



Funds Distribution Report

Recipient Organization:
Crisis Connections

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Organization's General Goals:

Crisis Connections connects people in physical, emotional and financial crisis to services that will be of help. We do this to reduce immediate emotional distress and defuse crises for individuals, families and the community; to reduce the immediate risk of violence to one's self and others; and to increase the ability of people to access the safety net, particularly for mental and emotional support services.

Date of Award:	Level:
2019 Q1	\$2,501 to \$5,000

For more information, please read the attached report from Crisis Connections.

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TulalipCares.org

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Crisis Connections CC Cares Report to Tulalip Tribe Q1 2019 14.2

It is with deep gratitude that we submit our final report to the Tulalip Tribe Charitable Contributions Fund and share the impact that your \$█████ investment on June 5, 2019 has made in the past 12 months. It was an exciting year transferring CC Cares from UW's Forefront Center and we are grateful for valued partners such as the Tulalip Tribe who helped us launch this important program.

CC Cares provides **free mail and phone-based support to individuals and families who have lost a loved one to suicide**. Survivors receive care packages with comfort items and resources – a journal and pen, books on coping with suicide loss (several child-specific grief books), a candle, chocolates, informative brochure on suicide loss, a mug with various tea bags, toy or stuffed animal for children, and tissue packages. If desired, survivors benefit from weekly phone calls for up to 3 months with a Grief Companion Mentor who have themselves survived a suicide.

UW's Forefront Center transferred materials, systems, and mentors to Crisis Connections (CC) and CC Cares was officially launched 10/15/2018. CC hired a part-time Program Coordinator who had themselves experienced the loss of a loved one through suicide and she began in January 2019. A dedicated group of 26 volunteers serve as the Grief Companion Mentors.

Final Results Toward Outcome Measures

As the program was brand new for CC, we estimated first year outcome measures based on Forefront's previous years metrics. Below are highlights from 2019:

- 1) **To receive 130 referrals for support from individuals or community members** – We received 129 referrals in 2019. 59 individuals self-referred and 70 concerned friends, family, or professionals referred someone to CC Cares.
- 2) **To serve 80 individuals or families in the first year of operation** – 120 Comfort Care Packages were sent within Washington State (and 9 sent outside of Washington). 39 supportive sessions were completed with Grief Companion Mentors
To date CC Cares has served 94 individuals and families via the Comfort Care Packages – 76% have been sent to Puget Sound residents and the remaining 24% have been to families in other parts of Washington. 28 mentors have been utilized for emotional support sessions. 49% of survivors self-referred for support and 51% were referred by a concerned other – chaplain, loved one, or first responder.
- 3) **To gather information regarding the helpfulness of the program** – CC Cares tracks the emotional status and wellbeing of survivors from Grief Companions. The following quotes illustrate the impact that CC Cares is having.

formerly known as

Crisis Clinic
Helping Lives On the Line

“I wanted to let you know that I received the care package in the mail today. I am so impressed by the thoughtfulness that has gone into preparing that package and the speed with which it came. I (and my family) are truly touched by this. I just wanted to share my deepest gratitude.”

“I just wanted to thank you so much for the comfort package - it really was just that - so comforting, and I’ve used the journal & book almost daily.”

“I want to follow-up with you both to let you know how wonderful you have been in helping me deal with the recent suicide of a University of Washington co-worker. I am exceedingly grateful for your support, caring and unique understanding. I highly recommend Crisis Connection and have learned first-hand how valuable your program is because of its *specific* assistance to survivors of suicide. Thank you for making a genuine difference in my recovery!”



Picture of Comfort Care Package

Lessons Learned and Intentions for Year 2

This first year of operations has been a great experience for CC Cares staff and volunteers. We have been humbled by the need for emotional and resource support around the unique experience of suicide loss. A main takeaway is the true individuality of each person’s grief journey. There is no roadmap for how individuals and families move through their feelings and reactions. Some are ready for support from the beginning while others initially reach out but then “go silent” for months – retreating and coping on their own only to emerge 5 months later ready to be matched with a Grief Companion Mentor. It is a gift to honor each person’s journey and walk alongside them at their own pace.

The gift of honoring individual journeys can also be a challenge. It is an ongoing learning opportunity to determine how to best offer support to people in their darkest moments in a respectful and unobtrusive manner. Striking the right balance of respecting people’s individual process while gently offering them support services that could assist their grief journey requires attunement, authenticity and patience.

In Year 2 our Program Coordinator hopes to do more outreach and education in smaller communities, as we know suicide rates are higher in rural areas. Being a survivor of suicide herself has allowed her to connect in a deeper way and she has learned that leading with vulnerability opens doors.

Crisis Connections is thrilled to have inherited the CC Cares Program and we look forward to continuing to support individuals in their grief journeys as they navigate life after a loved one’s suicide. We feel this program is particularly relevant as experts suggest suicide rates will likely increase with the devastating impacts of COVID-19. We are incredibly grateful for Tulalip Tribe’s support and hope that we can continue our partnership moving forward.