



August 2014

For information on programs, services and upcoming events, please call 805-563-8820

What's Happening at HSB

Dear Friend of Hospice of Santa Barbara

As hard as it is to say goodbye to the lazy days of summer every year and return back to school, many children and teens are eager for the opportunity to start a new chapter, catch up with old friends and embark on a new adventure. But for those struggling with grief, starting a new school year can feel paralyzing and overwhelming. Now beginning its sixth year, HSB's Youth Bereavement Outreach program provides the critical counseling to help children and teens contend with their grief.

"crossings of my mind" - Solo Art Exhibition featuring Paula Re, on display through October.
[Read More](#)

Heart of Hospice Reception

August 21st, please contact us for more information.
[Read More](#)

Save the Dates

August 21st

Heart of Hospice Reception

October 24th

Heroes of Hospice Awards

December 6th, 7th and 13th

Light Up A Life Ceremonies

Youth Bereavement Outreach Services

Children and teens are often the forgotten grievers, the ignored, the overlooked. Their untended grief can lead to depressive immobilization and destructive behaviors that put youth at risk. It has the potential for long lasting effects on the development and function of the child. Poor coping responses emerge as young people turn to drugs, alcohol, delinquent behavior and thoughts of suicide as a solution to numb the pain of grief and loss.

Through our Youth Bereavement Outreach Program, we are active on nine local campuses providing free counseling for grief and bereavement to elementary to college age students. These are some of the most traumatic and complex situations in which we are involved. Our on-campus counseling services provide a safe avenue for students to vent their feelings and learn that they are not alone.

Without our continued presence on their school campuses, many of these students would not have access to professional support to help them cope with overpowering feelings of grief. Our work in the schools extends to educating teachers and staff on how to deal with students' questions around traumatic death within their community, and identifying signs of unresolved grief within the student population.

Did you know...

One in 5 children will experience the death of a loved one by age 18. One in 20 children will experience the death of one or both parents before reaching adulthood.

HSB is active on nine local campuses, providing weekly support groups from elementary to college age students in English and Spanish.

We are the only local agency that offers free professional grief counseling to our community without the restrictions of government or insurance reimbursements. This accessibility means that we can provide service anywhere a need is present. The need in our community for HSB's Youth Bereavement Outreach Program is great and our reputation for quality service is strong. We rely solely on the generous support of donors like you who enable us to create innovative programs that speak to the needs of our family, friends, and neighbors.

For the 2013-2014 academic year, 90% of students participating in HSB's Youth Bereavement Outreach self reported **improvements in their symptoms of grief**. Most improved were feelings of sadness, anxiety and anger.

Last year **2,105 children and teens received professional support and coping tools** for their grief, creating the basis for successful emotional growth.

\$40
for **40** years
Celebrating 40 years of service to the Santa Barbara community

100% of Hospice of Santa Barbara staff have made a donation in honor of our 40th anniversary. Please help us celebrate by making your own \$40 for 40 contribution by [clicking here](#).

New Donors

With sincere gratitude, we welcome our new donors. Without our generous donors it would be impossible for Hospice of Santa Barbara to continue fulfilling our mission of caring for those experiencing the impact of a life-threatening illness or grieving the loss of a loved one.
(7/1/14 - 7/31/14)

Nancy Bertelsen

George Bregante

Brownstein Hyatt Farber
Schreck, LLP

Kelly Caraher

To support our Youth Bereavement Outreach Services and other programs provided to the Santa Barbara community by Hospice of Santa Barbara, please [click here](#).

Meet Our Staff!



Chelsea Stevenson, MFTI
Children and Family Services Counselor

Chelsea brings her knowledge of counseling and clinical psychology to her role at Hospice of Santa Barbara. Before joining HSB in the spring of last year, she was providing counseling services at the Hosford Counseling and Psychological Services Clinic at UCSB.

In addition to individual and group counseling at our main office, Chelsea facilitates a weekly support group for students at Dos Pueblos High School - providing a critical venue for honest communication, support and coping skills to contend with their overwhelming feelings of grief.

Chelsea earned a Bachelor of Arts degree in Business Administration at the University of San Diego, and she received her Master's Degree in Counseling Psychology from the University of San Francisco. She also completed doctoral level courses in psychology at UCSB.

Alternate Ways to Support HSB

All services at Hospice of Santa Barbara are provided free of charge. We rely on the generous support of the community to continue our work. You can support our programs at Hospice of Santa Barbara by:

Ruth C. Franklin
Mary Howe-Grant
Georgina LaBerge
Marian B. Porter

- Sending us a personal story about how Hospice of Santa Barbara has affected your life to info@hospiceofsb.org for possible inclusion in future newsletters.
- Forwarding this newsletter to your friends and family.
- Following us on [Facebook](#), [Twitter](#) and [Pinterest](#).
- Adding us as your charity of choice on [AmazonSmile](#).

Lyndon Richardson

June Ruiz

In-kind gifts have as much impact as a gift of cash. Some items currently needed are:

Curt Russell

Suzanne C. Spencer

Jill Thurber

- Gift certificates for Community Supported Agriculture produce boxes to support healthy nutrition
- Gift certificates to "wash and fold" laundry services and/or dry cleaning
- Gas cards for transportation to and from medical appointments
- Drug store gift cards for personal and medical care items
- Petco gift cards to support a pet companion of those facing a life-threatening illness
- Grocery store gift cards for those experiencing financial hardship due to illness or death in the family

We would also like to acknowledge our new and renewing **Heart of Hospice** Supporters (annually renewable gift of \$1,000 or more) (7/1/14 - 7/31/14)

Assisted Home Hospice Foundation

Patricia Eble

Create a lasting legacy by exploring some of the many charitable gift options by visiting our website or [click here](#).

Gerard Harter

Alan & Mary Jane Miller

Peter & Adelaide Stalker

Kay & Ted Stern

If you wish to become a new *Heart of Hospice* member or renew your membership, please contact K.C. Murphy Thompson at 805-563-8820 or [visit our website](#).

A Bequest of Life Insurance

A bequest of your life insurance policy is an easy way for you to make a gift to us.

It's as easy as naming our charity as beneficiary of all or a portion of your policy on your beneficiary designation form.

Your life insurance proceeds will help further our work, and your estate will benefit from an estate charitable deduction for the value of the proceeds paid.

To Learn more about making a bequest of life insurance, please call us at (805) 563-8820 or visit our website at

www.hospiceofsantabarbara.org