

The Dougy Center The National Center for Grieving Children & Families

## 2009 Report to the Community

...because no child should grieve alone.

# Together we are making a difference

In the past year, The Dougy Center served 613 children, teens and young adults; and 322 parents or adult caregivers through support groups in our Portland, Canby, and Hillsboro locations.

## From the Director

The Dougy Center is helping more children, teens, young adults and their families than ever before in our history—this despite the tragic arson fire that burned our main building in Southeast Portland last June.

As horrible as the fire was, I am thoroughly grateful and inspired by our families, board members, staff, volunteers, friends and even strangers who have come together to lend a hand, make a donation, or both.

The process of rebuilding will take time, and even more patience. But we will come out of the experience stronger and more resilient.

Today, our Portland families are thriving in the temporary program space on Northeast Glisan Street. Our groups in Canby and Hillsboro continue to grow, and we are helping others across the country and around the world through trainings, books and other resources, and our new online community at www.dougy.inspire.com.

Thank you for your ongoing generosity and support.

Sincerely,

Donna Schuurman, Ed.D, FT

Executive Director

### 2009 Financial Report\*

#### Support and Revenue Sources:

Individual Contributions	\$200,419
Foundation Contributions	158,460
Corporate Contributions	53,050
Victims of Crime Act	20,875
Gifts In Kind	14,080
Net Special Events	400,176
Training & Bookstore	185,229
Other Income	17,350
Total Support and Revenue	\$1,049,639
Expenses:	
Program Services	\$779,120
Management & General	145,875
Fundraising	237,050
Total	\$1,162,045
Net Operating Revenue	(\$112,406)
Net Investment Return	(\$175,796)
Total Net	(\$288,202)
* For the Fiscal Year ending June 30, 2000	

\* For the Fiscal Year ending June 30, 2009 Independent audit by Hoffman, Stewart & Schmidt, P.C. www.dougy.org

### The mission of The Dougy Center

is to provide support in a safe place where children, teens, young adults and their families grieving a death can share their experiences.

Through our National Center for Grieving Children & Families, we provide support and training locally, nationally and internationally to individuals and organizations seeking to assist grieving children.

### The Dougy Center Staff

Kassie Boehringer Communications Coordinator Jana DeCristofaro, L.C.S.W. Coordinator of Childrens' Grief Services

Marcia Director, CFRE Director of Development

Ruben Garcia, M.Ed Bilingual Program Coordinator Liisa Heard, M.S.W. Group Coordinator

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Jami Stephens, M.A., N.C.C., C.T. Group Coordinator

Melinda Storch, M.B.A., M.A. Director of Finance & Operations Paul Williams

Finance Assistant

**Brennan Wood** Associate Director of Development

#### Contact Information

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# Making a difference

When talking about their grief, children and adults often say they feel alone, that it seems like no one else understands what they're going through. For parents and children who don't speak English, their experience can feel especially isolating.

Five years ago, The Dougy Center added bilingual groups for children, teens and their caregivers. Maria and her children Eduardo (14), Brenda (12), Daisy (9), Andreas (7) and Ismael (6) found refuge at The Dougy Center after their father's death four years ago. For Maria, who speaks only Spanish, The Dougy Center's bilingual programs have been a tremendous help and support for her family. "You are not alone, and you definitely won't feel alone when you come to The Dougy Center," explained Maria speaking through a translator. "There are other kids here who have lost a father and who share the same experiences. I am also able to tell my story and feel support from parents in the adult group."

"One of the best things about The Dougy Center is being able to talk about things we aren't able to talk about with other people," added Brenda. "The volunteers really understand us, and what we talk about stays here."

For Daisy, Ismael and Andreas, the best things about The Dougy Center also



Andreas, Ismael and Daisy play in the sand at The Dougy Center in Northeast Portland.

include playing with toys and games, and meeting new friends.

When Maria and her children heard about The Dougy Center fire in June 2009, they, like most families, felt a renewed sense of loss.

"I don't understand why someone would burn The Dougy Center," said Brenda. "The Dougy Center really helps us."

"When we heard about the fire," added Maria, "we all felt

very sad. The house had been a very special place for the children and for me."

Despite the fire, Maria and her family continue to find comfort through groups at The Dougy Center's temporary program location.

Maria encourages other families grieving a death to come to The Dougy Center. "The Dougy Center will help your children get the support they need," she said. "Eventually, everyone will start to feel better."

For more information about The Dougy Center's bilingual programs in Portland and Hillsboro, contact Ruben Garcia, 503.542.4838 or ruben@dougy.org.



In the past year, The Dougy Center introduced 456 children and teens from 359 families to The Dougy Center at our Family Orientation sessions and provided them with grief resources, including our guidebook series.

# Fire Update

On June 21, 2009, The Dougy Center was dealt a huge blow when our beloved home in Southeast Portland was destroyed in an arson fire.

For many of The Dougy Center families, the loss of their safe haven caused additional grief. As one participant said, "The fire damaged a lot of people it damaged more than a building."

Despite the fire, The Dougy Center continues to provide a safe place for children grieving a death. With the help of volunteers and supporters, The Dougy Center did not miss a single group session. Families in Portland now attend groups in our temporary location on Northeast Glisan.



The Dougy Center after the fire.

The Dougy Center will rebuild, and has begun the planning process for a new building.

You can help. The cost of rebuilding The Dougy Center will be more than the insurance claim and we will rely on the generosity of donors to make our new home possible.



The Dougy Center's temporary program location on Northeast Glisan.



# Ways to Give

### The Chappell Society

The Chappell Society recognizes those who have remembered The Dougy Center in their estate plans. The Society is named in honor of our founder, Beverly Chappell and her husband, Dr. Allan Chappell (1923-1993), for their commitment to grieving children and families. Members of The Chappell Society are those who desire to sustain Dougy's legacy for future generations. Thank you to our Members who help create long-term, stable funding for the grieving children who desperately need the safe haven called The Dougy Center.

### Named Funds

Generous donors have set up named funds to honor a loved one, the proceeds of which will support a grieving child or children at The Dougy Center. Named funds may be set up with a contribution of any amount. Once the fund reaches \$37,500 in value, earnings will sponsor one child for a full year in his or her grief support group. See related story on page 6.

### Child Sponsorships

Your gift of \$1,500 will provide support for one child at The Dougy Center for an entire year.

For more information on these and other ways to support The Dougy Center, contact Marcia Director, 503.542.4827 or marcia@dougy.org Join us on Saturday, June 12, 2010 for the Regence Grand Floral Walk benefitting The Dougy Center. Visit www.rosefestival.org/events/grandfloral walk for more information. Special thanks to:

💩 💱 Regence



# Five Ways to Help a Grieving Child

#### l. Listen without judgment

Well-meaning adults often try to comfort a child with phrases like, "I know how you feel," or "you'll get over it." While our intentions to soothe a grieving child are helpful, these responses negate the child's own experiences and feelings. Instead, ask open-ended questions and reflect back what you hear using their words. This helps children validate their experiences and emotions, helping them to regain a sense of safety and control.

#### 2. Be honest

While our instinct may be to protect a child by not telling the whole story, children usually learn the facts in one way or another. Not being completely honest complicates a child's grief, and sends a message that it's okay to hide the truth.

# 3. Talk about and remember the person who died

Remembering the person who died is part of the healing process. Talk about the person and use his or her name freely. Bringing up the name of the person and sharing special memories gives children permission to also share their feelings. It also reminds them that the person who died will continue to "live on" and impact the lives of those left behind.

#### 4. Forget about the "grief stages"

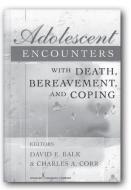
Grief does not follow a linear course of sequential stages, nor does it have a particular endpoint. Rather, grief ebbs and flows in different ways for everyone.

## 5. Remember that playing is grieving

Children are more likely to show how they feel through play. Be sensitive to a grieving child's play. Notice the worlds children create, the roles they take on, and the feelings that come up. Reflect back to them what you see and hear, using their words without evaluation. This is one way to validate the experiences they are having.

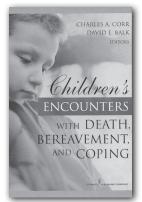
Excerpts from 35 Ways to Help a Grieving Child, published by The Dougy Center and available at www.dougy.org/store.

## Resources



Donna Schuurman and Jana DeCristofaro wrote a chapter on "Adolescents, Humor and Death" in the recently published book, *Adolescent Encounters with Death*, *Bereavement and Coping*, edited by David E. Balk and Charles A. Corr (©2009, Springer Publishing Company).

Donna Schuurman and Jana DeCristofaro also wrote two chapters titled "Children and Traumatic Deaths" and "Principles & Practices of Peer Support Groups and Camp-Based Interventions for Grieving Children" in *Children's Encounters with Death, Bereavement and Coping*, the next book in the series edited by David E. Balk and Charles A. Corr (©2010, Springer Publishing Company).



### Coming Soon

The Dougy Center's resource collection will expand as five new Spanish publications are released in early 2010, followed by a video

resource aimed at helping grieving teens.

Made possible by a grant from The Collins Foundation, the new Spanish titles include the *After a Death* activity book, the *Helping Teens Cope* guidebook, and brochures on understanding the needs of children and helping them after a

death, and after a suicide death.

The teen video, "Helping Teens Cope with Death" and accompanying guide is a helpful resource for parents, teachers and anyone who knows a teenager grieving a death. This, and other videos coming soon, are made possible by a grant from Regence.

Visit The Dougy Center's website at www. dougy.org/store for these and other resources.





## Gratitude

The Dougy Center appreciates the generous support from donors and friends. Here are some ways people contributed to The Dougy Center.

Kelsey Keil, an eighth grader from Toledo, Ohio held an ice cream social to raise money for children affected by suicide, and donated \$414 to The Dougy Center.

The Youth to Youth Club at Welches Middle School ran a snow cone booth raising \$73.77 for The Dougy Center.

VTech raised \$10,000 for The Dougy Center by holding a raffle for their employees.

Dougy Center board member Erik Lawrence is committed to building an endowment for The Dougy Center primarily through his participation in triathlons. The "Jeanne Wesley-Lawrence Child Sponsorship Fund," named in memory of Erik's mother who died when he was a young boy, has raised more than \$3,000 so far. "I want to support kids whose life experience has changed their hand," Erik said. His website, www.erikfwlawrence.com, tracks Erik's progress, accepts donations, and invites others to join him in racing and fundraising.

The family of Carol McCall recently established the "Carol S. McCall Child Sponsorship Fund," to help The Dougy Center continue to provide services at no cost to families. Carol was tireless in her devotion to her family and in giving her time to civic



David Ganz is working to collect 1,000 teddy bears for The Dougy Center through a teddy bear drive he organized.

affairs, including The Dougy Center's Advisory Board. Although she died suddenly in September 2008, Carol's legacy lives on through the sponsorship fund.

Amilia Centurion, a volunteer with the bilingual group in Portland and a senior in high school, applied for a scholarship from the local Soroptimist Club. She not only won a scholarship for herself, but also a donation for The Dougy Center. David Ganz, an eighth-grader from St. Pius X School in Portland, is working to replace all of the teddy bears lost in The Dougy Center fire. Through a teddy bear drive he organized, David collected more than 450 bears during the holidays. His teddy bear drive continues with a goal of collecting 1,000 bears.

For more information on how you can support The Dougy Center and children in grief, visit www.dougy.org



Erik Lawrence raises funds for The Dougy Center in memory of his mother through participation in triathlons.

In the past year, Dougy Center staff traveled around the country and overseas to train healthcare workers, educators, social workers and others on how to help children in grief. In all, The Dougy Center served more than 3,200 people in more than 70 organizations.

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Mary Bywater Cross

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