

Growing Through Grief



Growing Through Grief provides in-school grief support to elementary, middle school 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 to schools.

The generosity of our donors in 2017 gave children and youth struggling with the death of a family member or friend the extra support they needed to work through their grief.

2017 at Park Nicollet Growing Through Grief



72 SCHOOLS
WITHIN 13 SCHOOL
DISTRICTS SUPPORTED



95%
PARTICIPATING STUDENTS
IMPROVED COPING SKILLS



520+
MORE THAN 520 STUDENTS
EACH WEEK PARTICIPATE

Donors Make it Happen

“Grief and emotions are complicated. You can feel different things, and it is hard for people to realize how you are feeling. Like if you are angry, someone may show that emotion differently than others, and it is hard for people to understand. But, at Growing Through Grief, the counselor and the other kids know what it is like. At group, I can explain how I feel and talk about what is going on and how I can make it better. I also get to help other kids understand their grief and help them on their journey.”

– Allison, Growing Through Grief participant



Thanks to the generosity of our donors in 2017, Growing Through Grief gave vital support services to children and youth, helping to guide them on their journey through grief.

Importance of Grief Support

57%

57% OF PEOPLE WHO LOST A PARENT AS A CHILD SAY IT TAKES SIX OR MORE YEARS TO MOVE FORWARD

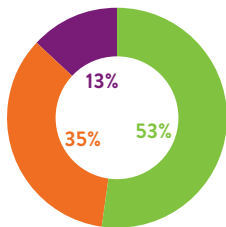
63%

63% OF AMERICANS AVOID GRIEF CONVERSATIONS OUT OF WORRY OVER SAYING THE WRONG THING

2/3rds

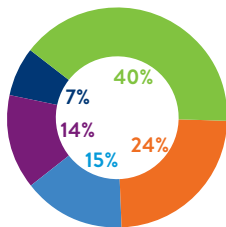
2/3rds OF TEACHERS SAY THAT THEIR STUDENTS WHO LOST A LOVED ONE TEND TO WITHDRAW, HAVE DIFFICULTY CONCENTRATING, ARE ABSENT MORE OFTEN AND HAVE LOWER ACADEMIC PERFORMANCE

Growing Through Grief Demographics



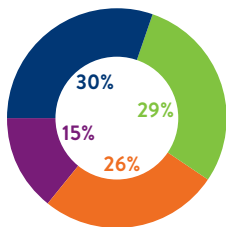
Participant Grade Level

53% High School
 35% Middle School
 13% Elementary School



Student Relationship to Person who Died

40% Father
 24% Mother
 15% Sibling
 14% Extended Family
 7% Friend/Classmate



Time from Death

30% Within 1 year
 29% Within 2-3 years
 26% 6 years and beyond
 15% Within 4-5 years

2017 Highlights

- Conducted 65 grief support groups for more than 520 students each week
- Responded to five school crisis events with grief support services
- Offered program services in 72 schools from 13 school districts
- Partnered with Park Nicollet music therapy to offer complimentary activities to students for grief support
- Hired a program manager to enhance and build community relationships and offer grief support to more students
- Sent two grief support counselors to the 2017 annual Symposium on Children’s Grief, hosted by the National Alliance for Grieving Children, to support best practices in grief support services
- Received a capacity building planning grant from the New York Life Foundation to develop training programs and resources in response to past program success and the clear need for continued services for students

Growing Through Grief Student Outcomes

99%

IMPROVED KNOWLEDGE OF GRIEF PROCESS

84%

IMPROVED ABILITY TO CONCENTRATE IN SCHOOL

97%

WOULD REFER TO A FRIEND

