

FALL
2025

SAMARITAN
NEWSLETTER



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Samaritan
Center of Puget Sound

Celebrating 65 Years



By Beverley Shrumm

Executive Director, Samaritan Center of Puget Sound

In 1960, before the Space Needle became an iconic Seattle symbol, towering over the Smith Tower on our skyline, Presbyterian Counseling Service was created. In this year of 2025, as Samaritan Center of Puget Sound, we are marking 65 years of serving families with high-quality counseling that is spiritually integrative, accessible, and affordable.

We are grateful to the Presbytery of Seattle and to our founder, Rev. Dr. Neal Kuyper, for their vision. Dr. Kuyper believed that counseling should be available to all, and the work he began at University Presbyterian Church laid the foundation for inclusion and growth.

Today, Samaritan has a clinical staff of 29 which includes counselors, social workers, marriage and family therapists, and psychologists, all of whom are experienced and state licensed. We have offices in three counties—King, Kitsap, and Spokane—where people are seen in person, and we provide teletherapy for those living anywhere in the state of Washington.

We are particularly mindful at this time of the mental health needs of children and adolescents and their parents who are struggling to provide the required family leadership and care. (Please see the reviews written by Larry Carlson and Matt Percy of *The Anxious Generation* and *Adolescence*.) As an expression of our concern for families, we are adding two psychoeducational programs that are focused on family health and parenting. Maricor Coquia will be offering “Active Parenting” classes online. Matt Percy and Beverley Shrumm have become certified presenters in the “Family Wellness” model and intend to offer seminars for parents and their children. Several of our therapists see children and adolescents.

Readers may note that we have been adding therapists to our staff. We are grateful for each of them as we include them in our community. In anticipation of mental health insurance coverage becoming less available for many in the coming months, we have added licensed associate counselors, supervised by our most experienced staff, to assist in welcoming clients who need significantly reduced fees. We count on donor support as well to be able to say “yes” to all who come to us in mental and emotional pain.

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The Samaritan Community

Clinical Staff

Kay Abramson, MS
 John Baumann, MA, MDiv
 Mary Kay Brennan, MSW
 Grace Carpenter, MS
 Maricor Coquia, MA
 Rhonda Del Carlo, MA
 March Gunderson, MDiv, Med
 Carl Hilton VanOsdall, MA, MDiv
 David Ketola, MA
 Dan Kujawinski, MSW
 Natividad Lamug, MA
 Isaiah Lin, PsyD
 Scott Lundberg, MS
 Kristen Moss, DMin
 Karin Ogren, MSW
 Andrew Page, MA
 Matthew Percy, PsyD.
 Jim Ramsey, MA
 Rich Sclafani, MA
 Beverley Shrumm, MC
 Kimberly Snow, PsyD
 Mary Stanton-Nurse, MA
 Gary Steeves, MEd
 Eric Stroo, MA
 Tita Subercaseaux, MS
 Neal Teng, PhD
 Deb Thomas, MS
 Nathalia Mora Worms, MSW
 Katherine Yoder, MA

Counseling Locations

We offer both in-person and secure virtual therapy options. Our in-person locations are listed below.

Seattle-Main Office

564 NE Ravenna Blvd.
 Seattle, WA 98115
 Phone: (206) 527-2266

Bellevue

Bellevue Presbyterian Church
 St. Andrew's Lutheran Church

Poulsbo

Poulsbo First Lutheran Church

NEW! Shoreline

Shoreline Free Methodist Church

Spokane

First Presbyterian Church
 of Spokane
 Opportunity Presbyterian Church



Website Update

Same Samaritan Center,
 Better Accessibility

We are making some changes to
 make it easier for you to get in touch
 with us and navigate the website.

Board of Directors

Rob Caudillo, *President*
 Vic Tomono, *Treasurer*
 Deborah Masten, *Secretary*
 Scott Anderson
 Larry Carlson
 Peggy Hansen
 Doug LeRoy
 Richard Weyls

Leadership & Administration

Edna Bicksler, *Bookkeeper*
 Anna Dickman, *Community Relations
 & Development Assistant*
 Jesse Dobner, *Director of Administration*
 Hayley Frost, *Accounts Receivable*
 Isaiah Lin, *Professional Development
 Coordinator*
 Matt Percy, *Clinical Director*
 James Ramsey, *Director of Operations*
 Beverley Shrumm, *Executive Director*

Consultants

Kerry Allman
Web Development
 DeAmber Clopton,
Consulting Accountant
 Jim Farrow, PhD,
Clinical Consultant
 Jeffrey Sung, MD,
Consulting Psychiatrist

Celebrating 65 Years

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From the beginning, our intention has been—as our founder, Neal Kuyper, said—to be the Gospel in action. We believe that each person is created in the image of God and is deserving of dignity, respect, and compassion. We are all broken and in need of healing. I would add that, in times such as this when so much is broken, we have the opportunity—and the responsibility—to use our voice. Not only to do the work we do, but also to speak out about the importance of living these values in the present time. Not to be silent in the face of conflict and confusion. “We dedicate ourselves each day to do everything that we can to make this a more peaceful, just, and compassionate world.”

We Welcome the Following Staff

Five therapists have joined our team since the last newsletter, enabling us to accept more clients and expand our programs.



Andrew Page
LMHCA
Seattle

I am a licensed Mental Health Counseling Associate. My work is guided by a person-centered philosophy—collaborative and respectful. I believe each person holds unique wisdom and expertise about their own life—and I see therapy as a process of helping that inner voice become clearer and stronger.



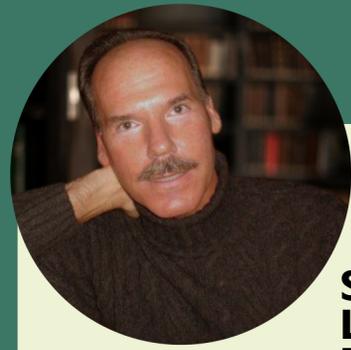
Rhonda Del Carlo, LMHC
Spokane

I am a licensed Mental Health Counselor and Substance Use Disorder Professional. I have practiced Eye Movement Desensitization Reprocessing (EMDR) since 2017 and utilize this technique to address Anxiety, PTSD, Adjustment Disorders, and Unresolved Grief & Loss. My goal is to bring enthusiasm to any work that I do.



Rich Sclafani
MA, LMHCA
Seattle

I am a licensed Mental Health Counseling Associate. My approach is rooted in curiosity, compassion, and deep listening. Whether you're struggling with grief, loss, anxiety, relational conflict, depression, addiction, or a general sense of "stuckness," I believe that therapy can be a powerful path toward healing and wholeness.



Scott Lundberg
LMFT
Pierce County

I am a licensed Marriage and Family Therapist. By helping us see beyond the patterns that no longer serve us counseling can help us begin to activate and sustain hope. And with hope, possibilities truly abound. The counseling models I use—always client driven—include Cognitive Behavioral, Integrative-Holistic, and Symbolic-Experiential approaches.

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Responding to Youth in Crisis

Below you will find two media reviews. One reviews a book, and the other, a film. You will find that these pieces connect with each other over the broader themes of this newsletter (providing steady support in the face of uncertainty and distress) while also connecting to timely challenges that families are facing.

Book Review of *The Anxious Generation*

Larry Carlson, LICSW
Samaritan Board Member

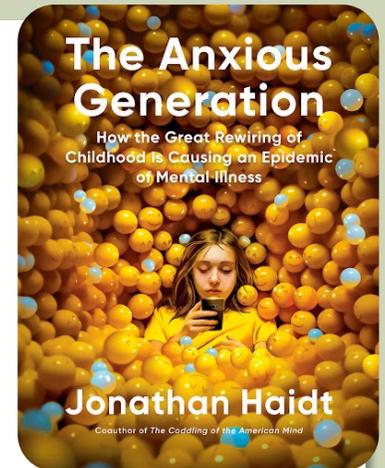
The Anxious Generation by Jonathan Haidt is a compelling exploration of the mental health crisis of today's youth. It has a particular relevance for psychotherapists. He traces the sharp rise in adolescent anxiety, depression, and self-harm over the past decade to two cultural shifts: the decline of play-based, in-person childhood experiences and the rapid ascendance of the smartphone-centered "phone-based childhood." Haidt draws from epidemiological data, developmental psychology, and cross-cultural research, persuasively arguing that constant digital engagement—particularly social media—disrupts attention, fosters social comparison, and undermines resilience.

For therapists, this book provides both validation and challenges. Many psychotherapists will recognize in their clinical work the very patterns Haidt describes: adolescents who present with fragile self-esteem, sleep disruption, and heightened reactivity to online social dynamics.

The book does not prescribe therapeutic techniques, but it does underscore the importance of understanding the individual distress within our current social and cultural context. Haidt recommends delaying smartphone and social media use and restoring unstructured play. He says that parents and schools need to address these issues. As therapists, we can consider taking an advocacy role, both in our work with parents and families and in our community involvement outside our practice.



While some readers may wish for a deeper engagement with protective factors and treatment modalities, *The Anxious Generation* succeeds in sparking a vital, evidence informed dialogue about the roots of youth anxiety and the societal changes that will be required to effectively address it.



Can You See Me?: Notes on Adolescence

Matthew Percy, Psy.
Samaritan Therapist &
Clinical Director



A 13-year-old boy has murdered a female peer, and his family members are stunned, left seeking answers.

Mostly, how could this happen? What were we missing? Weren't we good parents? Did we fail him?

Netflix's *Adolescence* bravely and artfully takes on the task of raising awareness of some dangers facing today's youth and the risks of not paying attention. The writers of *Adolescence* are careful to not portray young Jaimie's parents as "bad"—abusive, alcoholic, or otherwise—making it clear for us to imagine why Jamie could act as he did. Instead, the cognitive hurdles we have to overcome include the fact that his parents are just like us. We, too, didn't know what coded language was embedded in his Insta posts and in the comments. We, too, couldn't have known that he was being bullied online to the point of breaking.

"All kids really need is one thing that makes them feel okay about themselves."

-D.S. Misha Frank

In an interview, co-creator and actor Stephen Graham reminds us that "It takes a village to raise a child." Indeed, the failures against Jamie not only include his well-intentioned parents wanting to give him space, but also his teacher being overwhelmed and disengaged, his friends being unhelpful in not speaking up, and society and culture as a whole feeding such phenomena as toxic masculinity, incel subculture, and social media bullying.

What makes this four-part miniseries so difficult to watch is the painful fact that these cases can—and do—happen in real life, and they can tear families apart. *Adolescence* chooses to focus not on the teenage female murder victim, but rather the offender and his vast array of accomplices. By the end, it feels uncomfortably as though that list includes us, the viewers. Perhaps that's because it does.

We can do better by seeing kids, listening to them, and being curious. Not just our own kids, either. While Jamie's parents are left to pick up the broken pieces, we can be like the investigator on the case who, through the process of understanding Jamie's experience from his own son, realizes that he urgently needs to tighten his own connection. He checks in directly on his son's wellbeing, but more importantly chooses to simply spend time with him—something that he hadn't done well and which could most likely yield the information he seeks.

Steps to tightening connection:

- Stay curious and interested in their social lives
- Check in directly about school, friends, bullies
- Create space for natural conversations to arise—on their terms
- Connect with other parents

Board Reflection

From Silicon Valley to the Evergreen State: Uniting My Professional Experience with My Spiritual Convictions

I have been a member of the Board of Directors of Samaritan Center of Puget Sound for two years, and currently I serve as the treasurer. As I considered volunteering my time and energy in support of the agency, the Samaritan mission statement and the core values were a strong motivation for me. Samaritan provides “spiritually integrated, affordable mental health services, including counseling, consultation, education, and training.” This resonates with my own philosophy and my personal history.

I retired from my work as an Information Technology Trainer at the Los Angeles Unified School District in 2017. Upon retirement, my wife, Tammy, and I moved a thousand miles north to Federal Way, WA, and I happily traded the daily commute into downtown Los Angeles for the green splendor of the Pacific Northwest.

My education and earlier employment in finance in the health care industry in Southern California has enabled me to understand the operating challenges that we currently face at Samaritan. As a member of the finance committee, I provide consultation on financial issues such as cash flow and on policies regarding the agency’s financial assets.

I find it interesting and fulfilling to be part of the continuing dialogue about the future of Samaritan Center, and contributing to the decisions that need to be made about the use of our property and a strategy that will ensure the agency’s sustainable future.



Vic Tomono, *Board Treasurer*

We Welcome the Following Staff

continued



Maricor Coquia, MS, LMHC *Professionally Supervised Therapist & Workshop Facilitator*

Therapy doesn’t have to feel clinical or distant. I offer a supportive, affirming space where you can slow down, make sense of what you’re carrying, and start reconnecting with yourself. We’ll work together to untangle what’s been holding you back—so you can build more meaningful relationships, feel more secure in who you are, and move forward with more clarity and confidence.

Active Parenting

6-Week online course for parents of children aged 5-12

Parenting is tough. Let's do it together.

Samaritan invites you to join Active Parenting, a 6-week online class designed to give parents and caregivers the tools they need to raise emotionally healthy, confident kids. Whether you're navigating daily challenges or want to grow as a caregiver, this class offers a supportive space to learn and connect. We hope you'll join us for this opportunity to grow, connect, and invest in your family.

Facilitator

Maricor Coquia, LMHC, has worked with children and families for nearly 10 years. Her passion for counseling grew out of her experience supporting young people and those who care for them. She believes that helping caregivers thrive is essential to helping children flourish.

Class Schedule

Saturdays
10:00 AM – 12:00 PM

October 11, 18, 25
&
November 8, 15, 22

Online via Zoom
link sent to registrants

Registration

\$80 per individual
\$150 per couple

Registration covers all six sessions, but does not include workbook.

Registrants will need reliable access to the internet and an internet-connected device to participate

Register by October 1st, 2025



Scan the code to register

Stay tuned for in-person Family Workshops coming next year!

Samaritan
Center of Puget Sound
564 NE Ravenna Blvd.
Seattle, WA 98115

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We want to hear from you!

Ask questions or tell us what you think by email:

contact@samaritanps.org

You can also view our website here:

www.samaritanps.org

If you prefer to call, our phone number is:

(206) 527-2266

Samaritan
Center of Puget Sound

Regional Leadership in...

- Counseling that Integrates Mind, Body, Spirit, and Relationships
- Testing and Assessment for Clergy
- Professional Training and Outreach

Offering...

- Multiple in-person locations in King, Kitsap, and Spokane Counties
- Virtual Appointments Statewide
- 29 Licensed Psychotherapists