

Daring to believe



Shepherd's Counseling Services
2013-2014 Annual Report to the Community

A Message from our Executive Director

Dear friends and supporters,

Shepherd's Counseling Services has dared to believe that we could change the culture in our community surrounding childhood sexual abuse. We have long understood the relationship between the stigma that surrounds this issue and the willingness and ability of survivors to reach out to ask for help.

Through our outreach efforts in 2013, we saw the largest increase in community engagement in our activities in recent history. We saw the community become engaged through participation in our monthly Walk for Light, attending our Keeping Kids Safe class presented in partnership with community educator Amy Lang of Birds + Bees + Kids, becoming a Light Carrier or Light Carrier sponsor, and attending our Turn the Light On event. We know that, as individuals acknowledge the reality of childhood sexual abuse through engagement in our mission, the silence and stigma surrounding this issue decrease.

In 2013 we reached out to continue to increase our presence and to partner with providers in the healing community. Recent national studies confirm what we at Shepherd's have long known – that sexual

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abuse in childhood manifests in physical as well as emotional difficulties in adulthood. We will continue to let providers from various healthcare disciplines in our community know about the specialized resource of Shepherd's Counseling Services for adult survivors. Through our outreach and trainings offered to the professional community, more survivors are finding life-changing help.

From our beginnings, Shepherd's has offered services based on the needs of our clients and 2013 was no exception in this regard. In this past year we have altered the format of our Partner Support Group to

create a more cohesive experience and have also added an 8-week introductory group for clients who are just beginning to address the effects of sexual abuse in their lives. These changes, along with our outreach efforts, have increased our group services as this year began and we look forward to continued growth in this area. Our individual therapy services and our 21-week therapy groups remain consistently strong.

In this rapidly changing world of bottom-line driven healthcare delivery (including mental health care), we remain steadfastly committed to providing the thoughtful, person-centered therapy to survivors that has been our hallmark for the past 26 years.

Shepherd's Counseling Services is known for its expertise in understanding both this complex childhood trauma and the needs of survivors of childhood sexual abuse in their process of healing. Our specialized therapy is an increasingly rare opportunity for survivors to find the support for healing that addresses the core source of its many impacts as well as the deep relationship wounds that result from sexual abuse in childhood.

We are deeply committed to continuing to provide services of the very highest quality to our deserving clients. Likewise, it is our commitment to you, who make these services possible, to continue to fulfill our mission to provide for the needs of adult survivors through affordable therapy, education and advocacy with the highest standards.

We are sincerely grateful for your partnership and we look forward to moving into this new year together to provide this critical and life-changing healing opportunity for so many survivors.



Janice Palm, MA, LMHC
Executive Director



Serving our Mission January 2013-June 2014

We are sincerely grateful to continue to provide a unique oasis of hope and healing for the many men and women who are mothers, fathers, sisters, brothers, friends, children and other loved ones who have found in us a safe place to let go of feelings of shame and isolation, and a new experience of safety, trust, and community.

The demand on our scholarship fund and financial assistance continue to be strong. We are deeply grateful to be able to make our services accessible to survivors seeking to heal, including those among us who face economic challenges.

In 2014, we initiated a new 8-week introductory group to meet the needs of clients who are just beginning to address the effects of sexual abuse in their lives.

Shepherd's Counseling Services is moving to a July 1-June 30th fiscal year. This report covers our previous fiscal year, Jan.-Dec. 2013, and Jan.-June 2014. The next report will cover July 2014-June 2015.

Throughout 2013, 134 participants joined our Walk for Light, 65 of whom were new to supporting this important cause and joining with us to build awareness of child sexual abuse and a place of healing for survivors.

Our individual therapy services, partner support groups, and our 21-week therapy groups for survivors remain strong, unique opportunities to find healing for those impacted by childhood sexual abuse.

On October 6, 2013 Shepherd's Counseling Services held our third annual outdoor, community Turn the Light On event.



Thank you!

Over the past three years, we have made a concerted effort to reach out to our greater community to bring together a collective wisdom, experience, and voice to end the silence that surrounds child sexual abuse and to illuminate a brighter future for both individuals and our culture.

Public officials, leaders in media, authors, musicians, former clients, and more have brought their insightful, courageous, and inspiring voices to our Turn the Light On event. So many have been moved and transformed by their words. We wanted to share some of these voices with you.



Dan Satterberg, King County Prosecuting Attorney
Turn the Light On 2012

Dan Satterberg offered deeply thoughtful opening remarks at our 2012 Turn the Light On event. His presentation was both enlightening and inspiring. Here is an excerpt:

“As a prosecutor of sex crimes years ago, I had cases where the child victim, who had

the audacity to report the sexual abuse by another family member, was immediately ostracized by that family. I remember one trial where a young girl who was about twelve sat by herself while her mother sat with her abuser. I don’t think I’ve ever seen anyone quite so alone.

Is it any wonder that these crimes go unreported? Even young children know enough about family dynamics that they recognize how explosive such an allegation will be. But the hurt and the suffering of childhood sexual abuse is compounded by this double betrayal - the abuse at the hands of a trusted figure and the pressure from an institution to keep it quiet.

So, children suffer in silence for years in the darkness

waiting, waiting one day to turn the light on. We get to turn the light on tonight.”

Terri Winters Malolepsy brought her understanding of child sexual abuse in family systems from her 27 years of working in child protection litigation with the Washington State Attorney General’s office.

“I began to realize that there’s a great deal of shame associated with childhood sexual abuse. The shame occurs not only on the part of the abuser but also on the part of the non-offending parent or parents, on the family including siblings, and sadly on the part of the child victim. This shame makes it difficult to talk about what has happened and prevents or slows recovery. The counseling service that victims participate in at Shepherd’s helps remove the shame and helps victims and their families begin to heal.”



Terri Winters Malolepsy, former Washington State Assistant Attorney General
Turn the Light On 2013

Martin Moran presented the keynote speech at our 2012 Turn the Light On event with the same comforting charm and humor that are conveyed in his book, The Tricky Part.

I have a confession to make and that is that I feel, still, very shy and very nervous - I’m still afraid of turning the light on. I just want to go to sleep, I want it to go away. I don’t want to talk about, it’s hard to talk about, what happened. I stand here before you. I’m a 53 year old guy who’s an actor and a singer and a skier and a sometimes tennis player and an uncle and a son, and I also happen to be a guy who was sexually abused from the time I was 12 to the time I was 15.

It’s hard to talk about what happened because one of the big complex things about it is that I often think, ‘you know, I should’ve punched the guy or I should’ve strangled him or if I were different, if I were stronger I wouldn’t have let it



Julia Massey & the Five Finger Discount
Turn the Light On 2013

happen.’ And I still confront that, and I want to go to sleep and not talk about it. But I’m grateful for the invitation, that chance to always just be here with you, in the moment, trying to talk about the truth of who we are as human beings.



Martin Moran, Broadway writer, performer, and award-winning author of [The Tricky Part](#) Turn the Light On 2012

Everyone’s story is so particular at a particular age with a particular kind of violation. Mine was that I was right on the cusp of becoming a man, and I felt that he stole that from me.

What I’m always trying to come to grips with is the paradox of this thing. It’s part of what made me who I am, and part of accepting the reality of the story of my life. And it’s also acknowledging that it is a crime I don’t want to happen to anyone else, to turn the light on, to speak about it. You know, my shame is kind of ancient, intractable, because I always felt that I allowed this to happen in the first place, and that I gave in, and that’s what made me bad. But it was by reaching out and getting help that that began to change. It’s a

long journey toward self-love and self-acceptance and it comes through the eyes of others like Shepherd’s Counseling Services, our friends and family who are willing to sit out at a chilly park at night and talk about this very difficult subject.



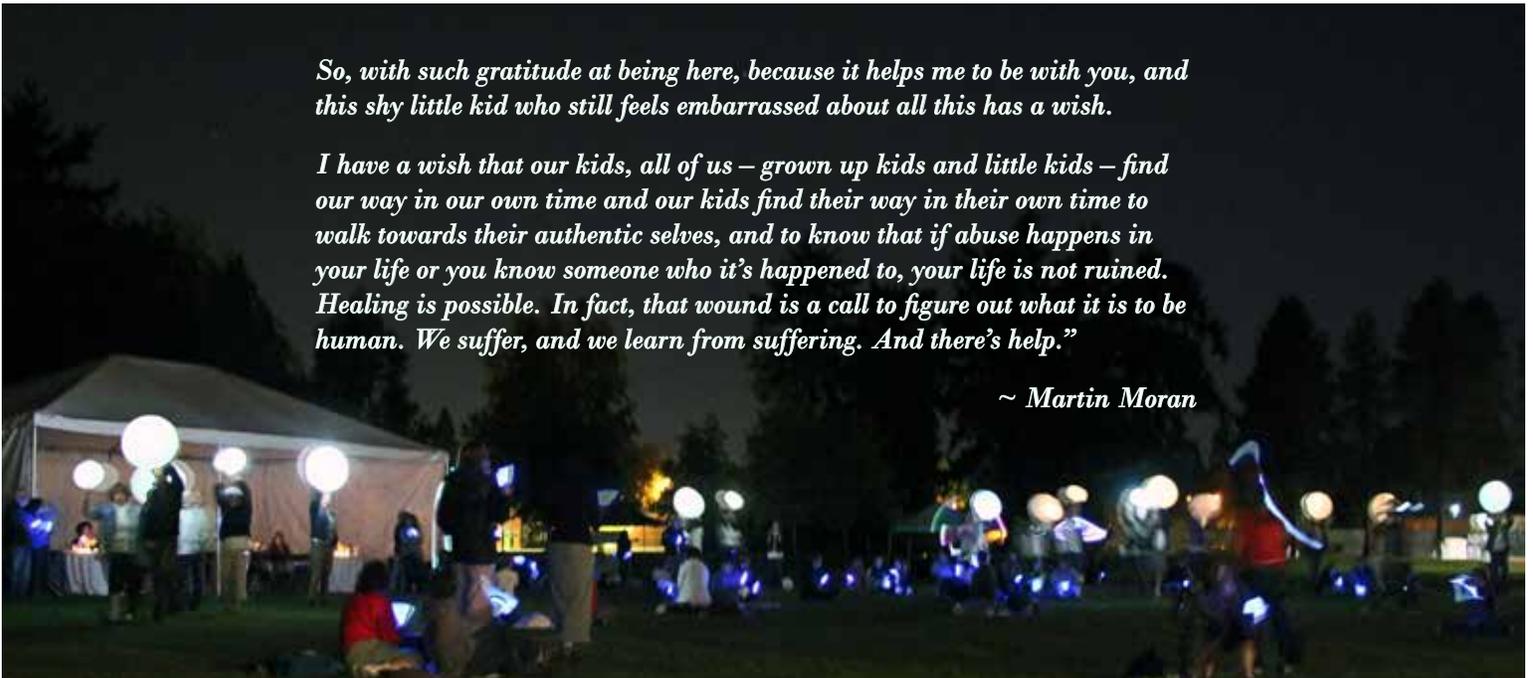
Martin Moran on stage in the event finale with the Light Carriers.

It’s really in the complexity of these stories that we find how the tangle of human suffering is so complicated for victims, as well as for perpetrators. Somewhere between all the black and white, the stories that show up in the newspapers, is the gray of frightened human beings caught up in a world of voiceless secrets. And it calls for our awareness and our speaking up. And it also calls for our compassion. I mean I don’t know how else we might learn to talk to each other about this human plight of ours. It happens, here on Earth, it just, it happens. It’s real, and we have to be courageous enough to speak that truth to each other, and it does take a community.

So, with such gratitude at being here, because it helps me to be with you, and this shy little kid who still feels embarrassed about all this has a wish.

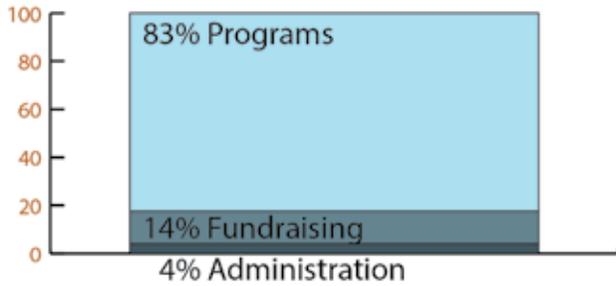
I have a wish that our kids, all of us – grown up kids and little kids – find our way in our own time and our kids find their way in their own time to walk towards their authentic selves, and to know that if abuse happens in your life or you know someone who it’s happened to, your life is not ruined. Healing is possible. In fact, that wound is a call to figure out what it is to be human. We suffer, and we learn from suffering. And there’s help.”

~ Martin Moran

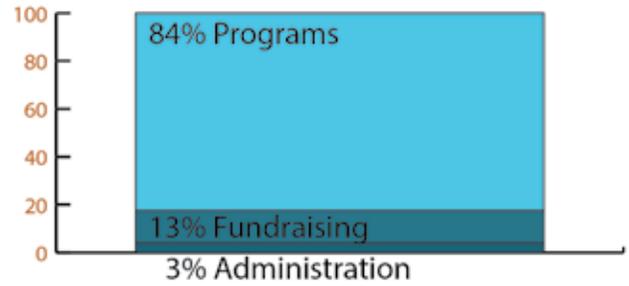


Financial Reports

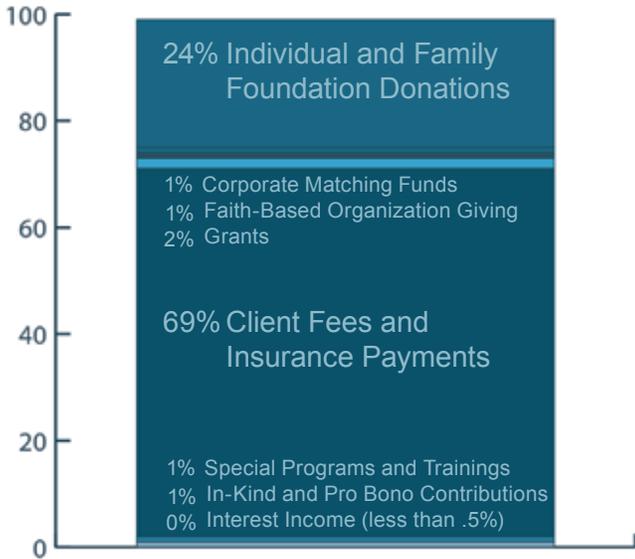
Jan-Dec 2013 Expense Allocation



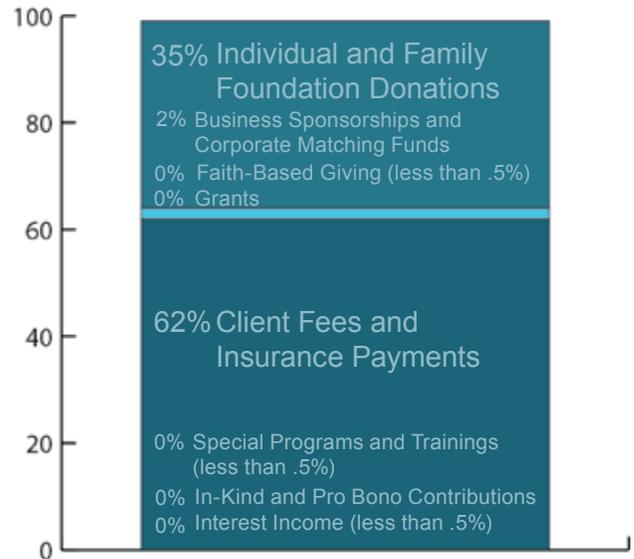
Jan-Jun 2014 Expense Allocation



Jan-Dec 2013 Sources of Funding



Jan-Jun 2014 Sources of Funding



Shepherd's Counseling Services Financial Statement for the Year Ending December 31, 2013

Operating Support and Revenue

| | |
|--|-------------------|
| Client Fees and Insurance Payments | \$202,793 |
| Special Programs and Trainings | 3,130 |
| Fundraising Revenue | |
| Individual and Family Foundation Donations | \$71,151 |
| Corporate Contributions and Matching Funds | 4,102 |
| Faith-based Organization Giving | 3,232 |
| Grants | 5,900 |
| Total Fundraising Revenue | 84,385 |
| In-Kind Contributions | 4,000 |
| Interest on Investments | 281 |
| Total Revenue | \$294,589 |
| Operating Expenses | |
| Program Services (less financial assistance) | \$253,323 |
| General Fund Client Financial Assistance | 32,665 |
| Hope in Healing Scholarships | 1,145 |
| Fundraising | 46,065 |
| Administration | 16,034 |
| Total Expenses | \$349,232 |
| Net Income* | (\$54,643) |

*When adjusted for payables received, shortfall = \$19,643

News and Trends

Fiscal Year Change

Beginning July 1, 2014, our fiscal year has moved from a Jan.1-Dec. 31 period to a July 1-June 30 period. Therefore, we have included in this report the 18 months including our previous fiscal year and the period between our past and present fiscal years. Please feel free to contact us if you would like more information.

Jan-Dec 2013: Meeting Clients' Needs

Shepherd's provided therapy to 149 individuals:
91 women and 58 men.

73 new clients began receiving therapy services.

38 women and 16 men received financial assistance in 2013 subsidizing 937 hours of therapy.

13 survivors received Hope In Healing scholarships in 2013 supporting 144 hours of therapy.

Shepherd's delivered 12 community presentations reaching 478 audience members.

Jan-Jun 2014: Meeting Clients' Needs (6 month period)

Shepherd's provided therapy to 119 individuals:
74 women and 45 men.

42 new clients began receiving therapy services.

30 women and 18 men received financial assistance in this 6-month period subsidizing 385 hours of therapy.

22 survivors received Hope In Healing scholarships in this 6-month period supporting 195 hours of therapy.

Financial Assistance provided = \$22,705
Hope In Healing Scholarships = \$2,640

Leadership of Shepherd's Counseling Services

Janice Palm, MA, LMHC
Executive Director

Board of Directors

Russell Hanford,
Treasurer
Private Practice
and University of
Washington

Jefferey Harvey, Secretary
HealthPoint

Mike Gale
POWTEC, LLC

SaNni Hull-Lemonidis
Robblee, Brennon &
Detwiler

Cate Weisweaver
Salmon Bay Community
Lending

Thank You!

We offer our most sincere gratitude to each and every individual, business, foundation, and grant funder who has brought this unique opportunity for healing to the men and women who were served by Shepherd's Counseling Services this past year.

Thank you for bringing the light of hope to those who were sexually abused in childhood who can now find support for healing.

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

Thank you to everyone who supported this cause by participating in Turn the Light On, the Walk for Light, and other events!

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If you would like to receive a mailed annual report or have any questions about this report, please contact Jill Armitage at jill@shepherdstherapy.org or 206.321.2684.



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Daring to Believe



“Turning on the Light extinguishes the darkness and brings great hope. I know that personally and I know that many of you do as well....”

So we’re not alone. In our courage to be vulnerable we find strength, we find others who will lend support, we find ourselves, our true selves. That’s why it’s so important to turn on the light.”

Tim Burgess, Seattle
City Councilmember
Turn the Light On 2013

See the 3 minute video of Tim’s keynote presentation at
www.TurnTheLightOn.org

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