

2020 Impact Report

Growing Through Grief Program

YOUR GIVING MAKES IT HAPPEN

For more than 23 years, thanks to our generous donors and supported entirely by philanthropy, the Growing Through Grief (GTG) program has provided no-fee, school-based grief support and education to elementary, middle and high school students who have experienced the death of a family member or friend. In 2020, eight GTG counselors helped more than 627 students learn about grief, develop coping skills and build resiliency through weekly group and one-to-one counseling sessions. Support is provided weekly during the school year, kindergarten through high school graduation, giving students access to important support at key developmental waypoints in their lives. GTG provided 5,565 hours of support to students and parents.

Collaborative death-related crisis management support is also provided by the GTG program to the partnering school districts and includes education and counseling support to school staff, teachers and special groups particularly impacted. In 2020, 10 death-related district crisis events occurred. GTG provided education and support to more than 3,000 students, family members and school staff related to these crises.

Our unique GTG program is currently provided across 15 partnering school districts in 95 school locations, providing crucial grief support and education to children, families and school communities.

95

SCHOOLS IN

15

SCHOOL DISTRICTS

627

STUDENTS SUPPORTED EACH WEEK THROUGH ONE-TO-ONE COUNSELING AND GROUPS

71,000

CHILDREN IN MINNESOTA WILL EXPERIENCE THE DEATH OF A PARENT OR SIBLING BEFORE THEY REACH THE AGE OF 18

3,500

PEOPLE RECEIVED GRIEF EDUCATION AND TRAINING THROUGH IN-PERSON AND VIRTUAL SESSIONS

WHAT YOUR GIFT MEANS TO BEKAH



Bekah, former Growing Through Grief participant

"I was just nine years old when my dad passed away. My mom, my sisters and I struggled for a few years, not knowing how to talk about our feelings. At a really low point, my favorite teacher recommended I join my school's Growing Through Grief (GTG) program.

"I attended weekly support groups and counseling sessions where I was able to acknowledge and deal with my grief. I made very close connections there and eventually became a GTG mentor, helping other students who had experienced the death of a loved one.

"You don't realize how much you need that outlet ... how beneficial it is to share with other people who've lived what you've lived. It's amazing to look back on how much I've grown and how resilient I've become.

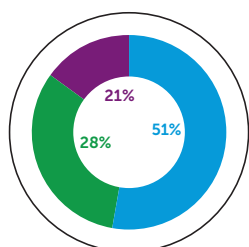
"My experience with Growing Through Grief taught me that there's no right or wrong way to grieve. Just your way."

Bekah is now a freshman in college. She's learned that it's okay to not be okay, that when she needs help it's okay to ask for it and that she is not alone.

COVID-19 Response: *The death of a family member or friend is particularly difficult for children and teens, and grieving while isolated can be even more devastating. So, during the pandemic, our GTG team developed new ways to continue to connect with students to provide them with essential grief counseling support.*

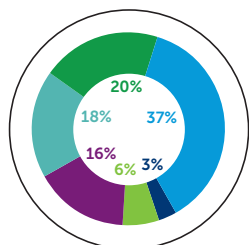
While many of our children and teens attended school remotely or via a hybrid in-person/remote schedule, the GTG program adapted to be there for them. One-to-one sessions over the phone or video platforms, outreach to parents and safe in-person counseling provided vital support and helped guide students on their journey through grief.

Demographics



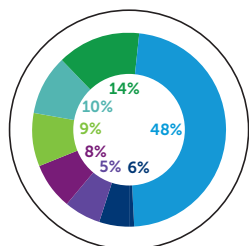
PARTICIPANT GRADE LEVEL

- 51% High School
- 28% Middle School
- 21% Elementary School



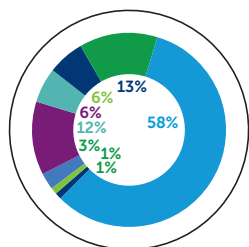
STUDENT RELATIONSHIP TO PERSON WHO DIED

- 37% Father
- 20% Mother
- 18% Sibling
- 16% Extended Family
- 6% Friend/Classmate
- 3% Other



CAUSE OF DEATH

- 48% Medical
- 14% Alcohol/Drugs
- 10% Suicide
- 9% Homicide
- 8% Accident
- 5% Don't Know
- 6% Other



ETHNICITY

- 58% White
- 13% African/African American
- 12% Biracial
- 6% Latinx
- 6% Asian
- 1% American Indian/Alaskan Native
- 1% Native Hawaiian or other Pacific Islander
- 3% Other



2020 Highlights

- Assisted school districts in responding to 10 death-related crisis events supporting 3,000 students, parents and school staff.
- Created student grief kits delivered to students' homes and schools to help support and encourage student engagement.
- Piloted a virtual Parenting Grieving Students program to provide support, education and resources related to parenting grieving children and teenagers.
- Supported an increase in requests for participation of GTG staff on school district mental health, COVID-19 planning, and crisis team committees and education for school staff.
- Created a 15-member GTG Advisory Council consisting of health care and school professionals, parents, first responders and community members who shared insight to inform GTG programming and community engagement.



Student Outcomes

IMPROVED KNOWLEDGE OF GRIEF PROCESS

97%

IMPROVED ABILITY TO CONCENTRATE IN SCHOOL

87%

IMPROVED COPING SKILLS

99%

IMPROVED GRADES

79%

To learn more about the impact of your support, visit:

parknicollet.com/foundationimpact or parknicollet.com/growingthroughgrief