



**The right place
when nothing
feels right.**



The National Grief Center
for Children & Families

2023 REPORT TO THE COMMUNITY

Rheagan and Rhyan started attending Dougy Center
grief support groups after their sister Rhyse died.

“Dougy Center has been *invaluable*, and I tell anyone who will listen all about it. Any time I hear of another family that’s lost one of their people, I tell them to go to you, that **Dougy Center will help.**
You’re a beacon of light in a sea of awful.”

~ Dougy Center Parent



As an organization focused on supporting children and families who are grieving, 2023 was a year of continued growth for Dougy Center with increased demand for our resources and services.

In the past year, we served 2,684 children, teens, young adults, and family members through 1,803 peer grief support groups. This was made possible in large part by Dougy Center's dedicated volunteer facilitators, who gave an incredible 24,915 hours of service.

While the pandemic is no longer top-of-mind for many of us, we know that the millions of families affected by a death from COVID-19 continue to need support. In 2023, through an ongoing partnership with the Brave of Heart Fund, Dougy Center created and published an activity book for children and a journal for teens, both in English and Spanish, to help youth grieving a death from COVID. These titles, along with an online toolkit featuring tip sheets, activities, and podcast episodes, have been distributed to more than 300,000 families and organizations, and are available at no charge at dougy.org/covid.

In addition, Dougy Center continued its #UnderstandGrief campaign, which challenges the mainstream belief that grief is an individual emotional experience that has predictable stages and a defined timeline. The problem with defining grief this way suggests that if your "symptoms" last too long,

or are too intense, you may have a "mental disorder" needing treatment. #UnderstandGrief is a message of understanding and hope that everyone responds to grief in a unique way and grief can last a lifetime – and that is completely normal. Through partnerships with 33 organizations, a website, and robust social media campaign, Dougy Center is working to spread the word about grief as a natural, normal, and healthy response to loss.

Dougy Center's work continues to reach beyond our Portland community in other ways as well. In 2023, 268,632 people downloaded our acclaimed Grief Out Loud podcast; 275,101 people from 72 countries found free resources through our website; and Dougy Center program staff answered 25,360 information, crisis, referral, and intake requests.

In 2023, we were once again humbled to be ranked as one of *Oregon Business* magazine's 100 Best Nonprofits to work for in Oregon, and named one of *Portland Business Journal's* Most Admired Non-Profits.

As we look back on 2023, we are reminded of how your generous and ongoing support truly makes Dougy Center's work possible. **Thank you for the impact you are making on the lives of children, teens, young adults, and their families who are grieving.**

Dougy Center publishes new activity books for kids and teens after a COVID death

When it might feel like most of the world has moved on, millions of children and teens grieving a death from COVID-19 continue to need support.

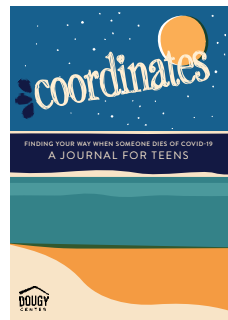
With funding from the Brave of Heart Fund, Dougy Center created a new activity book for children and a new journal for teens, especially for youth grieving a COVID death. Both titles are available in English and Spanish and are free to download at dougy.org/covid. Limited copies are also available through Dougy Center's Bookstore.

Dougy Center is grateful to the youth at Dougy Center for their guidance and insight in creating these resources.

Grief can leave us feeling lost and without a map. *Coordinates* is a creative journal for teens to find their way through the death of a family member or friend.

Remembering Together is an activity book to help children preserve memories of their person who died and express the range of thoughts and feelings that come with grief.

The books are part of Dougy Center's efforts to create resources for children, teens, parents/caregivers,



and helping professionals who are navigating the unique challenges of grief as a result of the pandemic. Dougy Center's COVID-19 Toolkit also includes tip sheets, additional activities, Grief Out Loud podcast episodes, and more.

Funding was provided by the Brave of Heart Fund, founded by the Foundations of New York Life and Cigna and administered by E4E Relief. The Brave of Heart Fund was established in 2020 to provide charitable grants and emotional support services to families of the front-line healthcare workers, volunteers, and support staff whose lives were lost in the fight against COVID-19. It continues to offer support to these bereaved families via partnerships with non-profit organizations aligned with the fund's core purposes.

Find more than 40 free resources for children, teens, caregivers, and helping professionals after a death from COVID in English and Spanish at dougy.org/covid.

Survive/Thrive journal is Dougy Center's first book for youth in foster care



When someone has been separated from the people they care about and enters foster care, they can have lots of thoughts about what they should (and shouldn't) think, feel, do, and about pretty much everything else. Dougy Center's new *Survive/Thrive* journal is a place where teens in foster care can draw, write, create, and transform whatever they're thinking and feeling.

Survive/Thrive is Dougy Center's first journal created for teens in foster care who are grieving, and was made possible in part by a grant from The Duke Endowment, the New York Life Foundation, and Dougy Center friend, Ellen Nusblatt.

The journal is part of Dougy Center's L.Y.G.H.T. program. Based on The Dougy Center Model™, L.Y.G.H.T. (Listening and Led by Youth in Foster Care: Grief, Hope, and Transitions) is an evidence-based peer grief support program for youth in foster care.

1,803

peer grief support groups serving

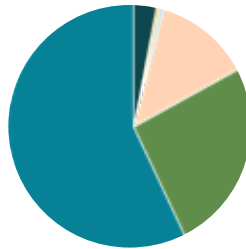


2,684

kids, teens, young adults, and their family members

Grief Support Groups

Person Who Died:



- Father: 58%
- Mother: 26%
- Sibling: 13%
- Grandparent: 3%
- Close Friend/ Partner: >1%
- Other >1%



25,360

information, crisis, referral, and intake requests answered by Dougy Center Program staff

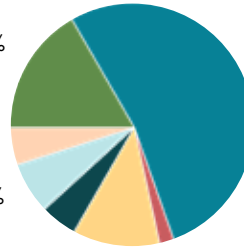
24,915 = \$806,499

volunteer hours contributed

donation value
source: Independent Sector

Cause of Death:

- Illness/Medical (non COVID): 54%
- COVID-19: 2%
- Suicide: 15%
- Accident: 12%
- Substance Use: 5%
- Homicide: 7%
- Unknown: 5%



268,632

Grief Out Loud

podcast episodes downloaded
 Visit dougyc.org/podcast to listen



234 people successfully completed the Dougy Center's online grief education course, *Supporting Children, Teens, and Young Adults Who are Grieving*



Dougy Center's L.Y.G.H.T. (Listening and Led by Youth in Foster Care: Grief, Hope, and Transitions) group was accessed

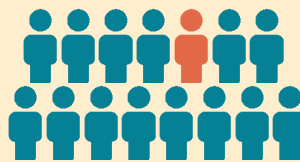
214 times

with **300 hours** of service provided by facilitators

The Need for Youth Grief Support in the Portland Metro Area

An average of **92 kids**

were on the waiting list to get into a Dougy Center grief support group



1 in 15

Youth in Dougy Center's service area will experience the death of a parent or sibling by age 18

source: Childhood Bereavement Estimation Model (CBEM)

31% of Dougy Center families report they live below the poverty level

Cost to families for groups, resources, and support = **\$0**



275,010

people from **72 countries** visited dougyc.org

Providing education and training for helping professionals

Grief education is an important component of Dougy Center's mission. In 2023, thousands of people across the U.S. and around the world attended a Dougy Center training for more than 6,000 units of service.

Dougy Center continues to provide training in-person and online through several education opportunities in 2024.

Webinars

Dougy Center offers several grief education webinars throughout the year on a variety of topics related to supporting children, teens, and families who are grieving. All webinars are presented live and registration is required at least 24 hours in advance. Find complete descriptions and registration information for upcoming webinars at dougy.org/2024webinars.

International Summer Institute

Dougy Center's International Summer Institute is an in-depth training on The Dougy Center Model™ and the fundamentals of developing and operating peer support groups for children, teens, and families who are grieving. The 2024 Summer Institute is July 22-26 in Portland, Oregon.

In partnership with the New York Life Foundation, Dougy Center awards four scholarships for full tuition to International Summer Institute each year. Applications for 2024 must be received by April 8, 2024.

"The Dougy Center training was **excellent**. The presenter was frank and open, and very knowledgeable. **Eye-opening!**"

For more information, registration, and the scholarship application, go to dougy.org/summerinstitute.

Online Learning

Dougy Center's training platform allows users to access Dougy Center's quality courses any time (24 hours a day, 7 days a week) and complete courses at the user's own pace. In 2023, 234 people successfully completed *Supporting Children, Teens, and Young Adults Who are Grieving*. A new course focusing on supporting students will

be available in 2024. Find out more and register at classes.dougy.org.

Customized Trainings

Dougy Center staff can provide training, coaching, and instruction to organizations on a variety of topics including Becoming Grief-Informed and more. Visit dougy.org/training or email us at training@dougy.org to find out more.



Do you #UnderstandGrief?

Have you ever been told that you should be over your grief? Or that grief should happen in stages?

Dougy Center is working to challenge these and other misconceptions through the #UnderstandGrief campaign. Launched in 2022, #UnderstandGrief is focused on what it means to be grief-informed, how to help people who are grieving, and educate those who wish to support them.

Join the movement!
Find out more at dougy.org/UnderstandGrief

Save the date for the Reflection Benefit & Auction

Join us for Reflection on Friday, May 10, 2024, at the Portland Art Museum and online. Dougy Center's largest fundraising event, this fabulous evening will feature original works of art made by Dougy Center participants and an amazing auction. The event culminates as we draw the winning ticket for the 27th Annual Porsche Boxster Raffle.

Funds raised through Reflection directly help children, teens, young adults, and families who are grieving through peer support groups, resources, community outreach, and more, all provided at no cost to families. Join us! Watch for more information coming soon.

THANK YOU 2023 REFLECTION SPONSORS

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PATRON SPONSORS

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Capstone Partners	The Varga Group
Dignity Memorial	Vista Capital Partners
Greenbrier Companies	Wilcox & Company, PC
Heritage Bank	
Pacific Office Automation	

2023 Financial Report*

Support & Revenue Sources:

Contributions	\$1,695,091
Special Events (Net)	755,821
Training & Bookstore (Net)	168,220
Other Income	2,230
Investment Return	583,842

Total Operational Support & Revenue **\$3,205,204**

Expenses:

Program Services	\$2,188,350
Management & General	220,929
Fundraising	453,341

Total Expenses **\$2,862,620**

Net Assets Released from Restrictions:

Releases from Multi-Year Grants	\$648,365
Release from Endowments	127,837

Total Releases **\$776,202**

*For the Fiscal Year ending June 30, 2023. Independent audit by Hoffman, Stewart & Schmidt, P.C.

Thank you to these foundations for their recent support

We extend our heartfelt gratitude to the generous support of foundations that have played a pivotal role in advancing our mission and fostering positive impact throughout the past year.

The Marie Lamfrom Charitable Foundation	New York Life Foundation
Lamb Foundation	Robert D. and Marcia H. Randall Charitable Trust
William H. and Mary L. Bauman Foundation	Raymond Family Foundation
The Swigert Foundation	Spirit Mountain Community Fund
Putchie Foundation	Williamsen Family Foundation
The Harold and Arlene CARE Foundation	
CommuniCare Program	
The Shapira Foundation	
Juan Young Trust	
NW Self Storage Foundation	
Oregon Community Foundation	
Annie and Ronald F. Bennett Family Foundation	
The Duke Endowment	

27th Annual Porsche Boxster Raffle



dougy.org/boxster



P.O. Box 86852
Portland, OR 97286



“My **favorite thing** about
Dougy Center is that
everyone has had someone
die in their family and that we can
talk about it if we want to.”

~ *Dougy Center Youth*



The National Grief Center
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dougy.org • help@dougy.org • 503-775-5683