



Join the movement to #UnderstandGrief

It is time to take a stand and acknowledge grief for what it truly is: a natural and normal response to loss.

As the pandemic raged through our communities, hundreds of thousands of children and teens had a parent die, and many more lost grandparents, siblings, aunts, uncles, other relatives, and family friends. We're in an epidemic of grief, and never in our lifetimes has grief

been so public in the media, yet so privately complex.

A common misconception about grief is that it's an individual emotional experience with predictable stages and a defined timeline. Defining grief this way suggests that if your "symptoms" last too long, or are too intense, you may have a "mental disorder" needing treatment. And this is problematic.

Because the reality is that everyone responds to grief in a unique way and grief can last a lifetime...and that is completely normal.

What can we do?

Our new campaign, #UnderstandGrief (dougyc.org/UnderstandGrief), is a message of understanding and hope intended to help people who are grieving and those who wish to support them. The goal is to bring attention to these critical issues and to change "mainstream" misconceptions about grief and people who are grieving. Through the campaign, we



hope to raise awareness about grief as a natural, normal, and healthy response to loss.

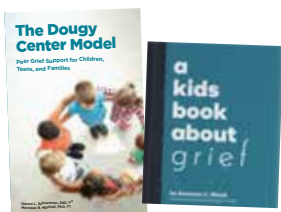
#UnderstandGrief includes a call to action with 10 ways we can implement grief-informed knowledge. It also includes information and resources with social media images to download and share.

Join us in our efforts to help others #UnderstandGrief. **Find out more and take action at dougyc.org/understandgrief.**



This year marks Dougy Center's 40th anniversary and we're celebrating all year long by acknowledging our history and successes, as well as looking forward to what the future might bring. Thank you to everyone who has supported Dougy Center over the years!

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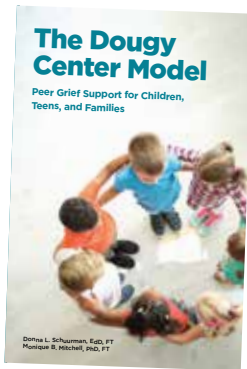
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New books help kids who are grieving and those who support them

Dougy Center staff is sharing both their personal and professional experiences in two new titles, *The Dougy Center Model: Peer Grief Support for Children, Teens, and Families* and *A Kids Book About Grief*.

Written by Dr. Donna Schuurman, Senior Director of Advocacy & Training and Executive Director Emeritus, and Dr. Monique Mitchell, Director of Training & Translational Research, *The Dougy Center Model: Peer Grief Support for Children, Teens, and Families* was generously funded by the New York Life Foundation. The book provides



an in-depth look at Dougy Center's history and the theoretical framework of the model that has been used to build and grow more than 500 programs throughout North America and around the world.

"In our trainings, we talk a lot about The Dougy Center Model," said Monique. "This book examines what the model is, how it came to be, and what has made it so successful."

The Dougy Center Model: Peer Grief Support for Children, Teens, and Families is available from Dougy Center's bookstore at dougybookstore.org.

A Kids Book About Grief was written by Dougy Center's Executive Director, Brennan Wood, in collaboration with A Kids Company About. Brennan is familiar with grief and loss herself.

Not only did she attend Dougy Center groups after her mom died when Brennan was 12, she is also currently a Dougy Center parent, bringing her daughter Jordyn to Dougy Center after the death of both of Jordyn's biological parents.

"We live in a time where grief from the pandemic, shootings, and natural disasters is more prevalent than ever. Sadly in America, 1 in 14 children will experience the death of a parent or sibling by the age of 18," said Brennan. "Having been affected by a parent's death at a young age, I want to help other kids who have gone through a similar experience. Grief is a normal and natural reaction to loss and it is my hope that *A Kids Book about Grief* will give children and families the words to talk about their grief together."

To order *A Kids Book About Grief*, visit akidsco.com.

Visit Dougy Center's new bookstore

Find helpful grief resources created for kids, teens, families, and professionals at Dougy Center's new bookstore. The online store features books, videos, brochures, workbooks, and more on a wide variety of topics related to grief and loss before and after a death.

Funded by a generous grant from the New York Life Foundation and created in partnership with Daylight Studio in Portland, our new bookstore is easier to navigate, with many resources available for immediate download. Go to dougybookstore.com for more.



Finding support in the midst of grief

When young children are grieving, it can be difficult to know how to best support them. Parents and caregivers are often also dealing with their own grief, and it's common to feel overwhelmed. Dougy Center offers peer support groups for kids as young as age 3, providing hope and healing tailored to their needs and developmental responses to grief.

The Brown family began attending Dougy Center groups in 2019, after the death of Benjamin and Adaire's oldest daughter Rhyse.

"Rhyse suffered a hypoxic birth injury which rendered her a paraplegic. She had a trach and was nonverbal," explained Adaire. "Nevertheless, she was able to communicate a myriad of feelings and emotions. We never went anywhere as a family without Rhyse. Whether it was going to the snow up at Mt. Hood or hopping on a plane, Rhyse and her passport were always ready to roll. Despite the brevity of Rhyse's life, she packed our days with exponential meaning and purpose. She undoubtedly touched so many lives with her quiet love."

After Rhyse died, the Browns' pediatrician recommended Dougy Center for their younger girls, Rheagan (now 6) and Rhyan (now 4). They began attending in-person groups several months later.

"Going to Dougy Center is the highlight of their weeks," said Adaire. "They love having a creative as well as constructive place to share their



Adaire and Benjamin with daughters Rhyse, Rheagan, and Rhyan.

thoughts and feelings about Rhyse. Rhyan was only 14 months old when we lost Rhyse, so her grief looks different than Rheagan's. Dougy Center is still a place where they both feel encouraged to share their loss out loud and know they will be heard. I know Rheagan is especially grateful for Dougy Center because the other kids in her group are attuned to what it feels like to lose a loved one. That is not a virtue that she has always experienced in every friend group she has outside of Dougy Center."

An important part of Dougy Center for the Brown family is feeling that they are not alone and being with others who truly understand what they are going through. Through their support groups, they have made deep and lasting friendships with people they now consider extensions of their own family.



Rhyan (now 4), Rheagan (now 6), and Rhowyn (7 months).

"Dougy Center has been an invaluable resource," said Adaire. "I consider myself to be a very intentional, resourceful, and protective mother when it comes to my children. However, I, alone, was not capable of managing their grief. Dougy Center can help to process and unpack all of those big feelings that can consume the hearts of adults and children alike."

Dougy Center Grief Education & Training

Now Online!

With the pandemic limiting our ability to travel across the country and around the world, Dougy Center now provides grief education webinars and a new online learning platform available anywhere.

Grief education is an important component of Dougy Center's mission. Over the years, we've trained hundreds of organizations and thousands of people around the world. We're committed to continuing this work and offering grief education to helping professionals wherever they are in our global community.

Last year, with travel still difficult, Dougy Center provided virtual customized trainings, webinars, and consultations to 2,001 people from organizations worldwide.

And we're thrilled to announce our new online learning platform, which launched in January. Funded through a generous grant from the New York Life Foundation, the new training platform allows users to access Dougy Center's quality courses any time (24 hours a day, 7 days a week) and complete the courses at the user's own pace. You can find our new online training at classes.dougy.org.

In addition, Dougy Center now hosts webinars throughout the year on important grief-related topics, including *Becoming Grief-Informed*:

WEBINARS

CUSTOMIZED
TRAININGS

ONLINE
COURSES

WORKSHOPS



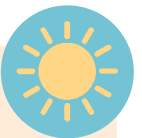
Foundations of Grief Education, Grief as a Mental Disorder: The Movement to Pathologize Grief, and Beyond the Numbers: Voices of those Grieving a Death from COVID. Find out more at dougy.org/2022webinars.

For more information on Dougy Center's grief education and training offerings, go to dougy.org/training or email us at training@dougy.org.

Register for the 2022 International Summer Institute. Scholarships available!

Dougy Center's annual International Summer Institute, set for July 25-29, 2022, will be in-person this year. Join Dougy Center's knowledgeable staff for an opportunity to discover the fundamentals of developing and operating peer support groups for children, teens, and families who are grieving. Learn with colleagues from around the United States and beyond who plan to start or who have already established programs for children and families who are grieving.

In addition, Dougy Center is offering four scholarships to the 2022 International Summer Institute, thanks to a grant from the New York Life Foundation. Scholarship applications are due April 1, 2022. Both the Summer Institute registration form and scholarship application can be found on Dougy Center's website under the Professionals & Training tab at dougy.org.





Our mission at work! 2021 By the Numbers



828 Peer Support Groups

342 in-person & **486** virtual



2,198

people served through
Dougy Center's peer
grief support groups



215,000

people from
174 countries
visited our new website, **dougy.org**

3,984 = **\$113,703**

volunteer
hours contributed

donation value
source: Independent Sector



217,824

Grief Out Loud

podcasts downloaded
[**736,824 total downloads**]
Visit dougy.org/podcast
to listen



30,208

information, crisis, referral,
and intake requests answered by
Dougy Center Program staff



1 Porsche
Boxster Raffle

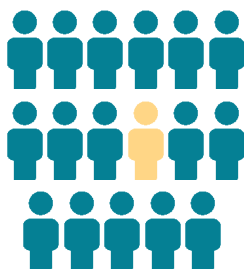
2,000 Raffle tickets sold

The Need for Child Grief Support in the Portland Metro Area

Data from the Childhood Bereavement Estimation Model (CBEM)

1 in 17
[22,550]

Children in Dougy Center's
service area will experience
the death of a parent or
sibling by age 18



1 in 9
[57,440]

Youth in Dougy Center's
service area will experience
the death of a parent or
sibling by age 25

2,001

people attended a virtual Dougy
Center Grief Education Training for
4,681 units of service
[unit of service = 1 person/1 hour]



425%

increase in the number of kids on Dougy
Center's waiting list upon the return to
in-person groups.



357

stuffedies distributed
to Dougy Center kids
in December

Save the date for the Reflection Benefit & Auction

Celebrate Dougy Center's 40th Anniversary at Reflection! We're excited to share the inspiration found through the past 40 years of providing hope and healing to children and families who are grieving. This fabulous evening of connection will feature original works of art made by Dougy Center participants and an amazing auction. The event culminates as we draw the winning ticket for the 25th Annual Porsche Boxster Raffle!

Save the date for the 2022 Reflection Benefit, presented by KinderCare Learning Companies, May 6, 2022, at the Portland Art Museum and online.

Show your support for families in our community who are grieving by becoming a Reflection Benefit sponsor. Contact Rebecca Sturges at rebeccas@dougy.org or by calling 503.775.5683 for more information on how you can become part of this important event.



2022 BENEFIT & AUCTION
CELEBRATING 40 YEARS OF DOUGY CENTER

THANK YOU 2021 REFLECTION SPONSORS!



Beneficial State Bank
Bremik Construction
Deloitte & Touche
Express Employment Professionals
Pacific Office Automation

Providence Health & Services
Scott Edwards Architecture
Urban Resources, Inc.
Vista Capital Partners



Smooth Stone Circle
in support of Dougy Center

Grief is hard. Your monthly gift can help.

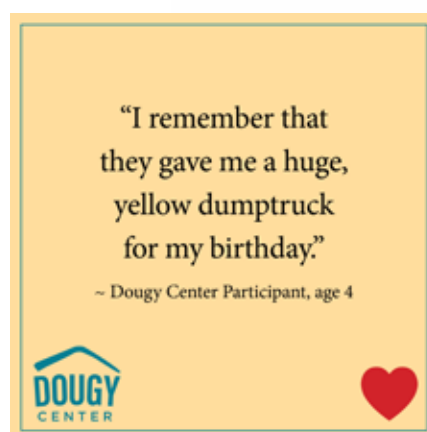
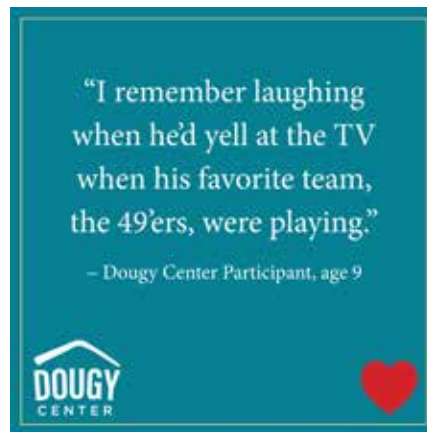
Help us reach 40 new Smooth Stone Circle members for our 40th anniversary!

Named for the smooth stones kids and teens receive when they close from their Dougy Center grief group, the Smooth Stone Circle provides ongoing support in the form of recurring donations to Dougy Center's grief support programs. Support kids who are grieving throughout the year with a monthly donation to Dougy Center through the Smooth Stone Circle.

For more information and to join the Smooth Stone Circle, visit dougy.org/SmoothStone.

We remember...

Talking about memories is one way to honor the people in our lives who have died, and can also be a helpful way to acknowledge and share our own grief. In recognition of National Children's Grief Awareness Month last November, we asked kids attending Dougy Center support groups what they remember about the person who died. Below are just a sample of what they said. We're grateful that Dougy Center groups continue to provide kids a place to share their feelings, to feel understood, and to have hope.



Dougy Center receives grant to expand grief support programs for youth in foster care

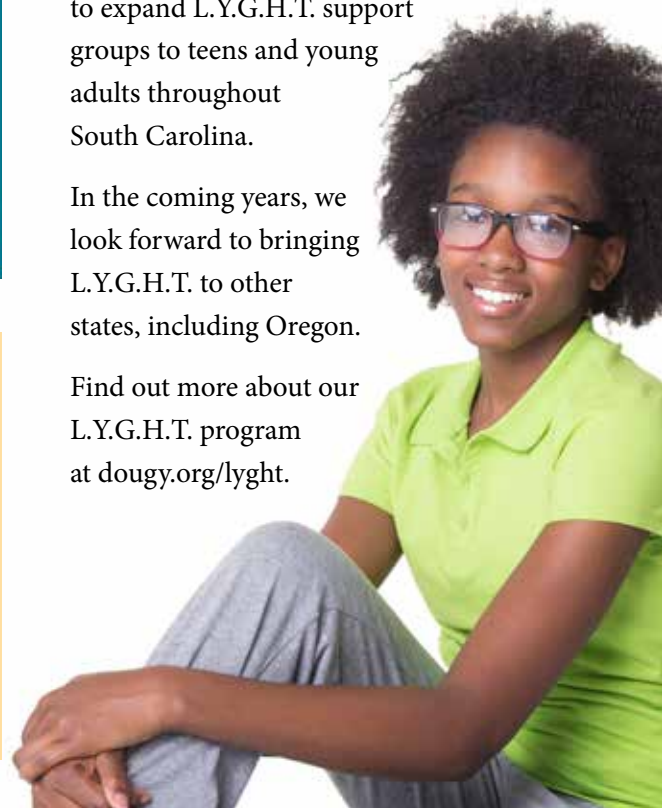
The Duke Endowment recently awarded Dougy Center a \$210,000 research grant to evaluate and expand an intervention for youth in foster care using Dougy Center's peer grief support model.

Through the study, teens and young adults in South Carolina's foster care system will participate in the L.Y.G.H.T. program (Listening and Led by Youth in Foster Care: Grief, Hope, and Transitions). L.Y.G.H.T. support groups are based on Dougy Center's evidence-informed model of peer grief support and are specifically designed for youth in the child welfare system.

The grant will fund the second randomized control trial (RCT) of the L.Y.G.H.T. intervention and will be used to expand L.Y.G.H.T. support groups to teens and young adults throughout South Carolina.

In the coming years, we look forward to bringing L.Y.G.H.T. to other states, including Oregon.

Find out more about our L.Y.G.H.T. program at dougy.org/lyght.





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25th Annual Porsche Boxster Raffle

Spring into Action

**Don't miss your chance to
win a 2022 Porsche Boxster**

**Tickets are \$100 each
only 2,500 tickets sold**



**All proceeds support Dougy Center programs
Find out more at dougy.org/boxster**

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