

*Standing strong . . .*

*a place of*

*safety,*

*dignity,*

*worth,*

*voice,*

*and*

*healing*



*for adult survivors of*

*child sexual abuse.*



2011 Annual Report to the Community

## A Message from our Executive Director

Dear friends and supporters,

Thank you for bringing the opportunity for healing into the lives of each and every man and woman who walked through the doors of Shepherd's Counseling Services in 2011.

This place holds great meaning for those who walk through our doors to a place where secrets can be shared for the first time, held safely, and understood by others. This is a place where survivors can connect authentically with others allowing them to gradually open, reconnect with themselves, and realize new possibilities of wholeness.

We have also become aware that this place stands as a statement of the worth of holding a space in our community dedicated to acknowledging the sexual abuse of children and the need for a safe place for healing.

### Increased Need for Services and Financial Assistance

For many of our clients, it was a year of financial struggle as the effects of the economy seemed to impact even more of our clients in 2011 than they had in 2009 and 2010. Many people who were deeply emotionally invested in their therapeutic process at Shepherd's came to talk to us about the possibility of reducing their fees after having lost their jobs and their insurance coverage.

Because of your support, we were able to offer these clients financial assistance from our general fund and, where needed, from our Hope In Healing Scholarship Fund in order for each individual to be able to continue their therapy sessions, often at crucial times in their healing process.

In 2011, we were deeply grateful to be able to meet the need for financial assistance of every individual, both those who came to us hoping to begin their healing here and those who were in the middle of working through their deep healing process with our therapists.

*2011 has reminded us strongly of the profound importance and need for the unique services we provide as the subject of child sexual abuse has been more talked about in the media, and as Shepherd's is becoming more of a known voice and resource in the community.*

### In the Midst of a Changing Social Environment

2011 has reminded us strongly of the profound importance and need for the unique services we provide as the subject of child sexual abuse has been more talked about in the media, and as Shepherd's is becoming more of a known voice and resource in the community.



Janice Palm, Executive Director

We were honored to be contacted by the major local news stations asking for our trusted opinion and expert information when the news of the Sandusky trial began. This provided an important opportunity to fulfill our mission to educate the greater public about child sexual abuse. We are pleased to be seen as a trusted and respected community resource for information about this very complex, very pervasive, and critically important issue.

### Bolstering our Ability to Serve Our Mission

As we have been seeing increased demands for client services and financial assistance over the past few years, we have become aware of the need to strengthen our organizational preparedness for thoughtful, long-term growth to continue to best serve our unique mission and our dedication to adult survivors of child sexual abuse.

Our organizational preparation included some core tasks such as establishing a modest, yet professional database for greater efficiency and effectiveness. It also included hiring two new therapists and welcoming both a new Clinical Coordinator and a new Office Manager. We have continued to fulfill our

commitment to provide service of excellence to our clients by providing strong clinical support and education to our therapists.

### Building Strength to Meet Increased Needs

Our goals for 2012 are to continue to provide high-quality, professional therapy services specialized to meet the needs of adult survivors of childhood sexual abuse, and to continue to extend our services to partners and families of survivors.

Our commitment to providing affordable therapy and access to healing for all survivors, regardless of their financial circumstances, continues as it has since our founding in 1987. Since establishing the Hope In Healing Scholarship Fund in 2009, we have been able to serve every client who has come to us for healing. Because of generous donations to both the scholarship fund and to our general fund, where most of our clients receive all other levels of financial assistance, we have been able to maintain this commitment to our clients and to our mission. It is our strong intention to do everything we can to continue to provide affordable services of the highest quality to meet the need of every client who comes to us.

In addition to our greatest commitment to provide therapy to women and men who were sexually abused as children, we have come to realize the value and reach of making our voice heard and sharing our expertise in the community.

We have seen the impact of and support for our community education and awareness efforts through Turn The Light On, and we will continue our commitment to providing this to our community.

We will also continue to reach out to the media to share our expertise and to speak on behalf of survivors on the subject of childhood sexual abuse.

### A Community of Compassion, Connection and Care

I recognize, every day, that it is the support of individuals in our community that make it possible for us to do this work in this special and unique place that is safe, trusted, and completely dedicated to women and men who

were violated by sexual abuse in their childhood.

As the news of child sexual abuse increases and as survivors continue to be challenged by economic struggles and decreasing insurance benefits, we know our challenge is to continue

to provide a safe place for healing that is accessible to all survivors in our community.

Thank you for your great care and generous contributions that provide this unique oasis of safety, community, and healing for adult survivors of childhood sexual abuse.

It truly takes a community to bring healing to the deep wound of sexual abuse, and I am deeply grateful to you for providing and being a part of our community of care.

With warm regards,

  
Janice Palm  
Executive Director

*This place holds great meaning for those who walk through our doors to a place where secrets can be shared for the first time, held safely, and understood by others.*

*“The ache for home lives in all of us. The safe place where we can go as we are and not be questioned.”*

- Maya Angelou

*“For someone who needs refuge, a key is provided.”*

- Anna Keesey

# Providing a Place . . .

## Dedicated to Healing for Child Sexual Abuse Survivors

*"Within these four walls I have found safety for the first time in my adult life."*

*- former Shepherd's client*

It may be hard to believe that someone could not have the feeling of safety for their entire adult life, but for many people who were sexually abused in childhood, this is true. There is something remarkably personal in the way many people come to feel about their experience within the building and rooms of Shepherd's Counseling Services.

It may begin with their phone call, knowing that we are a place that is exclusively dedicated to survivors and imagining that we are able to hear and understand this part of their lives they have likely kept secret from everyone they have known.

*"Shepherd's is a safe place, for I am starting to breathe, because I can utter all of the things that have been stuck deep inside me, with women in the group that are also survivors who feel these things."*

*- former Shepherd's group member*

*"Shepherd's is my home away from home. I know that sounds funny to be saying about a counseling place, but this one is different. The counselors have a way of making me feel like I am a part of something – like I have a place to belong."*

*- former Shepherd's client*

Through time spent developing a trusted relationship with their therapist and, for some, participating in our therapy groups, these men and women come to have experiences of safety they have never known before. It is from those who come here to find healing that we have learned that our door opens to a rare oasis of safety and the meaning that this place truly comes to hold for survivors.

Shepherd's place in the community has come to represent, not only healing and hope, but a voice that speaks to the reality of the long-term toll of sexual abuse in childhood.

Our physical presence in this 100 year old Capitol Hill neighborhood tells of the need to provide a place of healing and serves as a reminder that the wounds of sexual abuse in childhood can heal with time, dedication, and the support of both professional therapists and community.

In a culture that prefers to hush the difficult reality of sexual abuse, Shepherd's Counseling Services refuses to keep quiet and continues the commitment we have held since the beginning to adult survivors of childhood sexual abuse.

Supported by a community of individuals who believe in our mission and the vital need to provide services to adult survivors, Shepherd's presence stands as validation of the value and worth of supporting adult survivors in their healing and gives voice to our intention to be at the forefront of raising awareness about the epidemic problem of the sexual abuse of children.

*"Shepherd's Counseling Services is a beacon of hope in our community. Its dedicated psychotherapists provide a place of healing for those among us who have been deeply wounded."*

*- Steen Halling, Professor of Psychology, Seattle University*

## Camille's Story: The Meaning of Shepherd's Place in our Community

Camille drove around the block 4 times before her initial intake appointment at Shepherd's.

*"Every time I would park my car, I just couldn't get out, so I drove away. But I came back."*

The journey to Shepherd's got a little easier each time as she came to feel more and more comfortable meeting with her therapist. Each week as Camille would walk up the pathway to the front door, her heart would begin to race with the anxiety of what might be ahead. And each week as her therapist opened the door to greet her, Camille began to breathe a little easier as she followed the stairs up to the familiar second floor of the big old house.

Through the weeks of therapy sessions, Camille's painful story from childhood surfaced.

As is often the case, as Camille's sense of safety in therapy increased, more and more of the ragged pieces of her story emerged.



Many quiet minutes would pass in the course of each session as Camille tearfully stared down at the pattern on the carpet, waiting to gather the courage to say the words describing the repeated sexual abuse from her step-father.

*"This is the hardest thing I've ever done but it feels so important to be able to tell someone my terrible secret. And even though I dread coming here each week for fear of how hard it will be, I know that once I'm here, I'm safe in this place and in this room."*

Throughout her sessions Camille began to articulate the sense of safety that continued to grow.

*"From the beginning, it was very helpful to know that there was this place only for adults who have been sexually abused. It helped me to gather the courage to make my first call knowing that I wouldn't have to*

*explain my reasons for needing help. And now, I realize that I'm coming to have this place of safety in my life that I've never had before – not ever."*



Camille told her therapist how, at times when things felt really hard between sessions, she would drive to Shepherd's and just sit in her car outside the building. *"This might sound really strange, but it helps me so much to sit there and look up at this house that represents safety for me. It helps me to know I'm not alone anymore with all of this."*

As Camille began to work through the pain and betrayal of the abuse, her depression began to lift as did her constant fear of trusting others. As Camille became strong enough to consider ending her sessions, her therapist reminded her that she could always return to Shepherd's as she needed.



On her final session, Camille paused and looked around as she walked out of the room for the last time.

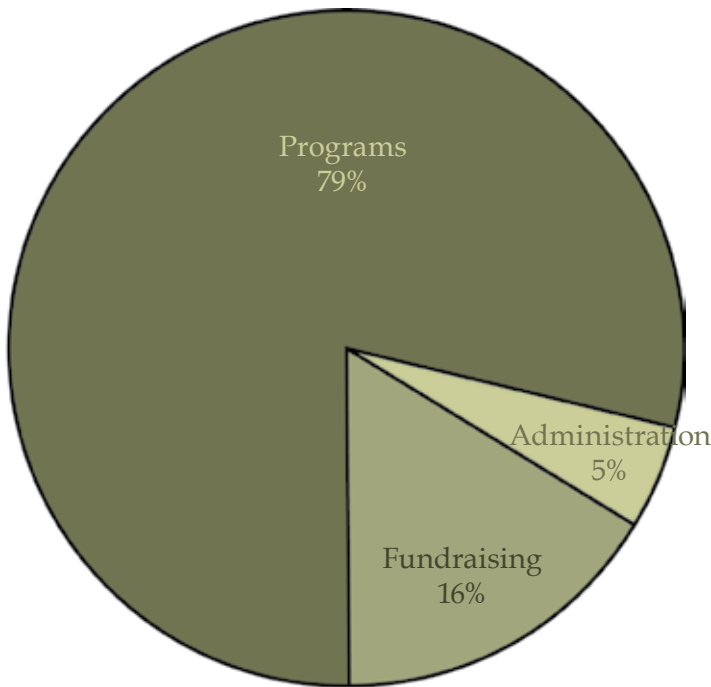
*"I want to take in and remember this place – this wonderful space that feels like my home was supposed to feel."*

*I don't know what I would do or where I would be if I hadn't come here – it's so good to know that this place will always be here for me."*

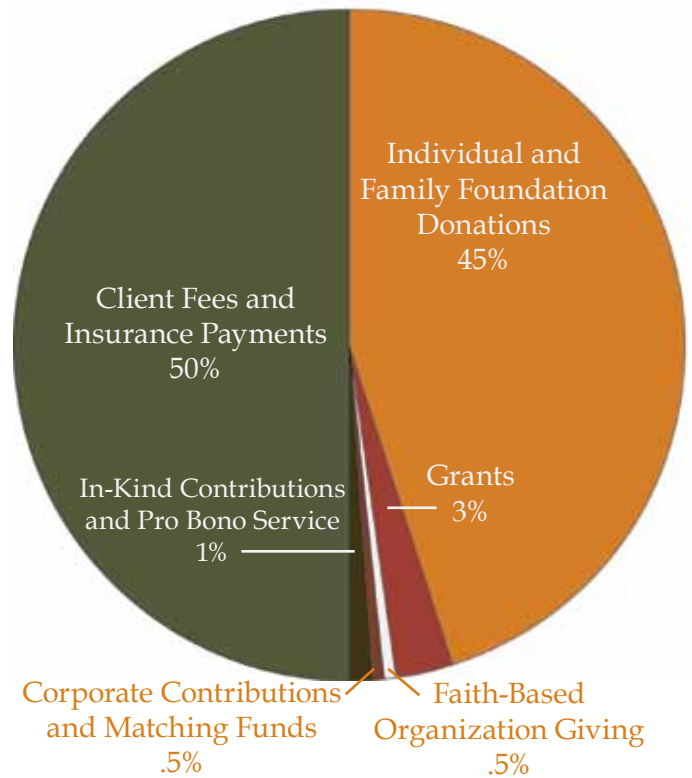
*\*Camille's name has been changed to protect her confidentiality.*

## Financial Reports

### 2011 Expense Allocation



### 2011 Sources of Funding



## Shepherd's Counseling Services Financial Statement for Year Ending December 31, 2011

### Operating Support and Revenue

Client Fees and Insurance Payments	\$199,923
Program Activities: Special Survivor Workshop	2,045
Fundraising Revenue	
Individual and Family Foundation Donations	\$180,930
Corporate Contributions and Matching Funds	1,820
Faith-based Organization Giving	1,900
Grants	10,000
<b>Total Fundraising Revenue</b>	<b>194,650</b>
Interest on Investments	591
<b>Total Revenue</b>	<b>\$397,209</b>

### Operating Expenses

Program Services (less financial assistance)	\$205,862
General Fund Client Financial Assistance	40,288
Hope in Healing Scholarships	1,190
Fundraising	50,559
Administration	16,247
Operating Reserves	75,000
<b>Total Expenses</b>	<b>\$389,146</b>
<b>Net Income</b>	<b>\$8,063</b>

\*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:** Unequivocal excellence in providing therapeutic services to adult survivors of childhood sexual abuse.

**Commitment:** Passionate commitment to providing affordable services.

**Healing:** Steadfast belief in the capacity to heal.

**Human Connection:** Belief in the transformative power of human connection.

**Human Dignity:** Unwavering respect for the dignity of all people.

## 2011 Client Service Reports

### Meeting Clients' Service Needs

Shepherd's provided therapy to 159 individuals:  
89 women and 70 men.

Shepherd's provided group therapy to 34 individuals:  
17 men and 17 women.

Shepherd's provided 30% more individual therapy sessions in 2011 than in 2010.

83 new clients began using Shepherd's services in 2011.

### Meeting Clients' Financial Needs

Financial assistance provided to clients from the General Fund increased by 41% from 2010 to 2011.

Individuals with the greatest needs for financial support receiving Hope in Healing Scholarships increased by 11% from 2010 to 2011.

Every client received the financial assistance or scholarship funding they needed in order to access services in 2011.

## 2011 Donor Support of Shepherd's Counseling Services

### *Thank You!*

*We gratefully extend our greatest appreciation to each individual, foundation, corporation and organization that has made it possible for the men and women in our community to find the healing they seek at Shepherd's Counseling Services.*

*Thank you for ensuring this place of safety, dignity, voice and healing that also stands to show the worth and importance of acknowledging childhood sexual abuse and our commitment to providing healing for survivors.*

#### DONORS

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

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[www.shepherdstherapy.org](http://www.shepherdstherapy.org)

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2601 Broadway East  
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*Standing Strong . . . a Place Dedicated to Adult Survivors  
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- former Shepherd’s client

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2011 Annual Report**