

# Mending Hearts

LATEST  
PROGRAM  
IMPACT  
REPORT  
INCLUDED

NEWSLETTER  
FALL 2023



"My dad is in the stars and the sky  
and the sunshine."

-Children's Group Participant



Lost & Found  
grief center

[www.lostandfoundozarks.com](http://www.lostandfoundozarks.com)

# PROGRAM SNAPSHOTS



On October 17th, Program Coordinators presented to Republic High School students during their resource event. The content was centered on what grief looks like, how it differs from person to person, and empowered students to find healthy coping skills. Throughout the day as Lost & Found staff presented, students shared their personal stories of grief related to family loss and many other losses they had experienced. They talked about what was helpful in their grief and what might have been hurtful. The presentation ended by sharing the Bill of Rights for Grieving Teens and they completed "The Power of One" banner. On this banner, students shared one thing they will do to help support a grieving peer.

**1 IN 10 CHILDREN IN  
MISSOURI WILL  
EXPERIENCE THE DEATH  
OF A PARENT OR SIBLING  
BY THE AGE OF 18.**

**IN 2021  
1,192  
CHILDREN WERE NEWLY  
BEREAVED IN THE US  
EACH DAY.**

**IN 2021, 383,000 CHILDREN  
UNDER AGE 18  
BECAME NEWLY BEREAVED  
DUE TO A PARENT'S DEATH - A  
NEARLY 50% INCREASE  
COMPARED TO 2020.**

# VOLUNTEER SPOTLIGHT

## MEET RYLEIGH

### When did you first come to Lost & Found?

I first came to Lost & Found in October 2019 after my oldest sister died on August 6th.

### How did group help you?

My sister died just days before I moved away from home to start my freshman year at Southwest Baptist University. With all of the changes that were happening in my life, group became a constant support system that I knew I could count on. Group taught me that I was not alone. Grief can feel so isolating, scary, and lonely, and group connected me with people my age who were experiencing the same thing. It was such a powerful experience to work through some hard things with an incredible group of people, some of which I still talk to and meet up with to this day! Lifelong friendships were formed out of such a tragedy.

### Why did you want to volunteer as a greeter/facilitator?

I knew I wanted to volunteer as a greeter and a facilitator so I could give back to the organization that truly changed my life. I also wanted to be able to step in and walk alongside people who are grieving because I experienced how helpful it is to have a constant support system. I had a life changing experience in group and now it is such an honor and blessing to be able to volunteer and facilitate that type of environment for others.



### What do you love about volunteering here?

I love volunteering in the children's groups because it is such a powerful experience to watch those precious kids connect to one another and have that safe space to talk about their loved one. Watching the growth that a family experiences by coming together to group is so rewarding and encouraging. Volunteering on the Jr. Board makes it possible for me to connect with the community and share about the life changing experiences that happen at Lost & Found. It's a way to advocate for those who are grieving and a way to spread awareness of the wonderful resource in our community. It also provides an opportunity to connect with the donors who make therapeutic group possible.

Lost & Found changed my life and I am forever grateful!!!

# PROGRAM IMPACT REPORT

## YOUR SUPPORT HELPED US PROVIDE:



5,321 Hours of therapeutic group service  
819 Participants enrolled in group

623 Hours of individual counseling  
115 Participants in individual counseling

115 Hours addressing general inquiries  
132 Hours spent completing intakes  
105 Hours conducting family orientations

We believe no one should grieve alone. Thanks to the generosity of people like you, ALL individuals are able to access therapeutic grief support services at no charge.



**91%** of children and teens can share stories about their loved one without crying.

**85%** of adults feel less isolated.

**55%** of teens have felt comfortable talking about their feelings of grief with others.



# GROUP ACTIVITIES



## Why do we use activities in group?

At Lost & Found, we provide therapeutic grief support groups. Each group is led by a professional with a Master's Degree in Counseling or a related field. These groups differ from a support group, where people gather to share experiences, encouragement, and offer each other support. As a comprehensive grief center, we implement a structured routine that is research-based to provide emotional safety for all participants.

Our group activities emphasize talking about feelings, learning coping skills, and finding hope for the future. Groups offer a confidential, safe environment where participants can speak freely without fear of judgement. The power of a group setting for children occurs when they realize they are not the only ones who have experienced a loss. They learn that their feelings are normal as they hear others in the group share. Through a combination of art, play, and discussion, children learn to identify their feelings, gain coping skills, and are encouraged to move forward to a future with hope. The power of a group setting for adults comes from the opportunity to meet with others sharing a similar loss in a safe environment, free of judgement or advice. Group members discuss the complex challenges of grief and gain support from others while also learning new coping skills.

Lost & Found uses activities such as expressive arts, storytelling, and sand trays along with guided discussions. For some people who have not yet found words to describe what they are feeling, self-expression through different modalities provides another way to process their grief experience. Our activities are developed to generate exploration of specific aspects of grief to help group members work through their grief and gain personal insight that helps them move forward. Our activities are built around our goals of increasing participants' understanding of grief, improving mental and physical well-being, expressing uncomfortable feelings that are a part of grief, gaining the ability to tell their story, and integrating the loss as they rebuild their lives.

# GRIEF SERVICES



## OUR MISSION

We strive to improve lives in our community by providing help, hope, and healing through professional grief support services.

### **Therapeutic Grief Support Groups**

- Groups for ages 4-18 experiencing the recent death of an immediate family member; parent/caregiver groups meet concurrently
- Groups for ages 19 & up experiencing the recent death of a family member
- Advanced serious illness caregiver support group

### **Child Life Consultations**

- Individual or family consultations focusing on assisting the individual/family in coping with the stress and uncertainty after the diagnosis of an advanced serious illness
- Advanced serious illness support (all ages)
- Parent/Guardian consultations: Support when informing children of a death or diagnosis
- Memory making (all ages)

### **Grief Services for Workplaces**

- Crisis response services
- Consultations
- Management training
- Employee education

### **Grief Services for Schools**

- Classroom presentations
- Staff trainings
- Crisis response services
- Administrative consultations
- Parent education programs

### **Grief Counseling**

All counseling focuses on grief due to the death of a person:

- Individual counseling for ages 3 and up
- Loss due to death
- Play therapy for ages 3-12 years
- EMDR for children and teens

# MENDING HEARTS

**IF ONLY YOU COULD SEE THE  
HEARTS YOU'VE MENDED.**



Be a part of Mending Hearts with our  
monthly giving program:

Help: \$20 monthly

Hope: \$50 monthly

Heal: \$100 monthly

Other: \_\_\_\_\_

**Lost & Found Grief Center  
needs people like you to help  
mend the hearts of those  
grieving in our community.  
No one should grieve alone.**



**SCAN TO JOIN**



**LOSTANDFOUNDZARKS.COM**

**#IFONLYYOU**



# MARK YOUR CALENDARS!!!

November 28: Giving Tuesday

December 7: 4 By 4 Brewery Event

January 27: Evening of Hope

May: Run and Remember

June 10: Golf Fore Hope



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**HFO**  
Hospice Foundation of the Ozarks  
Preparing our communities for life's end.