



# IMPACT REPORT

Circles of Hope  
2023

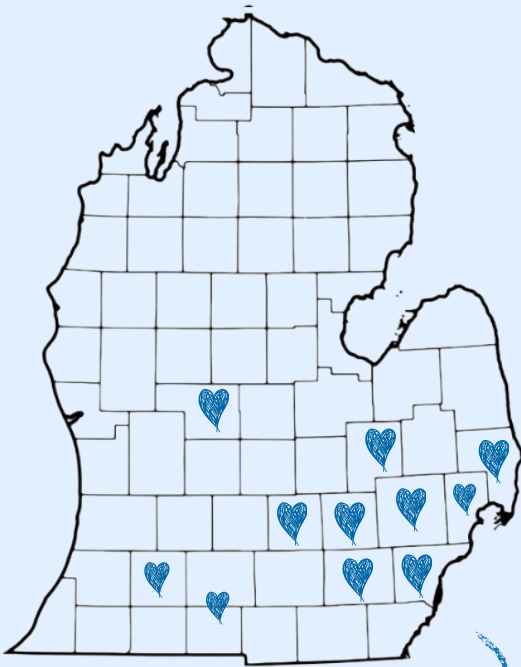
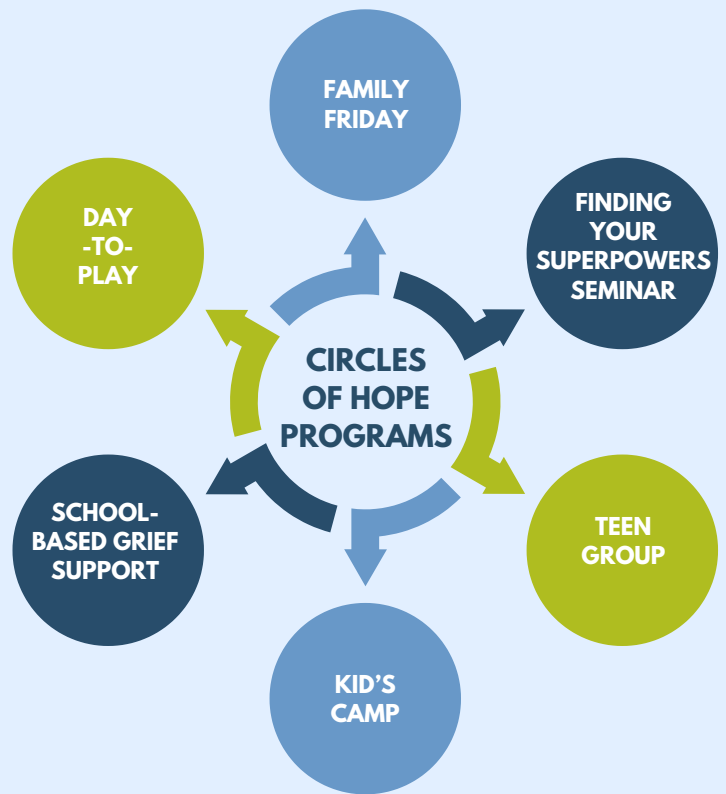


HEALING BEGINS WHEN **HOPE** IS FOUND

# In 2023...

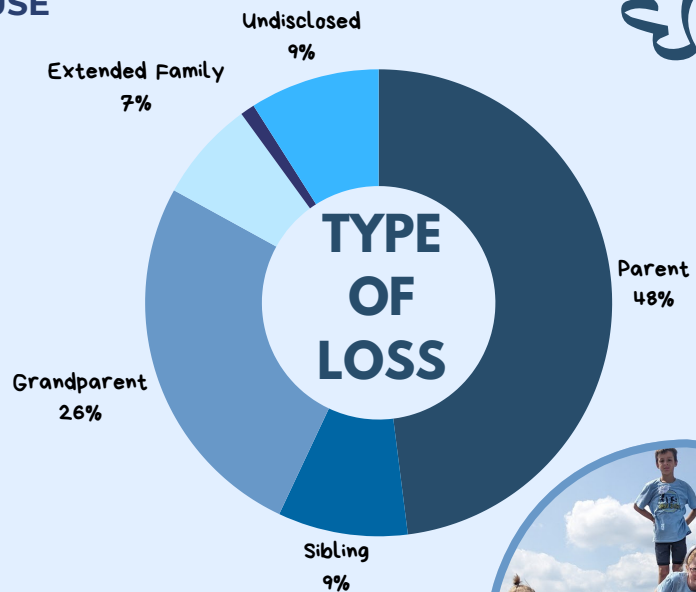
Our Circles of Hope programs provide a family-centered approach to grief support by investing in children, supporting parents, and strengthening the family.

- ▶ WE HAVE SERVED **207** UNIQUE CHILDREN AND TEENS.
- ▶ WE HAVE HAD CHILDREN ATTEND OUR PROGRAMMING **1,391** TIMES.
- ▶ WE HAVE SERVED **142** FAMILIES.
- ▶ WE HAVE **187** UNIQUE VOLUNTEERS
- ▶ **20** OF OUR KID'S CAMP, FAMILY FRIDAY, AND DAY TO PLAY PARTICIPANTS LOST A LOVED ONE TO SUICIDE OR SUBSTANCE USE



We served children in 11 different counties.

64% of the children reside in Wayne County.



# KID'S CAMP

Our annual Kid's Grief Camp is designed to help children connect with other children to know they are not alone in their grief, achieve opportunities to learn about the reactions and emotions associated with grief, the significance of developing healthy coping skills, and ways to grow through the grief journey by sharing their stories.

During Kid's Camp, our campers experienced a fun interactive 2-day camp through nine different stations. Each station was specifically designed to ensure children had the opportunity to talk about their loss, learn about grief-related emotions and reactions, and connect with other grieving children.



The 2023 theme was **TACKLING YOUR GRIEF**

## THE IMPACT

- We saw a 16% increase in registrations from 2022 to 2023
- There was an 8% increase in camp participants from 2022
- 117 kids were served
- There were 42 returning campers
- 130 volunteers rallied to help make this extraordinary camp possible
- The kids enjoyed a visit from a former Detroit Lions player

“I learned that there are many people that understand what I'm going through.”  
- Child Camper

## CROSSING THE LINE

To kick off camp, we do an icebreaker that visually demonstrates that we are not alone in our loss and grief. Everyone stands on one side of the line. The leader will give different directives and the participants will step forward and cross the line if the directive applies to them.

## 9 STATIONS



Horse Therapy

Mi Jag Soccer



Tackle Box

Art Expression



Yoga

Songwriting



Animal Engagement

Nature Hike



Tackling Your Grief Football

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## IN ADDITION TO THE PLETHORA OF VOLUNTEERS, WE ALSO HAD SOME VERY SPECIAL GUESTS JOIN US:

- Northville City Police
- Northville Township Police
- Bloomfield Township Police
- Birmingham Police
- Michigan State Police
- Northville Township Fire Department
- Angela Hospice
- Growth Works
- Hegira Health
- Reset Brain and Body
- PCS Counseling
- Northville High School Athletic Department
- Eric Hipple, Speaker and Former Detroit Lions Player
- Erica Francis, FOX 2 Detroit Newscaster
- MI Jag Soccer
- Michigan State Police Chopper

## TACKLING GRIEF TAKES...

**COURAGE TO FACE YOUR  
GRIEF,  
PRACTICE TO MAKE YOU  
STRONGER, AND  
PERSEVERANCE TO  
GROW THROUGH IT!**



# FAMILY FRIDAY

Throughout the year, we offer this monthly family-based program. Dinner is provided, along with break-out sessions, discussions, and activities to provide tools to help navigate the grief journey. We offer a unique theme, and activity each month.

## IMPACT

- We have served 30 families through our Family Friday events
- Children have attended Family Fridays 159 times
- 64% of children have attended more than one Family Friday event this year

## WHAT DO FAMILIES ENJOY MOST ABOUT FAMILY FRIDAYS?

- "The fellowship, feeling not alone. Learning new tools to cope."
- "Being around other families."
- "Connecting with other children and parents."
- "Being around people who have lost loved ones so the kids don't feel so isolated and alone."

## TYPES OF LOSS



68%  
PARENT



10%  
SIBLING



10%  
GRAND-  
PARENT



12%  
EXTENDED  
FAMILY

JAN: Healing Through Movement

FEB: Kick the Crap Out of Grief

MAR: Shake It Off

MAY: Grow Your Seed of Happiness

JUN: Soaring Through Memories

AUG: Getting On Target with Your Emotions

SEP: Beleaf in Healing

NOV: Grief is Messy

DEC: Santa's Workshop



"Santa's Workshop"



"Soaring Through Memories"



"Grow Your Seed of Happiness"



"Healing Through Movement"



"Grief is Messy"

# DAY TO PLAY

"Day to Play" is a special activity that gives children the opportunity to connect and share with other children who have lost a loved one, while enjoying the day off from school. Our goal is for the kids to connect, share, and express their feelings in a safe environment.

## JAN | Movie Day

We watched Big Hero 6. In this movie, the main character loses his brother and deals with his grief by shutting himself away in his room. With the support of his brother's friends, he comes to accept his brother's loss and honors him by going to the same school that he went to. This movie helped us to open up about our own feelings and experiences with grief.

## FEB | Strike Out Grief

We went bowling and used that experience to discuss releasing our emotions, our support systems, and how talking about our grief can take a few tries.

## NOV | Meeting Local Community Heroes

We visited the Northville Township Fire Department and the firefighters taught us about fire safety. We also learned different ways that we can extinguish the anger we feel in relation to our grief.



27 CHILDREN  
ATTENDED

ADDED 2 ADDITIONAL  
DAY TO PLAY EVENTS  
FROM 2022 TO 2023

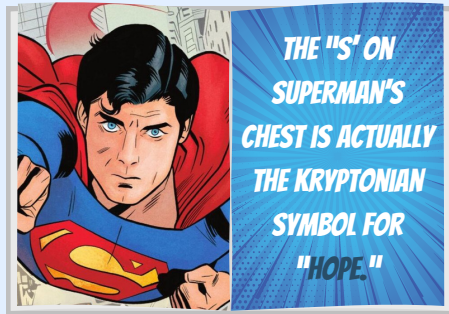


# FINDING YOUR SUPERPOWERS

Finding Your Superpowers is an interactive family event designed to help families respond to grief and loss through the stories of our favorite superheroes.

## THE IMPACT

- 2 seminars
- 40 Children
- 25 Adults
- 39 Volunteers
- 11 Police Officers
- 4 Therapy Dogs
- 12 Staff Members
- 2 Special Guests: Batman & Spiderman



We learned that even in our grief we have special **SUPERPOWERS**:



!!!  
"It's okay to grieve in front of my children."  
-Hopeful Caregiver

"[They learned] that they are not alone, and there are others that are also going through their own grief journey."  
-Hopeful Caregiver

**WORDS OF HOPE**

# SCHOOL-BASED GRIEF SUPPORT

School-Based Grief Support programs aim to help schools identify and track students impacted by grief and prepare and collaborate with schools to support those students. Our programming includes childhood bereavement training, First Steps Advocacy, direct support after the loss of student or staff, 8-week on-site grief support group, and ongoing support and resources.

## THE IMPACT:

- We held ongoing grief support groups at four schools
- We collaborated and served bereaved students, staff, and families in the Northville, Plymouth/Canton, and Livonia School Districts
- Children and teens attended our school-based grief support groups 256 times
- We provided resources to schools 389 times

## WHAT THE STUDENTS HAD TO SAY ABOUT GRIEF SUPPORT GROUPS:

- 85% of students had a better understanding of their grief
- 100% of students found the information that was shared to be helpful
- 73% of students felt comfortable talking about loss in the group
- 69% of students felt less isolated in their grief

## WHAT STUDENTS LEARNED FROM THEIR TIME IN THE GRIEF SUPPORT GROUP:

- "To stay positive"
- "Just talking helps"
- "It is ok to feel stuff"
- "To remember the good times"
- "To be patient"
- "To learn my emotions are okay"
- "I'm not alone"





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## CHILDHOOD BEREAVEMENT TRAINING FOR SCHOOL PROFESSIONALS

New Hope specializes in trainings to help school professionals become more grief-sensitive and provide them with tools and techniques on how to best support bereaved students throughout their academic careers.

## FIRST STEPS ADVOCACY

This program supports bereaved students on a one-to-one basis with a New Hope Grief Coach to help support the unique grief needs of the student. This program includes up to four one-on-one meetings with individual students to help normalize and naturalize the grief process by creating a safe space to learn and share.

## 8-WEEK ON-SITE GRIEF SUPPORT GROUP FOR BEREAVED STUDENTS

Our school-based groups are an 8-week model designed to help bereaved students connect with other students who have experienced the death of a loved one, learn about the emotions and reactions of grief, discuss healthy coping skills to help navigate the grief journey, and to help them grow through the experience of sharing their stories.

## DIRECT SUPPORT AFTER THE LOSS OF STUDENT OR STAFF

In the rare circumstance a staff member or student dies during the term of an agreement, we will help provide and facilitate additional grief support to the school based on the needs of students, staff, and families impacted by the loss.

## ONGOING SUPPORT AND RESOURCES

New Hope will continue to support schools by providing information on upcoming grief support programs and services to share with staff and students. In addition, New Hope will provide resources, referrals, and information to help support bereaved students, staff, and families in the district.

## NUMBERS

**1 in 12 children in the United States will experience the death of a parent or sibling by age 18.**



**1 in 11 children in Michigan will experience the death of a parent or sibling by age 18.**



**1 in 9 children in Wayne County will experience the death of a parent or sibling by age 18.**



Source: Judi's House

# TEEN GROUP

Teen Group is an 8-week session support group designed for teens that are grieving the death of a loved one. This program will help teens better understand their grief, provide a safe space for them to communicate their thoughts and feelings, and provide them with healthy coping skills, and the tools they will need to help them navigate their grief journey.

## THE IMPACT

- We held two 8-week sessions and two drop-in sessions in 2023
- From 2022 to 2023, there was a 20% increase in the average number of teens that attended each session
- Three of the teens have participated in multiple sessions
- 100% of teens found the topics of the group to be helpful in navigating their grief

## TOPICS

- Common Reactions to Grief
- Feelings Associated with Grief
- It Feels Like No One Understands
- Anger
- Guilt
- Regret
- Special Days, Moments, Holidays, and Other Tough Days
- Remembering Your Loved One and Moving Forward



## What did teens have to say?

"This has helped me a lot."

"It is a great way to discover hope."

"All I can say is I love this group."

"I thought it was very helpful."





# THANK YOU . . .

to the grantors,  
donors, sponsors,  
and countless  
community  
partners and  
volunteers that help  
us bring hope,  
healing, and new  
beginnings.



## OUR SPONSORS, DONORS, AND GRANTORS . . .

