

July 12, 2019

_____, Executive Director
The _____ Foundation

New York, NY _____

Dear _____,

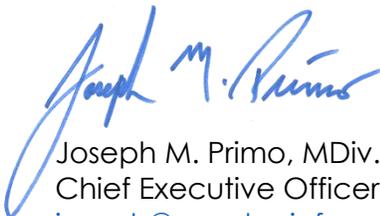
Thank you for inviting Good Grief to submit a grant proposal to the _____ Foundation. We are pleased to introduce you to our mission, history, and programs, including two of our newest initiatives that most align with your funding considerations: *In Community*[™], our transportable, peer-support programming for grieving children and families in the urban communities where they live; and *Routes to Resilience*[™], our K-12 social-emotional learning curriculum for use in schools, healthcare organizations, and community agencies.

Good Grief builds resilience in children, strengthens families, and empowers communities to grow from grief and adversity. We are entirely privately funded, and our programs remain free to children and families for as long as they need our services. In 2018, our 11th consecutive year of program expansion and growth, we provided support to 376 families (897 participants) through our Nights of Support programming in our Morristown and Princeton Centers, and at our satellite *In Community* locations. That represents an impressive 14% increase in family enrollment over 2017. We also had an incredibly successful launch of *Routes to Resilience* in 2018, with more than 1,000 students receiving education through the program during the 2018-2019 academic year.

To keep up with our communities' increasing needs for our direct support and educational programming, we rely on the generous support of individuals, community and corporate partners, and funders like the _____ Foundation. We are respectfully requesting a gift of \$50,000 to help offset the costs associated with providing *In Community* in Newark and Jersey City during our 2019-2020 program year, and with meeting the rapidly growing demand for *Routes to Resilience* as we begin partnering with new schools in the upcoming academic year.

We are grateful for the opportunity to present this proposal to you so that we may explore the ways in which Good Grief and the _____ Foundation can partner to fulfill both of our strong, community-based missions. Thank you again for your interest in supporting our mission and organization.

In Community,



Joseph M. Primo, MDiv.
Chief Executive Officer
joseph@good-grief.org

GOOD GRIEF'S MISSION, VISION & HISTORY

Good Grief's mission is to provide unlimited and free support to children, teens, young adults, and families after the death of a mother, father, sister, or brother through our peer support programs, education, and advocacy. Our vision of ensuring accessibility to our programs throughout New Jersey is substantiated by our robust educational and programmatic goals, which promote resilience and decrease the risk factors associated with childhood bereavement and adversity. We fulfill our mission through a variety of programs, educational and advocacy initiatives, and partnerships.

Nights of Support and *In Community* are part of the Good Grief infrastructure that supported 897 total program participants in 2018, through our Morristown and Princeton Centers and at our satellite locations in Jersey City and Newark. Those programs, together with *Routes to Resilience* and other initiatives, contribute to our overall mission and strategic goals of:

Comprehensive Programming: In order to achieve our goals and promote accessibility, affordability, and inclusion, we maintain an active and engaged base of trained facilitators who help us deliver research-informed programming. The quality of our programs remains dedicated to innovation, thought-leadership, and community engagement while meeting the always-growing demand for our support.

Education: As a thought-leader and nationally respected voice on childhood bereavement, Good Grief leverages its knowledge by providing results-driven and comprehensive curricula. By increasing the competencies of our targeted audiences via education, we decrease risk factors and promote effective intervention outside of our centers.

Advocacy: Our advocacy efforts target spaces where children live, learn, and play by providing communities with the resources they need to be competent support systems.

Good Grief was founded in 2004, starting first with advocacy and educating the community on the impact of childhood bereavement, and then expanding to direct services in 2007. In response to the growing demand for our programs, Good Grief expanded to Princeton in 2012. Between our Morristown and Princeton Centers, we have 24,000 square feet of interactive, safe, and supportive programmatic space to fulfill our mission. Our satellite *In Community* program, launched in 2018, promotes the same evidence-based programs as those contained in our centers. Finally, drawing on our research-informed goals and 15 years of program experience and evaluation, we developed a broader social-emotional learning curriculum, *Routes to Resilience*, which we also launched in 2018.

THE NEED FOR GOOD GRIEF

Childhood bereavement is a universal threat to every demographic. New York Life Foundation estimates that 1 out of 7 children will experience the death of a parent or sibling before the age of 25, which equates to 280,000 children in New Jersey. Furthermore, according to the National Center for School Crisis and Bereavement, 90% of all children will face grief through the death of an immediate family member, grandparent, friend, or other close relationship.

A grieving child is made vulnerable with high-risk factors including poor performance in school, depression, anxiety, obesity, addiction, suicidal ideation and a myriad of other unhealthy

coping behaviors. According to recent research, _____

The primary purpose of Good Grief's programming is to equip our children and families with the necessary coping skills required to face grief and other adversity from the start by giving them tools they can use for the remainder of their lives. Our programming supports children and adults by reducing isolation, teaching resilience, creating a safe environment to remember and share one's story, and develop a sense of possibility and hopefulness for the future.

Peer support programs and education such as Good Grief's are widely accepted as the most effective intervention in facilitating post-traumatic growth and reducing toxic stressors to manageable levels. Good Grief has over seven years of data demonstrating our ability to radically diminish risk factors and promote safe and supportive environments for grieving children and families.

THE RESEARCH-INFORMED GOALS OF OUR PROGRAMS

Ten comprehensive, research-informed goals form the foundation of all of our programming:

1. _____

2. _____



3. _____

4. _____

5. _____

6. _____

_____.

7. _____

_____.

8. _____

_____.

9. _____

_____.

10. _____

GOOD GRIEF'S MAJOR PROGRAMS

Our core programs are: (1) Nights of Support, (2) *In Community*™, (3) *Routes to Resilience*™, (4) *Grief Expressions Summer Camp*™, and (5) Enrichment Programs. We are respectfully requesting a gift from the _____ Foundation to support our *In Community* and *Routes to Resilience* programs, which are detailed more extensively in the next section.

1. Nights of Support: Good Grief's Nights of Support (NOS) programs have been providing innovative and free services since 2007. Our peer support model is for children ages 3-17, young adults ages 18-30, and their parent/guardian following the death of a parent, primary caregiver, or sibling.

NOS groups meet _____



NOS activities are based on 10 comprehensive and research-informed goals. _____

Good Grief trains volunteers to facilitate our NOS and *In Community* groups. _____

2. In Community: *In Community* is our transportable, accessible, and replicable urban youth program designed for children 6-18 years of age who have experienced the death of someone significant in their lives, which includes parents, siblings, guardians, mentors, or friends.

Good Grief created *In Community* to address the needs of underserved, grieving, urban youth. They have difficulty accessing resources outside of their community, and few providers directly address bereavement, despite its many risk factors. *In Community* takes our research-informed, industry-respected peer support programming out of our centers and into communities that struggle the most to access our services.

Like our NOS program, *In Community* equips grieving families with the support and tools they need to face their grief and subsequent adversities. We help families develop healthy coping skills and resilience, provide a caring environment to process feelings and fears, and create community in order to eliminate isolation and corresponding risk factors. *In Community* is offered multiple times per year, allowing children and families to reenroll as needed.

3. Routes to Resilience: *Routes to Resilience* is our social-emotional learning program for use in schools, as well as in healthcare and social service organizations. The program emerged out of our experience over the past 15 years of providing comprehensive support to grieving children and families at Good Grief. It draws heavily on current research to educate students, professionals, and parents on the resilience-based competencies that will help children, teenagers, parents, and professionals navigate through loss and adversity.

Routes to Resilience recognizes that grief is a response to all loss, not just death. Daily, students struggle to cope with experiences of death, divorce, abuse, neglect, bullying, incarceration,



loss of safety and security, addiction, physical and mental health diagnoses, deportation, and more. Loss and adversity are a universal part of the human experience.

Research shows that _____

_____.

4. Grief Expressions Summer Camp: *Grief Expressions Summer Camp* is a five-day program that brings together 1st through 8th graders from throughout New Jersey who have experienced the death of someone important in their life. In alignment with Good Grief's mission, camp allows participants to experience a sense of connectedness, recognize the existence of friendships with those who have experienced a similar loss, develop grief vocabulary, know that they are not alone, and express themselves while fostering resiliency.

Grief Expressions Summer Camp provides artistic, theatrical, and vocal explorations of grief, with opportunities to learn and practice a variety of modalities for the expression of grief. Industry professionals are recruited to deliver a camp robust with opportunities for campers to explore and express their feelings, develop skills to articulate their grief, and build their identity. Good Grief teens and alumni serve as camp counselors.

Camp is structured with all the characteristics that make camp fun: play, learning, adventure, experimentation, community, and field trips. *Grief Expressions Summer Camp* culminates with a performance and arts exhibit for campers' parents, family, and friends to see all that the campers have learned and created.

5. Enrichment Programs: Good Grief offers children and families diverse programming throughout the year, including the summer months when *Nights of Support*, *In Community*, and *Routes to Resilience*—which are offered during the academic year—are on break. _____

_____.

GOOD GRIEF'S REQUEST FOR A GIFT TO SUPPORT IN COMMUNITY AND ROUTES TO RESILIENCE

Our current annual budget _____

_____.

_____. We are respectfully requesting a gift of \$50,000 from the _____ Foundation to help offset the direct costs associated with providing *In Community* in Newark and Jersey City during our 2019-2020 program year, and/or with implementing curriculum in schools with *Routes to Resilience*.



In Community

In Community History and Vision: Our *In Community* program was developed and implemented with generous funding from _____ Foundation and with the support of several key community partners. Since launching in May 2018, _____

_____. With your support, we will add new program cycles in these communities beginning in the fall of 2019.

In Community was informed by careful review of research _____

_____.

These accommodations have resulted in a program that can be readily duplicated, and our vision is to make *In Community* available to urban communities throughout New Jersey. We will achieve this goal, in part, by continuing to collaborate with community thought leaders and programmatic innovators in both the healthcare and education industries.

In Community Program Cycle: *In Community* is free to families. It is a 9-week program designed for children 6 to 18 years of age who have experienced the death of someone significant in their lives, which includes a parent, sibling, guardian, mentor, or friend. Support is also offered to these children’s caregiver(s).

_____.

Our *In Community* results are measured _____. We analyze the results to make any needed adjustments when the program is re-implemented. We also consider the personal experiences that our families share about how Good Grief helps them navigate their grief journey and positively impacts their lives following loss. Here are a few recent examples:



“We all look forward to going to Good Grief every week. My girls made me promise to sign up again in the fall. I can see changes in my family after going to Good Grief, and it fills me with hope and joy. Now we can tell each other how we feel and we can talk about Gerard. We retell his jokes, laugh about memories, and remember our good moments together. It has changed the way we communicate and interact with one another.” - *In Community* Mom Participant

“I learned that if you're going through anything, you can talk to people you trust about how you feel. I can now be more open with my friends; I'm more confident. Don't be afraid to talk about how you feel!” - 15-Year-Old *In Community* Participant

“The program helped me a lot. It's okay to cry, it's okay to shut down, but I learned how to get out of that space when I was ready. I was actually able to open up and talk to people. I thought I was alone, that no one could understand what my family was going through.” - *In Community* Dad Participant

“I'm so grateful for Good Grief and the support from this community. It has helped my kids in school, it has helped me at work, and it has helped us as a family. We can't wait to re-enroll in the fall.” - *In Community* Mom Participant

***In Community* Partnerships:** Good Grief partners with trusted community organizations within the urban communities we are serving to ensure sustainability, programmatic success, and continuous support, and to increase *In Community's* reach.

Our community partners provide us with valuable support through volunteers, program outreach, and convenient satellite space to host our *In Community* cycles within the very neighborhoods where our support is most needed, helping to break down barriers to access. They also work with Good Grief to ensure best practices and program evaluation, thereby making *In Community* duplicable for other under-supported communities both locally and nationally. Our partners include _____

_____.

Routes to Resilience

In addition to asking for a gift to help offset the costs of providing our *In Community* programming, we are respectfully requesting that the _____ Foundation consider making a gift to support our *Routes to Resilience* program.

Routes to Resilience History, Vision, and Partnership Locations: *Routes to Resilience* was developed in collaboration with a committee of educators, teachers, counselors, social workers, administrators, and Good Grief's subject matter experts to fill a gap in education: the need for increases in social, emotional, and character education among children and teens in order to excel in school, the workplace, relationships, and as members of the greater community.



The vision for *Routes to Resilience* is to provide prevention-based, comprehensive support to children, teens, and families who are grieving from loss and adversity. *Routes to Resilience* educates children and teens through lesson plans and activities that teach social-emotional life skills to adapt to adverse experiences. Parents and professionals receive education and training through parent workshops and professional development that seeks to raise awareness of risk factors, to build up self-confidence as a supportive relationship, and to equip them with the knowledge and tools needed to foster more resilient outcomes for children and teenagers.

We launched *Routes to Resilience* in 2018. _____:

- _____
- _____
- _____
- _____

Over 1,000 students at 12 New Jersey schools received education through the *Routes to Resilience* program during the 2018-2019 academic year. _____

Routes to Resilience Curriculum Information: *Routes to Resilience* follows a progression of intentionally designed lesson plans with age-appropriate learning goals at each developmental milestone. _____

Through curriculum delivered directly to children and teenagers, *Routes to Resilience* teaches adaptive life skills at appropriate developmental milestones including:

1. _____
2. _____
3. _____
4. _____
5. _____

Through education delivered to teachers and other school professionals, *Routes to Resilience* provides:

1. _____
2. _____



3. _____
_____.

Finally, through parent education, *Routes to Resilience* provides _____:

1. _____
_____.

2. _____.

3. _____.

_____. Participant

testimonials also confirm the success of our curriculum:

“Routes to Resilience not only helped our district fill a gap in our curriculum around important SEL topics, but the interactive nature of the lessons allowed our teachers and principals to connect with students on a deeper level. The high level of student engagement and heartfelt participation by our teachers was incredible! Our partnership with Good Grief and implementation of *Routes to Resilience* also helped us identify topics for upcoming professional development and even got us thinking about hosting parent sessions! We are excited to continue into year two!” – Assistant Superintendent of Curriculum and Instruction

“My students really enjoyed the *Routes to Resilience* program. It gave them a chance to open up about some of the struggles they are going through. It also helped me to learn more about my students. Good Grief provided a safe environment to share their challenges. My students really liked the stories, and they were engaged throughout the lessons.” – Elementary School Teacher

“This is such a great program! I wish my students could have more of this.” – Elementary School Teacher

OUR PROGRAMS ALIGN WITH YOUR FUNDING PRIORITIES

In Community and *Routes to Resilience* both serve the program areas _____ Foundation seeks to support. _____

_____.

_____. We also maintain numerous close relationships with community partners in the delivery of our programs. For those reasons, we are aligned with your interest in funding neighborhood-based organizations.



HOW YOUR GIFT OF \$50,000 CAN SUPPORT GOOD GRIEF'S PROGRAMS

As you can see from our attached program budgets, your gift of \$50,000 can significantly offset our programming costs as we strive to build resilience in children, strengthen families, and empower communities to grow from grief and adversity. Here are some examples of what your funding can do:

Routes to Resilience: A gift of \$50,000 can offset _____ of our 2019-2020 costs of:

- _____, and
- _____,

which will help us serve _____ schools and educate approximately _____ students in the upcoming academic year.

In Community: A gift of \$50,000 can offset ___% of our total 2019-2020 costs of delivering the following programming in two cities _____:

- _____ cycles of *In Community* in Jersey City, supporting _____ families per cycle, and
- _____ cycles of *In Community* in Newark, supporting _____ families per cycle,

which altogether will fulfill our upcoming program year goal of supporting _____ families _____.

OTHER SUPPORTERS OF ROUTES TO RESILIENCE AND IN COMMUNITY

We depend on the financial support of organizations like the _____ Foundation to offset the expenses of providing our quality, research-backed programming at no cost to children and families. Here are supporters of our *Routes to Resilience* and *In Community* programs:

Funder	Program	Amount
_____ Foundation	<i>In Community</i> (2017-2019)	\$_____
_____ Foundation	<i>In Community</i> – Jersey City (2018-2019)	\$_____
_____ Foundation	<i>In Community</i> – Newark (2018-2019)	\$_____
_____.	<i>In Community</i> – Jersey City (2019-2020)	\$_____

EVALUATION OF PROGRAM OUTCOMES

Good Grief has developed evaluation instruments to not only tell the story of our successes, but also give us the opportunity to continuously improve the quality of our services by making any necessary adjustments in response to the results. _____

_____.



Nights of Support and In Community Outcomes: Good Grief's *In Community* program delivers the same research-informed support in satellite locations as our Nights of Support program has been providing in our centers for many years. It is thus useful to consider the unsurprisingly similar results of both of these programs together.

- _____.
- _____.
- _____.
- _____.

- _____.
- _____.
- _____.
- _____.

- _____.
- _____.
- _____.
- _____.
- _____.
- _____.

Routes to Resilience Outcomes: *Routes to Resilience* has also proven its success. _____

- _____.
- _____.
- _____.
- _____.
- _____.
- _____.

Program Growth Rates: A final indicator of successful programs is our consistent growth over time. Good Grief participation rates have consistently grown every year, across all programs, since our direct-service support programming began in 2007. Our numbers reflect the ever-



increasing need for Good Grief's support and services, the quality and reputation of our programming, and our ability to expand to meet our communities' needs. Indeed, as our programs have grown, so has interest by local partners who observe firsthand the benefits of our programming for the children, families, and communities we support. Our partners understand the importance of working together to achieve our common goal of ensuring that no child should ever have to face grief or other adversity alone.

ATTACHMENTS *[Documents have been redacted]*

Good Grief's Key Staff for *In Community*[™] and *Routes to Resilience*[™]

2019 *In Community* Budget

2019 *Routes to Resilience* Budget

IRS 501(c)(3) Letter

Audited Financial Statements

Good Grief's 2018 Annual Report (not attached due to large file size) is available at <https://good-grief.org/good-griefs-2018-annual-report/>