

Regional Funding

Fiscal Year 2018 - Partner Funding Application

Capital Caring

Application Status: Submitted

Capital Caring

Agency Information

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General Information

Agency Name	Capital Caring
Physical Address	111 Olde Greenwich Dr. Suite 101, Fredericksburg, Virginia, 22408, U.S.A.
Mailing Address	111 Olde Greenwich Dr. Suite 101, Fredericksburg, Virginia 22408
Agency Phone Number	(540) 295-7223
Federal Tax ID #	54-1920770
Web Address	www.capitalcaring.org
Agency Email Address	thoit@capitalcaring.org

Agency Mission Statement

To improve care for those facing life-limiting illness through direct support of patients and their families, public education and public advocacy.

Number of Years in Operation	39
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Main Contact

Main Contact	Tara O. Hoit, phone: (540) 295-7223, email: thoit@capitalcaring.org
Job Title	Community Bereavement Program and Resource Develop

Localities Served

Please select any/all localities your agency serves.

- | | |
|----------------|-------------------------------------|
| Caroline | <input checked="" type="checkbox"/> |
| Fredericksburg | <input checked="" type="checkbox"/> |
| King George | <input checked="" type="checkbox"/> |
| Spotsylvania | <input checked="" type="checkbox"/> |
| Stafford | <input checked="" type="checkbox"/> |

Collaborative Impact

Describe in detail how the community would be impacted if your agency were dissolved or merged with another partner agency.

If Capital Caring were to dissolve or merge with another agency, as it relates to these specific children's bereavement programs, our community would not have access to the crucially needed mental health support provided by our grief programs for children who have lost a significant loved one. By the time children complete high school, most will experience the death of a family member or friend, with 5% of children experiencing the death of a parent by 16 years of age. Nearly 40% will experience the death of a peer and 20% will have witnessed a death. This means that in PD 16, up to 4,000 children will need significant bereavement support and, without Capital Caring's bereavement programs, the burden to provide this service will be placed upon the shoulders of county school personnel and community mental health organizations.

Without Capital Caring's children's bereavement programs, grieving families will be forced to utilize cost-prohibitive counseling (if accessible) or simply accept the consequences of unresolved grief which can lead to: higher levels of emotional disturbance, substance abuse, learning problems and failure to maintain school progress, and an increase risk of suicide. Research has proven that bereaved children who attend peer grief support groups which focus on promoting shared mourning and encourage communication about the dead family member have a decrease in psychological disorders by 50 % after one year. Capital Caring is the only professional grief and loss organization to provide this service to our area children. We utilize a research-based curriculum facilitated by professionally trained bereavement staff and volunteers who strictly adhere to best practices. With your help, we can continue to be a caring circle and a point of hope for the grieving children throughout the region.

Community Impact

Please provide at least 2 examples of how your services have impacted members of our community.

Example 1

The feedback we have received from school counselors and parents of children currently in the Caring Circles program has been very positive. The surviving parent of one of our students in a Caring Circle from Spotsylvania shared, "I am so grateful that this program is being offered. I did not know where to begin to help my kids understand why their daddy died of suicide so suddenly leaving them behind." She also shared that " just knowing my three kids would be with other children who are struggling with loss makes me feel like they will have some hope. " Their mother went on to say that, "reading the survey

questions educated me on what signs and symptoms of grief I should expect from my kids." She said she believes the surveys are a wonderful baseline for her own understanding of what grief looks like and how it can be addressed at home. She is now attending one of our adult support groups to find help for herself in dealing with the loss of her husband.

Example 2

When Tobias, from Spotsylvania, arrived at Capital Caring's Point of Hope Camp in Fredericksburg, Virginia, earlier this summer, the 12-year-old didn't quite know what to expect from a "grief camp." As he painted a lantern in memory of his dad, Tobias shared openly about how much he missed his dad teaching him how to cook. He also shared how no one at his school understands what it's like to not have a dad teach you how to be a man. He made some new friends at Point of Hope Camp who "get him."

"Point of Hope Camp is a huge part of Tobias' recovery," his family recently told us. "Before camp, Tobias was struggling with his self-worth and we didn't notice his cries for help. Now we have a completely different boy."

Example 3 (Optional)

Caroline, from the City of Fredericksburg, didn't know what to do when her four grandsons witnessed her son's murder. With the boys' mother also out of the picture, she is now raising them. "My grandsons are each responding to this tragedy in a different way and it seems like as they grow up, they are re-grieving the loss of their dad over and over." She says that the oldest, Craig, has really suffered emotionally and it has affected everything about him. "He's been on medication for depression and he's needed a lot of help at school to get by." Caroline says, "Point of Hope Camp gave them each a gift; Craig met people his own age who are struggling and they have made friendships that are unbreakable." Craig was helped so much by Point of Hope Camp, that he is now a volunteer to support camp. According to Caroline, "Carl learned how to deal with his anger by participating in art therapy at camp. Will learned that is okay to cry during a dance therapy exercise and that doing so makes him feel better. While Jon was rolling around on a giant inflatable ball at camp, he found out that talking about his dad and the way he died doesn't cause the hurt--the hurt is already inside. Getting it out makes it sting a little less."

Caroline has received grief support for herself through our program as well. She said, "It took a lot of courage to say that I can't take care of the boys' sadness on my own and without Capital Caring, I don't know where we'd be."

Capital Caring -

Locality Information

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Locality Notes

Please use the spaces below to provide any locality specific notes or statements that may be relevant to your application.

Caroline County

We were honored to have two Caroline County children attend our Point of Hope Camp in the summer of 2016. They lost their mother to cancer and truly needed a place to process their loss with other children who understand them. We now have the approval from Caroline County schools to begin providing Caring Circles to elementary and middle school students late fall 2016.

City of Fredericksburg

We were able to help five children from the City of Fredericksburg engage in grief activities with peers at our Point of Hope Camp in June 2016. Two of them also received scholarships for tutoring from a community partner through our efforts. Bereaved children often suffer academically and this is one way we believe we can practically help the children in our program. We hope to begin Caring Circles among Fredericksburg City Schools this fall.

King George County

We were able to serve several King George county students through our Caring Circles in-school grief club in the 2015-2016 school year. We will be welcomed back again this school year as all of the students benefited from 6 weeks of grief activities based on our fun, hands-on curriculum.

We had three students join us for Point of Hope Camp and we hope that number will increase if we are able to provide transportation this year.

Spotsylvania County

We served 30 students through our Caring Circles in one Spotsylvania elementary school in the spring of 2016. So many of their students had experienced tragic and sudden losses in their families. We were so grateful to become a part of their healing process in a meaningful way. So many of them also joined us at Point of Hope Camp in the summer where they had a chance to tell their stories to other children like them and reconnect outside the school setting. We hope to serve all the students on our wait-list in the 2016-2017 school year.

Stafford County

We were able to serve four Stafford county schools with our Caring Circles program during the 2015-2016

school year. These grieving students learned how to express their grief in a healthy way, cope with losing their loved one and connected with each other in a way only those who have experienced death can. We also had the pleasure of hosting 8 Stafford county children at our Point of Hope Camp in the summer of 2016. These children and their families spent the day having fun while learning how to find a way to live with their loss and make new plans and rituals for themselves.

Capital Caring -

Agency Budget

In the boxes below provide an overview of the administrative costs associated with your agency budget. Include revenue that defrays administrative costs; this is non programmatic revenue and should not include any revenue associated with programming.

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Expenses

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Salary	1,474,599.00	1,153,543.00	60,599.00
Benefits	398,289.00	311,456.00	17,471.00
Operating Expenses	585,372.00	500,723.00	20,000.00
Capital Expenses			
Administrative Expenses	460,271.00	438,363.00	0.00
Total	2,918,531.00	2,404,085.00	98,070.00

Revenues

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Caroline			9,400.00
Fredericksburg			9,400.00
King George			9,400.00
Spotsylvania			9,400.00
Stafford		4,180.00	9,400.00
United Way			
Grants	10,000.00	15,000.00	
Client Fees	2,972,385.00	3,071,920.00	
Fundraising	72,954.00	80,000.00	
Other (Click to itemize)	0.00	0.00	0.00

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Total	3,055,339.00	3,171,100.00	47,000.00

Surplus / Deficit

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Surplus or Deficit	136,808.00	767,015.00	-51,070.00

Capital Caring -

Agency Budget Narrative

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Administrative Expenses

Provide an overview of the administrative costs for your agency.

The administrative expenses listed in the agency budget include costs for the following items:

- Administration
- Clinical Management
- Medical Director
- Medical Records
- Community Outreach
- Contract Labor
- Depreciation - Facility
- Landscaping
- Maintenance
- Other Facility
- Rent
- Service Contracts - Facility
- Utilities
- Accounting/Audit
- Bank Services
- Books and Publications
- Computer Expense
- Computer Support
- Consulting Expense
- Continuing Education
- Depreciation - Major Moveable
- Dues, Licenses, & Subscriptions
- Legal
- Marketing Materials
- Meeting Expense
- Mileage Non-Patient Related
- Minor Equipment
- Miscellaneous
- Office Supplies
- Other
- Pagers-Non Pt. Related
- Postage/Mailings

Printing/Duplicating
Service Contracts - Operating
Telephone
Vehicle Expense

A small portion of these expenses are related to Caring Circles and Point of Hope Camp and are not offset by patient revenue as we do not collect client fees for our bereavement services.

If your agency is requesting an increase or decrease in administrative funding, please describe in detail the reasons for these changes.

We are not requesting administrative funding for these programs from the Partner Agency Funding.

Please provide justification for and specific amounts of administrative costs that are defrayed by locality funds.

We are not requesting administrative funding for these programs from the Partner Agency Funding.

Capital Expenses

Please provide an overview of the capital costs for your agency.

We are not including capital expenses in our budget as we do not have any.

Please provide justification for and specific amounts of capital costs that are defrayed by locality funds.

We are not including capital expenses in our budget as we do not have any.

Salary & Benefit Expenses

Please provide an overview of any increases or decreases in general personnel expenses for your agency.

Salaries and benefits were increased by 3% to reflect cost of living raises. This 3% increase will be applied each year. The salary and benefits costs still cover the portions of the four positions responsible for carrying out the Caring Circles and Point of Hope Camp. They include the following part-time positions: Community Bereavement Program and Resource Development Coordinator, Bereavement Counselor, Community Outreach Coordinator and the Volunteer Services Coordinator.

Please provide a description of any changes to agency benefits structure or cost.

Only cost of living increase of 3% has been applied to both salaries and benefits and reflects a 3% increase per year.

Budget Issues

Provide any legislative initiatives or issues that may impact the agency for the upcoming year.

We are unaware of any legislative initiatives or issues that will have a direct impact on our programs within our agency. However, we may see some school districts limit the amount of resources for mental health assistance for students based on budgetary issues as they have in the past, making our programs even more important.

If you are aware of “outside” funding sources that will expire or be reduced on a set cycle or date, please note those below and how you are planning for them.

We have budgeted for some local grant opportunities, knowing that they are not guaranteed. If we are unable to receive funding from these grants, we will have to limit the amount of Caring Circles we provide to the county schools. We would also have to limit our activities at Point of Hope Camps throughout the year or limit the number of children we are able to serve.

Please detail any identified agency needs or areas of concern that are currently not being addressed in your funding request.

We have a demonstrated need for more family bereavement programming outside the schools. We have many families who have expressed their desire to meet with other families on a regular basis to support each other. We first need to demonstrate our ability to capture and sustain the funding for Caring Circles and Point of Hope before we can add hours to the part-time employees currently managing these programs. Perhaps we can make a case for adding a family grief support group when we've met our initial funding goals.

Regional Funding

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Capital Caring **Caring Circles**

Program Budget Narrative

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Please indicate in details reasons for increases or decreases in the amounts requested for FY 2018.

We are requesting less for FY 2018 as we are hoping to capture more sponsorship opportunities from local businesses to offset the cost of the program. As the success of our program grows, we hope to gain more substantive support from the local business community.

If an increase is being requested, please describe the impact not receiving an increase would have on the program.

In particular, please describe in detail if any increase is sought for new positions or personnel.

Capital Caring -

Collaborative Impact

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Efforts and Partnerships

Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.

Through collaboration with school counselors to facilitate the program, permission for Caring Circles is sought through the counties' counseling supervisor for each school district. School social workers and counselors are key collaborators in the entire process of the groups. We have a Memorandum of Understanding with Fredericksburg Counseling Services and the Paraprofessional Counseling Program at Germanna Community College to provide master's level counseling students as co-facilitators for Caring Circles. These students receive extensive training in counseling and support group facilitation. We partnered with Sylvan Learning to provide a STEM Camp and scholarship opportunities for our bereaved children. We foster community collaboration by connecting with local social service organizations throughout the region to include social services of each county, local law enforcement agencies, victim's witness programs and local churches.

Collaborative Impact

Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.

Without Caring Circles, students in our region will not learn how to express themselves, be taught ways to cope and, more importantly, not connect with other children who "get them" in the safety of the school setting. The region would see an increase in serious psychological disorders related to the lack of grief support in schools. We would not be there to offer grief support education to school social workers/counselors. Because schools are a trusted resource for support, children may accept guidance and services they would not otherwise seek. In addition to helping these students, we have spread awareness about our other free grief support programs for adults who live in our area, thereby granting access not otherwise known. If we did not provide Caring Circles, we could not help the community as a whole heal from loss and avoid further mental health issues in the future.

Capital Caring -

Program Overview

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General Information

Program Name Caring Circles

Is this a new program? No

Program Contact

Name Tara O. Hoit

Title Community Bereavement Program and Resource Development Coordinator

Email thoit@capitalcaring.org

Phone (540) 295-7223

Program Purpose / Description

Provide an overview of this program

Caring Circles are six-week grief support groups for students attending Planning District 16 schools who are struggling with the death of a significant loved one. Offered at no cost to schools or students, Caring Circles are designed to be a safe environment for students to share their emotions and learn how to cope with their grief. Alongside their peers, children explore their grief through research-based art projects, music and movement in the familiarity of their own school. Individual school counseling staff members identify grieving students in their own school and reach out to us to begin a Caring Circle. Our Capital Caring licensed bereavement counselor meets with the group of students initially to assess their fitness for group participation and provides bereavement counseling oversight throughout the process. The students meet for one hour per week at a time determined by the counseling staff at the individual school. The groups are co-facilitated by a trained Capital Caring staff or volunteer with a completed background check. The school counseling staff member is present for every session and is the co-facilitator to ensure the security of the students during the sessions and to provide follow-on care if needed between sessions. The Caring Circles program acts to provide school administrators, teachers and school crisis team members with guidelines on how to respond to the needs of students and staff when a personal loss impacts the school community.

Client Fees

Please describe the fees clients must pay for the services by this program.

Capital Caring's bereavement services are offered at no cost.

Justification of Need

Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.

1 out of 7 children will experience the death of a parent or sibling by age 16. For school personnel, this means that it is highly likely they will encounter a grieving student almost every day, even if they don't see any outward or visible signs of grief. This means that in the area we serve, up to 4,000 children will need significant bereavement support. We receive many calls from school counseling professionals saying they feel ill-equipped to handle the issues that arise from loss experienced by their students. Because children spend the majority of their time in school, struggles with low academic performance and emotional disturbances due to loss arise; school counselors are tasked to identify this need and help them cope. Children who are bereaved early on in life have a five-fold increase of psychiatric disorders compared with the general population; particularly depression and anxiety, and have an increased risk of attempted suicide.

If this is a new program, be sure to include the benefits to the region for funding a new request.

Although this is not a new program, we have seen great benefits to the students we have served throughout the region:

Through active play the students benefit by learning that their grief symptoms are normal and that they are not alone in their mourning. Physical activity has been proven to improve emotional stability as it relaxes the mind and body, allowing healing. They are taught valuable coping skills, leading them to living a more hopeful life as they adapt to their "new normal" without their loved one. We help students with coping behaviors to support and maintain their attendance and classroom learning as well as teach students healthy forms of expressing their emotions related to the death of their loved one.

Target Audience and Service Delivery

Describe the program's intended audience or client base and how those clients are served.

Caring Circles are offered to all school-aged children attending school within PD16. School counselors identify grieving students and reach out to us to schedule an initial session to interview students to assess their fitness for participating in Caring Circles. Our licensed bereavement counselor meets with the group of students initially to assess their fitness for group participation. Once the school counselor and Capital Caring bereavement counselor agree that each student is a fitting candidate to participate in Caring Circles, they are scheduled for six subsequent weeks based on the schools' schedule preference. Our co-facilitator prepares the supplies and activities for each session which is co-facilitated by the schools' own school counselor or social worker. The students engage in hands-on activities including art, music, movement and storytelling within our research-based curriculum to help them process their loss in an active, fun and encouraging atmosphere.

If your program has specific entry or application criteria, please describe it here.

School counselors work with teachers and families to identify students who have had a loved one die who either lived in their home or was a significant part of the child's day- to-day life. They send home a parent

permission slip for students to participate in the initial interview assessment. Our Capital Caring licensed bereavement counselor meets with the group of students initially to assess their fitness for group participation. The trained Capital Caring volunteer co-facilitator is part of the decision-making process as they are present for interviews and begin the process of building rapport with students during the initial session. If a student is not appropriate; either the loss involved a high level of trauma or the student doesn't wish to participate after the initial interview, we will send information home to the family about other grief programs offered by Capital Caring that may assist them in their specific situation.

Capital Caring -

Number of Individuals Served

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Localities

Please provide the actual numbers of individuals served in this program during FY2016 and the projected numbers of individuals to be served in FY2018.

Locality	FY2016 (Actual)	FY2018 (Projected)
Fredericksburg City	0	20
Caroline County	0	8
King George County	18	20
Spotsylvania County	55	55
Stafford County	24	30
Other Localities		
Total	97	133

Capital Caring -

Goals and Objectives

Goals

Goal:

School staff will see a marked improvement in student's behavior and emotional status after participating in Caring Circles.

Objectives	Objective Results	Year End	Baseline
Objective 1: At least 60% of students will have fewer referrals to the counseling/nurse's office for behavioral and physical issues.	Total # Clients Served	97	108
	Total # Clients Achieved/Successful	83	90
	% Achieved / Successful	85.57	83.33
Objective 2: At least 60% of students will show an increase in cooperation and interaction in the classroom.	Total # Clients Served	97	108
	Total # Clients Achieved/Successful	83	90
	% Achieved / Successful	85.57	83.33
Objective 3: At least 60% of students will show improved academic performance.	Total # Clients Served	97	108
	Total # Clients Achieved/Successful	83	90
	% Achieved / Successful	85.57	83.33

Outcomes Narratives

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

We are going to create an education piece on children's grief for teachers so they will know what signs of grief to look for and how to know whether their students are adapting better to their grief.

If you are restating the goals or objectives for FY 2018, please include those here

We will not be restating these goals and objectives in FY2018.

Goal:

Students who attend Caring Circles will be encouraged to process the loss of a significant loved one in the familiarity of their own school where they receive ongoing support.

Objectives	Objective Results	Year End	Baseline
Objective 1: At the end of a 6 week Caring Circle at least 70% of students will be better able to talk about the death of their loved one.	Total # Clients Served	97	108
	Total # Clients Achieved/Successful	83	90
	% Achieved / Successful	85.57	83.33
Objective 2: At the end of a 6 week Caring Circle at least 70% of students will have improved their ability to identify their feelings.	Total # Clients Served	97	108
	Total # Clients Achieved/Successful	83	90
	% Achieved / Successful	85.57	83.33
Objective 3: At the end of a 6 week Caring Circle at least 70% of students will be better able to express their emotions in a healthy way.	Total # Clients Served	97	108
	Total # Clients Achieved/Successful	83	90
	% Achieved / Successful	85.57	83.33

Outcomes Narratives

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Our outcomes are higher than we projected, however, the reason why some students do not show drastic improvement in their abilities is that some students do not understand our survey questions. The questions are based on the student's subjective view of themselves. We are working on creating surveys that better capture the student's experience with Caring Circles.

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

We are working on simplifying our curriculum so we can conduct the activities in a shorter amount of time due to time constraints within the schools. Many students are required to be back in their

classrooms in less than an hour. We recognize the importance of student instruction and will adapt the curriculum in a manner which allows us to present all the pertinent information in a shorter time period. We are also working on simplifying our surveys for students and parents to capture their experiences in a less confusing way. By streamlining our surveys, we will be better able to evaluate our program outcomes and make adjustments accordingly.

If you are restating the goals or objectives for FY 2018, please include those here

Goal: The volunteer co-facilitators will be effective leaders for Caring Circles.

Objectives	Objective Results	Year End	Baseline
Objective 1: At least 90% of our volunteer co-facilitators will have a cooperative working relationship with school staff.	Total # Clients Served	97	108
	Total # Clients Achieved/Successful	100	90
	% Achieved / Successful	103.09	83.33
Objective 2: At least 90% of our volunteer co-facilitators will demonstrate comfort and skill interacting with and controlling the students in the group.	Total # Clients Served	97	108
	Total # Clients Achieved/Successful	100	90
	% Achieved / Successful	103.09	83.33
At least 90% of our volunteer co-facilitators will successfully conduct the activities and demonstrate skill in facilitating open discussion among the group.	Total # Clients Served	97	108
	Total # Clients Achieved/Successful	100	90
	% Achieved / Successful	103.09	83.33

Outcomes Narratives

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

We have worked with our agencies providing our facilitators to ensure that each one understands what is expected of them and what makes them successful Caring Circles leaders. We have added

more to the training curriculum on how to identify children needing more than Caring Circles to process their grief.

If you are restating the goals or objectives for FY 2018, please include those here

Capital Caring -

Program Budget

Please detail below the budget request for your program.

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Expenses

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Salary	28,560.00	29,417.00	30,300.00
Benefits	8,481.00	8,735.43	8,997.49
Operating Expenses	7,500.00	7,500.00	7,500.00
Capital Expenses			
Total	44,541.00	45,652.43	46,797.49

Revenues

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Caroline			5,000.00
Fredericksburg			5,000.00
King George			5,000.00
Spotsylvania			5,000.00
Stafford			5,000.00
United Way			
Grants	5,000.00	10,000.00	10,000.00
Client Fees			
Fundraising	10,000.00	8,000.00	10,000.00
Other (Click to itemize)	0.00	0.00	0.00
Total	15,000.00	18,000.00	45,000.00

Surplus / Deficit

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Surplus or Deficit	-29,541.00	-27,652.43	-1,797.49

Regional Funding

Fiscal Year 2018 - Partner Funding Application

Capital Caring

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Capital Caring **Point of Hope Children's Bereavement Camp**

Program Budget Narrative

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Please indicate in details reasons for increases or decreases in the amounts requested for FY 2018.

We have not increased our request for FY 2018.

If an increase is being requested, please describe the impact not receiving an increase would have on the program.

In particular, please describe in detail if any increase is sought for new positions or personnel.

Capital Caring -

Collaborative Impact

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Efforts and Partnerships

Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.

Capital Caring works closely with various community partners to deliver all bereavement services to children and teens. A number of area elementary and middle schools throughout our service area refer children and teens to the Point of Hope Camp. Area civic groups and religious institutions invite Capital Caring bereavement counselors to give presentations to their members; and Capital Caring social workers, chaplains, and bereavement counselors are available to employees and their families through employer-sponsored sessions on grief and loss. We also receive referrals from the various counties' Victim Witness Programs and several local churches.

Collaborative Impact

Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.

Without Point of Hope Camp in our area, many children and adolescents would face their grief journey alone. Many parents of bereaved children are hesitant to seek grief support for their children as they are managing their own grief, attempting to avoid prohibitively expensive counseling or do not believe their children need help. Point of Hope Camp is a fun and educational experience for children that parents feel they can appreciate for their children as it is free to families.

Without our Point of Hope Camp, our community would not have a camp that meets best practices. Point of Hope Camp is staffed by professional grief counselors and therapists who are highly trained to assist children with grief issues. Capital Caring requires that every volunteer who accompanies a child have a completed background check and intensive children's bereavement training.

Capital Caring -

Program Overview

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General Information

Program Name Point of Hope Children's Bereavement Camp

Is this a new program? No

Program Contact

Name Tara O. Hoit

Title Community Bereavement Program and Resource Development Coordinator

Email thoit@capitalcaring.org

Phone (540) 295-7223

Program Purpose / Description

Provide an overview of this program

Point of Hope Camp is a grief camp for children ages 6-12 who have lost a family member. The goal is to allow the children to engage in traditional camp activities but also to learn healthy ways to express their grief through music, movement and art while connecting with other children who have experienced a loss. Parents are also invited to join their children in a remembrance activity designed to teach the family how to support each other, leading to a more hopeful future.

They provide young people a new community to blend with their existing network, which has been shaken to the core by loss. All activities included in the camp are designed to be both fun and therapeutic, helping campers work through the grief process by building trust, self-esteem, and the skills to express themselves and cope with their recent loss. Campers participate in therapeutic activities such as art, music and dance therapy to help them find their way through their grief. They join healing circles and learn how to create new rituals to remember their loved ones including a closing ceremony where kids send messages to their lost loved one. In addition to grief education, campers engage in traditional camp activities like sports and storytelling and singing by the campfire. All the activities are based on best-practices in the bereavement field. Point of Hope Camp is staffed by Capital Caring professional grief counselors, professional expressive art therapists and trained volunteers.

Client Fees

Please describe the fees clients must pay for the services by this program.

All of our bereavement services are provided at no cost.

Justification of Need

Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.

One in five children will experience the death of a close relative by age 18. Children's grief is intense, overwhelming, and potentially debilitating. Bereaved children often cannot verbalize their feelings, they worry about the potential loss of other loved ones, and they may hold back on their own grieving so as not to burden the grieving adults around them. Furthermore, older children and teenagers may act out in self-destructive ways, experience guilt and depression, or withdraw from peers and families. Point of Hope Camp gives children a fun and safe place to others who understand the pain of losing a close loved one like no one else can. Normalizing the grief process with creative activities helps children and teens heal in an unforgettable fashion. A non-verbal process of expression can help to lessen the pain, sadness and anxiety that result from experiencing the illness and death of a loved one.

If this is a new program, be sure to include the benefits to the region for funding a new request.

Point of Hope Camp is not a new program.

Target Audience and Service Delivery

Describe the program's intended audience or client base and how those clients are served.

Point of Hope Camp will serve children and teens ages 6 to 14 in our area in 2017, at no cost to the campers who live in PD 16. This year Point of Hope Camp will take place at Glasgow Farms in Stafford County. Children are referred by parents or family, school teachers or guidance counselors, as well as other significant adults in the child's life. Participants are chosen on a first-come, first-served basis, and have completed an application and assessment by one of our professional bereavement counselors. Young people who have suffered the loss of a loved one who was not in hospice care may also access services. All the activities campers engage in are designed to be fun and help campers work through the grief process by building trust, self-esteem and skills to cope with their recent loss. Activities include music, dance and art therapy along with traditional outdoor camp activities.

If your program has specific entry or application criteria, please describe it here.

Children must have a completed Point of Hope Camp application that answers many questions based on health, grief and loss experience and demographics. The application is completed by the surviving parent or guardian. If medication is required, a signed physician's order must accompany the application. Once the application is received by the stated deadline, the Capital Caring bereavement counselor conducts an assessment interview to ensure each child is ready to process their loss among their peers in the camp environment. If a child is deemed inappropriate, Capital Caring will guide the child's family to other services offered by Capital Caring or an outside agency.

Capital Caring -

Number of Individuals Served

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Localities

Please provide the actual numbers of individuals served in this program during FY2016 and the projected numbers of individuals to be served in FY2018.

Locality	FY2016 (Actual)	FY2018 (Projected)
Fredericksburg City	5	8
Caroline County	2	5
King George County	3	8
Spotsylvania County	25	25
Stafford County	8	10
Other Localities		
Total	43	56

Capital Caring -

Goals and Objectives

Goals

Goal:

Attending Point of Hope Camp will provide a safe and fun place to express their grief to avoid mental health issues due to unresolved grief.

Objectives

At least 85% of children and teens will adopt new ways to express their grief in a healthy manner.

Objective Results	Year End	Baseline
Total # Clients Served	43	50
Total # Clients Achieved/Successful	40	43
% Achieved / Successful	93.02	86

At least 85% of children and teens will find new ways to cope with their loss.

Total # Clients Served	43	50
Total # Clients Achieved/Successful	39	40
% Achieved / Successful	90.70	80

Outcomes Narratives

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Our outcomes are better than projected.

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

Our goals were met and we believe that our survey of children and parents reflected this.

If you are restating the goals or objectives for FY 2018, please include those here

We will not be restating the goals or objectives for 2018.

Goal:

Through Point of Hope Camp children and teens will connect with other children who have also experienced the loss of a significant loved one so they know they are not alone and find a way to better communicate what they are going through.

Objectives	Objective Results	Year End	Baseline
At least 85% of children and teens will not feel as isolated as they were before attending Point of Hope Camp.	Total # Clients Served	43	50
	Total # Clients Achieved/Successful	39	40
	% Achieved / Successful	90.70	80
At least 85% of children and teens will feel more open to sharing their loss with others to help lighten the load.	Total # Clients Served	43	50
	Total # Clients Achieved/Successful	38	40
	% Achieved / Successful	88.37	80

Outcomes Narratives

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Our outcomes have met our stated objective.

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

We will not be making any changes to our program as our stated goals and objectives are being met based on our surveys of parents and children.

If you are restating the goals or objectives for FY 2018, please include those here

We will not be restating our goals for FY2018.

Capital Caring -

Program Budget

Please detail below the budget request for your program.

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Expenses

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Salary	28,560.00	29,417.00	30,300.00
Benefits	8,233.85	8,481.00	8,735.43
Operating Expenses	10,000.00	10,000.00	12,000.00
Capital Expenses			
Total	46,793.85	47,898.00	51,035.43

Revenues

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Caroline			4,400.00
Fredericksburg			4,400.00
King George			4,400.00
Spotsylvania			4,400.00
Stafford		4,180.00	4,400.00
United Way			
Grants	8,000.00	10,000.00	10,000.00
Client Fees			
Fundraising	10,000.00	5,000.00	15,000.00
Other (Click to itemize)	0.00	0.00	0.00
Total	18,000.00	19,180.00	47,000.00

Surplus / Deficit

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Surplus or Deficit	-28,793.85	-28,718.00	-4,035.43