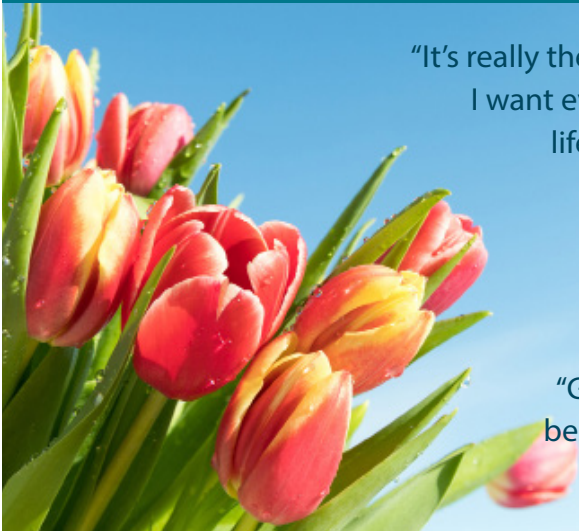


Roanoke Park Counseling



2024 Spring Newsletter



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

"Group therapy allows you to become who you were always meant to be." ~ RPC Client

The Hope in Healing Scholarship: Your Support Changes Lives

Join us in ensuring accessible, life-changing therapy by supporting Roanoke Park Counseling's Hope in Healing Scholarship Fund.

What Is the Hope in Healing Scholarship? The Scholarship is at the very heart of how we help survivors. *"Hope in Healing" is what allows every single survivor who reaches out to RPC to receive life-changing therapy even if they are uninsured or don't have the financial resources to support their healing journey.*

Why Was "Hope in Healing" Established? RPC created "Hope In Healing" in 2009 in honor of Mary Bayard, RPC's esteemed Clinical Supervisor from 1992 to 2009. As intake coordinator, Mary often had to turn survivors away for financial reasons. It was Mary's wish to form a dedicated fund to ensure that no survivor would be turned away due to financial constraints.

A Message from the Executive Director: *Opening the Pathway to Healing*

For many adult survivors of childhood sexual abuse, making the call to ask for help is the most difficult step of all.

Survivors often find that the coping, the hiding, the just getting from day to day becomes unsustainable as life goes on. We hear from so many survivors: "I just couldn't do it on my own anymore."

What may begin as a first desperate, faltering step to reach out for help, very often leads to a journey to find healing.

We wish that every child born into our world sets out on a path that leads to a fruitful and healthy life. And, most importantly, we wish that every child knows, despite inevitable obstacles and setbacks, that they are not alone on the path — that there are capable and caring guides along the way.

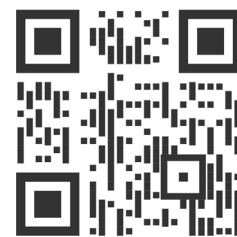
When a child is sexually abused, the path, once safe and hopeful, becomes obscured by fear and self-doubt. Finding out that the trust that was taken for granted has been betrayed, staying alone and apart is often the safest route.

Carrying the heavy burden of shame and secrecy, taking just the next step requires every ounce of energy an abused child can muster. Coping and just getting through the day becomes a way of life.

Whatever the life circumstances that brings a survivor to Roanoke Park Counseling, they gradually find that there is a path that leads to healing.

It is of great comfort for survivors to find that they have come to a place where their pain and their struggle are understood and honored. It is perhaps of even greater hope and comfort to find that the path

Continued on page 2



How Can I Support Survivors? Donate

via QR code: Open your phone's camera. Center the QR code in the frame. When the

QR code's URL appears, click the link to enter your information. **Mail a check:** 2601 Broadway E., Seattle, WA 98102 **Donate online:** [RoanokeParkCounseling.org/donate/gift-of-healing/](https://roanokeparkcounseling.org/donate/gift-of-healing/).

100% of Scholarship donations are applied directly to healing therapy for clients.

Change the World for Survivors!

April is Sexual Assault Awareness Month (SAAM):
Learn How You Can Make a Difference!

LISTEN AND BELIEVE.

The three most powerful words you can say to a survivor are "I believe you." These three words validate a survivor's experiences and let them know you stand with them. Encourage a survivor to reach out for help — let them know that specialized services exist. Understand that this is a courageous step and offer support as a survivor reaches out.

GET EDUCATED.

Learn about sexual assault and share information with others to combat myths and misinformation (roanokeparkcounseling.org/april-awareness-month/, nsvrc.org/saam; or visit the [RPC website learning center](#)).

WIDEN THE CONVERSATION.

- April 2 is the SAAM Day of Action.
- *Wear a teal awareness ribbon or pin to spark conversations*, letting others know you support survivors.
[Ask laura@roanokeparkcounseling.org](mailto:laura@roanokeparkcounseling.org) for yours today!
- *On International Denim Day, April 24, wear jeans to show solidarity* and community with survivors who are frequently blamed for their assaults because of the clothing they were wearing.
- *Follow RPC on Facebook* for updates and opportunities. Like, comment, and share posts — use [#SAAM2024](#) and follow this hashtag to learn more about events in your community.
- Be an active, compassionate citizen: Make your voice heard on specific legislation — follow our website for updates and opportunities.

Join Us in Thanking Our Generous Funders and In-Kind Donors:

The Catherine Holmes Wilkins Charitable Foundation,
Bank of America, N.A., Trustee
The Deacon Foundation
Pfau Cochran Vertetis Amala, Attorneys at Law
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Stay Connected!

We'd love to stay in touch through our e-newsletters! Make sure you're signed up to receive the latest news, upcoming event information, insights, and inspiration.

Be assured we do not sell or share your information.
Visit Roanokeparkcounseling.org/
and scroll down the page to sign up.

ED Message continued from p. 1

to healing has been traveled by countless survivors before them.

For every year of our existence, Roanoke Park Counseling has held true to our original mission: To open a pathway for adults who have borne the suffering of sexual abuse in childhood to find the life that they were always meant to live, a life that is free from the fear and uncertainty that are often the legacy of childhood sexual abuse.

And while we understand that there are many barriers that may obscure the path, we walk with survivors on their journey to healing every step of the way for as long as it takes to find their true life — a life that brings a vision for a hopeful and fulfilling future.

Each spring we invite our community to join with us to ensure that finances need not be an obstacle obscuring the pathway to healing through our Hope in Healing Scholarship Drive.

Our scholarship fund was created to allow every survivor, regardless of their ability to afford therapy at RPC, the opportunity to walk their own unique path to find the healing they deserve. For more information, see page 1.

Most of all, please know that your support over the years has been the key to opening the pathway to healing for so many survivors. You are the light on the path to healing for survivors!

With much gratitude,



Janice Palm, MA, LMHC
Executive Director

How Your Support Opens the Pathway to Healing

A Survivor's Experience of Hope

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 men's group provided.

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

The Difference You Make

As we approach Sexual Assault Awareness Month, we want to make you aware of the very real and meaningful difference you make each and every day for adult survivors of childhood sexual assault.

Because of you and this amazing community of supporters, RPC provides nearly 4,000* hours of healing therapy a year. Every one of these hours is a step forward for survivors on their pathway to healing and a more fulfilling life.

3,836

Hours of healing therapy!

1,986

Hours of group therapy, including couples & partner support

1,696

Hours of individual healing therapy

280

Therapy hours supported through "Hope in Healing" gifts

240

Survivors served through "Hope in Healing" funds since its founding

*Included numbers are for Fiscal 2023 (7/1/22 - 6/30/23) unless otherwise noted.

to me so many times, I don't carry that giant ball of shame that I carried for so long.

The rest of the interview is included in our FY2023 annual report. Read more on our website: <https://www.roanokeparkcounseling.org/about/annual-reports/>

Parent Support Group

Our most recently formed group, the Parent Support Group, was created in response to the needs of parents supporting their adult survivor children.

The group is designed for parents of adult survivors who were not themselves the offender. In a safe space that does not involve their adult child, parents are free to explore the complexity of feelings and dynamics that accompany knowing that one's child has been sexually abused.

RPC also hosts groups for survivors (male-identified, female-identified, and GenderQueer), partners of survivors, and provides couples counseling.

Case Consultation

April will mark one year since RPC's Clinical Coordinator Amanda Franklin began hosting a monthly case consult group!

Open to Washington State licensed therapists working with adult survivors of CSA or clients experiencing C-PTSD, this group is one of the ways RPC shares healing and understanding within the wider community thanks to your support.

For more information, email Amanda@roanokeparkcounseling.org or visit our website's "For Providers" page.

Walk to End the Stigma

Visit us on June 1 in Kirkland's Marina Park, when RPC will once again sponsor a table at the NAMI (National Alliance on Mental Illness) Walk. Stop by, say hello, and show your support for survivors at this annual 5k walk and advocacy event designed to combat stigma, raise funds, and promote awareness of mental illness. Through our actions we open the pathway to healing.



Roanoke Park Counseling

formerly Shepherd's Counseling Services

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Seattle, WA 98102-3906

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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.

SAVE THE DATE!

Finding Hope, Inspiring Healing
Roanoke Park Counseling's 9th Annual Fall Event



September 26, 2024 | 5:30 pm

Join us for this inspiring program, recognizing the courageous journey of adult survivors of childhood sexual abuse while celebrating and supporting healing.

- Drinks and dinner on the water, [Dockside@Duke's](#), South Lake Union, Seattle
- Contact Laura McFarland, laura@roanokeparkcounseling.org, to learn more about how you can be involved: become a Table Captain or corporate sponsor
- Check your email — registration will be opening in May
- Watch our website, roanokeparkcounseling.org/events/, for updates!



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