

Shepherd's Counseling Services
2014-2015 Annual Report

Unique across the nation —

focused solely on providing specialized therapy for adult survivors of childhood sexual abuse.

28 years of specialty therapy for adult survivors of childhood sexual abuse.

Personalized therapeutic approach to best serve each client's needs.

Clients are allowed **time** in therapy to address the core of their suffering.

We often hear from our clients, *I'd given up on things getting better for me and now* **I feel hope** *for the first time.*

Made possible by each gift from each donor.

"Thank you so much for the help I have received through your agency.

I have received self understanding and support that has helped me to see why it was right that I was so confused, bewildered, hurt, and untrusting for so long.

Your work is so important for us who have no other way of understanding what has happened to us.

I can say now that many of my wounds have healed and although the scars will remain, I can finally move forward to create a new life for myself."

- Former Shepherd's Client



Dear friends,

The direct role that our donors play in providing access to healing for men and women who were sexually abused as children is always in our awareness.

This year, we are celebrating the leadership of 20 individuals who stepped forward to take a special role in expanding support for our mission through their outreach as Light Carriers and as special advocates during GiveBIG.

We also celebrate and welcome each of the 124 new donors who joined our long-time faithful supporters this year! Together, these donors form the dedicated community of individuals who sustain the agency and allow these services to continue.

Because we do not restrict our clients to a short-term quantity of therapy to address their healing from this complex trauma, we do not qualify for larger Federal grants which often provide

significant support for many organizations. We are able to provide specialized therapy tailored to meet the needs of each survivor who comes to us for help because we are privately funded, primarily by individuals and family foundations. We are deeply grateful, on behalf of each survivor we serve, for the opportunity to provide the quality and quantity of therapy that we believe offers the best possibility of long-term healing.

On a more public note, we are encouraged to see the topic of childhood sexual abuse gaining greater attention in the national spotlight. These stories have also given us the opportunity to bring greater awareness and insight into this incredibly important topic through my blog, celebrating its first year.

In the year ahead, we are keenly focused on our commitment to meeting the needs of those who rely on Hope In Healing Scholarship funds

to receive therapy. This very important and meaningful fund allows those with the greatest financial need to receive quality long-term healing services.

This year will also be focused on a new venture – our fall 2016 fundraising event! Stay tuned for table captain opportunities and other information and invitations. We are rolling up our sleeves to extend hope and healing, and I hope you will join us in this new venture!

I look forward to taking these next steps together to build Shepherd's Counseling Services' future, and to connect as a community of support for adults who courageously work to put together the pieces of their lives and build a safe, healthy, and productive future.

A handwritten signature in black ink, appearing to read "Janice Palm".

Janice Palm, MA, LMHC
Executive Director

“Each time someone stands up for an ideal, or acts to improve the lot of others, or strikes out at an injustice, he sends forth a tiny ripple of hope.”

Robert F. Kennedy

Serving our Community

July 1, 2014 - June 30, 2015

151 Clients served

56 Men

95 Women



84 New Clients



20 Special
Advocates and
Light Carriers



2,740 Individual Therapy Sessions



20 New Blog
Subscribers



62 Men's Group Sessions
21 Women's Group Sessions



18 Partner Support Group Sessions



68% More
Facebook
Followers

Mission

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

Vision

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

Values

Excellence
Commitment
Healing
Human Connection
Human Dignity

Healing Happens Here

Paige found in Shepherd's Counseling Services a community of support for her courageous journey of healing. She has generously shared her story with us.

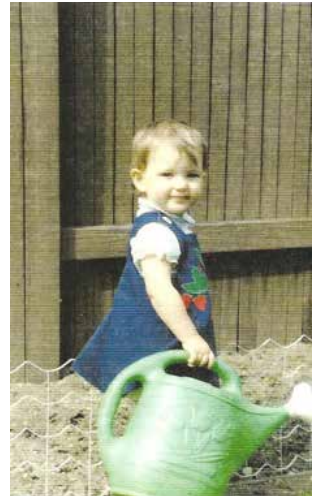
We asked her what her life was like before the abuse began:

The funny thing about trying to describe what my life was like before the abuse is that I don't really remember a time before it started. It shaped so much of my childhood, slithering its way through even normal memories now as I look back.

There is no point that I can look back on and think "Oh, that was it" or "That's when it started."

What I do remember is a time before I understood what was going on. A time before I realized it was bad and that I didn't like how he was touching me.

I struggle to even admit the truth now as I write this, but I mostly remember feeling special and loved by my father. I knew that he and I had this special relationship that no one else was a part of. I felt like I was being trusted with an adult secret. I felt chosen.



"To the outside world I was still the perfect image of a smart, happy, young girl. But I have memories from that time that are so sharp they cut like the edge of broken glass."

A*t some point, maybe early middle school, I started to hate it. I remember just crumbling inside. To the outside world I was still the perfect image of a smart, happy, young girl. But I have memories from that time that are so sharp they cut like the edge of broken glass.*

I remember standing in the shower sobbing to myself and wondering why me. It felt like I had hundreds of questions trapped inside my head with no way out and no way to understand them. Did my mother know? Was she jealous of how he was attracted to me? Did it mean he didn't love her? Was this something that all daddys do to their daughters to prepare them for what men will do to them later in life? Even after I moved out of the house to college and most of the

physical abuse stopped, the brain-washing power that my father had over my life still completely dominated me. The words that came out of my mouth were his words. The choices I made in school were his choices. I was his play-thing and I danced to his tune.

“It was more than being terrified of other people knowing, I was terrified of having to acknowledge it even in my own brain.”

I found my way to Shepherd’s because at 28 the secret was starting to destroy me from the inside.

I could feel it trying to bubble its way up to the surface. It was more than being terrified of other people knowing, I was terrified of having to acknowledge it even in my own brain.

I remember the first day of group counseling, the group leader asked us all to write down our goals. To share why we were there. All of my goals centered on keeping the secret. How do I forgive my father? How do I keep this from affecting sex with my partner?

And mostly, how do I pass as normal? I vividly remember my shock when one of the other women’s goals was to confront her father about the abuse.

I couldn’t even imagine the idea of doing so, I was trying to figure out how to bury my secret back down even deeper. But something about sharing my story in a group of other survivors changed me. I found anger in me. I found deep sadness.

And the most unexpected to me, I

found a great well of strength and a desire for realness. I wanted to be real. I wanted to live a real life.

Keeping the secret and feeling shame became just another way for my father to control me and one day after counseling, that became simply unbearable for me.



Confronting my father, breaking my mother’s heart, shattering my brother’s understanding of our childhood. These were not easy things. Through it all, I kept going every Tuesday to share the support and the journey with my group of other survivors. Did it save my life? Possibly.

(continued pg. 8)

Reaching more Survivors



Last year, 19 survivors received therapy funded by gifts from 17 donors to the Hope In Healing Scholarship Fund.

100% of every donation to the Hope In Healing Scholarship Fund directly covers therapy fees for scholarship clients.

2014-2015 Scholarship Funds covering therapy fees for clients: \$12,542

2014-2015 Donations to the Scholarship Fund: \$4,050

Goal to meet client needs 2015-2016: \$20,400

Low-income clients relying on the Hope In Healing Fund for therapy in 2014-2015 received services because of a previous major gift to the Scholarship Fund. In order to meet the needs of these clients in the year ahead, we will need to reach our highest goal to date in Scholarship Fund support.

Aiming high to reach more survivors who need scholarship support for therapy!



Derek was able to receive over a year of individual therapy with donations directed to the Hope In Healing Scholarship Fund.

"I've gotten more help here than anywhere else. My wife told me she's noticed a change. I have more anger at my uncle who abused me, but less at the people I work with and at my wife. I actually have hope that my family can stay together. That's all I've ever wanted."

(Details changed to protect confidentiality.)

Operating Statement

For the Year Ending June 30, 2015

INCOME

Fundraising

Individual Contributions

| | |
|----------------------------|---------|
| GiveBIG 24-Hour Campaign | \$6,496 |
| Light Carrier Sponsorships | 9,115 |
| Annual Giving Campaigns | 78,540 |

Grants 5,900

Faith-Based Giving 2,200

Corporate Giving 1,941

Total Designated to Scholarship Fund 4,050

Total Fundraising \$108,242

Client Fees and Insurance Payments 207,418

Provider Training Registrations 140

Interest Income 228

TOTAL INCOME \$316,028

EXPENSES

Program

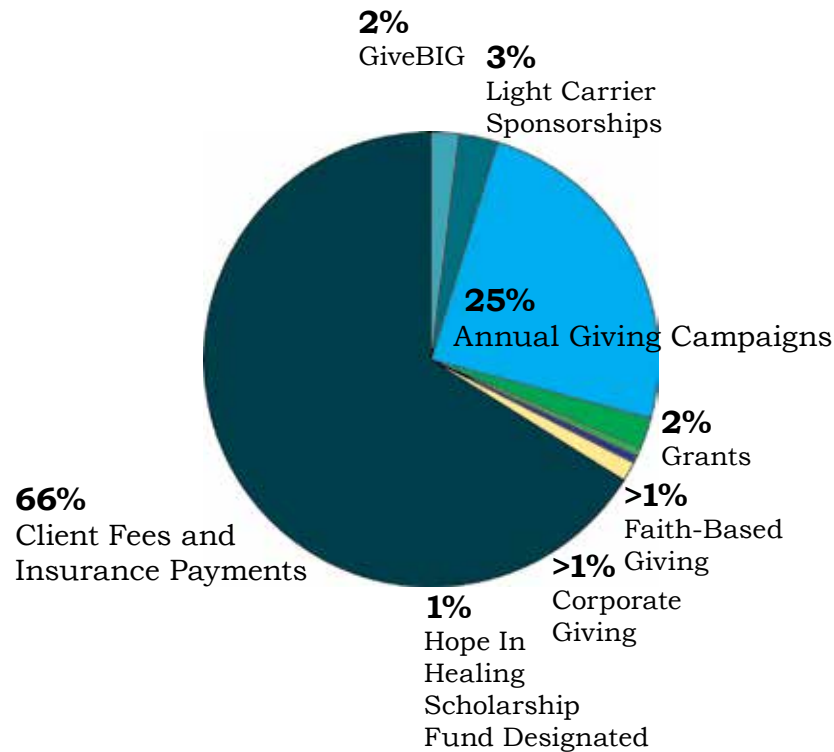
| | |
|------------------------------|-----------|
| Counseling Services | \$235,019 |
| Sliding-Fee Subsidies | 36,730 |
| Hope In Healing Scholarships | 12,542 |

Fundraising 42,518

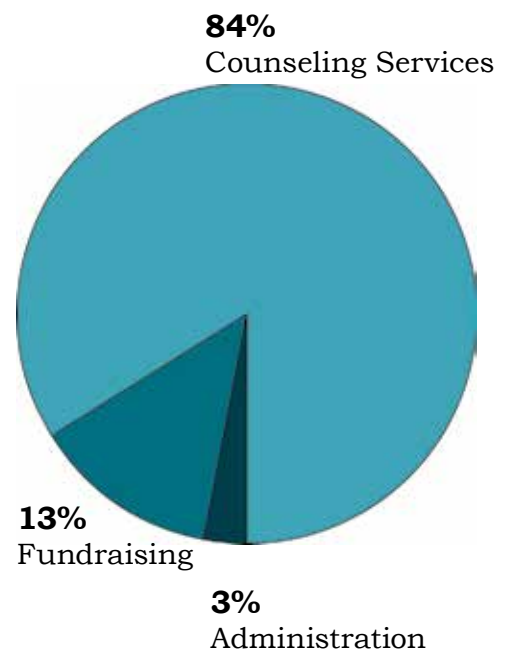
Administration 11,203

TOTAL EXPENSES \$338,012

2014-2015 Sources of Funding



2014-2015 Expense Allocation





But what is even more important to me is that I found a life worth living that I hadn't even known was possible.

Looking back now, it feels like those old movies where

“But something about sharing my story in a group of other survivors changed me.”

everything starts in black and white and then a switch is flipped and everything is touched by beautiful Technicolor. I may still have struggles, I will always be a survivor of abuse, but I'm living a life of truth. A life that shame has no part in.



Thank You

for bringing the opportunity to adult survivors of childhood sexual abuse to put the pieces back together in a community of support!

On behalf of all of our clients who have new hope and healing because of your outreach and contributions, thank you to every one here and welcome to the 116 new individuals and 8 corporations who have joined our team of support this year building opportunities for healing!

We extend a very special thank you to William and Melody Fleckenstein for their generous support.

\$5,000-\$9,999

Joseph Delinsky
Frank and Emily Smith Foundation
Jack Tarver Foundation

\$2,500-\$4,999

Anonymous (1)

\$1,000-\$2,499

Carl and Lyndall Cook
Joel R. Ferguson
Mike Gale
Marc Gilmartin
Nancy Goehring
Russell Hanford
Tosh and Cathy Hayashi
Bill and Chris Heaton
Melinda May
Janice Palm
John Shelton
Stuart and Debbie Sing
Michael Vasile
Theresa Zoun

\$500-\$999

Anonymous (5)
Billie Grable
Nina and Tod Huey
Truman and Linda Jordan
Tom Kleven
Mr. and Mrs. W. D. MacLean
Terri Winters Malolepsy
Ragu Raghavan
John C. and Nancy Rudolf
Karlla Sander
Jim Singleton
Mark and Connie Weiseth



Executive Director

Janice Palm, MA,
LMHC

Board of Directors

Russell Hanford,
Treasurer
Private Practice
and University of
Washington

Mike Gale,
Secretary
Thomson-Reuters

**SaNNi Hull-
Lemonidis**
Robblee, Brennon &
Detwiler

David Schor
Northwest Accounting
& Financial
Management

Cate Weisweaver
Salmon Bay
Community Lending

Donor Support July 1, 2014-June 30, 2015

\$250-\$499

Anonymous (4)
Ahmed Abou-dan
Steve Barker
Brian and Marcia Bidwill
Christopher Christensen
Richard and Patricia
Funk
Dr. Rick Hall
Donald Hegarty
Janyce Hope
Allena Hyatt
Tom and Amy Klempay
SaNni and Daniel
Lemonidis
Jim and Wendy Meusey
Cynthia Mowery
James and Shirley Palm
Ruth Pappas
Steven Ramsay
Bruce and Sandy
Schmith
Marcel Sutton
Walter Sutton
Cate Weisweaver and Teo
Hurtado

\$100-\$249

Anonymous (8)
Jill Armitage
Arthur and Mary Fran
Barkshire
Charles and Judy Barnes
David and Cindy Bayard
George Hastings and
Celeste Bennett
William Bennett
Michael Bergman
Frederick Berliner
Lynn and Paul Bernstein
Bonnie Blecha
Grady Bruce
Donna Christensen
Eric Cobb
Gerald and Frances
Conley
Sharon Cooper
Lynne de Bie
Kristina Detwiler
Cache Deupree
Margaret Diggs
Katie Doemland
Suzanne Dolberg
Joan Duroe
Donald Erickson
Peter Fabish

Julius and Avel Fister
Larry Fortner
Kris Fredson
Marc Fredson
Charles Grehn
Ruby Grynberg
Steen Halling, PhD
Elizabeth Hansen
John Hatchel
Jo Ann Herbert
Marcia Herivel
Julie A. Hirsch
Connie Hoover and Hank
Hinnant
Charles House
Ralph and Martha
Huskey
Carl Hutchinson
Albert Israel
Deric Jones
Becky and Jon Jung
Daniel Katz
Michael Keliher
Catherine and Brian
Kennebeck
Arlen Kessler
Omair Khan
Lai Ling Kwok
Amy Lang
Sherman Law
Shelley Lawson and Erik
De Bie
Nathan Leigh
Jerry Little
David Lunt
Laura Trinco Lyons
Drew Markham
Michael Mathews
John McCoy
Rachel McLean
Brad Minaker
Andrew Mortemore
Margaret Mourning
Mr. and Mrs. Henry
Nelson
Hilary and Hamilton
Newberry
Anh-Tuan Nguyen
Brian Niemiec
Oswald and Rayma
Norton
Robert Ondrasik
Steven Oswald
Joshua Parks
Anne Marie Peterson
Alan and Elizabeth Pool
Harold and Janet Price

Sydney Ranney
Kate Reed
Diane and Michael Rivers
Kenneth and Sally
Roberts
Ryan Romaneski
Ming-chu Rouse and
Yuen Chao
Janice Shipley
Patricia Siggs
Trent Smith
Ho Chan Song
St. Mary Magdalene
Chapter of
Philoptochos
Richard and Carolyn
Stein
Bert Sullam
Carol Thiel
Tevin Thompson
W. Mark Thompson
Melinda Toom
Robert Ungaro
Tom Vigurito
Tom Voelk and Mariko
Kakiuchi
Abbie Webb
Michael Werner
Helen West
Kathy Wilmering
Beth Wilson
Mark Wnetrzak

\$1-\$99

Anonymous (5)
Beverly and Bill Allen
Geraldine Allen
Carrie Anderson
Deborah Arnold
Shawn Barrett
Paula Bekker
Susan Bennett
Melissa Bennett-
Cumming
Sasha Bergman
Christopher Bigler
Cynthia Bishop
Linda Bone
Scott Bronstein
Brian Brozovic
Lillian Buchanan
Kathryn Bunn-Marcuse
Mary Burki
Charles Burrell
Karen Byorth
Brandi Carnes
Joel Centano

Mette Christensen
Noah Cohan
Alicia Cole and Joshua
Horst
Ann Crabtree
Sarah and Barry
Crossman
Karen Damianick
Kim and Tom Darby
James Davidson
Ethan and Erica Delavan
Deborah Dewey
Richelle Dickerson
Eugene Dorosh
Emily Duguid
Anne Duroe
Lori Dye
Austin Edge
Meredith Edwards
Mr. and Mrs. Robert
English
Corrine and Jim
Feldman
Kashari Ferris
Rebecca Fishaut
Amy Flynn
Sarah Flynn
Kathy Forrest
Chuck and Kathy
Fredson
Marcia Friedman
Sylvia Fruichantie
Jon Gale
Wanjiku Gitahi
Roger Grefe
Andrew Griffin Lukes
Anne Griffin
Suezie Hagy
Brenda Hancock
Rachael Heade
Marco Hedelund
Cynthia Jaffe
Nancy Jordan
Michael Joyce
Sarah Kaplan
Rachel Kirby Cibelli
Muriel Knapp
Pearl Knestis
Robert Knight
Mehran Kolahiyan
Elizabeth Lagerquist
Jeanne Lamont
Ericka Lamsek
Jann Ledbetter
Dennis Light
Allen Livingston
Jonathan Lobatto

Community of Support

Jahna Locke
Jeanne Macauley and
William Austin
Joel Magalnick
Brian Magnuson
Valerie Martin
Jacqueline McArthur
Janet Mead Leamon
Rhenda Meiser
Arturo Menendez
Francine Menendez
Elaine and Daniel Mintz
Susan Morrisson
Surry and John Mowery
Ysabel Mullarky
Chris and Susan Nelson
Rebecca Nelson
Harold Neuman
Jennifer Nordstrom
Ken Nowell
Jim Palm
Katie Palm-Cruz and
Cesar Cruz
Emily Palm-Yedo and
Devin Yedo
Scott and Sandy Peabody
Lucinda Pearson
Sonya Piper
Ashish and Sudha
Porecha
Kendra Porter
Sandra Price
Stephen Price
Dr. Lindsey Rabushka
Laura Rattner
Leslie Ray
Tracy Rector
Pat Reed
Cathy Relyea
Charlee Sandall
Sarah Schendel
David Schor
Desiree Serr
Shravan Sheela
Lara Simmons
Brian Sisolak
Barry Smith
Meridith Snyder
Ilene Stark
Arlene Stavig
William Stein
Lauren Stern

Amanda Strombom
Michael Strong
Susan Stuns
Jacob Svendsen
Idrus Syed
Glen Tamura and
Kenneth Comstock
Vijay Thatte and Ashwini
Vijay Thatte
Jared Trinka
Michael Tusay
Wanda Urquhart
Rick and Laura Vopatek
John Walenta
Chris Walker
Wendy Wanderman
Tracey Warren
Harriet Weissman
Lisa West
Jayne Wezelman
Henry Willis
Andrew Wilson
Kelly Wilson
Michaela Wilson
Ben Wiselogle
John and Tina Witteveen
Melissa Witteveen and
Tyler Kornelis
Christine Wood
Robert Wright
Colleen Yamaguchi
Alysha Yeaman

Grant, Foundation and Corporate Support

Amazon Smile
Ehrlich Donnan
Foundation
Fred Meyer Community
Rewards
June Foundation
Pinkerton Foundation
The Seattle Foundation
University
Congregational
United Church Of
Christ
Washington State
Combined Fund

Corporate Matching Gifts from:

Adobe
Bank of America
Boeing Employee Credit
Union
Coinstar
Cornerstone Advisors
Give With Liberty
(Liberty Mutual)
Microsoft Matching

Gifts given in honor of:

Bill Fleckenstein
Barbara Brodsky
Callie B. Law
Cesar Cruz
J. Gerry Hoover and
Susan Rafanelli
Jill Armitage
Mark Pool
Mike Gale
Paige Hanley
Riley Morton and Amy
Mauldin
Robert B. Pollsen
Steve Hoover and Desiree
Serr

Gifts given in memory of:

Casey Longwood and
Patty Stumpf
Dr. Harish Porecha
Hal Hansen
Henry C. Winters and
Paul Winters
Joan Trunk
John and Eleen King

Volunteers

Carrie Anderson
Alicia Cole and Joshua
Horst
Ozden Eygi
Emily Palm-Yedo and
Devin Yedo
Justin Palm
Sarah Grue
Meridith Isaacson

Thank you to these
leaders expanding
awareness and
support for healing
as Light Carriers
during our Turn the
Light On event and
as special advocates
during GiveBIG!

Russell Hanford
Michael Gale
SaNni Lemonidis
Cate Weisweaver
David Schor
Marc Fredson
Amy Lang
Paige Hanley
Beth Wilson
Brian Brozovic
Theresa Zoun
Carrie Anderson
Lynn Bernstein
Ralph Huskey
Celeste Bennett Hastings
Ozden Eygi
Julia Massey
Kathy Forrest
Anne Duroe
Marisa Hancock

*A special thank
you to those who
reach out with an
inspirational gift
match!*

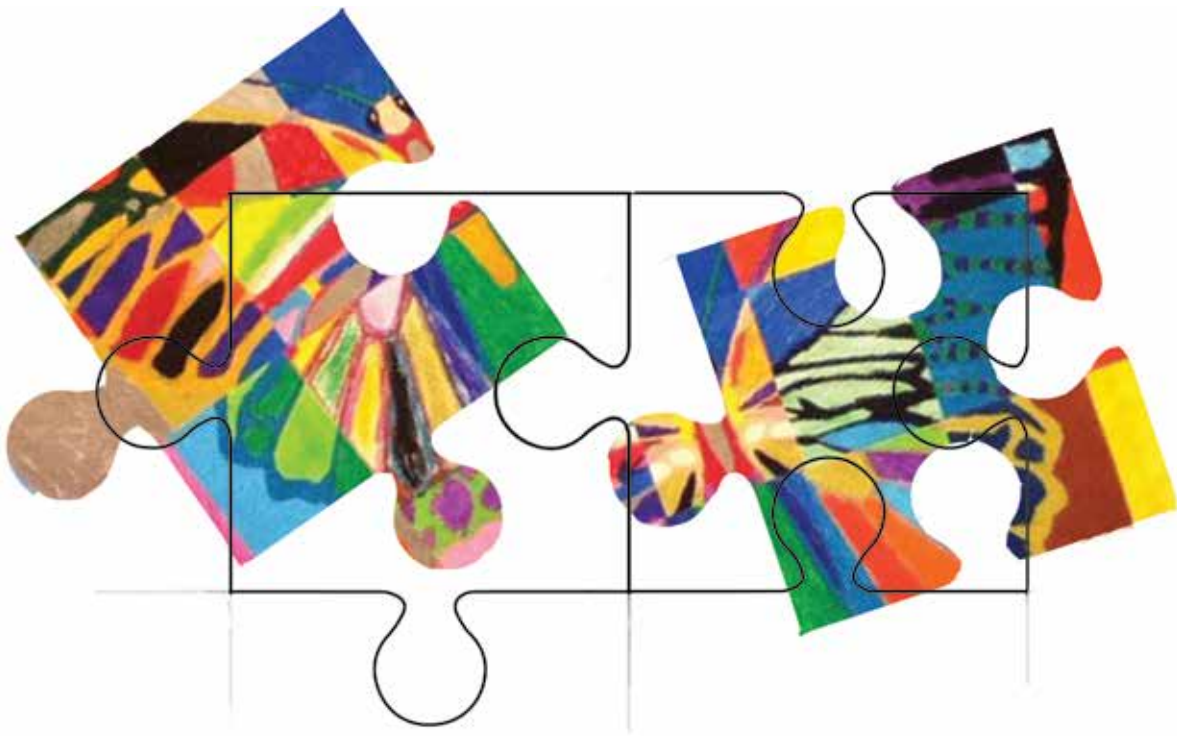
Thank You!

Shepherd's Counseling Services Ph: 206.323.7131 | Email: info@shepherdstherapy.org
2601 Broadway East, Seattle, WA 98102-3906 | www.ShepherdsTherapy.org

Every effort has been made to ensure the accuracy of this list. We do not sell or trade donor information. Please contact Jill Armitage at jill@shepherdstherapy.org or 206.321.2684 with any questions or corrections.



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Seattle, WA 98102-3906



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