

WHAT'S INSIDE

Samaritan  
Community 2

Message  
from 3  
Board Chair  
Lee Seese

Well-Being: 4  
What and  
How

2023 Board  
Line Up 5

New  
Clinician 6

—  
Staff Pick

2022 Donor  
List 7

Challenges  
to 8  
Nonprofits

# It's a New Day

## Yesterday, Today, and What's Next

*An interview with Beverley Shrumm*

The disorientation and isolation that we all have felt in the past three years has heightened our awareness at Samaritan of the suffering that so many of our human family experience every day. It also has reminded us that many problems, if not altogether resolvable, can be managed and made less troublesome.

This has encouraged us to ask questions of ourselves such as: Are we engaging our mission with intelligence, realism and compassion? Where are our shortcomings, our blind spots, and our unexplored possibilities? What are we meant to be learning from things that appear to be set backs or failures? As we serve those who come to Samaritan for care, how can we be better at loving our neighbor?

We posed a number of these questions to Executive Director Beverley Shrumm in an effort to survey our position, in hopes of arriving at a new day.

Q: For more than 60 years, Samaritan Center of Puget Sound/Presbyterian Counseling Service has provided mental health care for individuals and families, and you, Beverley, have been part of leadership for a third of that time. How would you describe the pathway of these past three years?



*It has been extraordinarily challenging: we quickly created new parameters and structures for providing mental health services virtually (video and phone), while more people have turned to us for care. At the same time, our staff members have been experiencing the stresses of the pandemic and have also been figuring out new dynamics in their personal lives. Creating community together has always been a cornerstone of our staff's work. We used to have all of our consultations and meetings in person. We have figured out how to sustain a high quality of care and staff connection virtually.*

Q: Speaking of virtual service, teletherapy, the pandemic created an ironic opportunity -- to serve additional clients, those who could not come to one of the in-person office locations, through their computers or phones. How has that changed the way you provide counseling?

*We now serve people in many areas of Washington State, to include King, Kitsap, Pierce, Snohomish, Spokane, and Thurston Counties. One of our colleagues moved to Colorado, and she has been able to stay with our staff: we now provide care in that state as well. Some clinical practices have now been adapted to virtual engagement. Many clients report that*

*(Continued on page 2)*

# The Samaritan Community

## Clinical Staff

Kay Abramson, MS  
 John Baumann, MA, MDiv  
 Mary Kay Brennan, MSW  
 Grace Carpenter, MS  
 William Collins, MS  
 Sean Eagon, MA  
 Robert Erickson, MS  
 March Gunderson, MDiv, MEd  
 Colleen Kelley, MC  
 Natividad Lamug, MA  
 Isaiah Lin, PsyD  
 Heather Macdonald, PsyD  
 Kristen Moss, DMin  
 Matthew Percy, PsyD.  
 Jim Ramsey, 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  
 Carl Hilton VanOsdall, MA, MDiv  
 Nathalia Mora Worms, MSW  
 Katherine Yoder, MA

## Counseling Locations

With the arrival of the Covid 19 pandemic, the majority of our counseling sessions have moved to our secure online platform. As conditions improve, in-person appointments may be available at these locations:

### Seattle

Main Office (Green Lake)  
 Rainier Beach Presbyterian Church

### Bellevue

Bellevue Presbyterian Church  
 St. Andrew's Lutheran Church

### Bainbridge Island and Kitsap

Rolling Bay Presbyterian Church  
 Poulsbo First Lutheran Church

### Spokane

First Presbyterian Church of Spokane  
 Opportunity Presbyterian Church

## Board of Directors

Leland Seese, Chair  
 Douglas Farnham, Treasurer  
 Doug LeRoy, Secretary  
 Liz Covey  
 Scott Anderson  
 Rob Caudillo  
 Deborah Masten  
 Richard Weyls

## Administrative Staff

Beverley Shrumm, Executive Director  
 Jesse Dobner, Admin Supervisor  
 Somaya Frotan, Accountant  
 Leslie Pfau, Accounts Receivable  
 Jessica Metzger, Admin Asst.  
 Hayley Frost, Accounts Receivable

## Consultants

DeAmber Clopton,  
 Consulting Accountant  
 Dr. Jeffrey Sung,  
 Consulting Psychiatrist  
 Jim Furrow, PhD,  
 Clinical Consultant

The main office of Samaritan Center of Puget Sound is located at 564 NE Ravenna Blvd, Seattle, WA 98115.  
 We can be reached by calling 206-527-2266.  
 More information about therapists, locations and programs can be found on our website at [www.samaritanps.org](http://www.samaritanps.org).

*(Continued from page 1)*

*teletherapy is as helpful to them as in-person care. In addition, they are grateful not to have a commute. On the other hand, those with limited financial resources are often challenged to access services remotely due to limited internet access and equipment difficulties.*

**Q:** Therapist trainings and continuing education have been an integral part of Samaritan's nurturing and support of clinical staff and other therapists in the community. How has that been affected by the shift to meeting remotely? What is the emphasis now and for the future?

*We have adapted to providing trainings virtually, and it is going well. Our staff all have good access wherever they are. Our primary training emphasis at this time is Emotionally Focused Therapy for Individuals, Couples and Families. Of course, we have also offered training to our staff in the issues that attend an online work environment: different processes, new technical and legal considerations.*

**Q:** As things closed up, the celebration of 60 years and the anniversary fund-raising benefit was postponed. Knowing that the ability to offer fee assistance depends largely on donations, how have you been able to maintain that commitment to the underserved?

*We are so very grateful. Our donors have been faithful to our mission even though we have not held an event in three years. In some cases, donors have been even more generous. Their support has been vitally needed, not only for serving those with insufficient financial resources, but also to help us cover operating costs which increased during this time. We are discussing an event for the Fall of 2023 or Spring of 2024: it will be a wonderful celebration and so good to be together!*

## From Our Board Chair

### Stepping Up to the Plate

I am going to indulge two preoccupations in writing this contribution to the Samaritan Center of Puget Sound spring newsletter: baseball and poetry. I have taken to allotting myself only a handful of baseball references each year in my vocation, preaching. Though these references come to me easily when I seek sermon illustrations, I fear the day when I am summed up as The Guy Who Preaches about Baseball.



So, reader, you may consider yourself privileged to find here a baseball reference, drawn from a self-limited supply, even before baseball season has officially begun.

With a slight edit, I am going to tweak the larger theme of Samaritan communications this spring, and describe how I see the life of the agency at this moment, from my perch as Samaritan Board chair, as, “A whole new ball game.” Though the two big events of my current tenure as board chair — pandemic service adaptations and disposition of the Ravenna property — continue to evolve, there are some clear markers of agency life suited to a new day.

Our board of eight is almost double the size of last year’s board, comprising a wider diversity of gender, race, and sexual orientation. We have added members with expertise in development and the practice of psychotherapy. And we have benefitted from the incorporation of DEIJ (Diversity, Equity, Inclusion, Justice) training for all board members. We have also adapted to a blend of Zoom and in-person board work. (See page 5 for the board roster.)

In the wider life of Samaritan, the board has continued to seek next steps with stewardship of the Ravenna property, with possibilities ranging from redevelopment to sale and relocation. We continue to help guide ongoing maintenance and repair of the current building. We have also written, and will soon adopt, a strategic plan for Samaritan after having such plans on-hold during the pandemic. This strategic plan will cover three years rather than the five years that Samaritan strategic plans usually span. This briefer span seems wise as pandemic disruptions continue to influence near future activities and opportunities.

If baseball has supplied a phrase to capture the practical aspects of the new day that is upon us, I will close with some poetry to capture the vibrant, trial-and-error, yet playful mood of our board work as we balance the familiar with the never-before-tried. The Samaritan Board goes forward...

“...in pursuit

of something exquisite that eludes [us], always

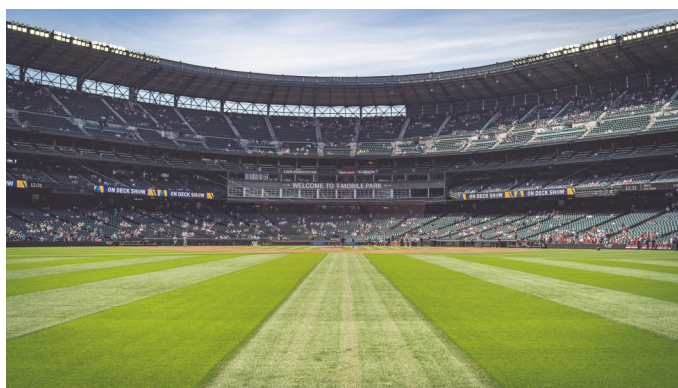
clumsy, never knowing the manners

of the place [we] have entered...”

(from the poem “Look”, by Maxine Scates)

With hope for our New Day,

Lee Seese



# Well-being: What Is It and How Do We Get There?

*By Peggy Larson Hansen*



Have you noticed that there's a lot of attention focused on the notion of "well-being"? Medical providers, mental health professionals, spiritual mentors, television personalities, all kinds of experts are inquiring into the state of our "well-being." So what are they talking about exactly? What is it that creates and maintains that enviable condition?

I turned to an essay, "Well-being Is a Skill," written by Dr. Richie Davidson at The Center for Healthy Minds. It helps to make practical sense of what can become just an attractive but elusive cliché. Based in neuroscience research, he points to the process of learning and the presence of plasticity (the ability to change) as key insights. "The invitation from contemplative science is that we can take more responsibility for the shaping of our own brains and bodies, at least to some extent," Davidson says. "The extraordinary finding is that when we cultivate healthy habits of mind, our brains and bodies change. And these alterations sustain the beneficial changes that we see in our daily lives, so they persist."

He goes on to say that the key constituents of well-being that are influenced by experience and that can be strengthened through training such as meditation are: Awareness, Connection, Insight, and Purpose.

Awareness speaks to our human propensity to be distracted. When we're not fully present to ourselves or to others, we miss the moment. If we are able to notice our mind-wandering, we can learn to return to what's actually going on, choosing awareness.

Connection is about caring and being cared for. Scientific evidence reveals that expressing kindness toward others increases the happiness and well-being of the person doing the expressing. Contemplative training leads to increased pro-social behavior and less polarization.

Insight refers to a curiosity-driven investigation and understanding of the stories we tell ourselves about ourselves -- about our "Self." It doesn't change our narrative, but it can change our relationship to the narrative.

Purpose has to do with our sense of direction in life, how we clarify our values and find meaning in our activities, even those that are small and routine. Connecting with our core values and our sense of purpose can have profound and long-lasting effects.

As I think about well-being -- my own and that of others -- it helps to begin my inquiry from the ground of these four concepts, creating a space for exploring what I'm feeling and thinking and wanting and not wanting. Then, if I want to feel better, I might ask these four questions and listen with care to my own answers:

- Am I aware, in the present, not distracted?
- Am I being kind, grateful, caring?
- Am I more about us-and-ours than about me-and-mine?
- Am I finding meaning in my life?

## 2023 Board of Directors



**Leland Seese**  
Chair

Leland (Lee) Seese has served as a Presbyterian pastor for 34 years, including the past 28 at Mount Baker Park Presbyterian Church in south Seattle. He is married to Lisa Konick, and they are parents of six grown children.



**Doug Farnham**  
Treasurer

Doug is a member of The First Presbyterian Church of Everett. This is his second term on the Samaritan Board of Directors. In his first term he served as Board Treasurer and Chair. He is a Territory Account Manager representing construction site services.



**Doug LeRoy**  
Secretary

Doug has been a member of Rolling Bay Presbyterian Church on Bainbridge Island for over 45 years. “As a clinical social worker, I was a therapist with Samaritan for 35 years. I felt honored to be invited to join the Board.”



**Liz Covey**

Liz is a psychotherapist in private practice, a freelance writer, and a mother of two daughters; she lives in Seattle’s central area. Liz attended the Pastoral Counseling program in Seattle University’s School of Theology & Ministry. She completed her externship hours at Samaritan and returned to the organization in 2021 as a Board member.



**Scott Anderson**

Scott is a long-time Pacific Northwesterner. He has been serving Presbyterian (PCUSA) congregations since 1994 as a pastor, with a particular interest in the long work of adaptive transformation under the guidance of our ancient religious wisdom. St. Andrew’s Presbyterian Church in Renton, WA, has been his home since 2004.



**Deborah Masten**

Deborah is currently the Director of Global Personnel with Serve Globally— a part of the Evangelical Covenant Church. Formerly on staff at Quest Church in Seattle as the Associate Director of Global and Local Ministries. Deborah is a licensed therapist. She lived in Cambodia for 14 years and has 3 adult children who live on the West Coast.



**Rob Caudillo**

Rob is recently and honorably retired after 41 years of ordained ministry. He served 33 of those years at Marcus Whitman Presbyterian Church, Des Moines, WA. He is sharing retirement with wife Lynell (also an honorably retired minister), their children, Chris (Grace) and Adam (Jessa), and grandchildren Lily, Caden, and Ellie.



**Rich Weyls**

Rich Weyls is an Episcopal priest and a board-certified healthcare chaplain. He is a published author and spiritual care researcher. Rich currently serves in leadership at Swedish Edmonds hospital.

## Staff Changes



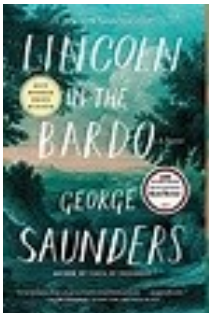
With the coming of April, Samaritan Center welcomes Kristen Moss to the clinical staff. A 2010 graduate of the counseling program at Seattle University's School of Theology and Ministry, Kristen has worked in the field for the ensuing years, to include serving several years as an extern with Samaritan Center. We are especially excited to be welcoming her back to work with us full time. She brings a partial caseload and is also accepting new clients—individuals as well as couples.

Her wide-ranging professional experience has included affiliations with Refugee Women's Alliance, Navos Mental Health and Wellness Center, Refugees Northwest, and most recently, Wellspring Counseling. She has also devoted many years as a leader in Spiritual Exercises in Everyday Life.

Kristen draws from a background in counseling, spirituality and education. She holds a BA in Education from WSU and a Masters in Pastoral Studies from Seattle University. Her studies at Seattle U continued with a Post Master's Certificate in Counseling and culminated with a DMin in 2020. The emphasis of her doctoral work was in Trauma, Resilience and Spirituality. Among her areas of clinical focus, she includes "the path of a refugee, asylum seeker, immigrant and individuals with H-1B visas."

Kristen's approach to counseling is informed by Internal Family Systems, Focusing Oriented Therapy, Emotionally Focused Therapy, Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Solution Focused Therapy and Eye Movement Desensitization Reprocessing (EMDR). About her practice, she says, "I value the inherent wisdom of each individual's system and view it as a tremendous privilege to accompany another person on their life's journey."

## Staff Favorite



*Lincoln in the Bardo* was the first full-length novel by prominent American writer George Saunders. Widely read and widely praised, it was the winner of the 2017 Booker Prize. The novel merges historical fact, fiction, and a decided supernatural quality to tell the story of Abraham Lincoln's desolation at the death of his young son Willie in 1862. Newspapers of the day reported that the grieving president had entered the crypt on several occasions to hold the young boy's body. According to Saunders, "An image spontaneously leapt into my mind – a melding of the Lincoln Memorial and the Pietà."

Without trying to do justice to the scope of the novel, a staff member offered this appreciation:

*In this wonderfully inventive novel, it is the grief of Abraham Lincoln at the death of his young son Willie that we are invited to witness, as imagined by the author, in all its depth and pain, and with its profound repercussions for the grievously riven nation.*

*Lincoln's journey of grieving takes us into the bardo, a Tibetan Buddhist realm of liminal space and time. In this respect, it is independent of any specific geography of faith, and some have suggested that it invites comparison to purgatory. What Saunders allows us to witness in the grief of Lincoln (and tangentially in other characters) is a journey of acute suffering and experiences that transcend the everyday dimensions of existence and identity.*

*Should you find yourself at or within its borders, be gentle and patient with yourself. Do not compare your progress with another's: your journey is particular. Be open to a dialogue with what is lost, incredible as that might seem. And trust that there is value in what endures.*

## Our Supporters in 2022

The agency gratefully acknowledges the following persons and entities that have provided financial support over the course of 2022. All of the gifts—large and small, one-time and monthly—have helped to extend the reach of the agency, to serve those with limited funds. We offer our apologies to anyone we might accidentally have missed in compiling this list. Please let us know!

We would also like to extend our thanks to the churches that freely made space available in 2022 for meeting clients, although pandemic restrictions have curtailed much of that activity. Included in this group are St. Andrew's Lutheran, Bellevue Presbyterian, Rolling Bay Presbyterian, Rainier Beach Presbyterian, and St. Stephen the Martyr Catholic Church. In Spokane, we also acknowledge First Presbyterian and Opportunity Presbyterian Church.

Kay Abramson  
 Sharon and Doug Andrews  
 John and Marsha Baumann  
 Peter N. Benson  
 Bellevue Presbyterian Church  
 Brita Bergstrom  
 Vernon L. Boyles  
 Mona and David Chicks  
 Thomas and Berta Cohen  
 Kathy and Bill Collins  
 Sheila B. Collins & Logan Reichert  
 Jim and Jan Coleman  
 Carole Conger  
 Covenant Shores Retirement  
 Community  
 Ethan E. Crawford Jr.  
 Mary C. Denny  
 Maureen J. Dightman  
 Diocese of Olympia  
 Emerald Heights Community Grants  
 Martin Fabert Foundation  
 Doug and Amy Farnham  
 Fidelity Charitable Gift Fund  
 Taylor Gall  
 Katie A. Gienapp  
 Linda B. Glenicki  
 Greg Grimes  
 March Gunderson  
 Beth Hess  
 Mark and Susan Houglum  
 The Johnson Family Foundation  
 Carolyn G. Kinsman  
 Lisa Konick and Lee Seese

Dan & Karen Labbee  
 Sandra and Frederick Mabbott  
 William McKee  
 Bill McIvor  
 Mighycause Charitable Foundation  
 Lester W Mittelstaedt Foundation  
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 Edyth Phillips  
 James Ramsey  
 Michael E. Rogers  
 Nelson Reyneri, JR  
 St. Andrew's Lutheran Church  
 Seattle Presbytery  
 Arthur Shrumm  
 Beverley Shrumm  
 Jon & Judy Siehl  
 Jocelyn Skillman  
 Southminster Presbyterian Church  
 Gary O. Steeves  
 Eric Stroo and Melissa Skelton  
 Maria Teresa Subercaseaux  
 Beverly A. Taylor  
 Neal Teng  
 Ned and Joyce Turner  
 Janis Ward  
 Robert and Barbara Welsh  
 Tom and Billie Ylvisaker  
 Gail and Mitchell Yockey

# Samaritan

Center of Puget Sound

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## A LOSS FOR THE COMMUNITY

### Shrinking Resources for Mental Health Care in Our Region

Wellspring Family Services, a venerable institution in our region, has been helping individuals and families experiencing crisis for over 130 years. In what amounts to a significant loss to our Seattle community, the agency was recently forced to shut down its counseling program. The following statement was part of the announcement:

The closure is the result of decreased funding for mental health programs over time. Neither insurance reimbursements nor public funding programs such as Medicaid fully cover all costs of services, which makes it challenging for nonprofit organizations to operate sustainably.

We at Samaritan regret the loss of this valuable program. At the same time, we share the pressures and constraints that led to that loss. Accordingly, we are grateful to our clients, friends, and donors whose support and prayers and encouragement have kept us afloat for over 60 years.

## Samaritan

Center of Puget Sound

### Regional Leadership in...

- Counseling That Integrates Mind, Body, Spirit, and Relationship
- Workshops for Clinicians and Non-Professionals
- Professional Training and Outreach

### With...

- Multiple Locations around Puget Sound and Beyond
- 31 State-Licensed Therapists