

# 2022 Report to the Community



As an organization focused on supporting children and families who are grieving, 2022 was a year of growth for Dougy Center. Since returning to in-person groups, demand for our services has been at an all-time high. In the past year, we served 2,676 children, teens, young adults, and family members through peer grief support groups — an increase of nearly 20% from 2021 and 15% over pre-pandemic numbers. This was made possible in large part by Dougy Center’s dedicated volunteer facilitators, who gave an incredible 21,795 hours of service.

While much of the country and world is “moving on” from the pandemic, we know that the millions of families affected by a death from COVID-19 continue to need support. In partnership with the Brave of Heart Fund, Dougy Center launched a new online toolkit to address specific issues faced by families of health care workers and first responders, as well as topics unique to grief after a death from COVID. In all, the toolkit includes 40 new resources, including tip sheets, activities, podcast episodes, and more in both English and Spanish. All resources are provided at no charge at [dougycenter.org/covid](https://dougycenter.org/covid).

In addition, Dougy Center launched its #UnderstandGrief campaign in 2022. The campaign challenges the mainstream belief that grief is an individual emotional experience that has predictable stages and a defined timeline. Defining grief this way is problematic and suggests that if your “symptoms”

last too long, or are too intense, you may have a “mental disorder” needing treatment. #UnderstandGrief is a message of understanding and hope that everyone responds to grief in a unique way and grief can last a lifetime — and that is completely normal. Through partnerships with 33 organizations, a website, and robust social media campaign, Dougy Center is working spread the word about grief as a natural, normal, and healthy response to loss.

Dougy Center’s work continues to reach beyond our Portland community in other ways as well. In 2022, 10,456 people attended a Dougy Center Grief Education Training; 247,156 people downloaded our acclaimed Grief Out Loud podcast; 234,218 people from 177 countries found free resources through our website; and Dougy Center program staff answered 25,368 information, crisis, referral, and intake requests.

In 2022, we were once again humbled to be ranked as one of *Oregon Business* magazine’s 100 Best Nonprofits to work for in Oregon, and named one of *Portland Business Journal*’s Most Admired Non-Profits.

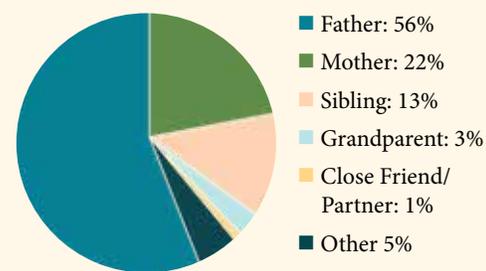
The Dougy Center community continues to grieve the deaths of our founder, Beverly Chappell, and longtime volunteer, Gwyneth Gamble Booth, who both died in 2022. It is difficult to put into words the loss for Dougy Center and for the countless individuals whose lives were impacted by these two women. We are grateful to have had Bev

and Gwyneth as champions for Dougy Center, and we celebrate the lifelong legacy they leave behind in the eyes of every child, parent, and caregiver who feels less alone in their grief when they come through Dougy Center’s doors.

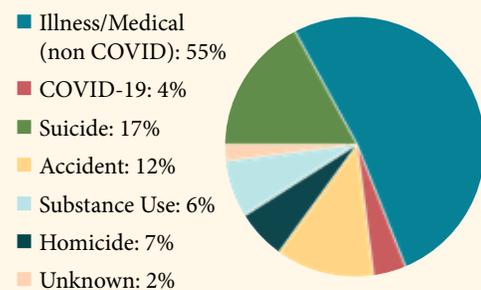
As we look back on 2022, we are reminded of how your generous and ongoing support truly makes Dougy Center’s work possible. Thank you for the impact you are making on the lives of children, teens, young adults, and their families who are grieving.

## Grief Support Groups in 2022

### Person Who Died:



### Cause of Death:



# 2022 Financial Report\*

## Support & Revenue Sources:

Contributions**	\$7,433,674
Special Events (Net)	688,861
Training & Bookstore (Net)	152,174
Paycheck Protection Program Loan Forgiveness	481,040
Other Income	4,308
Investment Return	(326,398)

**Total Operational Support & Revenue \$8,433,659**

## Expenses:

Program Services	\$1,790,175
Management & General	211,423
Fundraising	573,358

**Total Expenses \$2,538,956**

## Net Assets Released from Restrictions:

Releases from Multi-Year Grants & Capital Campaign	\$208,265
Scheduled releases from endowments	\$19,674

**Total Releases \$227,939**

\*For the Fiscal Year ending June 30, 2022. Independent audit by Hoffman, Stewart & Schmidt, P.C.

\*\*Includes a transformational estate gift of \$5,643,901.91 restricted to permanent endowment. Dougy Center will draw 4% of the interest accrued from the investment of this contribution annually to support children and families into perpetuity.

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- Daniel Zarakov, *Development Assistant*
- Founder: Beverly Chappell, *In Memoriam*

# 2022 Resources

Here are a few of the resources we added in 2022, all available at no cost. For the complete collection of tip sheets, activities and more, visit [dougy.org/resources](http://dougy.org/resources).

