

Vatei Campbell

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Tax Exempt Status **YES**

Service Area **Bonsall De Luz Fallbrook**

Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz? **YES**

Collaborative/Joint Application **NO**

Organization Information

Legal Name DBA (if Applicable)
The Elizabeth Hospice, Inc. N/A

Contact Information

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Board of Directors

 **FY2024 BOD Roster_v2072024.pdf**
626.85 KB

Financial Documents - Audit

 **FY2023 - Elizabeth Hospice Audited Finan... .pdf**
220.97 KB

Financial Documents - P&L and Balance Sheet



FY2023 TEH Jun Consolidated Budget-6.3... .pdf
429.29 KB

Financial Documents - 990



TEH-FY23-990 Public-Disclosure-FINAL.pdf
593.54 KB

Organization's Mission Statement

The mission of The Elizabeth Hospice (TEH) is to enhance the quality of life for those nearing the end of life's journey and for those who grieve.

Our goal is to provide high-quality medical and emotional support to children and adults impacted by the challenges of advanced severe illnesses so they can live their lives fully. Specialized programs are available for children and their caregivers, as well as services tailored for members of the armed forces. A vital part of our mission is providing emotional support to children and adults in San Diego County and Southwest Riverside County who are grieving the loss of someone significant in their lives.

Most of our adult grief services are free of charge or, in the case of individual counseling, available on a nominal sliding fee scale. All our children's bereavement programs are offered at no cost. A patient affiliation is not required.

Organization's Vision Statement

The vision of The Elizabeth Hospice is to aspire to a world where every life ends in dignity, compassion, and peace.

We strive to ensure that any child or adult in San Diego County and Southwest Riverside County facing the challenges of advanced severe illness or grieving the loss of someone significant in their life has an experienced community resource for high-quality hospice and bereavement care.

Organization History & Accomplishments

The Elizabeth Hospice has been a trusted community resource for palliative, hospice and bereavement care for the last 46 years. All are welcome regardless of financial situation or when or how their loved one died. A patient affiliation is not required to receive grief services or to participate in our community events. Since 1978, we have touched the lives of 125,000+

individuals in San Diego and Southwest Riverside Counties.

TEH Children's Bereavement Program is available to all children, ages 3 to 17, who are grieving the loss of a loved one. Our Children's Program offers the most comprehensive array of services in our region for grieving children and their caregivers. Services include bi-weekly peer support groups at our two children's bereavement centers, on-campus student support groups and bereavement training for professional school staff. Camp Spero is offered annually in the summer.

COVID-19's strict social distancing mandates especially impacted how we implemented our children's programs. We successfully modified our services through technology and other creative measures to continue providing these critical programs. Bi-weekly peer groups at our regional children's centers, Camp Spero, and professional workshops transitioned to a virtual format. School-based student groups were halted entirely while schools were closed or practicing hybrid learning models. Our child grief specialists remained available as a resource for support. In-person services returned by July 2022.

Before the pandemic, we had been experiencing a steady increase in demand for our children's grief services, serving over 1,000 individuals annually. Today, demand for services remains steady. Our campus and center-based peer groups are operating at capacity. There is a waitlist for our center-based groups. Professional workshops are consistently well attended. We received 30+ applications for Camp Spero the day they were available. An additional child grief specialist was recently hired to help meet the ongoing service demand.

Program Name/Title

The Elizabeth Hospice School-Based Grief Services

Brief Program Description

The Elizabeth Hospice provides free school-based grief services to students in grades 2-12 in San Diego and Southwest Riverside Counties. Agreements exist with 23 school districts to provide eight-week student support groups on campus and half-day bereavement training workshops for their professional staff to help them support their grieving students.

Is this a new initiative/service or established program within your organization?

Established Program

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24).

NO

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

The Elizabeth Hospice brings meaningful grief support to a vulnerable population of children on an ongoing, year-round basis. We offer a safe place on school campuses for grieving students in grades 2-12 to learn healthy ways to cope, express themselves and honor loved ones while connecting with others who have experienced similar emotions.

We use a peer-based support model, capitalizing on the power of peer relationships to provide understanding, normalization, and practical support for children navigating the complex emotions of grief. Programs are tailored to children's developmental needs using age-appropriate language, activities and approaches to help them process their grief. Research suggests that peer support interventions can have long-lasting positive effects on children's mental health and well-being.

The Elizabeth Hospice has agreements to provide school-based grief services on campus for 23 districts, including Fallbrook Union High and Bonsall Unified. An agreement with Fallbrook Union Elementary School District is pending. Last school year, 181 students and 178 school professionals participated in these services. School staff had access to Zoom or in-person training at either their district office or TEH's corporate offices in Escondido. During 2018-2019, prior to the pandemic, we facilitated 25 school groups for 257 students. Demand for student groups has increased annually since campuses fully reopened in Fall 2022. We anticipate facilitating 17 student groups for approximately 160 students this school year.

Funding Amount Being Requested

5000

Program Information - Type

Ongoing

Projected number of residents that will directly benefit (participant/client) from this program.

50

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	55	14

	Percent of program participants	Estimated number of participants
Young Adults (13-17)	45	11
Adults (18-60)	15	8
Seniors (60+)	5	2
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	53
Male	47
Non-binary	5
Unknown*	5

*Target Population - Gender

The Elizabeth Hospice does not formally request data on non-binary participants. However, we have had participants in our Children's Bereavement Program who have self-identified themselves as non-binary.

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	35
Very Low (50%) Income Limits, ceiling of \$53,500	25
Low (80%) Income Limits, ceiling of \$85,600	30
Higher Than Listed Limits	10
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

NA

What language(s) can this program accommodate:

English

What demographic group does this program predominately serve:

Youth - school based

Program/Services Description - Social Determinants of Health

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Social Determinants of Health - Healthcare Access and Quality

According to the Journal of Death and Dying, one in five children will experience the death of someone close to them by the age of 18. Unaddressed childhood grief can lead to short- and long-term social and emotional issues that can result in life-long consequences. These children often lack focus in school, withdraw from social activities or express their feelings inappropriately. They struggle with a mix of emotions, including sadness, worry, confusion, isolation, anxiety and anger. Timely support is crucial to help them process their feelings and develop coping skills to serve them well into adulthood.

Many of the children in our programs often come from low-income families or families whose household incomes were significantly impacted after losing a primary wage earner. Parental loss, specifically father loss, continues to be the most common denominator among our program participants. Terminal illness is the most common cause of death, followed by accidents, substance abuse, cardiac-related events, self-inflicted trauma and homicide. There is no cost to participate in our children's bereavement programs to ensure access to the underserved.

Providing emotional support to children and adults grieving the loss of someone significant to them is a vital part of our mission. Children and families are welcome anytime during their grief journey. They may participate in any or all of our programs. A patient affiliation is not required to participate in our grief programs.

Statement of Need/Problem

The death of a significant person in a child's life is one of the most frequently reported adverse childhood experiences. Nearly 80% of those who lost a parent said it was the hardest thing they have ever had to face. Not surprisingly, research shows that children who lose a parent have higher rates of depression and post-traumatic stress disorder.

Grieving children often struggle to cope with their emotions, leading to decreased academic engagement, increased absenteeism, and social difficulties. Timely support is crucial for these children to process their feelings and learn healthy ways to cope so they can develop life-affirming skills to help them engage with others and find hope and joy in their lives again while facing the many challenges of grief.

The Elizabeth Hospice recognizes the profound impact that loss and grief can have on children's emotional well-being, academic performance, and social functioning. Before the pandemic, rates of childhood mental health concerns and suicide had been rising steadily for at least a decade. Children who are grieving also may grapple with housing instability, financial duress and lack of nurturing support after a caregiver

dies. The absence of structured support leaves children feeling isolated, misunderstood, and overwhelmed by their grief, hindering their ability to heal and thrive. According to the American Academy of Pediatrics, access to therapy to address these problems has been difficult, with waitlists at many mental health providers running months long.

Existing resources for bereavement support in our community are limited. In addition, the children in our programs often come from low-income families or families who recently lost their primary wage earner. Many schools that receive our school-based services are Title 1 schools with high concentrations of economically and socially disadvantaged families. Conducting the program on-campus helps to overcome barriers that might prevent students from participating in bereavement support. Barriers may include transportation to off-site locations, limited financial resources, cultural resistance at home, lack of parental involvement, and at-risk environments such as neighborhood gangs. Without services on their school campuses, these children would not have reliable, accessible or affordable access to support. Our children's programs are free of charge to ensure access to the underserved.

Our school community requires a dedicated children's bereavement program that provides a safe and nurturing environment for students to process their emotions, learn coping skills, and receive support from trained professionals and peers who understand their experiences. Such a program would address the immediate needs of grieving students and promote long-term resilience and well-being. Professional school staff are also provided with free resources and training opportunities to help them support their grieving students.

Children from Fallbrook, Bonsall, Rainbow and De Luz may access TEH's school-based grief services in the Fallbrook Union High and Bonsall Unified school districts. Students on free or reduced lunch programs in these two districts total 72% and 38%, respectively. A contract with Fallbrook Union Elementary School District should be in place by the next academic year. Seventy-four percent of their students qualify for free or reduced lunch.

How are other organizations addressing this need in the community?

The Elizabeth Hospice is the only grief services care provider offering services on school campuses in our region. Unlike other grief support providers, we recognize that grief is not a linear

journey and follows no timeline. Each child's grief experience is unique to their experience. Many organizations limit their services to a particular illness, such as cancer. Or only to survivors of a particular loss, such as parental or sibling loss. We do not restrict or limit how long a child may participate in our programs or limit services based on their relationship to the deceased or how they died. This includes illness, accident or self-inflicted injury. Our grief services team is available anytime for consultations, on-site crisis support, and other resources.

Program/Services Description -
Program Entry & Follow Up

Our free school-based services are promoted on our website, through community wellness and mental health fairs, conferences, and by school staff. Students must be in grades 2-12 and have experienced the death of a loved one to participate in our school-based groups. Before enrollment, school counselors, social workers or staff psychologists assess students to determine if they would benefit from bereavement support. Once at least eight students are identified, a service request must be submitted to TEH's Children's Bereavement Program. A contract must also be in place between TEH and the school district. A designated school representative is responsible for securing a consent form from each interested student, available in English and Spanish, signed by their guardian before participation is authorized.

Sessions rotate to different campuses each trimester. Groups consist of 8-15 students who meet during the school day for 50-60 minutes over an eight-week period. Outcomes from these sessions are shared with school staff as appropriate. School staff can also co-facilitate with our child grief specialists or trained volunteers.

Students are asked to complete pre- and post-evaluations at the start and end of each program to help assess the impact of the intervention. We look for changes in how they process and manage their grief and whether they gained any valuable coping skills. Groups are available on a first-come, first-served basis. We facilitate an average of 15-20 groups and up to 25 annually.

Students may be referred to TEH for individual or group counseling if additional support would benefit them or if they cannot participate in the school group. Our child grief specialists facilitate professional training to give school staff the tools to help support their grieving students. The training is typically offered at either their district office or our corporate office in Escondido and by Zoom.

Program/Services Description -
Program Activities

The Elizabeth Hospice School-Based Grief Services program is facilitated by our child grief specialists and trained volunteers working toward their post-graduate degrees in counseling or social work. We use an evidenced-based curriculum developed and researched in partnership with the San Diego State University Department of Child and Family Development. Research has demonstrated that this curriculum decreases grief symptomology and increases a grieving child's sense of support.

Facilitators may modify the curriculum as needed to meet the needs of the participants. Below is a sample eight-week curriculum:

Week 1: Grief Measure

Week 2: Stuck in My Feelings

Week 3: Body Survey

Week 4: Coping Skills

Week 5: Walking in My Grief-Filled Shoes

Week 6: How I Found Out

Week 7: Changes and Support System

Week 8: What is Next: Remembering and Honoring Your Loved One

Group facilitators help students explore their feelings through dialogue, interactive play, grief-related activities, and memorial rituals. Through increased expression and grief exploration, these children begin to demonstrate less maladaptive behavior and high-risk behavior and feel less isolated. The children develop life-affirming skills that help them cope with grief in a healthy way. They learn skills for effective communication to express themselves, honor their loved ones and connect with others with similar experiences.

In a 2012 New York Life/American Federation of Teachers survey of professional educators, counselors and support staff, 92% reported they believed childhood grief is a severe problem deserving more attention in schools, with 93% never received training in childhood bereavement, and 90% said they would attend training if available. Since bereavement training is not typically part of a teacher's certification process, we provide this resource at no cost to professional staff in the school districts we serve as part of our School-Based Grief Services Program to mitigate this issue.

The need for grief support has gained growing recognition in

schools in recent years. The pandemic accelerated recognition due to the increased need for grief support in schools nationwide. In 2020, New York Life and the American Federation of Teachers surveyed school professionals regarding Grief in School, which identified that a common challenge experienced by 458 classroom teachers and 217 school professionals was a need for more training or resources to support their grieving students.

Our school-based program extends to school professionals through our bereavement workshops. This half-day training is tailored for administrators, social workers, therapists, psychologists, teachers, and nurses. Participants learn current modalities and constructs in the field of Thanatology (Grief Counseling). Training is essential to the program because it gives school staff the knowledge and confidence to support a grieving child. Consequently, school personnel will have the ability to sustain the positive impact of grief support in their schools. Staff may contact us anytime for resources, referrals to our children's bereavement services, one-on-one or family counseling services, and concerns about bereaved students.

Program Goal

Our School-Based Grief Services Program strives to provide free, easily accessible grief support to students on school campuses in our region. Through eight-week peer-based support groups, we help students learn to process their grief through activities that also allow them to memorialize and honor their person. They gain valuable coping and communication skills to help manage their emotions so they can find joy in their lives again. Free half-day training workshops are offered to professional school staff so they, too, can gain the tools to support their grieving students. These services are available during the school year on a first-come, first-served basis. The need for specialized grief services for children and teens is more important now than ever and is vital in keeping the community healthy and thriving.

Program Objectives & Measurable Outcomes

Success is measured by the number of children and families participating and by feedback from families and school personnel. Detailed statistics will monitor the impact of each program. These statistics include age, gender, ethnic background, financial capacity, geographic area, relationship to the person who died, and cause of death.

Through our eight-week student support groups, we anticipate improvement in their emotional health as well as progress in the following:

- Developmentally appropriate and healthy grief coping skills
- Understanding that grief is normal and that there are others out there facing similar challenges
- Open communication and positive interactions with teachers, friends, and loved ones
- Interest in school and social activities
- Reduced feelings of isolation, anxiety, and depression
- Decrease in maladaptive and harmful coping behaviors (including poor school attendance and performance, substance abuse, gang intervention, incarceration and suicide)

Programs are measured using self-administered questionnaires at the onset of participation and at the program's closing. These tools measure satisfaction with services, resiliency factors, maladaptive and adaptive coping skills, feelings and behaviors associated with grief and loss, isolation, and participant testimonials. Results provide data that is used to refine the program.

In our bereavement workshop for school professionals, participants will learn about current modalities and constructs in the field of Thanatology (Grief Counseling). Workshop participants are expected to gain knowledge in the following:

- Psychoeducation on children's grief
- Understanding of prevalence rates in childhood grief
- Identifying key interventions
- Developing a bereavement plan of care

Post-training evaluations will measure content, objectives and content materials and how well instructors know the subject matter and engage participants. Feedback will be assessed and used to adjust the program as needed.

Organization Collaborations

The Elizabeth Hospice collaborates with our hospice-care team, Rady Children's Hospital, the San Diego Medical Examiner's Office, organizations like TIP (Trauma Intervention Program)

and Survivors of Suicide Loss, and school districts throughout San Diego and Southwest Riverside Counties to share resources and help identify children who could benefit from grief support.

Our child grief specialists participated in a multi-year research project with San Diego State University, resulting in the development of an evidence-based curriculum currently used by our school-based programs.

Formal contracts exist with 21 San Diego County school districts and two Southwest Riverside County districts to provide grief services for their students and bereavement training for their professional staff. There are three new contracts pending. Contracts are valid and eligible for renewal every three years.

We recruit volunteers through social media, VolunteerMatch.org, university/college internship programs, and community partners like TIP and the National Charity League. We also reach out to current volunteers at our organization. Our grief specialists are recognized for their work with children and families and serve as a resource for organizations in the community seeking guidance on how to work with grieving children. They routinely present at California State University San Marcos, University of San Diego and San Diego State University. These relations help serve as an additional referral source for the program.

Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Anticipated Acknowledgment

Fallbrook Regional Health District will be recognized in our social media posts, which consist of Facebook, Instagram and LinkedIn. FRHD will be recognized on flyers promoting professional training distributed to school districts in the FRHD sphere of influence. Participating districts must have a service contract with The Elizabeth Hospice.

Funding History

NO

Program Budget



FY2024-25 TEH Children's Bereavement Pr....pdf

119.95 KB

Terms and Conditions

Accepted

Authorized Signature



Vani Campbell
