

Lighting the way

to greater community healing



Shepherd's Counseling Services
2010 Annual Report to the Community



A Message from our Executive Director

Dear friends and supporters,

Thank you for making it possible for Shepherd's Counseling Services to provide a safe place for adult survivors of childhood sexual abuse, their families, and the larger human community to heal.

Most people who come to Shepherd's Counseling Services have a tentative hope at best that healing is possible, that there is a safe place for them, that anyone could hear what they have to say or understand them.

It is a great honor to provide a unique and exceptional place for women and men who were sexually abused in childhood to heal. I am acutely aware that you make this possible.

In the process of working with adult survivors, it is impossible to ignore the social context in which sexual abuse of children takes place. Our awareness of the influence of our greater social environment is heightened by survivors who convey that the stigma around this issue continues to make it even more difficult for them to seek support for healing.

Our awareness of this stigma caused us to ask the question: In addition to our work with individuals and family systems, can we influence society to provide a better context of support for healing?

Marc Fredson, a former Shepherd's client, inspired a strong and hopeful answer to this question as we worked with him to develop a public awareness cause called Turn the Light On. (An interview with Marc is on page 3-4.)

Expanding Social Change

Shepherd's Counseling Services is in a unique position, having specialized for 24 years in providing professional therapy services specifically to adults who were sexually abused in childhood. We realized that we are able to offer the public a unique and trusted framework of knowledge with the capacity to create social change.

On October 2, 2010, the public joined Shepherd's at Cal Anderson Park in Seattle to "Turn the Light On" childhood sexual abuse. Our goal was to bring this issue out of the

shadows and into the light where we can talk about it, work together to prevent it, and create a broad community that better understands and supports adult survivors.

We were pleased to expand the reach of our message through the media as well. Our local NBC affiliate, KING-5, produced a feature on our cause on their morning show, *New Day Northwest*. The local *Capitol Hill Times* also produced a very thoughtful front-page feature story on Turn the Light On and the importance of our efforts.

A Milestone Year for Client Services

In 2010, Shepherd's reached new milestones in our therapy services.

2010 presented a greater demand for both therapy services and financial assistance than ever before in our history. Because of generous donor support, we were honored and grateful to provide services at affordable rates to every single person who asked for our help!

Looking ahead

Demand for our services continues to increase as more people find a unique, safe, and trusted place for healing within the walls of Shepherd's.

Our goals are to continue to make healing from this profound childhood trauma available for every survivor who seeks our help. We hope to reach these goals by meeting the increasing demand for our specialized services and for subsidies and scholarships.

Sexual abuse of children continues to be an epidemic problem throughout our society. We are privileged to provide the opportunity for deep, long-term healing.

Thank you for providing a rare and treasured beacon of hope for adult survivors of childhood sexual abuse, their families, and our community.

Warm regards,

Janice Palm
Executive Director



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Sexual abuse of children continues to be an epidemic problem throughout our society.

We are privileged to provide the opportunity for deep, long-term healing.

Serving our Mission in 2010

In 2010, Shepherd's Counseling Services faced a greater demand for our specialized services and client financial assistance than ever before in our history. Support from individuals made it possible for us to meet the needs of survivors and family members desperately seeking a safe, affordable place to heal from childhood sexual abuse.

In 2010 the number of individual therapy sessions provided increased by 54% from 2009.

Every individual needing scholarship funds due to the greatest financial hardships received them from the Hope In Healing Fund.

29% more clients received scholarship funding in 2010 than in 2009.

General fund financial assistance to clients increased by 52% from 2009 to 2010.



October 2, 2010 Shepherd's brought new awareness and advocacy to our community through the first Turn the Light On event.

Thank you!

An Interview with Marc Fredson

Turning the Light On . . .

Marc Fredson was the spark and inspiration behind the creation of Shepherd's Turn the Light On project. He is a marketing professional, a community volunteer, a great friend and collaborator. He participated in a men's therapy group at Shepherd's Counseling Services and it began a series of connections and changes that have rippled throughout his life and our community.



Marc Fredson speaking at the Turn the Light On event.

Marc was generous enough to spend time with Jill Armitage to talk about his experiences as a survivor of childhood sexual abuse, healing, and community.

Jill:

So, how is it to be sitting here preparing to talk about this?

Marc:

You know, my default response even here is that I don't want you to tape-record me because it's shameful. I have to regularly remind myself not to carry shame about my abuse. It was not my fault, I didn't cause it.

All the secrecy and shame is to protect perpetrators and broken family systems. The best thing we can do

for ourselves and our loved ones is to call this stuff out and speak our truth. It's how we begin to truly own ourselves and our lives. We begin to *tell* the story of our own lives, rather than having it told to us.

Jill:

What would you say to change the story that the secrecy seems to be holding?

Marc:



After the Turn the Light On event, Marc participated in the historic Oprah Winfrey show with an audience of "200 Men" who were molested as boys. Here he is outside the Harpo Studios with a picture of him from the time of the abuse.

As children, we often have the courage to tell our caregiver, 'Grandpa's abusing me,' or 'My priest is abusing me,' and we get punished for it. We are fundamentally violated and isolated as these totally vulnerable beings.

There is a set of particular things that those of us who are survivors of childhood sexual abuse wrestle with and it's really important for us to

understand that there is a reason we are wrestling with those things. It's not because we're broken, pathetic or crazy which is the message we can get from our society.

It takes a lot of horsepower from counselors and fellow group members and a whole community of people who one by one psychologically stand behind us so we can go back into our families and our culture and say, 'no – this role that we've all been sort of co-creating for me here – I'm breaking this. I am not the problem.'

Jill:

I remember you telling me, as we were beginning planning Turn the Light On, that your experience of being in the group at Shepherd's was pivotal for you and ultimately led to your inspiration to create this community event.

Marc:

My connections through the groups at Shepherd's were really my first steps out into community. I began to learn that I could trust the environment, that I wasn't going to be betrayed, that I could say something and have it honored, that I could declare my truth and not be punished *and* have it heard.

Jill:

Can you describe what changed for you between the time you joined the men's group at Shepherd's and when you contacted me with your inspiration for this community event?

It takes a lot of horsepower from counselors and fellow group members and a whole community of people who one by one psychologically stand behind us so we can go back and say, 'I am not the problem here.'

An Interview with Marc Fredson

Marc:

It's about relearning. It's a long process. There's a construct that's established in childhood. These perpetrators were supposed to care for me. And I was treated by them in such a violating, destructive way. I learned, at the most fundamental level, that my environment couldn't be trusted. Then I lived the rest of my life acting from that place.



Janice Palm, Shepherd's Counseling Services Executive Director, with Marc Fredson at the New Day Northwest show.

In the counseling group, I was responded to in a way that was different from those who abused me and there was movement. The more of these experiences I have over this long period of time, they begin to create a crack in the wall. Some light starts to come in.

Jill:

How did this translate into your inspiration for and creation of the Turn the Light On event?

Marc:

There's a sense of empowerment in being able to stand in action for this and I think that's what the Turn the Light On event was for me. It was completely removing the veil, completely dropping

the shame, completely stepping into my fullness as a human being. There's nothing to be ashamed of here – at all, and pulling a whole community together around that.

Last October's event was a huge shift. It's really about coming out of the shadows and a lot has changed for me since then. I was offered this really great job. I'm volunteering for a GLBT leadership organization. And I started actively dating from a point of view of pride and strength as opposed to, 'oh my god, I hope someone likes me.' And I'm now with someone I love and I'm learning to accept his love back. Baby steps!

Turn the Light On was a transformational experience. Absolutely. It provided an opportunity to step out and claim, powerfully claim, space in the world as someone who's completely well. And actually better than well. Someone who's making a difference in other people's lives and making a collective statement with a bunch of other people who agree that it's time to create some safe space here in our world where we can just talk about this.

It was uplifting and it engendered feelings of hope and strength and actually power that I can do this – I get to be here. I get to live.

In the counseling group, I was responded to in a way that was different from those who abused me.

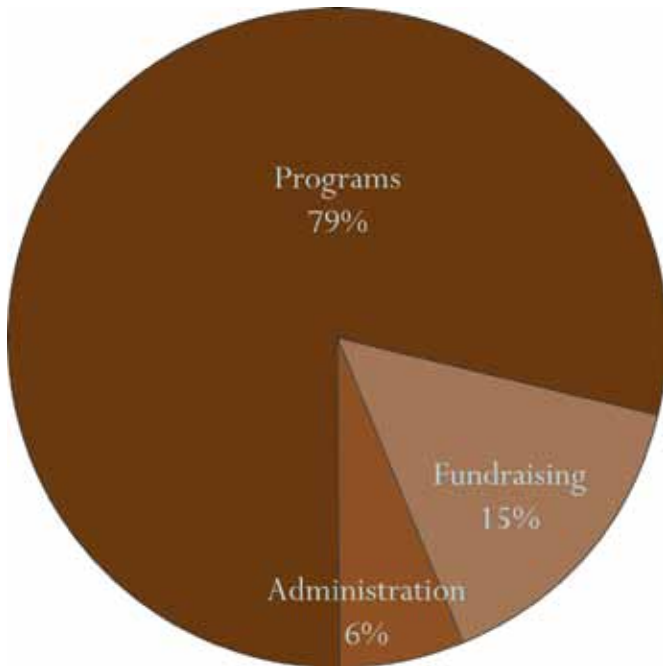
The more of these experiences I have over this long period of time, they begin to create a crack in the wall. Some light starts to come in.



Turn the Light On event stage with light carriers filling the stage with their light globes.

Financial Reports

2010 Expense Allocation



2010 Sources of Funding



Shepherd's Counseling Services Financial Statement for the Year Ending December 31, 2010

Operating Support and Revenue

Client Fees and Insurance Payments	\$184,931
Fundraising Revenue	
Individual and Family Foundation Donations	\$249,487
Corporate Contributions and Matching Funds	1,988
Faith-based Organization Giving	1,900
Grants	10,000
Total Fundraising Revenue	263,375
In-Kind Contributions	2,237
Interest on Investments	246
Total Revenue	\$450,789
Operating Expenses	
Program Services (less financial assistance)	\$177,739
General Fund Client Financial Assistance	28,221
Hope in Healing Scholarships	1,915
Fundraising	39,470
Administration	15,788
Operating Reserves	150,000
Total Expenses	\$413,133
Net Income*	\$37,656

*Net income supports future operating expenses and general fund financial assistance to clients.

Our Mission

To provide for the needs of adult survivors of childhood sexual abuse through affordable therapy, education and advocacy.

Our Vision

To end the cycle of sexual abuse through healing and community awareness.

Our Values

Excellence
Commitment
Healing
Human Connection
Human Dignity

Leadership of Shepherd's Counseling Services

Janice Palm, MA, LMHC,
Executive Director

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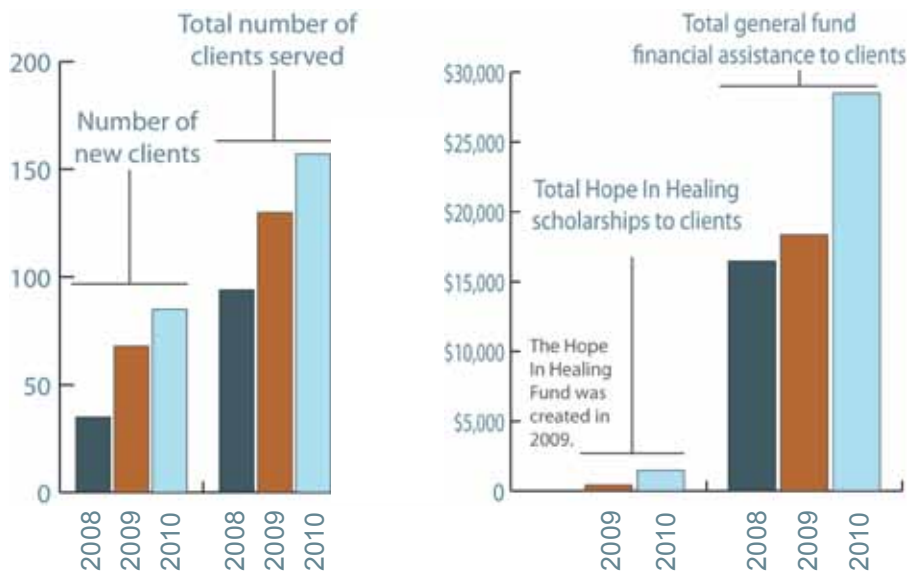
Sa'Nni Hull-Lemonidis
Robblee, Brennon & Detwiler

Naomi Perry
Harborview Medical Center

2010 Client Service Reports

A 3-year perspective

The demand for the uniquely specialized services of Shepherd's Counseling Services has continually increased over the past several years. We are grateful to be able to continue to meet demand for services and financial assistance to meet clients' needs.



2010: Meeting Clients Service Needs

Shepherd's provided therapy to 157 individuals:
85 women and 72 men.

Shepherd's provided 54% more therapy sessions in 2010 than in 2009.

Shepherd's provided 25% more therapy groups in 2010 than in 2009.

85 new clients began using Shepherd's services in 2010.

2010: Meeting Clients Financial Needs

Financial assistance provided to clients from the general fund increased by 52% from 2009 to 2010.

9 individuals with the greatest needs for financial support received Hope in Healing Scholarships.

Shepherd's provided 130% more hours of therapy to clients receiving Hope In Healing scholarship in 2010 than in 2009.

2010 Donor Support of Shepherd's Counseling Services

Thank You!

Shepherd's Counseling Services, with our great appreciation, recognizes and acknowledges the healing opportunities that the following individuals

and institutional donors have provided adult survivors of childhood sexual abuse and our community in 2010.

Thank you for bringing light into the lives of so many men and women through your tremendous support and generosity.

DONORS

We extend a special thank you to William and Melody Fleckenstein for their generous support of Shepherd's Counseling Services.

\$20,000 +

Anonymous

\$10,000-\$19,999

Cirilo Karaian

Frank and Emily Smith Foundation

Jack Tarver Foundation

\$5,000-\$9,999

Anonymous

Bruce and Margaret Neff

\$2,500-\$4,999

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Henry Wilf

\$1,000-\$2,499

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Robert Wright

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Microsoft
University Congregational United Church of Christ

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Barbara Brodsky (2)
Mark, Vera and Zhosi Chan-Pool
Phyllis de Luna
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Amy Mauldin and Riley Morton
Eleanor May
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Martha May and Alex Dejneka
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Gifts given in memory of:

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Karen Byorth
Peter Drury
Matt Hopper and Banana Cabana band
Connie Jones
Doug Parker
Daryl Redeker
Jed Vassallo and Light Aglow

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Every effort has been made to ensure the accuracy of this list. Shepherd's Counseling Services does not sell or trade donor names or contact information. Please contact Jill Armitage at jill@shepherdstherapy.org or 206.321.2684 with any questions or corrections.



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Lighting the Way to Greater Community Healing



“ Participation in that event was a transformational experience.

It provided an opportunity to step out and claim space in the world, making a collective statement with a bunch of other people who agree that it's time to create some safe space here in our world where we can just talk about this. ”

Marc Fredson, Founder,
Turn the Light On

Shepherd's Counseling Services

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