Because no child should grieve alone.

ANNUAL REPORT TO THE COMMUNITY

The Doug Center
The National Center for Grieving Children & Families
Dear Friends,

This past year was transformative for The Dougy Center for Grieving Children & Families. After four long years of recovering from the arson fire that destroyed our former home, our new home opened to grieving families in January 2013. Our children and their families have quickly settled into the routine of the new house and the new opportunities that it offers to the community. We are filled with tremendous gratitude to the community: without your support, we would not be here today.

Even as we celebrate the success of our rebuilding effort, our hearts and minds remain focused on our mission – providing a safe space where grieving children and their family members can share their experiences – and how we can increase our impact so that no child has to grieve alone.

Our new home allows us to provide support to more grieving children and families in more efficient and effective ways and our intention is to maximize these opportunities in every way possible. Thank you again for your unwavering commitment to helping grieving children in our community.

Sincerely,

Donna L. Schuurman, Ed.D., FT
Chief Executive Officer

The Dougy Center
The National Center for Grieving Children & Families
1,729
Children, teens, young adults, & their adult family members who received orientation & support group services.

19,640
Hours of service dedicated by 257 volunteers committed to The Dougy Center’s mission.

2,668
Professionals, students, teachers, & community members attended training - locally, nationally & internationally.

17,688
Information, crisis, referral, & intake requests responded to.
Peer Support Group Programs

AT THE DOUGY CENTER, THOUSANDS OF GRIEVING CHILDREN, TEENS, AND FAMILY MEMBERS HAVE LEARNED THAT THEY AREN’T ALONE IN THEIR GRIEF.

The Dougy Center was founded in 1982 by Beverly Chappell in tribute to Dougy Turno, a young boy who died of an inoperable brain tumor at age 13. After his death, inspired by Dougy and her work in the medical field, Beverly began offering support groups in her home to children who had lost a parent or sibling to death. Soon, Beverly and a number of dedicated volunteers were providing support groups to both grieving children and the parents/caregivers who attended with them. Today, Dougy’s gentle spirit lives on at The Dougy Center as over 650 grieving children and adult family members find comfort, support and healing each month. Our peer support group program provides groups to children from 3-18 years of age and their family members, as well as young adults ages 19-35+.

Littles Groups, ages 3-5

In The Dougy Center’s new home, 3-5 year olds who are grieving the death of a parent or sibling have their very own talking space and play area that is designed especially for them. During the every other week 75 minute sessions, these children experience “talking circle” time and “free play” time where they can express their feelings and thoughts through art, music, physical activity, and play.
Elementary-age Groups, ages 6-12

Elementary age children make up the largest group of children receiving grief support group services at The Dougy Center. Each group begins with an “opening circle” where children are invited to share their name, the name of the person who died and how they died. Some are eager to share what happened in their lives. Others are more reluctant. At The Dougy Center, it is always okay to say, “I pass.” Grief support groups end with a “closing circle” ritual that includes lighting candles and sharing hopes for the future.

Middlers Groups, ages 11-14

Middle school can be a difficult time for any child. Our “Middlers” groups help 11-14 year-olds connect with one another and learn that they are not alone in their grief, even if they feel alone in school or other parts of their lives after the death. Many of the Middlers at The Dougy Center like to spend time in the Art Room creating paintings, ceramic keepsakes, and other artwork expressing their grief and remembering the loved one who died.

Additional Types of Groups

At The Dougy Center we recognize that grief can be influenced by many factors, including how the person died. That is why placement into our support groups is not just determined by the age of the participant, but also by how the person in their family died. We have specific groups for healing after a suicide death and healing after a violent death, as well as long-term or chronic illness, and sudden death groups. Our society continues to stigmatize the act of suicide, as well as the families left behind. Children who have had a family member die in a violent way often express feeling stigmatized as well as having extenuating circumstances like court cases that can take many years to resolve. In light of these challenges, it is critical that these families have a safe place where they can talk openly about the death without judgment.
Teen Groups, ages 13-18

For teens at The Dougy Center, the biweekly grief support group is a place to share their experiences with other teens who are going through similar situations. Most teens choose to stay in their designated “talking room” where a group facilitator and Dougy Center volunteers offer conversation prompts and questions about coping with the death of loved one while being a teenager. Teens can also choose to go to other activity areas such as the Game Room, Art Room, or Music Room during a portion of their 90-minute session.

Parent & Caregiver Groups

As an extension of the support that children receive at The Dougy Center, parents and caregivers attend a support group concurrent to their child’s group. The adult group has a dual focus, allowing adults to gain support for their own grief, while learning how to support their grieving children in healthy ways.

Young Adult Groups

Young adults (ages 19-35+) who have experienced the death of a parent, sibling, or close friend attend The Dougy Center biweekly to find community, understanding, and support.

Family Nights

This year we established Family Nights to serve grieving families who have both children and teenagers. In the past, these families might have traveled to The Dougy Center as many as four times a month in order to bring all of their children to their age-specific groups. Increased space and designated areas for children of multiple ages at the new Dougy Center home enables these families to bring all of their children on the same night, reducing the stress of childcare and travel. This also allows us to provide them with the opportunity to process their grief together.
Community Interventions

WHEN A GRIEVING COMMUNITY CAN’T COME TO THE DOUGY CENTER, WE STRIVE TO BRING THE DOUGY CENTER TO THEM.

Whether locally, nationally, or internationally, The Dougy Center’s mission is to provide a safe place for children, teens, and their adult family members to forge their path after the death of a loved one.

Response

Throughout the years, The Dougy Center has been called in to respond in communities after the Thurston High school murders, following 9/11, the Oklahoma City bombing, the 1995 Kobe earthquake and 2011 earthquake/tsunami in Japan, the Newtown, Connecticut murders, and to countless natural and man-made tragedies where children died, witnessed murders, or lost their own family members to violence.

Trainings

The Dougy Center offers a wide variety of workshops and training sessions on issues related to helping grieving children, teens, and families. Educational workshops for those working with children in hospitals, schools, hospices, youth service organizations, and mental health agencies are also provided. In the summer, The Dougy Center offers the Summer Institute to individuals and representatives of organizations wishing to start services in their own community based on The Dougy Center’s model.

Resources

The Dougy Center’s publications and DVDs are provided to individuals and communities around the world. Topics include helping the grieving student, understanding a child’s needs in funeral planning, and helping children cope with death. Some of our most popular publications include our activity books for children, and Memories Matter: 70 Activities for Grieving Children & Teens.
The Dougy Center is supported solely through private support from individuals, foundations, and companies. We do not charge families for our services. We receive no government funding. We are committed to financial stewardship and transparency. Our recent independent audit produced no management letter findings or recommendations. In the final year of our Capital Building Campaign to finish our new home after the arson fire, we still were able to commit 72% of our expenses to program activities. This far exceeds the BBB Charity Accountability Standard requirements that a charity spend at least 65% of its total on program activities. The Dougy Center increased our net assets in the fiscal year ending June 30, 2013 by 2.6%.

**CONSOLIDATED STATEMENT OF ACTIVITIES**

*Year ending June 30, 2013*

| REVENUE                        | 2013       |  |
|--------------------------------|------------|
| Contributions & Grants         | $387,358   | |
| Special Events                 | 423,816    | |
| Publication Sales              | 36,006     | |
| Training Fees                  | 58,870     | |
| Investment Returns             | 117,003    | |
| Other Revenue                  | 4,342      | |
| Total Revenue                  | $1,027,395 | |

| EXPENSES                       | 2013       |  |
|--------------------------------|------------|
| Program Services               | $868,474   | |
| Management                     | 126,780    | |
| Fundraising                    | 216,421    | |
| Total Expenses                 | $1,211,675 | |

**CONSOLIDATED STATEMENT OF FINANCIAL POSITION**

*Year ending June 30, 2013*

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<th>ASSETS</th>
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<th>2012</th>
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<tr>
<td>Cash</td>
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<th>LIABILITIES</th>
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<th>2012</th>
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<td>Total Liabilities</td>
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| Net Assets                      | $5,803,865 | $5,651,910 |

Independent audit by Hoffman, Stewart & Schmidt, P.C.
When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

-Henri Nouwen
Capital Campaign

FROM TRAGEDY TO TRANSFORMATION, THE NEW DOUGY CENTER HOME WELCOMED GRIEVING FAMILIES IN JANUARY 2013.

The Dougy Center’s new home is designed specifically with the community’s needs in mind. While our former facilities converted existing spaces to suit the purpose of a children’s bereavement program, The Dougy Center’s new home has the advantage of being conceived from the ground up. The new facility provides increased space to allow us to serve more grieving children in the community, additional opportunities for expression through special use rooms such as the Hospital Room, and an environment truly designed to meet the needs of the families we serve.
The Dougy Center extends its deepest gratitude to the individuals and generous community partners who supported and continue to support The Dougy Center during our Capital Campaign. Because of your support for the grieving children and families of The Dougy Center, not only were we able to rebuild our home, but we’ve been able to continue to expand our services to meet the growing needs of the community.

Thank you...

VISIONARIES
honoring those who contributed $200,000 or more

The Dougy Center Board of Directors 2012
Meyer Memorial Trust
M.J. Murdock Charitable Trust
Regence BlueCross BlueShield of Oregon
& The Regence Fund of The Oregon Community Foundation

CAPSTONE PARTNERS
honoring those who contributed $100,000 or more

The William H. and Mary L. Bauman Foundation
The Collins Foundation
Robert & Peggy Fowler
Mark & Leslie Ganz
HEDCO Foundation
Maybelle Clark Macdonald Fund
Marilyn Moyer Charitable Trust
Providence Health & Services
Reliable Credit Association, Inc.
Storms Family Foundation
Ann & Bill Swindells Charitable Trust
OCF Joseph E. Weston Public Foundation

CORNERSTONE CIRCLE
honoring those who contributed $50,000 or more

The Agnew Family Foundation
The Estate of Erwin Ashenbrenner
The Fund for Second Nature
William G. Gilmore Foundation
Robert & Helen Gould Foundation
Donald H. Frank Fund of The Oregon Community Foundation
Pacific Power
Portland General Electric Foundation
Harold & Arlene Schnitzer CARE Foundation
Lisa Sky's I Love Corn Cookbook

REBUILDERS CIRCLE
honoring those who contributed $10,000 or more

Ken & Joan Austin, A-dec
Gwyneth & Brian Booth
Kathryn Bork
Roger Burton
Lauren Dully
Buzz & Cattie Ellis
Ken & Ginger Harrison
Anna Wheeler Hayes Fund of the OCF
Michael & Brandy Horwitz
The Jackson Foundation
Lora L. & Martin N. Kelley Family Foundation Trust
Andrea Kelly & Rob McMillin
Barbara & Jock Kimberley
Romy Klopper
The Kenneth & Jane S. Libby Foundation
Peggy Maguire & Scott Cameron
Gail Meyer
NW Natural
Volunteer Opportunities

VOLUNTEERS ARE THE FOUNDATION OF THE DOUGY CENTER. WITHOUT THEM, IT WOULD BE IMPOSSIBLE TO SERVE AS MANY FAMILIES AS WE DO.

In the past year, over 175 dedicated volunteer facilitators brought open hearts, listening ears, and countless hours of compassion to The Dougy Center’s children and families. Whether they are splatter painting in the art room, tossing pillows in the volcano room, or sitting quietly in the teen room, these volunteers offer hope and understanding to every family member who comes through The Dougy Center’s doors.

Many of our volunteers are former participants in our program who have returned to “give back” to the place that gave them strength in their time of grief. Through their passion and commitment, volunteers create a safe, caring setting where grieving children can express all of their emotions while finding their own path to healing from loss.

We have many volunteer opportunities at The Dougy Center. Please contact us at 503.775.5683 or visit www.dougy.org for more information on how you can get involved.
Thank you to our generous foundation & corporate supporters

**OUR PARTICIPANT CHILDREN EXPERIENCE THE DEATH OF THEIR:**
- Father - 41%
- Mother - 25%
- Sibling/Friend - 16%
- Primary Caregiver: Grandparent - 11%
- Primary Caregiver: Other - 6%

**THE CAUSE OF DEATH WAS:**
- Disease/Illness Death - 51%
- Accidental Death - 23%
- Suicide Death - 20%
- Violent Death - 6%

Autzen Foundation
Cambia Health Foundation
City of Hillsboro Community Services Grant Program
Davis Wright Tremaine LLP
Employees Community Fund of Boeing Portland
Equity Group Foundation
Fidelity Charitable Gift Fund
Firstenburg Family Foundation
The Greenbrier Companies
Harbourton Foundation
Heath Foundation
Hoover Family Foundation
Irwin Foundation
KeyBank Oregon / SW Washington
Knowledge Universe
Kenneth & Jane S. Libby Foundation
McNeely Foundation
Merlo Corporation
NACCO Materials Handling Group
North Coast Electric Co.
NW Natural Gas Company
Oregon Cancer Ski Out
Oregon Community Foundation
Peet’s Coffee & Tea
PGE Employee Giving Campaign
Plumbing Mechanical Contractors Group
Ran Tech Engineering & Aerospace, Inc.
Regence BlueCross BlueShield of Oregon
Renaissance Foundation
Safeco Foundation
The Samuel S. Johnson Foundation
Scott | Edwards Architecture, L.L.P.
Smarsh, Inc.
Southwest Airlines Co.
Standard Employee Giving Campaign
Sunset Porsche Audi
Supera Anesthesia Innovations
Urban Resources Inc.
US Bank Foundation
Vernier Software and Technology
Wellstone Group, LLC
Wessinger Foundation
Leadership at The Dougy Center

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David Quisenberry, Vice Chair
Joe Feltz, Secretary/Treasurer
Diane Kinkade, Immediate Past Chair
Donna L. Schuurman, Chief Executive Officer

Advisory Board
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Marcia Director
Alex Druker
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Olivia Froebel
Elizabeth Gamble
Caldwell
Ted Gamble
Jackie Gango
Louise Grant
Peter Gray
Susan Grayson
Lourdene Haley
Ginger Harrison
Janis Harrison
Ann Heuvel
Gretchen Holce
David Hopkins
Judy Hudson
Judy Hummelt
Nancy G. Johnson
Elizabeth Johnson
Steve Jones
Judy Keane
Phil Keising
Barbara Kimberley
Mary Jo King
Susan Koe
Carolee Kolve
Kay Lammers
Barbara Longaker
Patsy Madden
Brad Malsin
Michele Mariana
Malcolm Marquis
Chris McClave
Sally McCracken
Carolyn McMurchie
April Miller
Fred Miller
Jeff Miller
Randolph Miller
Gail Miller
Suzanne Millis
Reuben Broadfoot
Spencer Ehrman
Brian Erdahl
Thomas Hillier
Andrea Kelly
Howard Lichter
Charles Mello
Gail Meyer
Ryan Norwood
Steve Porter
George Rede
Burke Rice
Kevin Sailor
Steve Slotemaker
Barbara Sanders
Ardyth Shapiro
Ellie Shaw
George Sheldon
Ted Smart
Maria Smith
Jill Spada
Gary & Lana Stachowski
Joan Strand
Robert Stuart
Colleen Thrift
Margaret Tilbury
Rosemary Trierweiler
Mary Turina
Susan Turner
Mimi Underwood
William Valach
Julie Vigeland
Ginger Wagner
Sheila Winnowski
Jeff & Nancy Wirth
Linda Wright

Our Staff
Brendon Connelly
Chief Operating Officer
Bill Cullerton
Finance Manager
Jana DeCristofaro, L.C.S.W.
Coordinator of Children’s Grief Services
Heather Dorfman, M.S.W.
Family Services Coordinator
Adam Green
Events & Development Coordinator
Rebecca Hobbs-Lawrence, M.A.
Program Manager
Sat Kaur Khalsa, M.S.W.
Group Coordinator
Linda Miles
Grants Coordinator
Jennifer van Oss
Communications Coordinator
Lin Parkinson
Development Assistant
Cheryl Roberts
Program Assistant
Donna Schuurman, Ed.D, FT
Chief Executive Officer
Jean Schweizer Hoff, M.A.
Coordinator of Program Projects & Training
Kailyn Stanley
Administrative Assistant
Brennan Wood
Director of Development & Communications

Founder: Bev Chappell
Dougy Center Resources

THE DOUGY CENTER’S ONLINE BOOKSTORE PROVIDES A VARIETY OF BOOKS, BROCHURES, AND DVDS FOR CHILDREN, PARENTS, SCHOOL ADMINISTRATORS, AND OTHERS WANTING TO HELP GRIEVING CHILDREN. VISIT WWW.DOUGY.ORG OR CALL 503.775.5683 FOR MORE INFORMATION.

Guidebooks:
- 35 Ways to Help a Grieving Child*
- Helping Children Cope with Death*
- Helping Teens Cope with Death*
- What About the Kids? Understanding Their Needs in Funeral Planning & Services
- Helping the Grieving Student: A Guide for Teachers

Activity Books:
- After a Suicide Death: An Activity Book for Grieving Kids
- After a Murder: A Workbook for Grieving Kids
- After a Death: An Activity Book for Children*
- Memories Matter: Activities for Grieving Children & Teens

Brochures:
- Helping Children Cope with Death*
- After a Suicide Death: Ten Tips for Helping Children & Teens*
- What About the Kids? Understanding Their Needs in Memorial, Funeral, or Celebration of Life Planning & Services*
- After a Death: Ten Ways You Can Help Grieving Students & Their Peers

DVDs:
- Helping Teens Cope with Death
- Understanding Suicide, Supporting Children**
- Supporting the Grieving Child
- Acting Out: The Scarlet D’s on their Grief Trip
- Supporting the Grieving Student