

2023 Impact of Giving

Growing Through Grief

Our mission is to improve the health and well-being of patients, families, and communities through partnerships and philanthropy.

For 27 years, supported entirely by philanthropy thanks to our generous donors, the Growing Through Grief (GTG) program has provided no-fee, school-based grief support and education to elementary, middle, and high school students who have experienced the death of a family member or friend.

This unique program is available across 16 partnering school districts in 125 school locations, providing crucial grief support and education to children, families, and school communities.

In 2023, Growing Through Grief expanded to include 11 new schools serving 950 students each week, helping students learn about grief, develop coping skills, and build resilience.

Counseling is provided weekly through group or one-to-one sessions during the school year. Students are provided support at key developmental waypoints in their lives. And 56% of participants have been in the program for more than one year.

Collaborative death-related crisis support is also provided to our 16 partnering school districts, and includes education and counseling support to school staff, teachers, and impacted groups. In 2023, 27 death-related crisis events occurred.

Why GTG is crucial

1 in 15

children in Minnesota will experience the death of a parent or sibling by age 18

11,226

hours of education and counseling supported students and parents

31,820

students, family members, and school staff were supported through 27 death-related crises

Supporting students and staff at Hopkins School District



The Hopkins School District has been a school partner for 24 years. The Hopkins grief counselor provides immediate and long-term support to an average of 50 students each year. She responds to death-related incidents collaboratively with school staff, and has 700 contact hours each year with weekly peer support groups and individual counseling.

“Growing Through Grief helped us build resilience and strength as we continue to support one another through the challenging experience of losing our students—and beyond,” said Principal Leanne Kampfe.

Funded entirely through philanthropy, Growing Through Grief helps create community and strengthen relationships. It reduces isolation and ultimately allows each student to be able to engage in school to the best of their ability.

Special Education Teacher, Judy Griffin, reflects on the Growing Through Grief partnership after experiencing an unexpected student death. “In the days and weeks that followed, Growing Through Grief was there to help us process our emotions and share our experiences. The program helped us prepare our students to attend a funeral. And the counselor ran regular grief groups with our kids. She helped them understand why they didn’t feel like eating and why they had bad dreams. And she helped them understand how to love their friend even if she was gone from this earth.”

Since inception, more than 30,000 students in the Hopkins school district have benefited from Growing Through Grief’s individual, group, and crisis event activities, allowing them to share their experience, develop coping skills, and build resilience in order to help restore balance and support healing in their lives.

Growing Through Grief

Thanks to the generosity of our donors in 2023, Growing Through Grief (GTG) gave vital support services to children and youth, bringing them a significant dose of hope and joy through specialized counseling services.

GTG Participants

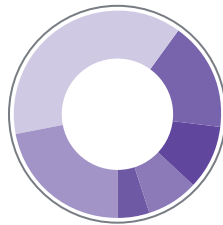
Supported grade levels

- 33% High school
- 31% Middle school
- 36% Elementary school



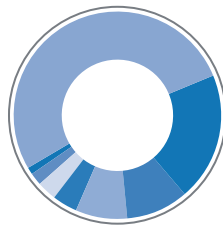
Participant relationship to person who died

- 39% Father
- 22% Mother
- 16% Extended family
- 10% Sibling
- 8% Classmate/friend
- 5% Other



Participant ethnicity

- 53% Caucasian/White
- 20% African American
- 10% Multiracial
- 8% Hispanic or Latinx
- 4% Asian/Pacific Islander
- 3% African
- 2% American Indian
- 1% Declined



Cause of death of person who died

- 55% Medical
- 10% Accident
- 9% Suicide
- 9% Alcohol/drugs
- 6% Violence
- 11% Don't know



2023 GTG highlights

870

students participating in traditional long-term support programming

80

students participating in the short-term CARES group model in Minneapolis and Richfield School Districts

11

new schools added to the traditional long-term grief support programming

- Partnering with Richfield and Minneapolis communities to support student grief related to COVID-19, community violence, and racial trauma with help from DEI Grief Reach Grant.
- Participated in national panel presentations, with National Alliance for Children's Grief, New York Life Foundation, and the Mental Health Technology Transfer Center sponsored by SAMSHA, on our pilot work with the CARES Grief and Trauma groups and the Individual Bereavement Support Plans.
- Grief Sensitive School Initiative—continued to partner with school districts on obtaining Grief Sensitive School District status.
- Partnered with the National Alliance of Children's Grief to continue evolution of the Individual Bereavement Support Plans for students in partnership with Wayzata School District.
- Participating in six school-based collaboratives: Westonka, Wayzata, Hopkins, Minnetonka, St. Louis Park, and Burnsville.
- Partnered with Rotary Clubs from Wayzata, Minnetonka/Excelsior, and St. Louis Park.
- Expanded to add elementary schools to the Growing Through Grief program in both Burnsville and Osseo School Districts.

Student outcomes

97%

feel better about supporting others who experience the death of a loved one

91%

Improved ability to recognize and name feelings such as sadness and joy

93%

understand how grief can impact them emotionally and physically

95%

understand how grief can shape and influence their future self

To learn more about the impact of your support, visit: parknicollet.com/impact

Park Nicollet Foundation is a 501(c)3 organization. Your gift to the foundation is tax deductible as allowable by law.

