

A Port in the Storm



Shepherd's Counseling Services
2009 Annual Report to the Community



A Message from our Executive Director



*Dare to reach out your hand into the darkness,
to pull another hand into the light.*

- Norman B. Rice

I am pleased to bring you this year's report on activities for Shepherd's Counseling Services.

Made possible by your generous support, we have continued to uphold our commitment to the men and women in our community who were sexually abused in childhood and now seek healing.

Accomplishments

During 2009, the need for our specialized services was made apparent by the significant increase in both the number of new clients and the total number of individuals we served.

I am pleased to report that adult survivors of childhood sexual abuse who are looking for a safe, affordable place to heal are finding that place in Shepherd's Counseling Services more than ever before.

Because of your generous support, we have been able to keep up with the demand to serve clients requesting our help.

New Programs

From the very beginning in 1987, Shepherd's Counseling Services has provided therapy on a sliding fee scale. We are deeply committed to serving all survivors with high

quality, long-term therapy services regardless of their ability to pay.

However, the expense of long-term therapy to heal from the profound impact of childhood sexual abuse often makes it difficult for us to serve every survivor who comes to us for healing. At times, this has meant that we must painfully turn some people away who come to us for help who also need significant amounts of financial support for services.

In 2008, we were forced to turn away 23 men and women who could not afford our services without greater financial support than we were able to provide at that time.

Shepherd's Counseling Services' general operating fund has provided all of the financial assistance to our clients until this time. In an effort to serve more people with the deepest need for financial assistance while protecting funding for the majority of our subsidized clients, in 2009 we created a pool of protected funds to serve the lowest income clients.

In June of 2009, we initiated the Hope in Healing Scholarship Fund to honor Shepherd's first and long time clinical supervisor, Mary Bayard. This new scholarship program designates reserved funds exclusively to serve survivors who require the greatest amount of financial assistance, over and above subsidies to clients that are provided

by our general operating fund.

I am very pleased to report that due to generous donations during this inaugural year of the Hope in Healing scholarship fund, Shepherd's did not turn away a single survivor from June through December of 2009.

Looking Ahead

We look toward 2010 with the goal of continuing to serve all clients who come to us for services regardless of their level of need for financial support.

In addition, we want to reach out to our community in greater efforts to create a social environment conducive to healing for survivors by reducing the stigma around the issue of childhood sexual abuse.

Thank you for making it possible for the far too many men and women who were sexually abused as children to find a safe place in Shepherd's. It is because of your generosity that they now have the opportunity to heal and live a life beyond the pain of their childhood abuse that they so deserve.

Warm regards,

A handwritten signature in cursive script that reads "Janice Palm".

Janice Palm, MA, LMHC
Executive Director

Serving our Mission in 2009

Shepherd's Counseling Services is a welcomed safe port in an often turbulent world for adults who were sexually abused in childhood. In 2009, Shepherd's Counseling Services was able to extend services to support these women and men in their healing from childhood sexual abuse.

The number of new clients served increased by 94% from 35 in 2008 to 68 in 2009.

In 2009, the number of survivors turned away because they needed more financial assistance than we could offer decreased from 23 in 2008 to only 5 in 2009. Since the Hope in Healing: Mary Bayard Honorary Scholarship Fund was established in June 2009, we have not turned away a single client.

The total number of clients served increased by 38% from 94 in 2008 to 130 in 2009.

The number of Shepherd's Counseling Services presentations to the community increased by 75% from 2008 to 2009. The total number of audience members receiving our community presentations increased by 209%.

Thank you!

Hope in Healing

Robert's safety net . . .

Robert had difficulty concentrating on his work as a radiology technician. He had pushed through so much self-doubt to get this job. Now it was in jeopardy.

He didn't want to admit it, but he had hardly been sleeping for months. When the flashbacks first began, Robert hoped they would end as suddenly as they had begun. He waited, and weeks turned into months. The flashbacks of his sexual abuse became repeated nightmares that jolted him out of sleep night after night. Unable to return to sleep, it was taking a toll on his work.

Robert knew he needed help but had no idea where to turn. He went to the internet for ideas and found Shepherd's Counseling Services' website. He realized that he wasn't alone and that Shepherd's could be a place to find help, but he didn't want to think and talk about what happened to him.

As more weeks passed, Robert's nights became filled with vivid nightmares and his days were filled with panic attacks and fear of the nights ahead. As Robert told his girlfriend, "I can't stand living like this, but I also can't stand finding out more."

After getting a performance warning at work and realizing that his fatigue and thoughts from his nightmares were interfering with his job performance, Robert finally picked up the phone to call Shepherd's.

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Before his first counseling appointment, Robert circled the block several times before he got up the courage to park his car and walk up the steps to ring the bell. As the weeks of counseling progressed, he felt more and more comfortable with coming to his appointments. He explained to his

girlfriend, "I'm finding out that I'm not crazy – this stuff happens to other people and it's very reassuring to talk to someone who understands what it's like for me."

As time went by, Robert began to tell his therapist about the contents of his nightmares. "I can't believe that the person who hurt me so much was a trusted member of our family. I can't believe that I've gone through my whole life not allowing myself to know that the *special* relationship my uncle had with me was really just a

way for him to be alone with me and abuse me. But this explains a lot. I've been afraid and running all of my life – now I know what I've been running away from."

As the deeply buried memories of Robert's abuse came to light, his anxiety increased making it more difficult to focus at work. Eventually, Robert was laid off. As his small safety net of unemployment and savings was depleted and his medical insurance became too costly to continue, Robert realized that he could no longer

afford to come to counseling. In what Robert assumed would be his last counseling session, he let his therapist know that without insurance coverage, he couldn't manage the fee for counseling.

To his great surprise and relief, his therapist told Robert that Shepherd's Counseling Services has a Hope in Healing scholarship fund that he qualified for under his circumstances. He was able to continue weekly sessions to allow the process of his work in therapy to continue without interruption.

As Robert was able to recall and talk about more of his early childhood and the abuse, the nightmares and flashbacks began to subside. Finding that he could trust his therapist to carefully guide him through the process, Robert's panic attacks also came to an end and he found that he was able to navigate life with more confidence and increased focus.

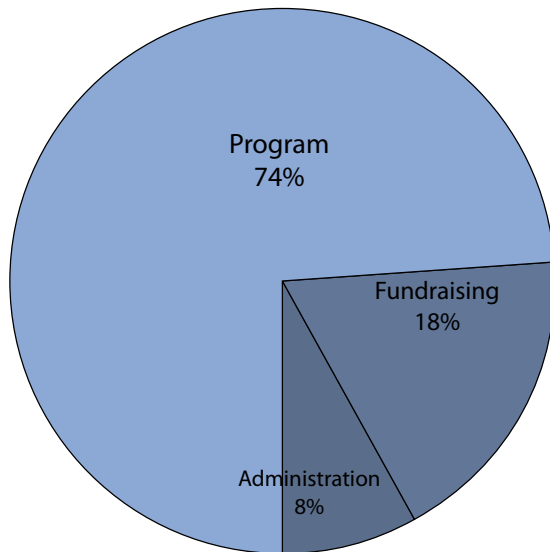
With his newfound sense of self, Robert returned to school to finish his graduate degree. "Things are so much better for me now than they have ever been before. I had no idea that the kind of help I've found at Shepherd's was possible. I will forever be grateful that I was able to continue my work in therapy even when I couldn't afford it – it's changed my life."



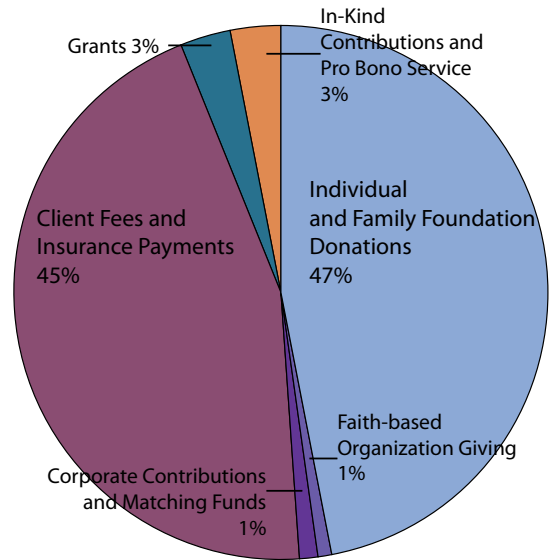
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Financial and Service Reports

2009 Expense Allocation



2009 Sources of Funding



2009 Client Services

68 new clients began services at Shepherd's in 2009.

Shepherd's provided therapy to 130 individuals:
75 women and 55 men.

Financial assistance provided to clients increased by
14% from 2008 to 2009.

Financial assistance was provided to:

- 68% of individual therapy clients.
- 40% of clients in couple's therapy.
- 38% of clients in group therapy.

35 individuals received insurance benefits.

7 individuals received Hope in Healing Scholarships.

Shepherd's Counseling Services Financial Statement for the Year Ending December 31, 2009

Operating Support and Revenue

Client Fees and Insurance Payments	\$114,369
Fundraising Revenue	
Individual and Family Foundation Donations	\$121,357
Corporate Contributions and Matching Funds	3,111
Faith-based Organization Giving	3,050
Grants	7,250
Total Fundraising Revenue	134,768
In-Kind Contributions	7,569
Interest on Investments	294

Total Revenue **\$257,000**

Operating Expenses

Program Services (less financial assistance)	\$153,286
General Client Financial Assistance	18,344
Hope in Healing Scholarships	440
Fundraising	42,142
Administration	18,810
Operating Reserves	20,000

Total Expenses **\$253,022**

Net Income* **\$3,978**

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

2009 Donor Support of Shepherd's Counseling Services

Thank You! *The following donors have made specialized, affordable healing opportunities possible for adult survivors of childhood sexual abuse and their families through their generous support of Shepherd's Counseling Services.*

Thank you for bringing hope and healing to men and women who so deserve the opportunity to receive professional services to meet their needs, providing a greatly appreciated port in the storm.

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.

Leadership of Shepherd's Counseling Services

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**Special thanks to William and Melody
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\$20,000 +

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\$10,000-\$19,999

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Jan O. Rowe
Henry C. Winters and Frances Jackson

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Connie Weiseth

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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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Janice Palm, Executive Director



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