



### CHANGING THE WORLD FOR SURVIVORS



#### *A Message from the Executive Director: Changing the World*

**Did you know you can change the world?** In fact, you are already changing the world just by reading our newsletter! Your willingness to acknowledge a painful reality that happens to far too many people — the reality of childhood sexual abuse — begins the cycle of awareness that changes the world for survivors and eventually for the community.

Curiosity and creativity are replaced with caution and hiding as children come to realize the world is no longer safe. These children stay small and apart from others to hide their pain.

For so many survivors, the need to keep their secret becomes greater than their desire to form connections with others and risk their secret being revealed. Not surprisingly, it often takes survivors a very long time — well into adulthood — to dare to share their pain, to reach out and ask for help.

Asking for help is the first and most courageous step away from the hiding and shame of sexual abuse. And whether the survivor realizes it or not, **reaching out for help opens the possibility of their world beginning to change in hopeful and healing ways.**

Although every survivor’s path is their own unique journey, they have one thing in common. **Every survivor’s journey to healing begins with connection to another human being.** There must be one person who listens, who cares, who understands, and most importantly believes what the survivor, whether a child or adult, is sharing.

It’s understandable that in the face of such enormous and complex suffering it may be hard to believe that one person could make a difference — but it does — and your willingness to care and consider the

*see MESSAGE continued on page 2*

### *Upcoming Professional Event*

Roanoke Park Counseling presents our fall professional event:

#### *Diving into the World of Therapeutic Psychedelics in Healing Trauma*

Wednesday, **Nov. 8, 2023, 6:30-9pm**  
Location: Roanoke Park Counseling  
2601 Broadway E., Seattle, WA 98102  
Call for info: 206.323.7131

Presented by: Marissa Grasmick, LMHC  
Jess Flanagan: FNP (Family Nurse Practitioner)



Marissa Grasmick, LMHC



Jess Flanagan, FNP

This talk and Q&A session will cover new advances in mental health treatment using psychedelic-assisted therapy.

For more information & registration: [info@roanokeparkcounseling.org](mailto:info@roanokeparkcounseling.org) or <https://www.roanokeparkcounseling.org/professional-education/>.

*“I have felt isolated my whole life. For the first time ever I was able to have conversations with people who understood my experiences without fear of judgement or disbelief. It was a hugely positive experience for me.”*

~ RPC Client



# Finding Hope

## Inspiring Healing

### Making a Difference Together

On October 5, RPC held our 8th annual fall event, *Finding Hope, Inspiring Healing*, witnessing the courage and resilience of adult survivors in an evening on the water with cocktails and dinner at Duke at Docksides, South Lake Union, Seattle.

Through the generosity of our amazing community, we set a new event record in supporting healing, **raising over \$72,000** for adult survivors of childhood sexual abuse.



*Finding Hope, Inspiring Healing guests enjoyed the sunset over Lake Union*

**MESSAGE** continued from page 1

suffering of adults who have been sexually abused as children is that human connection that changes a survivor's world. Most of us are very familiar with Margaret Mead's famous quote:

*"Never doubt that a small group of thoughtful committed individuals can change the world. In fact, it's the only thing that ever has."*

As much as I absolutely believe this wonderful quote and experience evidence of it every day, I have to say that I'm not content with a small group.

**I want there to be a huge and strong community of committed individuals who understand that survivors of sexual abuse need not live in silence, who dare to acknowledge the painful reality of sexual abuse and believe that, through the incredible power of human connection, healing is possible. This is the community that will begin to change the world!**

Thank you for not turning away from the painful reality of childhood sexual abuse — thank you for being willing to bear witness to this grave human heartache — thank you for believing that healing is possible — and most of all, thank you for being a part our committed, caring, and supportive community of individuals who are willing to change the world for survivors!



*Margaret Hoelzer with Janice Palm, Executive Director*

We extend a hearty thanks to keynote speaker **Margaret Hoelzer** (Olympic Medalist, Survivor, and Spokesperson for the National Children's Advocacy Center), survivor speaker **Pio Fitzgerald**, and emcee **Natasha Ryan** (VP, The North Group) for this memorable and meaningful evening. Their stories were deeply

moving and impactful for all who attended. We also thank **Daryl Redeker** (Composer, Musician, and Instructor) who shared with us his gift for guitar. If you weren't able to attend, **you can still support survivors at [RoanokeParkCounseling.org/Donate/gift-of-healing/](https://RoanokeParkCounseling.org/Donate/gift-of-healing/).**

Thank YOU for making healing possible! Your valuable support of survivors transforms the lives of every person who finds the courage to reach out to us for the help and healing they so truly deserve!

We hope you all can join us next year!



*Many RPC clinical and administrative staff attended the event, spending time with an amazing community of supporters*

## We're Expanding Membership on our Board of Directors!

Consider joining the Board as together we change the world for survivors. To learn more, visit [Roanokeparkcounseling.org/about/meet-our-board-of-directors/](https://Roanokeparkcounseling.org/about/meet-our-board-of-directors/) or email [Info@roanokeparkcounseling.org](mailto:Info@roanokeparkcounseling.org) with questions or to express your interest.

*Janice Palm*

— Janice Palm, MA, LMHC  
Executive Director





## Because of You...The Healing Continues!

Your support is a vital part of the healing process for the many people impacted by childhood sexual abuse:

- Last year, RPC provided **1,960 hours of individual therapy (including 400+ hours funded through a sliding-fee-scale and 450+ scholarship hours)**.
- **1,630 hours of group therapy** (couples, partners, male-identified, & female-identified groups).
- Currently, in addition to the many hours of individual therapy provided by our Licensed Mental Health Counselors, RPC has **four active therapy groups**, each with weekly meetings.
- Almost half of RPC's clients are low income individuals on their journey who benefit from the generous support of you, our community of donors.

## Building Healthy Communities

### Sharing Knowledge & Experience: Monthly Case Consult Group

As part of our commitment to providing healing therapy and building healthy communities, every month RPC's experienced clinical staff hosts a virtual consult group for support in working with adults who were sexually abused as children or teens, or with clients experiencing C-PTSD. The group is open to therapists at any level of experience.



Clinical Coordinator  
Amanda Franklin

### Outreach Education & Advocacy

As RPC's Clinical Coordinator, **Amanda Franklin**, LMHC, is a frequent speaker at medical practices around the community. This fall Ms. Franklin has joined the staff at Country Doctor, as well as at three SeaMar locations, to discuss treating adult survivors and providing information on the specialized services RPC offers.

For more information, contact  
[info@roanokeparkcounseling.org](mailto:info@roanokeparkcounseling.org).

### Congratulations to Board Member Vincent Nappo!

RPC is proud to announce that Board Member **Vincent Nappo** of Seattle-based firm Pfau Cochran Vertetis Amala (PCVA) has been recognized in *Best Lawyers: Ones to Watch in America* (2024 edition) in the category of *Personal Injury Litigation - Plaintiffs*.



RPC's Vincent Nappo

We are grateful for Vinnie's legal work in support of survivors which has made such a life-changing difference for so many.

## Join Us in Thanking Our Generous Grantors and In-Kind Donors!!

### LUMINARY SPONSORS

The Catherine Holmes Wilkins  
Charitable Foundation,  
Bank of America, N.A., Trustee

**PFAU COCHRAN  
VERTETIS AMALA**  
ATTORNEYS AT LAW

### COMMUNITY BUILDERS



**Morgan Stanley**

THE NORTHWEST CAPITAL GROUP  
AT MORGAN STANLEY

### IN-KIND DONORS



Interested in becoming a sponsor or in-kind donor? Contact Laura McFarland, Development Director,  
[laura@roanokeparkcounseling.org](mailto:laura@roanokeparkcounseling.org).



**Roanoke Park  
Counseling**

*formerly Shepherd's Counseling Services*

2601 Broadway East, Seattle, WA 98102-3906



NON-PROFIT ORG.  
U.S. POSTAGE PAID  
SEATTLE, WA  
PERMIT NO. 1223

Address Service Requested

## GIVING TUESDAY is November 28!

We invite you to join the community that supports survivors in their quest to find a hopeful and meaningful life. Your support on **#GivingTuesday** — and every day — makes a life-changing difference for adult survivors of childhood sexual abuse, regardless of their financial need. Visit [Roanokeparkcounseling.org/donate/](https://roanokeparkcounseling.org/donate/).

*Change the world for survivors with a gift today.*



The impact of childhood sexual abuse lasts a lifetime. **Consider a recurring donation.** As survivors walk the path to healing every day, walk beside them throughout the year with our Circle of Hope monthly giving program.

*"What Roanoke Park Counseling has given me is freedom to learn that I have been a survivor and not a victim...to truly believe that I can be loved just the way I am." ~ RPC Client*

### Giving is Easier with a QR Code!

- Open your phone's camera app



- Center the QR code in the frame
- The QR code's URL will appear
- Click the link to enter your info!

*OUR MISSION: At Roanoke Park Counseling, 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.*



[facebook.com/RoanokeParkCounseling](https://facebook.com/RoanokeParkCounseling)



[@RoanokeParkCounseling](https://@RoanokeParkCounseling)



[roanokeparkcounseling.org](https://roanokeparkcounseling.org)