



Because no child
should grieve alone.

ANNUAL REPORT TO THE COMMUNITY



The Dougy Center

The National Center for Grieving Children & Families



Our Mission

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences.

We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief. We are supported solely through private support from individuals, foundations, and companies. The Dougy Center does not charge a fee for its services.



The Dougy Center

The National Center for Grieving Children & Families

Leadership Message



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





1,729

Children, teens, young adults, & their adult family members who received orientation & support group services.



2,668

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

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



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+.



Little 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*.



2013 Financial Statements

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

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

Program Services	\$868,474
Management	126,780
Fundraising	216,421

Total Expenses **\$1,211,675**

Independent audit by Hoffman, Stewart & Schmidt, P.C.

CONSOLIDATED STATEMENT OF FINANCIAL POSITION

Year ending June 30, 2013

ASSETS

	2013	2012
Cash	\$937,084	\$1,030,299
Investments	1,085,288	1,098,513
Contributions & Grants Receivable	754,743	1,653,577
Property & Equipment	4,231,594	401,593
Other Assets	196,500	196,500
Total Assets	\$7,205,209	\$6,265,217

LIABILITIES

	2013	2012
Payables & Accrued Liabilities	\$72,336	\$603,024
Deferred Revenue	11,410	4,705
Long Term Debt	1,312,020	-
Annuity Liability	5,578	5,578
Total Liabilities	\$1,401,344	\$613,307

Net Assets **\$5,803,865** **\$5,651,910** 8

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.



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

CORNERSTONE CIRCLE

honoring those who contributed \$50,000 or more

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

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.

ROOF RAISERS

honoring those who contributed \$25,000 or more

Stephen & Marian Bailey	Chris & Barbara Nelson
William & Nancy Blount, The S.I. Jagger Blount Fund of the OCF	Ellen Nusblatt
Diane Kinkade	Poznanski Foundation
Brad & Elizabeth Malsin	Safeco Insurance Foundation
Bob & Sharon Miller	The Standard Charitable Foundation

REBUILDERS CIRCLE

honoring those who contributed \$10,000 or more

Ken & Joan Austin, A-dec	Lora L. & Martin N. Kelley Family Foundation Trust	Wally & Bettsy Preble
Gwyneth & Brian Booth	Andrea Kelly & Rob McMillin	Irene Ritter Foundation
Kathryn Bork	Barbara & Jock Kimberley	Donna Schuurman
Roger Burton	Romy Kopper	Chris Sherry & Lee Stewart
Lauren Dully	The Kenneth & Jane S. Libby Foundation	Sean & Laura Tyrrell
Buzz & Catie Ellis	Peggy Maguire & Scott Cameron	Laurie Zwingli
Ken & Ginger Harrison	Gail Meyer	
Anna Wheeler Hayes Fund of the OCF	NW Natural	
Michael & Brandy Horwitz		
The Jackson Foundation		

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.



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%

Thank you to our generous foundation & corporate supporters

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
 Firstenberg Family Foundation
 The Greenbrier Companies
 Harbourton Foundation
 Heath Foundation
 Hoover Family Foundation
 Irwin Foundation
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 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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Susan Grayson

Lourdene Haley

Ginger Harrison

Janis Harrison

Ann Heuvel

Gretchen Holce

David Hopkins

Jerry Hudson

Judy Hummelt

Nancy G. Johnson

Elizabeth Johnson

Steve Jones

Judy Keane

Phil Keisling

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

Joanne Naughton

Jonathon Nicholas

Bob & Tammy Nibley

Eric & Laura

Niedermeyer

Barbara Niedermeyer

Caron Ogg

Kenneth Otto

Larry Packouz

Wayne & Margaret

Pierson

Barbara Pratt

Lynn Pratt

Betsy Preble

Meridel Prideaux

Ella Quinlan

Lee Ragen

Kathy Rensch

Barbie Rice

Paul Ries

Mary Roberts

Dru Rosenthal

Marianne Rothenberger

Cathy Rudd

Nancy Samson

Barbara Sanders

Ardyth Shapiro

Ellie Shaw

George Sheldon

Ted Smart

Maria Smith

Jill Spada

Gary & Lana

Stachlowski

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 Parkison
Development Assistant

Cheryl Roberts
Program Assistant

Donna Schuurman, Ed.D, FT
Chief Executive Officer

Joan 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



*item also available in Spanish
**item also available in Japanese



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503.775.5683 | www.dougy.org | help@dougy.org

Visit The Dougy Center on Facebook, Twitter, & YouTube