

*The wings of hope carry us, soaring
high above the driving winds of life.*

- Ana Jacob



2012/2013 Program Highlights



SCHOOL-BASED PROGRAMMING

Mourning Hope recognizes that transportation and family schedules often prohibit bereaved youth from attending a grief support group at our Center. In order to increase Mourning Hope's reach to grieving students in the Lincoln community, the Center partnered with Lincoln Public Schools (LPS) to offer school-based grief support groups during the 2012/2013 academic year. An eight-week peer support group model was launched out of the need to reach grieving children and teens where they spend the majority of their time – in their schools. This outreach opportunity was made possible through generous funding from the New York Life Foundation.

School-based bereavement groups offer a safe, natural environment for youth to support one another. These groups help prevent negative consequences related to unresolved childhood grief such as difficulty with classroom concentration, behavioral problems, social isolation, depression, truancy, substance abuse and even suicide. One of the greatest program benefits is youth recognizing they are not alone in their grief.

Facilitators and school staff overwhelmingly agreed that the grief groups had a positive impact on student participants. Staff reported that students became more connected in the classroom, demonstrated healthy coping strategies and participated more often in school activities. Significant results were: 1) Prior to participating in the group, 27% of students indicated they had people to support them; after participating the number jumped to 73%; and 2) Before the group began, 18% of students reported feeling like their lives had meaning and purpose, whereas after participation, 82% revealed their lives had meaning or purpose most of the time.

The pilot groups resulted in such positive feedback and data, we are now offering the program to LPS schools on a first-come, first-served basis. All materials will be supplied by Mourning Hope and there is no cost to the school or the youth to participate. These school-based programs will occur weekly during school hours and will be co-facilitated by an LPS employee and a Mourning Hope facilitator.



YOUNG ADULT GROUP

While Mourning Hope has traditionally offered grief support group services for children, teens and their caregivers, the Center recognized that a service gap existed for bereaved young adults struggling with the loss of a loved one. To address this service delivery gap, in 2012 Mourning Hope began offering grief support groups for those between the ages of 19 and 30(ish). This group meets the 2nd and 4th Thursday of every month from 6:30 - 8:00 p.m. at the Mourning Hope facility and there is no cost incurred by participants. As there is no set schedule for adjusting to a "new normal" after a loss, this is an open and ongoing group. Members can attend as often or as little as they feel is necessary and beneficial.

GRIEF KITS

Thanks to funding received by the Rogers Foundation, Mourning Hope placed two grief kits (76 bags in total) for youth and their caregivers in each elementary school library/media center within the Lincoln Public Schools. These kits allow children and their families immediate access to effective grief-related resources following the death of a loved one.

The kits include 14 grief-related resources for the entire bereaved family including, educational books, DVDs and other materials focused on the needs of grieving youth and their caregivers.

Similar to other educational materials in school libraries, these resources are available for checkout as needed.

Upon distributing these kits, Mourning Hope received dozens of emails that were both inspiring and rewarding. Examples:



"I met with two kids today who just lost their Grandpa and their Dad died last year. Neither one of them had spoken with anyone despite efforts made, but both of them were interested in the book bag and they will take it home with them tomorrow. I am so glad to have the kits available! THANK YOU!"

"Just want to say THANKS for the Grief Bags. A student at our school died the last week of school very unexpectedly, and the Grief Bag will be sent home with the family over the summer to use as they see fit. Extra helpful since we won't have ongoing communication over vacation! It is also a great classroom resource."

These grief kits have truly made a significant impact on the community and the lives of children throughout Lancaster County. Made possible by the Rogers Foundation, these gifts lead straight to a child's heart and a family's healing.

MISSION

Mourning Hope Grief Center companions grieving children, teens, young adults and their families when someone significant in their lives has a serious illness or has died. Mourning Hope provides support groups, community education, grief resources and referrals.



2012/2013 Programs At-A-Glance



4,077 people were directly impacted by Mourning Hope during FYE 6/30/13. This represents a 41% increase in service utilization over the last fiscal year.

SUPPORT GROUPS



349 unduplicated participants attended Mourning Hope's grief support groups:

- 189 youth
- 27 young adults
- 133 caregivers

COMMUNITY EDUCATION



2,916 people attended Mourning Hope's community education presentations

GRIEF RESOURCES & REFERRALS

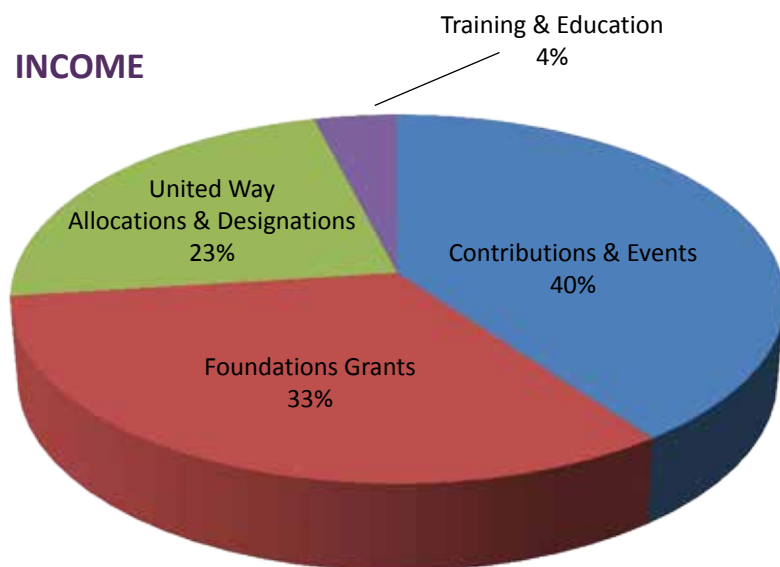


812 calls/contacts were received

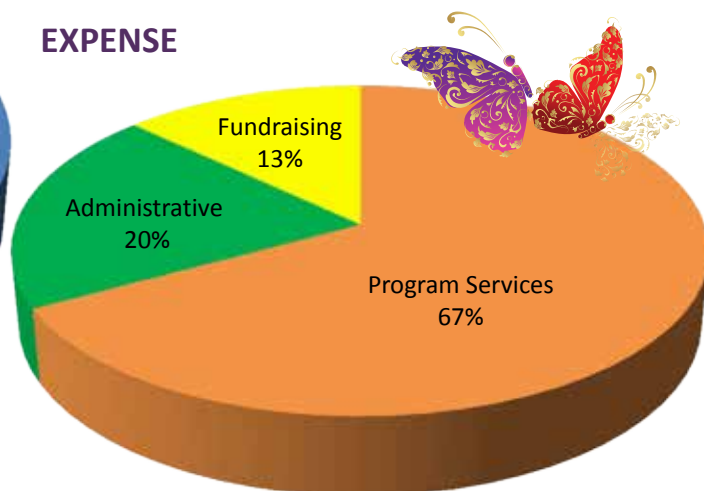


2012/2013 Fiscal Year

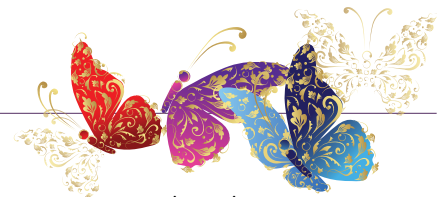
INCOME



EXPENSE



Our Supporters



\$10,000 - \$14,999

New York Life Foundation
Woods Charitable Fund

\$5,000 - \$9,999

Lexus of Lincoln
St. Mark's Lincoln Outreach
Foundation

\$2,500 - \$4,999

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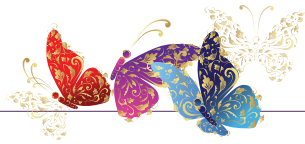
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Thing" or visit Mourning
Hope's website:
www.mourninghope.org.



Our Supporters



Up to \$250

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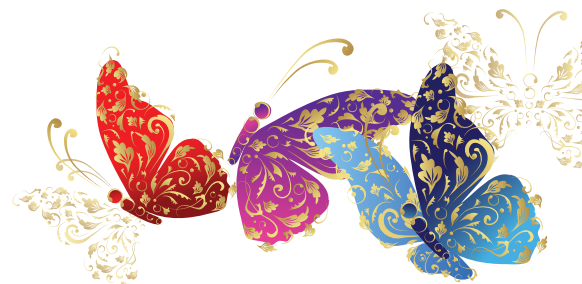
Proud agency of the:



Give to Lincoln Day

On May 16, 2013, the Lincoln Community Foundation once again implemented the "Give to Lincoln Day" initiative. During this 24-hour period, the community came together and raised \$2.1 million for nonprofits. Mourning Hope wishes to thank the Lincoln Community Foundation for their role in helping nonprofits carry out their missions.

We also greatly appreciate the generous individuals who donated nearly \$6,000 to Mourning Hope during that time period! You are helping create a community where no child has to grieve alone.



Hope in the Morning

Partners in Hope

The Mourning Hope Board is proud to annually thank an organization that has made a significant impact on children's grief. We call this award, "Partners in Hope." While we traditionally bestow this honor to one organization, Mourning Hope representatives felt strongly that Woods Charitable Fund, the New York Life Foundation and the Rogers Foundation all exemplified the type of organizations and kind of partnerships we wanted to acknowledge in 2013.

- **Woods Charitable Fund** offered Mourning Hope a generous grant to initiate a new outreach position charged with ensuring all youth have equitable access to bereavement services.
- **The New York Life Foundation** awarded Mourning Hope funding to expand community-based grief support groups in Lincoln's public schools. The community-based grief support groups eliminate many of the barriers related to accessing grief support services.
- **The Rogers Foundation** provided all of the financial support needed to create and distribute, to the Lincoln Public School elementary libraries, 76 grief kits — containing over 1,100 books.

So, it was with great pleasure that Mourning Hope announced Woods Charitable Fund, the New York Life Foundation, and the Rogers Foundation as our 2013 "Partners in Hope" award winners.

Hope in the Morning Speaker Brian Griese



Brian Griese, Judi's House Founder; Carly Runestad, Mourning Hope Executive Director and Chad Horsham, New York Life Agent

Mourning Hope was blessed to have Brian Griese as the 2013 "Hope in the Morning" speaker. Griese's NFL career spanned 11 years from 1998-2009. Griese earned a Super Bowl ring with the Broncos in Super Bowl XXXIII.

Griese's mother died of breast cancer when he was only 12 years old.

Like most children, the

grieving process was lonely for Brian. In honor of his mother, Griese founded Judi's House, located in Denver, Colorado. Since opening its doors in 2002, Judi's House has served more than 6,000 children and their adult caregivers from the metro area.

In the face of a horrendous snow and ice storm on the day prior to the breakfast, and despite their flight to Nebraska being canceled at the last minute, Brian and his brilliant wife, Brook, drove into the early morning hours to speak at our breakfast fundraiser several hours later. We will forever be grateful for their selfless devotion and dedication to supporting grieving youth throughout the nation.

Hope in the Morning Breakfast Sponsors

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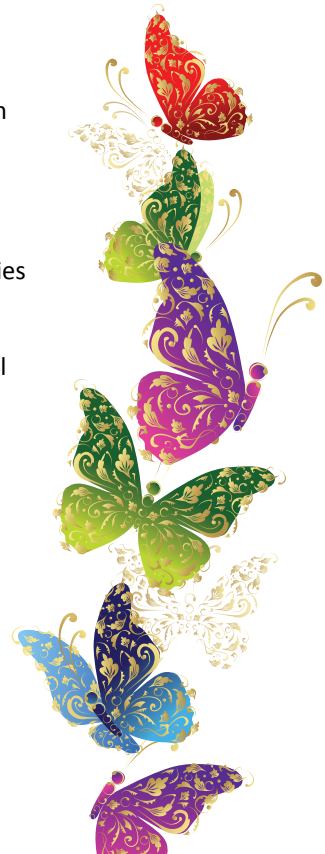
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To receive Mourning Hope's e-newsletter, highlighting upcoming programs and events, please send your name and e-mail address to hope@mourninghope.org.

Become a Friend of Mourning Hope

Mourning Hope exists because every child deserves the opportunity to grieve in a supportive and understanding environment. Because the death of a family member brings financial instability, along with other life-altering changes, our services are available at no cost to the participants, and no family is ever turned away.

☐ **YES!** I would like to help grieving children through Mourning Hope.

Enclosed, please find my gift of \$_____.

Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____ E-mail: _____

My gift is given in remembrance of: _____

Please mail donations to: Mourning Hope Grief Center
4919 Baldwin Avenue
Lincoln, NE 68504

Donations may also be made
online via credit card at
www.mourninghope.org.

Bequests and Endowments:

We are most grateful to those donors who want to leave something for Mourning Hope in their Wills or pursuant to beneficiary designations on life insurance, retirement plans or other estate planning documents. All such documents should specify that the gift goes to Mourning Hope of Lincoln, Nebraska. Please let us know if you have an interest in other types of gift planning ideas. We enjoy a partnership with the Lincoln Community Foundation, Inc. to work directly with our donors to offer charitable remainder trusts, charitable gift annuities or to create endowment funds that will provide for a lasting stream of financial support for us. Please give us a call if we can help with your gift planning questions.

• Legacy of Hope

Earlier this year, Mourning Hope implemented the *Legacy of Hope Society*, which requests donors commit to a monetary pledge of \$1,000 or more annually for five years. Through increasing the number of *Legacy of Hope Society* members, Mourning Hope will be able to better plan resources, serve more children through new and expanded programming, and encourage other community members to donate as well. While this new funding stream is just being introduced, Mourning Hope anticipates this additional financial route will greatly contribute to the enduring sustainability of our programs and services.

Mourning Hope expresses deep appreciation to the following individuals for serving as the Legacy of Hope Society Founding Members:

- Dr. Jeff & Sarah David
- Bill & Judy Roper
- Pat & Larry Ruth

For more information on how to become a Legacy of Hope Society member, please contact Mourning Hope at hope@mourninghope.org or 402.488.8989.

hope is a wonderful thing...



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Lincoln, NE 68504

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