



Lost & Found
grief center

Mending Hearts

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About Us

Established in 2000 by Dr. Karen Scott and Shawn Askinosie, Lost & Found Grief Center provides a full range of grief support for ages four and older. As a comprehensive grief center we implement a structured routine that is research-based in order to provide emotional safety, especially for children. We care for each child, family, young adult, and adult with personalized care to ensure that the correct program is selected for the individual. Our work is possible because of our generous donors who recognize the difficult work of grief and their desire to support grieving families.

LOST & FOUND GRIEF CENTER IS GUIDED BY THE FOLLOWING PRINCIPLES:

- Grief is a natural reaction to death for children as well as adults.
- Within each individual is the natural capacity to heal oneself.
- The duration and intensity of grief are unique for each individual.
- Caring and acceptance assist in the healing process.

OUR VISION

No one should grieve alone.

OUR MISSION

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

A Message from the Executive Director

According to research from the JAG Institute's Childhood Bereavement Estimation Model (CBEM), 1 in 12 kids in the state of Missouri will experience the loss of a parent or sibling by age 18. When you consider this ratio in terms of a classroom, it means one to two kids in each kindergarten class will have the heartbreaking loss of a parent, brother or sister by the time they graduate high school. Being the 1 in 12 can feel isolating, which is why it's important for these kids to have a safe place to talk.

Lost & Found Grief Center was founded almost twenty years ago to ensure that no child has to grieve alone. A lot has changed from that time, as we now host twenty-three grief support groups for children AND adults. There is power in our support group model, and individuals are able to find help, hope, and healing inside our walls. Thank YOU for ensuring the 835 individuals we served in our grief support groups last year had a safe and caring place to talk about their grief.

Gratefully,

Emily Givens, Executive Director



Lost & Found by the numbers

5,098 hours of service

835 group attendees

258 individual counseling sessions
821% increase from previous year

870 phone calls

All of the above numbers are from July 1, 2018-June 30, 2019



1 in **12**
children in Missouri
will experience the
death of a parent or
sibling by age 18*

“Experiencing a significant death loss during childhood often results in profound stress and adversity and, without appropriate support, can derail a child’s development. For the millions of youth who are bereaved, access to comprehensive grief-focused, trauma-informed care, and resources is essential... By investing in awareness and prevention, we can create social change that ensures a compassionate response to all grieving children and promotes healthy growth.”

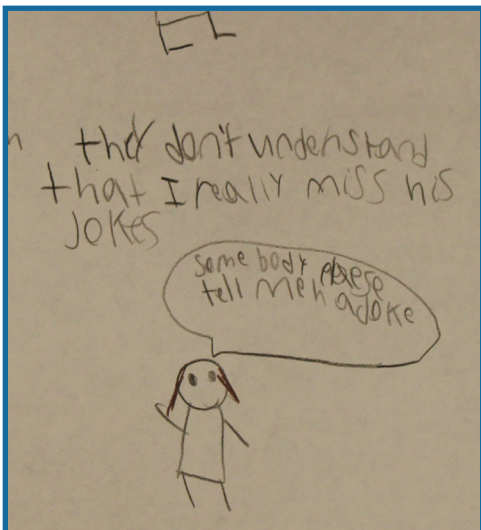
- Judi’s House, JAG Institute

Whole Heart Grief Camp

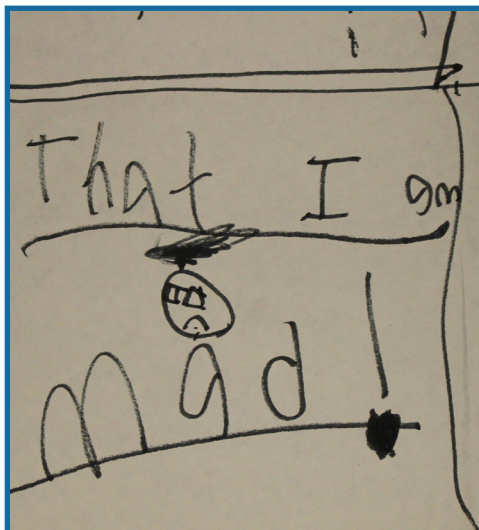


Grief is hard work and it doesn't take a break in the summer. Our traditional children and teen groups don't meet in June and July. Instead, we offer mini grief camps for them. This is our fourth year for grief camps. We eat together at camp and are able to process our grief in different ways. This year we provided music therapy with a licensed music therapist. Singing and playing instruments in a safe group setting helped provide support and connectedness for our participants. They took home a rain stick that they can use to make music. They also made memory jars to light in honor of their loved one. We can't take the pain of grief away, but knowing we are not alone helps us carry the heavy load.

What do you wish adults knew?



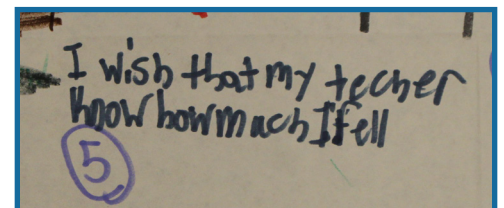
"They don't understand that I really miss his jokes. Somebody please tell me a joke."



"That I am mad!"

I won't get over it. I don't need help nothing will help I just need support. Also how alone I am. Or how guilty I feel. Just someone to truly care. Or how shut down I feel.

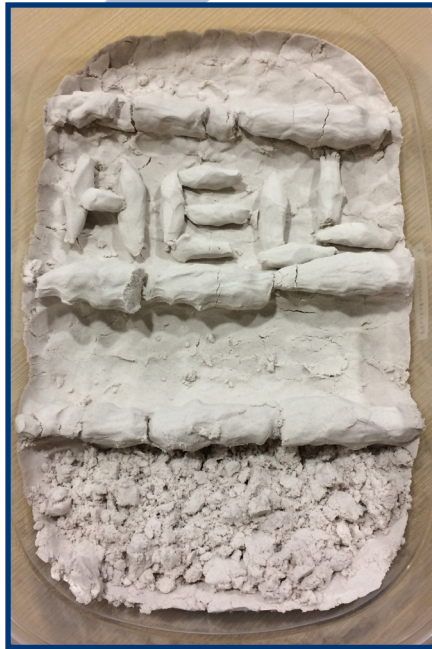
"I won't get over it. I don't need help nothing will help I just need support. Also how alone I am. Or how guilty I feel. Just someone to truly care. Or how shut down I feel."



"I wish that my teacher knew how much I feel."

Sand Tray Expressions

SAND TRAYS ARE OCCASIONALLY USED IN OUR GROUPS. IT IS A TECHNIQUE THAT CAN BE USED TO FACILITATE HEALING WITH ADULTS, ADOLESCENTS & CHILDREN. IT ALLOWS THEM TO EXPRESS THEIR THOUGHTS AND FEELINGS ABOUT THEIR GRIEF JOURNEY WHEN WORDS ARE NOT ENOUGH. THIS IS HELPFUL BECAUSE WE THINK NOT ONLY IN WORDS BUT IN IMAGES.



"I have four dark abysses. Hell, a stormy ocean, and quicksand. In between each of those is just a little bit of high safe ground. I felt like there was much more darkness sucking me in than the life saving higher ground. I would climb out of one abyss, find solid ground and then an earthquake would occur and I'd fall into the next abyss. I felt I didn't have enough solid ground to even catch my breath before falling and being sucked under."

These two sand trays were created by the same young adult. The first one (top) was made around the time she initially came to group after her mother died. The second one (bottom) was made on her last night in group after attending for almost three years.



"The smooth center is my feeling of calmness and peace, coming from the inside out. The smaller, rough border is my trauma/difficulties/fear that remains. I have a big smiley face because I feel more joy than I do sadness. Hence, the smaller sad face. I picked out the Wonder Woman figurine because I have risen above and conquered my grief with a vision to help others."

How to Help a Grieving Friend

Don't wait for your grieving friend to ask for help.

Here are a few ways you can help without asking what they need.

- **Help with everyday tasks** – Mow the lawn, pick up groceries, or walk the dog.
- **Provide a meal** – Meal times can be overwhelming and lonely without the loved one there.
- **Take the children on outings** – Take the children on outings to allow the bereaved parent time alone and for the kids to have some fun.
- **Listen** – You don't have to have magic words. Your presence means everything.
- **Remember the hard days** – Call or text your friend on days that may be harder now: holidays, birthdays and anniversaries.



CATHY CLARK

Why cry when death comes?

The deceased does not feel sorrow.

Just the one crying.

I wrote this Haiku when I was 14 and early in my grief journey. It was part of an assignment during my freshman year in high school. I have saved it as I think it speaks volumes.

Volunteer Spotlight

I joined Lost & Found as a volunteer two years after it was started. I wanted to “pay it forward” because I had survived and I knew that support and knowing “you are not alone,” were essential to healing. People who have experienced the death of a loved one need a place where others “get it”. A place that is safe, non-judgmental, empathetic, and compassionate. Lost & Found is all of this and more. My volunteering continues to have a profound impact on me. No two experiences are the same but there are insights to be discerned in each person’s processing. On the nights I volunteer, I often leave with a new perspective and a deeper understanding of the grief process as well as a deep respect for the participants and the courage they demonstrate. Just as importantly, I have been fortunate to meld with an amazing group of people who participate in Lost & Found - parents, kids, teens, middlers, young adults, coordinators, and facilitators. I have developed life long relationships with so many. As a bonus, it is deeply satisfying to see those who were participants return to become facilitators. I only hope that my service has helped them to heal. So, I continue to volunteer in the hope and belief that I give back as much as I receive. It is truly a privilege.

November is Children's Grief Awareness Month

“Childhood bereavement is a prevalent and critical public health issue that can have a profound impact on future well-being.” (Judi’s House) During the month of November Lost & Found Grief Center strives to bring awareness to this issue that impacts 1 in 12 children in Missouri.

SHARE

Help us spread awareness for childhood bereavement by:

- Sharing information about Lost & Found Grief Center
- Sharing a personal grief story
- Share social media posts from Lost & Found’s Facebook, Instagram, and/or Twitter

WEAR BLUE ON NOVEMBER 21

Show your support for grieving children by wearing blue. Encourage your co-workers, classmates, friends, & family to join you. It may seem like a small gesture to you, but to a child, it represents one more adult in their corner.

SUPPORT

You can help children in the Ozarks receive grief counseling at no cost to them, by making a monetary donation, donating supplies, or volunteering for Lost & Found Grief Center. To make a donation, view wish lists, and more, visit: LostandFoundOzarks.com/Giving-Opportunities



THANK YOU TO ALL OF OUR 2019
SPONSORS AND ATTENDEES.
WE HOPE YOU JOIN US NEXT
OCTOBER FOR ANOTHER FUN NIGHT
OF FOOTBALL & TAILGATING!
A SPECIAL THANK YOU TO
STEVE & RHONDA JASINSKI



Thank you to our Premier Sponsors:



No one should grieve alone

LOST & FOUND GRIEF CENTER IS
A COMPREHENSIVE GRIEF CENTER
OFFERING THE FOLLOWING SERVICES:

Therapeutic Grief Support Groups

At no cost to families

- Children ages 4-18 grieving the loss of a parent, caregiver, or sibling w/ concurrent groups for parent/caregivers
- Young adults ages 18-30 grieving the loss of a family member
- Adults grieving the loss of a child under 18, young adult child, or spouse

Individual Grief Counseling

Fee attached

- For ages four and older grieving the death of a loved one

Wish List

We are often asked for a list of in-kind donations that would be helpful. Below are items we go through very quickly in the office. Feel free to contact us if you have any questions about donating from this list.

- General office supplies (staples, paper clips, pens, etc)
- White & multi colored copier paper
- Washable paint (not tempera, any color)
- White card stock
- Books of stamps
- Toilet paper
- Water bottles
- Kleenex
- Highlighters
- Colored sharpies
- Avery 5160 & 5163 labels

For more ideas, view our Amazon Wish List via lostandfoundozarks.com/Giving-Opportunities



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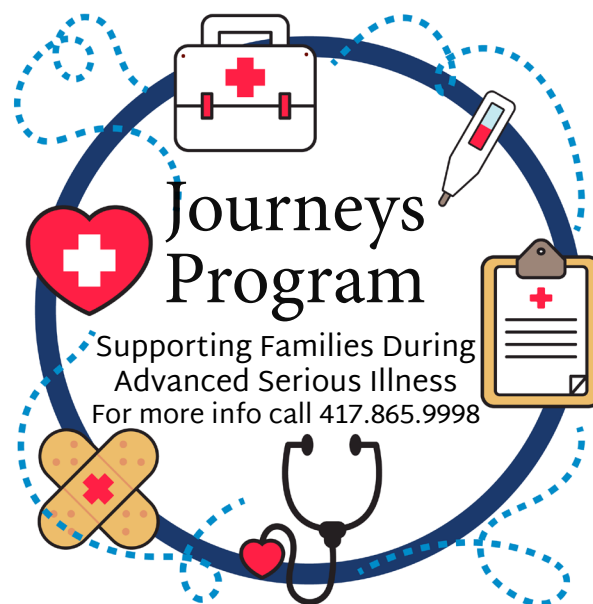
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