



New resources support families after a death from COVID-19

Millions of parents, grandparents, siblings, aunts, uncles, and friends have died from COVID-19 worldwide. Each person leaves behind family and friends, including children and teens, who are grieving.

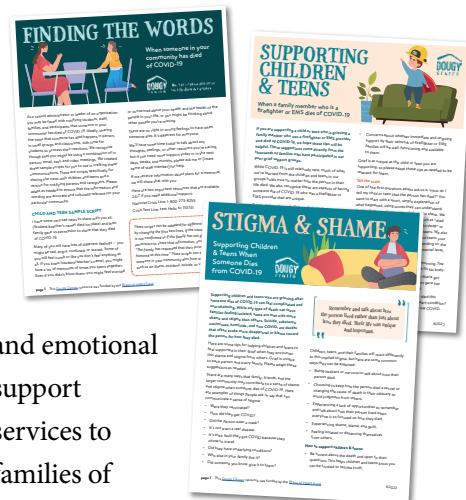
Dougy Center's new online toolkit, designed specifically for children and teens, as well as their parents and caregivers, who are grieving a death from COVID-19, is here. The toolkit features 40 new resources, including tip sheets, activities, podcast episodes, and more in both English and Spanish. All resources are provided at no charge at dougycenter.org/covid, and made possible by a grant from the Brave of Heart Fund.

Childhood bereavement as a result of the pandemic is a public health emergency. Dougy Center knows

from the thousands of children and families we have served that those who are newly bereaved will need continuing support and understanding. In addition to the death of a parent/caregiver, these children and teens have their grief compounded by pandemic shutdowns, physical distancing, and other restrictions that have impacted traditional ways of grieving in community.

The new resources address specific issues faced by families of health care workers and first responders, as well as topics unique to the COVID-19 pandemic.

The Brave of Heart Fund was founded by the foundations of New York Life and Cigna and administered by charitable partner, E4E Relief. The Brave of Heart Fund was established in 2020 to provide charitable grants



and emotional support services to families of the frontline healthcare workers, volunteers, and support staff whose lives were lost in the fight against COVID-19. It continues to offer support to these bereaved families via partnerships with non-profit organizations aligned with the fund's core purposes. To learn more, visit employeeerelieffund.org/brave-of-heart-fund.

The online toolkit is the first phase of the two-year \$350,000 grant. The second phase includes the development of activity books for children and teens in both English and Spanish. These books will be published later in 2023.

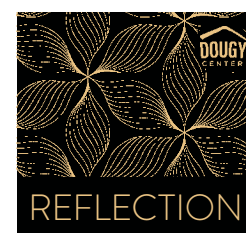
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Page 2



By the
Numbers,
Page 5



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the Date,
Page 7



Dougy Center's LYGHT program is the first evidence-based peer grief support program for youth in foster care

After years of research, and its initial pilot study in 2017, Dougy Center is thrilled to announce that our peer grief support program for teens and young adults in foster care, L.Y.G.H.T. (Listening and led by Youth in Foster Care: Grief, Hope, and Transitions), is now evidence-based! Find out more about L.Y.G.H.T. at dougy.org/lyghtresearch, including gaining free access to the the article, *The L.Y.G.H.T. Program: An Evaluation of a Peer Grief Support Intervention for Youth in Foster Care*, written by Dougy Center staff, Dr. Monique Mitchell, Dr. Donna Schuurman, Juliette Martinez (and their colleagues), and published in the *Child and Adolescent Social Work Journal*.

In the past year, the L.Y.G.H.T. program has been offered over 60 times in South Carolina and has provided grief and loss support to more than 50 teens and young adults in foster care. L.Y.G.H.T. facilitators have invested 336 hours in their role supporting the youth in their groups. The positive impact on youth well-being and the level of peer support continues to grow as we offer each group and build more community partnerships to offer this amazing program to youth in foster care who are grieving death and non-death losses. A heartfelt thank you to all our L.Y.G.H.T. community sites and facilitators who continue to support teens and young adults through their loss and grief.

Dougy Center is working to bring L.Y.G.H.T. to additional locations, including to Portland, OR.

Youth in foster care who are grieving deserve to be understood and given opportunities to safely express their grief. For more information about L.Y.G.H.T. and resources for youth in foster care, please visit dougy.org/lyght.



Dougy Center honors Beverly Chappell and Gwyneth Gamble Booth

Dougy Center honors two women whose lives had a profound impact on programs to support children after the death of a family member.



Beverly Chappell (1930-2022) founded Dougy Center in her family home. Inspired by Dougy Turno, Bev's vision of helping

children and families through peer grief support has had a ripple effect throughout the world. Today, more than 500 programs are based on The Dougy Center Model, and Dougy Center has provided direct grief support to more than 60,000 children and families in the Portland area.

Gwyneth Gamble Booth (1936-2022) first heard of Dougy Center in 1991 and became the quintessential champion for Dougy Center and the children and families we serve. In 1992, Gwyneth began volunteering each week in Dougy Center's After a Suicide and After a Violent Death groups. Gwyneth also served on Dougy Center's Board of Directors for over 12 years and founded Dougy Center's esteemed Advisory Board.



It is difficult to put into words the loss for Dougy Center and for the countless individuals touched by the lives of Bev and Gwyneth. We are grateful to have had Bev and Gwyneth as champions for Dougy Center, and we celebrate the lifelong legacy they leave behind.



A safe haven in the midst of grief

Kristi Bacon Trad and her nine-year-old daughter, Raina, started coming to Dougy Center after the death of their husband and father, Walid.

“He was the most amazing father,” shared Kristi. “He used to say, ‘all I need is my family, I love my family.’ He loved Raina with every fiber of his being. His love of learning was fostered in Raina at a very early age. They are both alike inside and out. I see Raina in him, like a carbon copy.”

“Dougy Center’s program can be invaluable to everyone who attends. Losing a parent/spouse is one of the most devastating things and Dougy Center provides a haven of love, compassion, and support!”

Kristi learned about Dougy Center through hospice before Walid’s death. Since then, Dougy Center has provided a safe and healing environment where Raina and Kristi can get support and be with other kids and adults who have gone through similar situations.

“Raina loves knowing there are other people who have lost a parent,” explained Kristi. “She’s not alone. She loves the support, community, and meeting new friends.”

At Dougy Center, Raina especially loves playing in the Littles room and the hospital room.

While Raina gets the support she needs with other kids in her peer



Kristi and Raina both attend grief support groups at Dougy Center, and find comfort and connection with other adults and kids who have gone through a similar experience.



support group, Kristi is also thankful for the role Dougy Center has played as she navigates her own grief journey. “I have met many friends and fellow men and women in the same situation...so comforting to have others who get it!”

In the parent/caregivers group, Kristi hears from other adults about their struggles, strengths, and ideas on solo parenting and she values the connections that she’s made.

“I would say anyone in our situation needs to know of the support and healing offered at no cost. Dougy Center’s program can be invaluable to everyone who attends. Losing a parent/spouse is one of the most devastating things and Dougy Center provides a haven of love, compassion, and support!”

If you or someone you know needs grief support, call Dougy Center at 503-775-5687 or visit dougy.org.

Join Dougy Center for education and training opportunities to support children and families who are grieving

WEBINARS

Dougy Center offers several grief education webinars throughout the year on a variety of topics related to supporting children, teens, and families who are grieving. All webinars are presented live and registration is required at least 24 hours in advance. Find complete descriptions and registration information for upcoming webinars at dougy.org/2023webinars.

2023 Webinar Schedule

April 6, 2023 | Grief as a Mental Disorder: The Movement to Pathologize Grief
presented by Donna Schuurman, Ed.D., F.T.

June 8, 2023 | It's Complicated: Death, Grief, and Estranged Relationships
presented by Jana DeCristofaro, L.C.S.W.

September 7, 2023 | Becoming Grief-Informed: Foundations of Grief Education
presented by Monique Mitchell, Ph.D., F.T.

November 16, 2023 | Children's Grief Awareness Day
presented by Cristina Chipriano, L.C.S.W.

December 7, 2023 | Navigating Grief During the Holidays
presented by Donna Schuurman, Ed.D., F.T.



Grief education is an important component of Dougy Center's mission. In 2022, 10,456 people from the United States and around the world received training from Dougy Center, totalling more than 178 hours and 12,344 units of service. Here are a few of our training opportunities available in 2023...

INTERNATIONAL SUMMER INSTITUTE

July 24-28, 2023 at Dougy Center in Portland, Oregon

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 directly established programs for children and families who are grieving.

In partnership with the New York Life Foundation, Dougy Center awards four scholarships for full tuition to International Summer Institute each year. Applications must be received by April 1, 2023 for the 2023 International Summer Institute.

For more information, registration, and the scholarship application, go to dougy.org/summerinstitute.

ONLINE LEARNING

Dougy Center's training platform allows users to access Dougy Center's quality courses any time (24 hours a day, 7 days a week) and complete courses at the user's own pace. Find out more and register at classes.dougy.org.

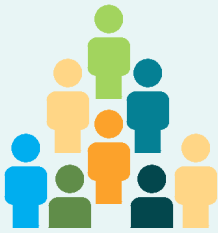
CUSTOMIZED TRAININGS

Dougy Center staff can provide training, coaching, and instruction to organizations on a variety of topics including, Becoming Grief-Informed and more. Visit dougy.org/training or email us at training@dougy.org to find out more.



2022 By the Numbers

Our mission at work!



1,759

peer grief support
groups serving

2,676

kids, teens, young adults,
and their family members

21,795 = \$652,760

volunteer
hours
contributed

donation
value
source: Independent Sector

58 youth

in South Carolina's
foster care system were served
through Dougy Center's
L.Y.G.H.T. program

We're working to grow
L.Y.G.H.T. in Portland and
other sites around the U.S.



234,218

people from
177 countries
visited **dougy.org**



25,368

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



247,156

Grief Out Loud
podcasts downloaded
Visit dougy.org/podcast to listen

The Need for Youth Grief Support in the Portland Metro Area



An average of
85 kids

were on the waiting list to
get into a Dougy Center grief
support group

36% of Dougy Center
families report they live
below the poverty level

Cost to families for groups,
resources, and support = **\$0**



1 in 9
[57,440]

Youth in Dougy Center's
service area will experience
the death of a parent or sibling
by age 25. 1 in 17 by age 18

source: Childhood Bereavement
Estimation Model (CBEM)

10,456

people attended a
Dougy Center Grief Education
Training for

12,344 units of service
[unit of service = 1 person/1 hour]



**Porsche
Boxster Raffle**

2,500 Raffle tickets sold



Join us in the movement to #UnderstandGrief

Have you heard the common misconception that grief is an individual 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.

Dougy Center’s #UnderstandGrief campaign (dougy.org/UnderstandGrief), launched in February 2022, is addressing this misconception with a message of understanding and hope intended to help people who are grieving and those who wish to support them.

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. To date, the #UnderstandGrief campaign has reached more than 200,000 people.

JOIN US!

Here are some things you can do to join in the movement to #UnderstandGrief:

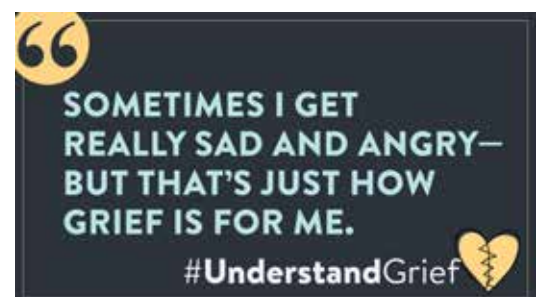
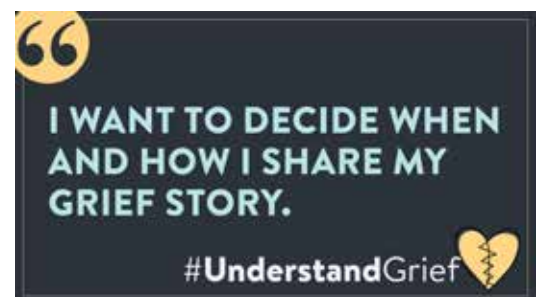
- Visit the #UnderstandGrief website at dougy.org/UnderstandGrief for information, resources, and more.
- Go to dougy.org/UnderstandGrief to find social media images for Facebook, Instagram, and Twitter, that you can download and post. Please tag us at @thedougycenter and use #UnderstandGrief.
- If you haven't already, consider joining us as an #UnderstandGrief partner. Send an email to help@dougy.org to find out how your organization can get involved.

For more information, go to dougy.org/UnderstandGrief.



WHAT DO KIDS & TEENS WANT YOU TO KNOW ABOUT GRIEF?

As part of the #UnderstandGrief campaign, we asked kids and teens at Dougy Center what they wished adults knew about grief. Here's what they had to say:



Save the date for the Reflection Benefit & Auction

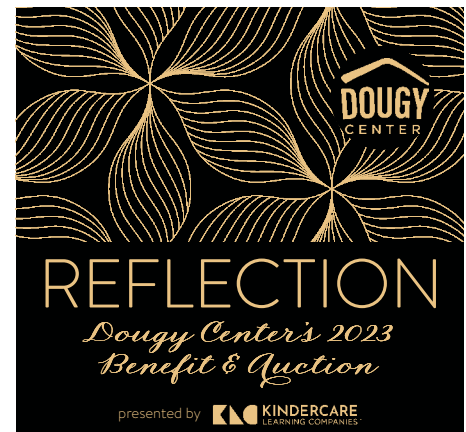
Join us for Reflection on Friday, May 12, 2023, at the Portland Art Museum and online. Dougy Center's largest fundraising event, this fabulous evening will feature original works of art made by Dougy Center participants and an amazing auction. The event culminates as we draw the winning ticket for the 26th Annual Porsche Boxster Raffle!

Funds raised through Reflection directly help children, teens, young

adults, and families who are grieving through peer support groups, resources, community outreach, and more, all provided at no cost to families.

Save the date for the 2023 Reflection Benefit, presented by KinderCare Learning Companies, May 12, 2023, 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.

Longtime Dougy Center supporter leaves legacy of hope

Many years ago, Dr. Malcolm M. Marquis told Donna Schuurman, Dougy Center's Executive Director at the time, that his only regret was that there was no Dougy Center available for him when he was young and grieving the death of a parent.

Introduced to Dougy Center by longtime volunteer Barbie Rice, Dr. Marquis was a quiet and dedicated supporter of Dougy Center for more than 30 years and his generosity was something we knew that we could count on. He never asked for recognition or accolades and his financial support went on to ensure grief support for hundreds of children and teens each and every year.

Dr. Marquis was a highly respected ophthalmologist and was one of the

few trauma surgeons in Portland who specialized in eyes.

In February of 2021, Dr. Marquis died surrounded by his closest friends who were also his caregivers. Shortly thereafter, Dougy Center received tremendous news. We were to be the recipients of a portion of his estate and a transformational dollar figure followed with the caveat that it must be restricted to a special endowment that would ensure that children who are grieving would be able to access grief support well into the future.

From his annual gifts to this transformational gift, Dougy Center stands in appreciation of Dr. Marquis. His legacy of hope, healing, and comfort will be an enduring testament to his generous heart.

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26th Annual Porsche Boxster Raffle

Spring into Action

**Don't miss your chance to
win a 2023 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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