

# Roanoke Park Counseling

formerly Shepherd's Counseling Services

## Listen. Believe. Support.



*"Hearing other stories that you can relate to helps you heal knowing that you are not alone."*

*"I can finally move forward to create a new life for myself."*

- RPC Client

### A Message from the Executive Director

*"I Thought I Was the Only One"*

Many survivors who find their way to Roanoke Park Counseling are filled with both hope and great relief to find that they are not alone. To find a place that is singularly dedicated to providing support to adult survivors of childhood sexual abuse brings not only hope, but also validation in their long journey to find healing.

Survivors rarely share the secret shame of their abuse with others, leading them to believe that they are all alone with their struggle. It is with tears of relief and heartache that I have often heard survivors reveal their deepest fear, *"I thought I was the only one."*

In reality, nothing could be farther from the truth. **It is estimated that there are 42 million adults living in the U.S. today that have been sexually abused as children.** In proportion to the current population, that number averages to 1 in 6 adults who live with the impact of sexual abuse every day.

One in every 6 adults who live with not only life effects such as depression, PTSD, unstable relationships and debilitating physical illnesses, but also live their lives believing and fearing that their pain is a burden they must carry alone.

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### Hope in Healing Spring Scholarship Fund Campaign

**April 1-30, 2022**

Through your generous support for our **Hope in Healing Scholarship Fund**, Roanoke Park Counseling has been able to provide long-term therapy to low-income survivors.

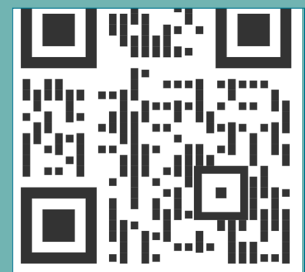
**Because of YOU, more than 200 survivors have received services through the fund since its inception in 2009!**

We need your help to ensure that clients with the greatest financial need can continue to receive the care they so deeply deserve.

And right now, the need is even greater! We are experiencing a 49% increase in scholarship therapy hours provided over the last year.

Every survivor deserves help regardless of their ability to pay. **Your gift will give someone a new chance at life!**

### Donate Online!



1. Open your phone's camera app
2. Move your camera so the QR code is in the frame
3. The QR code's URL will appear over it
4. Click the link to donate online

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The sexual abuse of a child is a private trauma. It is a trauma that is most often inflicted in secret, far away and often carefully shielded from others. It is also a trauma that child victims instinctively keep hidden away. The deep sense of helplessness, shame and guilt that abused children experience causes them to doubt their own experience and fear that if they do tell, they won't be believed. In fact, 1 out of 3 adults are unlikely to believe a disclosure made by a child with regard to sexual abuse, especially if the abuser is someone known to the child or their family, which is overwhelmingly the case. Imagine feeling so separated and alone hiding the burden of such a deep and shameful secret for years and even decades.

Fortunately, there is a way to let survivors know that they need not bear their pain alone – that they are believed and that their struggle is real and valid and deserves care.

**By our very existence, Roanoke Park Counseling reminds survivors that they are not alone and that there is a place where their struggle is seen, understood, and tended.**

We invite those of you in our community of support to join with us to bring the silent and shrouded epidemic of child sexual abuse out of the shadows and into the light.

We understand that the first step in dealing with any epidemic is acknowledging its existence. Meaningful change begins to happen as we bring awareness to the uncomfortable reality that there are far too many adult survivors who walk among us bearing their secret pain. **Your acknowledgement and your support lets survivors know that they are not alone.** I know

firsthand how incredibly meaningful it is to survivors to know that there is a community of support surrounding the work we do at RPC that provides this safe place for healing. **You are an active and vital part of making this acknowledgement and healing happen!**

*"After just the first group meeting I didn't feel so alone anymore."*

- RPC Group Client

During the month of April, we invite you to support survivors in tangible ways that raise awareness about the reality and prevalence of sexual abuse. Even a small gesture such as sharing an awareness post on social media can let your community know that you stand with survivors.

**Wearing a small teal ribbon pin every day in April can be a great way to spark curiosity and engage in a conversation about the importance of supporting survivors.** See page 3 for more ideas on how to show your support and how to contact us to receive a teal awareness ribbon pin.

Our willingness to listen and to hear the hard truth of sexual abuse opens up a space for survivors to know that it is safe to speak their truth.

This month of April and every day of every month, let us open our minds, our ears and our hearts to let survivors know that it is safe to tell their story, that they are not alone after all, that their story need no longer be untold, and that there is a strong community of caring individuals who stand with them and support their journey to healing.

My deepest thanks to you for all you do to bring light, caring and support to survivors!

*Janice Palm*

- Janice Palm, MA, LMHC  
Executive Director

## Therapist Spotlight: Chelsea Gibson

Chelsea Gibson is a mental health counselor who began working for Roanoke Park Counseling in the Summer of 2021. She holds a MS.Ed in Counseling and Mental Health Services and MPhil.Ed in



Chelsea Gibson  
M.S.ED, M.PHIL.ED,  
LMHC

Professional Counseling from the University of Pennsylvania.

Her clinical interests and specialties include sexual trauma, depression, anxiety, family of origin stressors, and most broadly the impact of emotionally invalidating environments.

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

**A.)** Strangely enough, I knew that I wanted to become a therapist when I was a teenager. I tested this dream repeatedly when I was in college: I worked with anti-trafficking advocacy programs in Spokane, Washington, volunteered in youth shelters, and supervised/documented visitations

see SPOTLIGHT continued on page 3

## Board of Directors Opportunities



We are currently seeking board members who share our desire to make a positive difference in the quality of life for adult survivors of childhood sexual abuse.

View more information about the opportunity at [roanokeparkcounseling.org/volunteer](https://roanokeparkcounseling.org/volunteer)

SPOTLIGHT *continued from page 2*

for parents and children involved with Child Protective Services.

These experiences inspired many questions about development, trauma, and healing, which led me to pursue my master's in counseling and a career in mental health.

Prior to my time at RPC, I completed internships at a charter school and a trauma center in Philadelphia, Pennsylvania. I returned to Washington after I earned my degrees and worked for several years with youth and families in a community mental health setting.

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

**A.)** RPC is a special place where people who have been abused can work at their own pace for as long as they need with providers who really understand the nuances and complexities of childhood trauma. In my brief time here, I have felt continuously inspired and emboldened as I have witnessed the healing that is possible when clients find a safe enough place to tell their story and really connect with their own experience. One of the features that drew me to RPC was the opportunity to work with process groups; it is beautiful to see the courage, connection, and authentic kindness that happens naturally when group members realize they are not alone.

As a therapist, RPC offers an ideal combination of structure, support, and intentional community that provides a context for deep therapeutic work. Just as we emphasize the importance of connection and relationship with our clients, RPC operates that way from the inside too.

It is a wonderful place to continue to grow as a therapist, and I have felt so joyful to be amongst clinicians and staff who are constantly learning and improving the ways we partner with clients.



## April is Sexual Assault Awareness Month

Join Roanoke Park Counseling to raise awareness, advocate, and show your support for survivors of sexual assault and abuse during the month of April. Talking about childhood sexual abuse as a culture helps keep kids safe and supports adult survivors.

## Listen. Believe. Support.

Standing with survivors and showing your support helps them feel less alone and guides the path to healing.

Even small actions can make a big impact!



## Get Social

- Follow "Roanoke Park Counseling" on Facebook and Instagram and share important information and articles to educate your social networks about sexual assault awareness and prevention.
- Turn your social media profile pictures teal for SAAM (visit our website for frames and banners)



## Wear Your Support

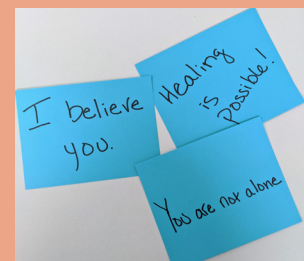
- Wear a teal awareness ribbon throughout the month to spark conversations letting others know you support survivors.

Email Karen at [karen@roanokeparkcounseling.org](mailto:karen@roanokeparkcounseling.org) to request a ribbon and we'll mail you a special awareness pin.



## Write it Down

- In conjunction with our Spring Scholarship Fund Campaign, we're sending out teal notecards for you to write supportive messages to survivors. These encouraging messages will be displayed in RPC's office for survivors to read.



Visit [roanokeparkcounseling.org](http://roanokeparkcounseling.org) for more ways to get involved.





# Roanoke Park Counseling

*formerly Shepherd's Counseling Services*

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## Finding Hope Inspiring Healing

### Seventh Annual Fall Luncheon

Wednesday, October 5, 2022

Eventide Lake Union @ Tyee



You're invited to join us for an inspiring program to recognize the courageous journey of survivors of childhood sexual abuse and to celebrate and support healing.

Watch your inbox for more details about how you can be a part of this special event!

Contact Karen at [karen@roanokeparkcounseling.org](mailto:karen@roanokeparkcounseling.org) to take a leadership role as a Table Captain or to learn about Corporate Sponsorship Opportunities.



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