Shepherd's Counseling Services was formed, the world was a very different place for survivors of childhood sexual abuse. The secret of the sexual abuse of children remained hidden and the suffering of adults who bore the pain of abuse remained unacknowledged and unaddressed. Few, if any, resources existed for those who sought help to deal with the life effects of sexual abuse.

This place of healing was dedicated, from the very beginning, to tending

to the needs of adults who had been sexually abused in childhood. Sr. Vera's vision of a counseling center solely dedicated to the unique and critical needs of survivors came to life because of the strength of her determination and the support of the community. Responding to the needs of survivors has remained the hallmark of our agency and has guided the development of our clinical programs and outreach to the community to this day.

Through the years, we have come to realize that, while our services have always been welcoming to all and not religiously based or affiliated, our

See PLACE continued on page 6

PLACE continued from page 5

name, Shepherd's Counseling Services, had become a barrier to many survivors seeking our services. Over the past 20 years, as case after case of clergy and other institutional abuse emerged, we came to realize that our name brought up confusion about the possibility of a connection to the church. **In honoring Sr. Vera's intention to remove barriers to adult survivors seeking the help they deserved and after a lengthy process of reflection, the board of directors began a process to seek a new name for the agency.** In responding to what we were hearing from survivors who hesitated to seek our help, the board set about to rename the agency to let all survivors know that our doors are open to them.

We chose our new name, **Roanoke Park Counseling**, as a reflection of our organization's long-standing place in the community and to honor the connection many of our clients have found with the physical place of our building and the calming presence of the park across the street. **The seasonal beauty and cycle of nature is echoed in the healing that we are honored to witness in the lives of survivors whose own growth and vitality were interrupted by sexual abuse.** We believe that our new name sincerely reflects this connection.

Roanoke Park is an exceptionally beautiful and nurturing park because it is lovingly tended by neighbors and the community throughout the year. What a deep resonance to the careful tending of the wound of sexual abuse that is our commitment to each and every survivor. **And what a fitting reminder of the community of care, commitment, and support that allows survivors to find the kind of healing that they so deeply deserve!**

We are humbled and grateful for the support that you, our community, so

generously provides to allow the work of the agency to continue. It was a small community of supporters that joined Sister Vera in her vision to provide this safe place of healing for adult survivors. Since that time a strong and vibrant community of supporters that has grown to keep our doors open to survivors and to allow the kind of voice and advocacy that brings attention to the needs of survivors.



Sister Vera Gallagher founded the agency in 1987.

Although our name and logo have changed, within the rooms of Roanoke Park Counseling, the same dedicated and skilled therapists will continue, without interruption, to nurture the space for survivors to find healing. **Our mission, leadership, and services to survivors and their families remain unchanged as is our solid commitment to providing financial assistance to survivors who need this help to access our services.**

In many ways, changing the name of the agency has been a deep and caring journey as we continue to hold the origins of the agency with such fondness and gratitude. We are extremely proud of our rich heritage passed down to us from Sister Vera and recognize that it is her passion and commitment to adult survivors that has and will continue to infuse our work every day.

It is with a full heart that we acknowledge your support through the years that has made healing possible for so many survivors and we look forward to the future with unwavering commitment to bringing healing to survivors and to the community.

CONNECTIONS IN THE COMMUNITY

June 2018: RPC joined in the **NAMI Walk** with community members, mental health providers, and advocates to support mental health for all.



February and June 2018 : **Workshops for Men and Women Survivors:** "A Day of Poetry and Mindful Healing for Survivors of Child Sex Abuse"

March 2019: **Workshop for Survivors:** "STORYFINDING®: Mining Narrative Gold from Character: Local screenwriter, interviewer, and survivor, Warren Etheredge, shared his craft of Storyfinding to help male survivors bring new understanding and value to their own story."

September 2019: **Clinical Presentation:** "Trauma-Informed Care" for Swedish Hospital Oncology Social Workers

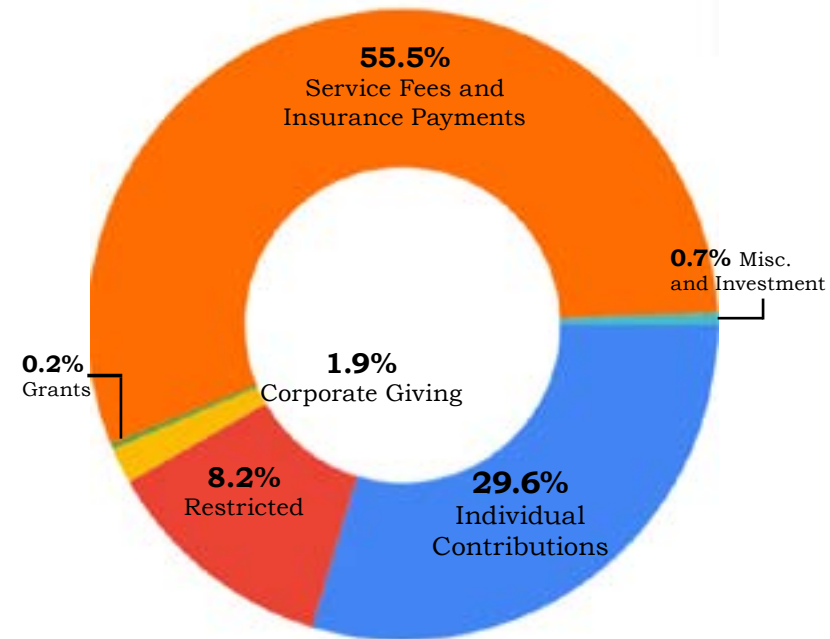
September 2019: **Workshop Presentation:** "Holding the Container of Suffering" for ELEOS Conference

November 2019: **Workshop for Providers:** "Healing Trauma with Yoga Therapy"



FINANCIALS

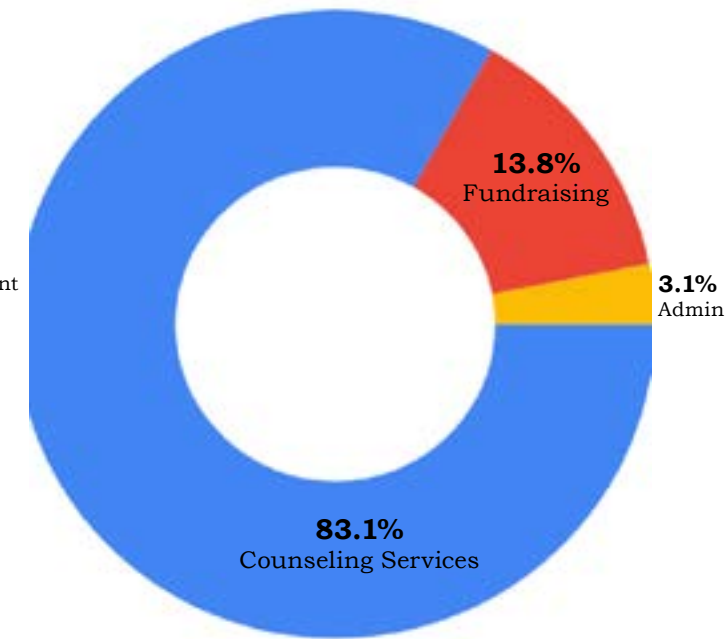
For the Year Ending June 30, 2018



REVENUE

Individual Contributions	\$112,517
Restricted Contributions (Scholarship)	\$45,798
Corporate Giving	\$7,070
Grants	\$900
Service Fees and Insurance Payments	\$210,766
Misc. and Investment Income	\$2,494

TOTAL REVENUE: \$379,545



EXPENSES

Program	
Counseling Services	\$242,198
Sliding-Fee Subsidies	\$28,570
Hope In Healing Scholarships	\$33,808
Fundraising	\$50,496
Admin and General	\$11,362

TOTAL EXPENSES: \$366,434

Hope In Healing Scholarship Report

Designated Contributions	\$45,798
Distributed Funds	\$33,808
# Therapy Hours Received	415
# Clients Receiving Scholarships	17



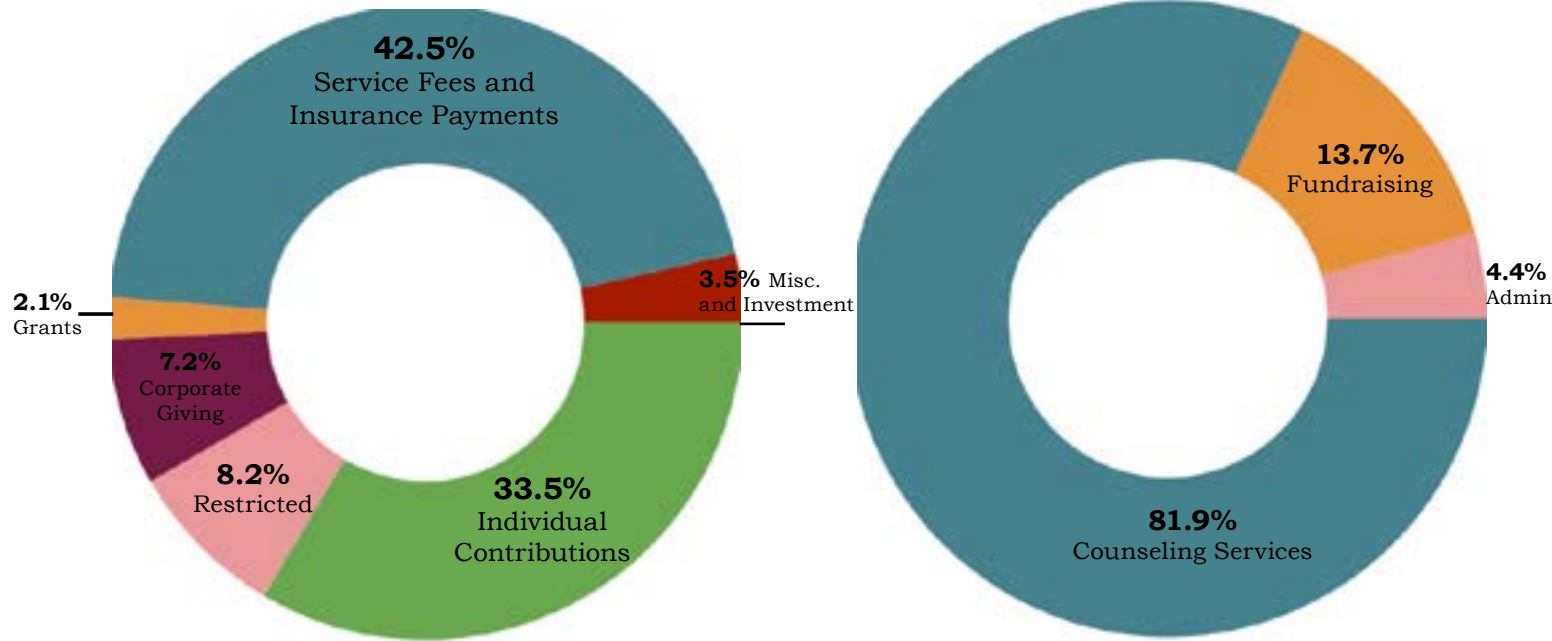
IN THE NEWS

At the start of the *Me Too* movement in 2017, Executive Director Janice Palm, LMHC appeared on several radio and television shows to talk about the effects of sexual abuse and the complexities that survivors face.

September 13, 2017: Q13 Fox News "[Ripple-effect on child sex abuse survivors after Murray resignation.](#)" Janice Palm illuminates why survivors often keep silent.

FINANCIALS

For the Year Ending June 30, 2019



REVENUE

Individual Contributions	\$139,475
Restricted Contributions (Scholarship)	\$34,014
Corporate Giving	\$31,126
Grants	\$8,950
Service Fees and Insurance Payments	\$188,256
Misc. and Investment Income	\$14,546

EXPENSES

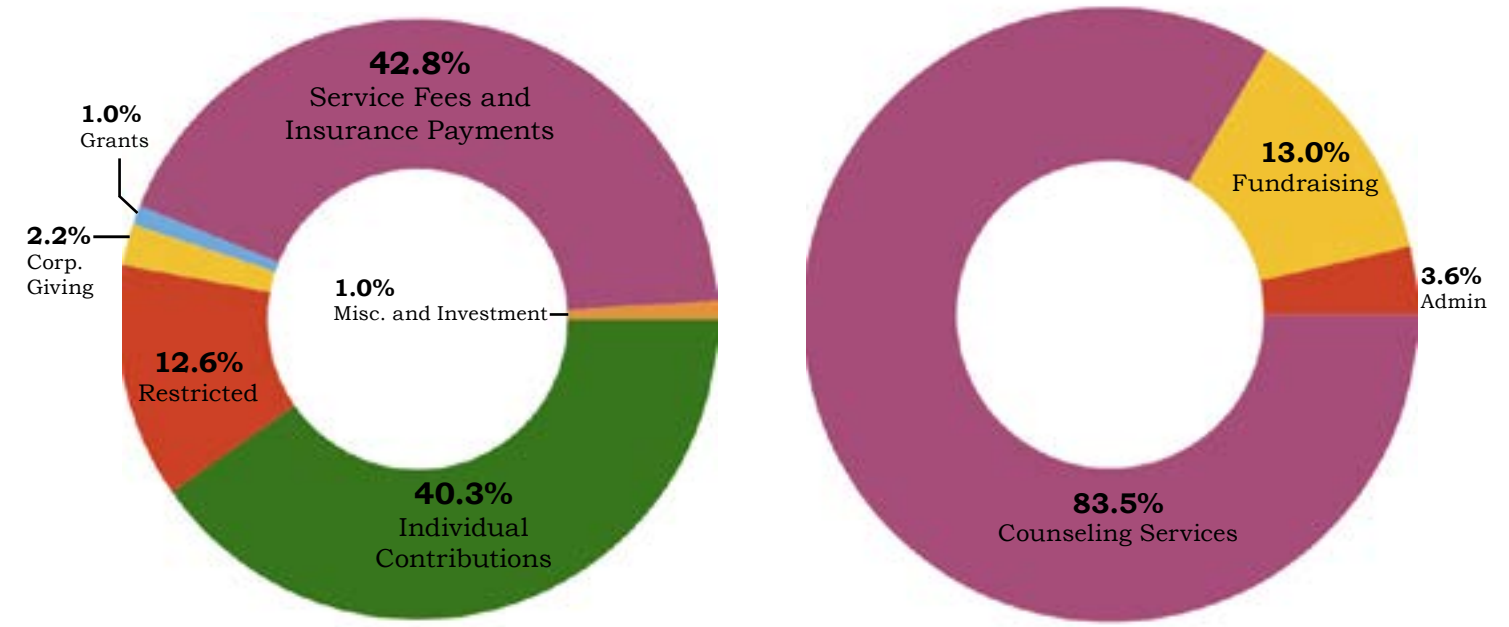
Program	
Counseling Services	\$280,233
Sliding-Fee Subsidies	\$26,395
Hope In Healing Scholarships	\$18,633
Fundraising	\$54,364
Admin and General	\$17,335

TOTAL REVENUE: \$416,367

TOTAL EXPENSES: \$396,960

FINANCIALS

For the Year Ending June 30, 2020



REVENUE

Individual Contributions	\$152,711
Restricted Contributions (Scholarship)	\$47,974
Corporate Giving	\$8,419
Grants	\$3,965
Service Fees and Insurance Payments	\$162,497
Misc. and Investment Income	\$3,758

EXPENSES

Program	
Counseling Services	\$219,717
Sliding-Fee Subsidies	\$19,112
Hope In Healing Scholarships	\$23,635
Fundraising	\$40,729
Admin and General	\$11,227

TOTAL REVENUE: \$379,324

TOTAL EXPENSES: \$314,420



IN THE NEWS

As experts in working with adult survivors of child sexual abuse, Roanoke Park Counseling is often the go-to voice for creating public awareness of childhood sexual abuse.

September 14, 2017: KUOW News and Information, 94.9 FM: "The Record"

Bill Radke asks critical questions in this 20-minute interview with Executive Director Janice Palm, LMHC.

Hope In Healing Scholarship Report

Designated Contributions	\$34,014
Distributed Funds	\$18,633
# Therapy Hours Received	229
# Clients Receiving Scholarships	12

Hope In Healing Scholarship Report

Designated Contributions	\$47,974
Distributed Funds	\$23,635
# Therapy Hours Received	284
# Clients Receiving Scholarships	14



IN THE NEWS

October 17, 2017: KING 5 Television News: New Day Northwest "The Power of Me Too."

Janice Palm, Executive Director of RPC, and attorney Anne Bremner joined *New Day Northwest* to help the public understand why the words 'me too' are striking such a chord with society.

Thank You to our Community of Support

We are grateful for the individuals, corporations, and foundations who create the opportunity for survivors to receive a rare kind of understanding and healing at Roanoke Park Counseling.

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

DONOR SUPPORT

July 1, 2017 - June 30, 2018

We extend a very special thank you to William and Melody Fleckenstein for their generous support.

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July 1, 2018 - June 30, 2019

On behalf of every survivor we serve, our deepest thanks to William and Melody Fleckenstein for their generous support.

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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.

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