



The Dougy Center
The National Center for Grieving Children & Families

NEWS

2020

Dougy Center families share stories for *Road to Resilience*

A project with StoryCorps and the New York Life Foundation helps grieving families record conversations that will be saved in the Library of Congress.

When a loved one dies, there are memories you never want to forget. To help preserve these stories, The Dougy Center was selected to partner with **StoryCorps** and the **New York Life Foundation** on *Road to Resilience: Memories that Move Us Forward*, a new project to support grieving children and families.

The mission of StoryCorps is to share humanity's stories as a way to build connections and create a more compassionate world. *Road to Resilience* was born out of StoryCorps and the New York Life Foundation's commitment to helping children cope with the death of a parent, sibling, or other loved one.

As part of the project, a group of Dougy Center staff and volunteers

were trained by StoryCorps to facilitate 40-minute conversations with children and their adults. Over the past year, 25 families from The Dougy Center recorded conversations about having someone die. They also asked each other questions they might never ask in daily life. Ones like, "What did Dad think when he first saw me?" and "What's something he did that bugged you?"

At the end of each recording, families were able to choose if they wanted to archive their conversations both with StoryCorps and the Library of Congress. They also decided whether they wanted to share their recording with The Dougy Center.

The following are a few of The Dougy Center families who participated in the project. You can listen to their stories at dougy.org/podcast. Our deepest appreciation to StoryCorps and the New York Life Foundation for providing Dougy Center families this unique opportunity to remember old stories and learn new things about their loved ones and each other.

Ruby and Jana

On their *Road to Resilience* recording, Ruby, age 17, and her mom Jana talked about Ruby's grandmother Riba, who was a native Alaskan. They shared what they remember most about Riba and her best talents.

"I think I miss her sense of humor," said Ruby. "She would say any joke and it didn't matter if it was actually funny or not. It was the way she said it. Most of the time we spent together, it was me trying to breathe because I was laughing so hard."

Ruby also gave advice to other grieving teens. "You can never expect it to be over, but you can expect it to be not as bad," she says.

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Josh and Sylvia

Sylvia, age 16, and her dad Josh talked about what it was like after Sylvia's mom and Josh's wife died of suicide when Sylvia was 5 ½ years old.

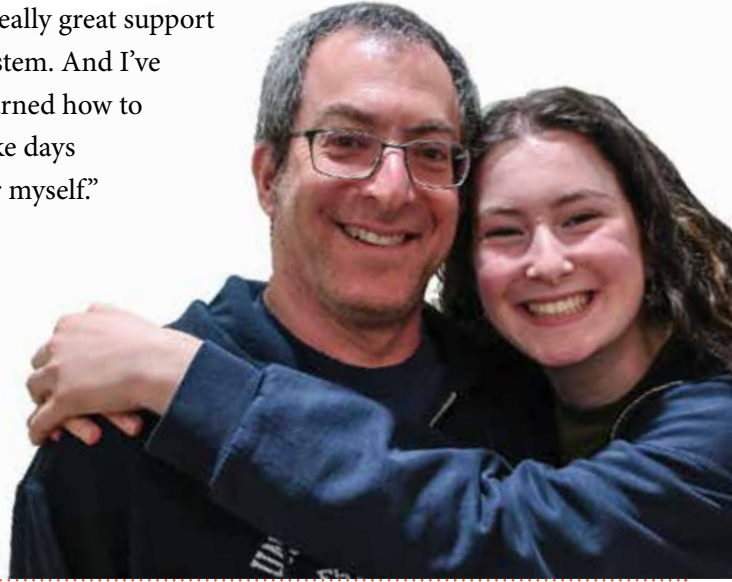
"It's been more than 10 years since your mom died, and I'm wondering what you remember most about that day?" asked Josh.

"I pretty clearly remember going to school. This day she walked me out to the playground, and she said that I could go in by myself if I wanted, and I felt so grown up," said Sylvia. "And I didn't give her a hug that day and I didn't say goodbye. And I got into the classroom and I immediately started crying and I ran back out, but by that time she was gone."

Sylvia asked Josh what it was like parenting her after her mom's death. "The hardest part was doing it all by myself, which was nothing to do with you," said Josh. "And especially in the first two years after your mom died, you

were pretty upset and angry of course, as you should be. And I remember feeling helpless a little bit. There's nothing I can do to fix this."

Sylvia also talked about what she's learned about herself since her mom died. "I guess I'm stronger than I think I am," said Sylvia. "I have a really great support system. And I've learned how to take days for myself."



Traci, Alina, and Amira

Traci and her daughters Alina, age 8, and Amira, age 10, talked about their dad who died of cancer three years ago. Traci asked the girls what they remember and miss the most, and what they would say to their dad if they could.

"I would like to say, 'Can you come down more often?'" said Alina.



"One thing that I would say to him, 'I love you so, so, so, so much and I wish you were here with us,'" said Amira.

They also shared whether they remember their dad more when he was healthy or sick.

"I remember a lot of things about when he was healthy," said Amira. "I didn't get to see him a lot when he was sick. And I remember when he was healthy because those are happy memories."

The girls also asked Traci what she misses the most about their dad. "What I miss the most is having someone that loves you just as much as I do, to talk about you with," she said.

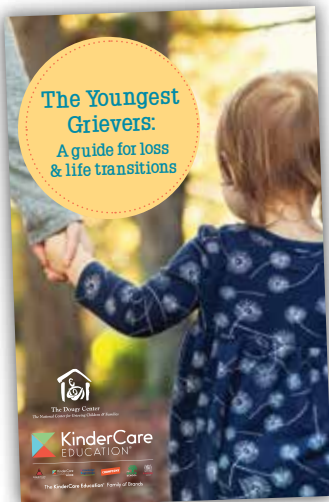
"Well, I want you to know that there's two people in your life who love you a lot—who love you the most out of everyone," replied Amira.

"And that's us two," added Alina.

New resources to help families now available

Family Ties Through an Advanced Serious Illness, developed by The Dougy Center with a grant from **First Tech Federal Credit Union**, provides activities, games, and practical information to help families strengthen relationships, spark meaningful conversations, and create lasting memories when someone is living with an advanced serious illness.

The Family Ties kit includes an activity journal for kids and teens, an adult guidebook with information and activities for families, the “Huddle or Hoopla” game, and heart note cards for sharing encouragement, advice, and words of support. You can find the *Family Ties* kit at The Dougy Center’s online bookstore, tdcbookstore.org.



As part of a multi-year partnership, The Dougy Center and **KinderCare Education** recently published a new book titled, *The Youngest Grievors: A Guide for Loss & Life Transitions*.

When a loss happens, whether through the death of a family member, divorce, military deployment, or other reason, young children can feel the effects deeply. *The Youngest Grievors* provides simple, accessible information and tools to thoughtfully and meaningfully care for grieving children. It focuses primarily on infants through preschoolers, and also offers self-care tips for their adult caregivers.

A limited supply of *The Youngest Grievors* is available for no charge at The Dougy Center, 3909 SE 52nd Avenue in Portland.

THE DOUGY CENTER'S
ANNUAL FALL LUNCHEON

Portraits
of **COURAGE**

presented by  **KinderCare**
EDUCATION

Thank you for making the annual Fall Luncheon “Portraits of Courage” an overwhelming success! With the support of Event Chairs Thane and Marnie Eddington, our generous sponsors including KinderCare Education, the Sage family, and everyone who attended, we raised nearly \$100,000.



The Dougy Center

The National Center for Grieving Children & Families

OUR REACH

Did you know The Dougy Center extends beyond the Portland Metro area? In just the past year, we reached more than 8,000 people through national trainings and interventions. What's more, Dougy Center staff are leaders in the field, serving on national and international boards and committees. Today, more than 500 grief support programs around the world are based on The Dougy Center Model®.

Our staff are committed to advancing the bereavement field by serving on state, national, and international committees. Here are a few examples...



Alysha Lacey, L.P.C., A.T.R.

Program Director

- Member, Lines for Life Suicide Rapid Response Prevention Team



Dr. Monique Mitchell

Director of Translational Research & Curriculum Development

- Chair, Exam Management Committee for the Association for Death Education & Counseling (ADEC)
- Chair, National Alliance for Grieving Children (NAGC) Research & Evaluation Workgroup
- Member, NAGC Education & Symposium Committees



Dr. Donna Schuurman

*Senior Director of Advocacy & Training
Executive Director Emeritus*

- Member, Compassionate Friends Board of Directors and Foundation Board of Directors
- Member, Federal Bureau of Investigation (FBI) Children & Mass Casualties Workgroup
- Vice-Chair, International Work Group on Death, Dying and Bereavement (IWG)



Joan Schweizer Hoff, M.A.

Coordinator of Program Projects & Training

- Member, American Foundation of Suicide Prevention (AFSP) National Loss & Healing Council
- Member, American Association of Suicidology Healing Conference Committee



Brennan Wood

Executive Director

- Member, NAGC Board of Directors

Below are a few of our national and international trainings over the past year. To learn more about Dougy Center outreach and trainings, visit dougy.org or call 503.775.5683.



Lower Salmon River, Idaho

Led **LEAP Wilderness Kayak Trip** with a group of grieving teens



Missoula, Montana

Presented **"Facilitating Positive Outcomes for Grieving Youth"** at the Tamarack Grief Resource Center Institute



Snowbird, Utah

Presented **"The Complex Conundrum of Grief-Related Mental Disorder Constructs"** at the National Alliance for Grieving Children Annual Symposium



Langley BC

Presented **"Best Practices to Provide Meaningful Support to Grieving Children & Teens"** at the Langley Hospice Society's Children's Grief Awareness Training



Jacksonville, Florida

Presented **"Promoting Positive Outcomes Following Tragic Losses"** at The Bolles School

The Dougy Center named a Childhood Bereavement Changemaker

The Dougy Center was named one of six Childhood Bereavement Changemakers (CBC) in the United States, and will join a collaborative developed by Denver-based Judi's House/JAG Institute (JH/JAG) in partnership with the New York Life Foundation. The goal of the collaborative is to gain the data necessary to help inform planning, influence change, increase funding, and enhance their overall impact on bereaved children and families.

THE DOUGY CENTER BY THE NUMBERS



The Dougy Center
The National Center for Grieving Children & Families



8,028

PEOPLE REACHED
through national trainings
& interventions in 2019



1,512

PEER SUPPORT GROUPS
each year serving children,
teens, families, and young adults
grieving a death, and families
with a member facing an
advanced serious illness

FAMILIES SERVED PER YEAR

2019: 2,281

2018: 2,225

2017: 2,023

2016: 1,909

2015: 1,906

2014: 1,158

276

VOLUNTEERS
working directly with
kids & families.

=

26,182

VOLUNTEER
HOURS
of service given in 2019

The Need:



AN AVERAGE
OF 23

children were on the waiting
list in 2019 to attend Dougy
Center grief support groups.

44 children: 2018

35 children: 2017

33 children: 2016

25,000+
(1 in 17)

children in the Portland
area currently live in
homes where a parent
or stepparent
has died



23,134

information, crisis, referral, and
intake requests responded to
by Dougy Center Staff last year.



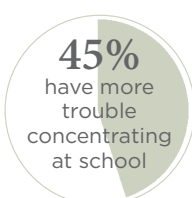
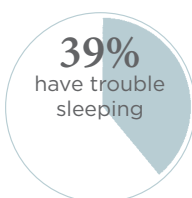
NEARLY

300,000

GRIEF OUT LOUD

podcasts downloaded
Visit dougy.org/podcast to listen

A survey of grieving kids by the New York Life Foundation
and the National Alliance for Grieving Children found...



2019 Reflection Benefit & Boxster Raffle raises nearly \$900,000!

On May 10, hundreds of community members gathered at the Portland Art Museum to celebrate and support The Dougy Center at our 2019 Reflection Benefit & Auction presented by **KinderCare Education**. Thank you to everyone who attended to help children, teens, young adults, and their families grieving the death of a loved one, or those living with a family member with an advanced serious illness. Together we raised almost \$900,000!



The evening culminated with the announcement of the 22nd Annual Porsche Boxster Raffle winner!

Our deepest gratitude to our event chair, Adriane Blackman, our sponsors, and the numerous volunteers who helped make this event a huge success!

Thank you 2019 Sponsors

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Providence Health & Services

Recreate Fitness

Sam's Lunch Group

Stoel Rives LLP

Urban Asset Advisors

Vantage Point LLC

Vista Capital Partners

Wilcox & Company, PC

SAVE THE DATE
MAY 8, 2020

Reflection

THE DOUGY CENTER
ANNUAL BENEFIT
& AUCTION
AT THE PORTLAND
ART MUSEUM

presented by



You're invited to a benefit for grieving children, teens, young adults, and their families. This fabulous evening features children's art, live and silent auctions, an elegant dinner, and the 23rd annual Porsche Boxster raffle.

For corporate sponsor opportunities, please contact
Rebecca Sturges
at 503.542.4827 or
rebeccas@dougy.org.

Tickets available at dougy.org.

Apply now for 2020 Summer Institute Scholarships

In partnership with the **New York Life Foundation**, The Dougy Center is pleased to award four scholarships to the 2020 International Summer Institute held at The Dougy Center's Portland location. Scholarship recipients will receive free tuition equal to \$1,300.

Each year, the International Summer Institute brings 20 to 25 participants who join The Dougy Center's knowledgeable staff for an opportunity to discover the

fundamentals of developing and operating peer support groups for grieving children, teens, and families.

The 2020 Summer Institute will be held July 20 to 24, and the scholarship deadline is April 1, 2020. For more information on the Summer Institute and the scholarship application, visit dougy.org.

For questions, please contact Monique Mitchell at monique@dougy.org or 503.836.3645.

Grief feels like...

We recently asked kids and teens at The Dougy Center what their grief feels like to them. We received an overwhelming response, and are constantly amazed at the insight and resilience of our peer support group participants. Here are a few of their responses:

"A whole wave comes out of your eyes."

"A heavy bowling ball in my heart."

"Dropping into a dark, never-ending hole."

"If I was a potato getting smashed by a foot."

"When you drop your popsicle, but you can't pick it up because it's already melted into the sidewalk. Your heart is that beautiful popsicle."

"A tornado came and shook up my entire world."

"I have a mask on."

"Eating pizza—and I hate pizza. Yuck!"

"A ticking clock, it makes you want to do more and be more 'cause you know you will die some time too."



Thank you!

We are overwhelmed with gratitude for your generosity during our year-end giving campaign. Thanks to you, we exceeded our \$100,000 goal to raise nearly \$175,000! Here's how your gifts are being put to work at The Dougy Center...

\$1,500 sponsors a child in our grief support program for one year

\$1,104 provides one month of grief resources, including guidebooks and activity books, at no cost to families

\$185 provides one group dinner for families in our *Pathways* Program

\$60 provides candles used during closing circles for one year





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P.O. Box 86852 | Portland, OR 97286

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The Dougy Center's 23rd Annual Porsche Boxster Raffle

Tickets are just \$100 each and only 2,000 tickets will be sold.

Visit dougy.org/BOXSTER for more information and to get yours while they last!

Buy a ticket. Win a Porsche. Help a grieving child.



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