

SAFE CROSSINGS FOUNDATION

2020 Annual Report



Childhood Grief During a Pandemic

Your support has made it possible for Safe Crossings Foundation to continue providing funds and support to grieving children across the Puget Sound region.

Established in 1989, Safe Crossings Foundation (SCF) is dedicated to helping grieving children heal and thrive. By researching and funding leading-edge grief recovery programs, we provide resources to help kids safely navigate loss, rediscover joy, and emerge as emotionally healthy and resilient members of society. 2020 was no exception, and your donations helped us overcome unexpected challenges and focus our efforts on getting kids the support they needed during an extraordinarily stressful time in their lives.

**"Grief has never been a more relevant issue. If you are feeling a tidal wave of heaviness, you are not alone."
-Nora McInerny**



BELOW ARE A FEW WAYS YOU CAN HELP US REACH OUR 2021 FUNDRAISING GOALS.

**DONATE ONLINE
MAIL IN A CHECK
BECOME A MONTHLY GIVER
INCLUDE SCF IN YOUR ESTATE PLANNING
VOLUNTEER ON A COMMITTEE
BECOME A LUNCHEON TABLE CAPTAIN**

IF ANY OF THESE OPTIONS INTEREST YOU OR YOU WANT TO LEARN MORE ABOUT GETTING INVOLVED, YOU CAN:

**VISIT OUR WEBSITE:
SAFECROSSINGSFOUNDATION.ORG**

**EMAIL US:
INFO@SAFECROSSINGSFOUNDATION.ORG**

GIVE US A CALL 206.652.4723



Thanks to our generous donors, we are making a larger impact on the community every year!

This past year has been one none of us could have imagined. Your donations made it possible to continue providing support to grieving children and their families through programs that were tailored to their needs and always free of charge.

Your gifts had tremendous impact

Safe Crossings Program Impact

SHARED BY A SCP COUNSELOR

When Camp Erin was canceled due to the COVID-19 pandemic, "Camp in a Box" was born. This new camp-like experience was mailed to each family that had registered a child for Camp Erin as a way for them to have fun, bond as a family, and talk about their loss and coping with grief.

"Journey Through the Grief Galaxy" is a board game created by one of the Safe Crossings Program Counselors. This game was designed to allow each person a chance to explore their personal grief journey, while answering fun questions and getting to know the grief journey of those playing with them.



Safe Crossings
Program

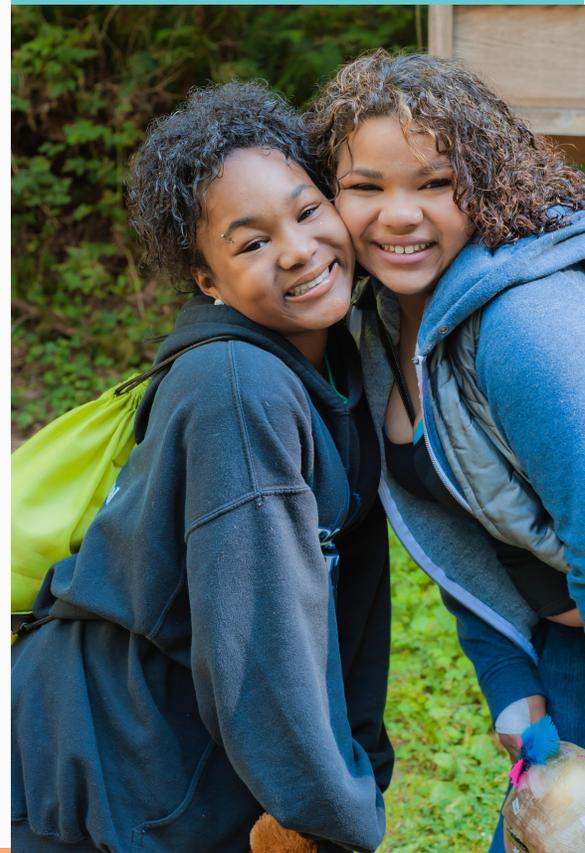


"It has been very difficult to talk about the traumatic death of their sole parent. There have been very few, if any, times this family has shared with one another about their experience with the loss. Their grief journey has also been complicated by the COVID-19 pandemic, which has cut them off from their physical community that came around them after their loss. The children have been struggling with big emotions and how to express them in healthy ways.

When they received Camp in a Box they decided to give the game, Grief in the Galaxy, a try because they like board games. Their caregiver was blown away by how much was shared and how much they learned about one another's grief journey. They have also been referring back to grief reactions that were normalized in the game with one another, creating a more open family norm for experiencing a variety of grief emotions."

1,209 Youth were served by Safe Crossings Program

These youth were between the ages of 6-18 and were provided with support through school groups, Standing Together (parent/child support groups), individual counseling sessions offered via Zoom, and phone or email consultations





GRANTEE HIGHLIGHTS

Your Donations at Work



Eluna and Art With Heart teamed up again in 2020 to provide Draw it Out books to over 2,500 kids nationally.



Crisis Connections provided support for 23 youth after a loss by suicide.



THE HEALING CENTER
a grief support community
adults • children • families

The Healing Center provided group support and materials for 66 children and their families.

Bridges Center for Grieving Children transitioned all of their programs online, while also creating multiple grief support training modules for grief support volunteers.



Our Treehouse provided support for 1,316 youth and 103 parents and guardians. They also created a new program to support young adults through a virtual platform.



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

Seattle Children's Journey program served 193 youth through their family counseling programs, providing services in English and Spanish.

Wild Grief served 40 youth through their new program Solo Together, connecting individuals to nature and each other through a virtual platform.



Youth Eastside Services supported 58 youth through evidence-based and age appropriate counseling.



A total of 2,670 kids were served in 2020

In addition to those 2,670 kids, Safe Crossings Foundation grantees provided 3,220 materials to support kids grieving at home



1,118 YOUTH WERE SERVED THROUGH PEER AND FAMILY-BASED SUPPORT GROUPS

"The backpacking trip is so deeply powerful, transformative, and immersive. While there is no real way to match that connection, Solo Together created meaningful peer support in a virtual setting while encouraging connection and healing through nature."

-Monica Anney
Program Coordinator, Wild Grief



"This is the real deal with Treehouse, when my roommate died, I didn't know what I was going to do, where I would fit in, or what support would be best but the group setting is so perfect for me."

- Megan, Our Treehouse
Young Adult Group Participant

Connecting and Healing Through Nature

HOW WILD GRIEF FOUND HIDDEN BENEFITS IN A VIRTUAL WORLD

In Spring of 2020, Wild Grief staff and volunteers sat down to talk about their upcoming summer programs and how they would need to adapt those programs to lower the risk of Covid-19 while still providing teens with connection to nature and peer support. What came out of this meeting were 3 new programs, each focused on different needs. Solo Together took the place of their traditional teen backpacking trip. They mailed Bear Can boxes to each participant which included a day pack, journal, activity cards, first aid kit, and snacks. Each day began with a morning group meeting followed by time spent alone in nature, ending with a daily virtual campfire.

Staff at Wild Grief along with volunteers and participants noted that these virtual programs came with unexpected benefits. For many teens and families, it was a relief to be able to spend time connecting to nature. For others, this virtual experience provided a more accessible alternative than a four-day backpacking trip, which allowed Wild Grief to serve a greater number of youth and families. While they can't wait to get back out on the trail together, Wild Grief plans to continue these new virtual programs well into the future.

A Place for Grief

FINDING HEALING AMONG PEERS AT OUR TREEHOUSE

After losing her roommate suddenly in August of 2019, Megan knew she would need support to get through the last year of her college experience. Upon returning to school she discovered that the peer grief support she craved was not available through her school, and most of the counseling centers she found charged too much for a college student. She even thought "when seeing things aimed at younger kids, it made me wonder if I should even need this space, but managing college stress with grief is a really big thing too," so she kept searching, eventually coming across a social media post by Our Treehouse and their new young adult peer support groups. She met with her group a few times in person before COVID-19 shut them down but has continued to meet with them virtually throughout the past year, just celebrating their one year birthday in March. Megan credits Our Treehouse with giving her the courage to stay in her college town and complete her undergraduate degree. She said that even in the virtual setting, her group has continually boosted up one another and facilitated meaningful connection and fun activities they can do together to bond and heal through their grief.



"A third of the kids I work with have lost their parents to suicide. I didn't realize this type of organization existed in our community but I am grateful it's here. I just knew I had to be to be part of it."

- Joshua, Our Treehouse Volunteer

Time and Space to Grieve

CC Cares Coordinator Susan Peck has been supporting a mother who lost her 28 year old son to suicide on December 31st. Since that day, she has taken in her son's fiancé and their three young children, leaving her very little space to grieve privately. CC Cares provided a care package for the family, which was greatly appreciated, but what has become even more valuable is the space they have provided to talk about how to navigate this new life.

CC Cares is a program for those newly bereaved by suicide from those who have been there. CC Cares was originally a program started and nurtured by Forefront Suicide Prevention - A Center of Excellence at the University of Washington.



Northwest Conference on Childhood Grief

On March 11, 2021 Safe Crossings Foundation held our 7th annual Northwest Conference on Childhood Grief and our first ever virtual conference. More than 70 professionals attended this conference to learn from grief support experts located all over the United States. Topics included the intersection of grief and trauma, virtual memorial services, grief yoga, virtual school groups, and much more.

"IT WAS AN EXCELLENT EVENT. THE BREAKOUTS I ATTENDED WERE SOME OF THE MORE ENGAGING PRESENTATIONS I'VE JOINED IN YEARS!"

-BETHANY, GRIEF SUPPORT PROVIDER & CONFERENCE ATTENDEE

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What Your Donation Does

We at Safe Crossings Foundation know it's important for donors to understand the impact your donations are having on the lives of grieving children in your community. Here are just a few examples of what we are able to do with your gifts.

- \$50 One phone mentoring and care package
- \$100 One virtual counseling session for a grieving child
- \$250 Art therapy training for two adults
- \$600 Three guides for a Family Journey hike
- \$1,000 A six-week support group program for ten families

Your Donations At Work

THANK YOU FOR YOUR GENEROSITY



219 Youth Served in
King County

10
Organizations
Received
Grants to
Support
Grieving Kids

4 New Virtual
Programs Created



1,529 Solo
Therapy Sessions

2 Programs
Expanded Their
Service Age
Range



3,220 Grief Support
Materials Provided

123 Grief Support
Professionals
Trained in the
Latest Techniques
in 2020



1,703 Youth
served in the
Greater Puget
Sound Region



3 Existing
Programs
Moved Online