

Park Nicollet Foundation works to improve the health and well-being of patients, families and communities through partnerships and philanthropy.

## Growing Through Grief

The Growing Through Grief program provides in-school grief support to elementary, middle and high school students who have experienced the death of a parent, sibling, family member or friend. Park Nicollet Foundation and Park Nicollet Health Services partner with 72 schools across 13 school districts to support more than 520 students each week. The only program in Minnesota that provides intensive school-based grief support, Growing Through Grief helps 95 percent of participants improve their coping skills. Grief services are provided free of charge to students, including one-to-one counseling, support groups and crisis support. Collaborative crisis management support for death related incidences are also provided to the school community.

The generosity of our donors in 2018 gave children and youth struggling with the death of a family member or friend the extra support and education they needed to learn to cope with their grief.

## You Make it Happen



*“My Dad died during a boating accident when I was 5 years old. My 5-year-old cousin and I were in the boat when it happened.*

*“As a little girl I had no idea about the long journey ahead of me. Unless you’ve experienced a tragic loss, you don’t understand the feelings of sadness, depression and guilt brought on by grief. Different years in school caused different triggers for my grief - it’s not a straight line. It’s not something you ‘just get over.’ There were times I chose unhealthy ways to cope - like self-harming, or alcohol and drugs.*

*“I’m grateful throughout school I had my grief group and my counselor. In grief group there’s no space for judgement. We all had a piece of us missing. When I didn’t feel like I could talk to my family, I could always talk to my grief group. They became my second family. Today at 18, my journey to being in a good and stable place is because of Growing Through Grief and my grief counselor Meredith. I would not have survived without them.”*

–Samantha, Growing Through Grief participant



**72**  
SCHOOLS WITHIN  
**13**  
SCHOOL DISTRICTS



**71**  
WEEKLY GRIEF GROUPS  
PROVIDED IN  
GRADES K-12



**520**  
MORE THAN 520  
STUDENTS EACH WEEK  
PARTICIPATE

Thanks to the generosity of our donors in 2018, the Growing Through Grief program gave vital support services to children and youth, helping to guide them on their journey through grief.

## Importance of Grief Support

**62,000**

In Minnesota, 62,000 children will experience the loss of a parent or sibling before they reach the age of 18.

**8**

On average, teachers interact with 8 grieving students per year.

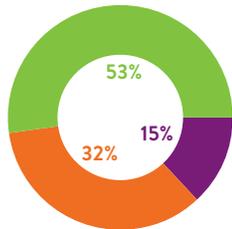
**57%**

57 percent of the people who lost a parent growing up say it takes six-plus years to move forward, but their support begins to taper off within the first three months.

Sources: Childhood Bereavement Estimation Model for Minnesota and American Federation of Teachers/New York Life Foundation Bereavement Survey, 2012

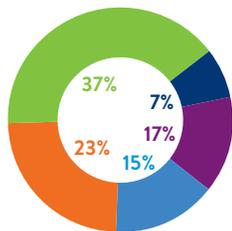
## Growing Through Grief

### Demographics



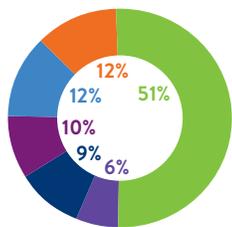
#### Participant Grade Level

53% High School  
32% Middle School  
15% Elementary School



#### Student Relationship to Person who Died

37% Father  
23% Mother  
17% Extended Family  
15% Sibling  
7% Friend/Classmate



#### Cause of Death

51% medical  
12% alcohol/drugs  
12% suicide  
10% accident  
9% murder  
6% don't know

### 2018 Highlights

- Assisted schools in responding to 16 death related crisis events, supporting over 3,000 students and school staff members.
- Established the Growing Through Grief Advisory Council with 17 community members, including school professionals, parents, first responders and health care professionals.
- Created Growing Through Grief curriculum for elementary, middle and high school and post-crisis grief groups. This curriculum supports our current school partners and will be used to support other interested districts across the country.
- Created grief educational materials for training school staff and community-based organizations.
- Hosted trainings in two school communities on the impact of grief on child development and crisis-based strategies to address student emotional, social and academic needs while managing grief.

## Growing Through Grief

### Student Outcomes

**99%**

Improved knowledge of grief process

**84%**

Improved ability to concentrate in school

**97%**

Would refer a friend

To learn more about the impact of your support visit [parknicollet.com/foundationimpact](http://parknicollet.com/foundationimpact)



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