

# **Children's Mental Health School-Based Training and Support Expenditures Report**

HF868 §6; 2021 Iowa Acts, Ch. 170.6

## **2021 House File 868 §6 subsection 23 paragraph b, 2021 Iowa Acts Chapter 170 §6(23)(b)**

Of the amount appropriated in this subsection for distribution to area education agencies, \$83,936 shall be used for purposes of implementing a children's grief and loss rural pilot program to serve up to 375 Iowa children in up to seven rural school districts or accredited nonpublic schools. The pilot program shall be administered by, and the moneys allocated pursuant to this paragraph shall be distributed to, an existing statewide not-for-profit health care organization that currently provides grief and loss services to children.

September 30, 2022

# Children's Grief & Loss Support in Rural Iowa

Program Update | August 2022

**EveryStep** 

Grief & Loss Services

Home of Amanda the Panda

*Addressing children's mental health through grief support following trauma & loss.*

"This group helped me cope with my feelings since my dad was incarcerated."

Story County  
Middle School Student

"I got more brave to share my feelings. I wish we had more classes."

Osceola County School Student

"Many of my students in the group really enjoyed connecting with others who were feeling the same way as them. They also mentioned that it was interesting to hear perspectives from those who are at different stages in their grief process."

Story County School Counselor

For the 2021-22 school year, EveryStep Grief & Loss Services – Home of the Amanda the Panda set a goal to serve 10 schools and 100 students with our expansion of school-based support services in rural Iowa.

In October 2021, EveryStep was able to hire a staff member whose sole objective is to serve students in rural schools.

By January 2022, rural students began participating in the school-based program. Throughout each 6-week session, students shared their grief stories, connected with peers and learned resiliency skills to feel better equipped to cope with grief in healthy ways.

## RESULTS

**84%** felt comfortable expressing thoughts and feelings about their loss

**90%** felt connected to their peers within the support group

**89%** reported that they improved their knowledge of coping skills

**91%** felt supported in their loss by the group

## RECAP: OCTOBER 2021 – PRESENT

### Initial Goal for School Year

**10 schools**  
**100 students**

### Served

**10 schools**  
**126 students**



**126**

Elementary and middle school students served through small support group sessions  
K - 8th grade (4-14 years old)

**25**

Students served through a classroom-wide grief and loss support session

**30**

Parents of middle & high school students served through an educational presentation

**40**

Students, parents and staff served through a mental health night

**20**

Staff members served through a session on anticipatory loss

**8**

New rural schools have requested programming for Fall 2022



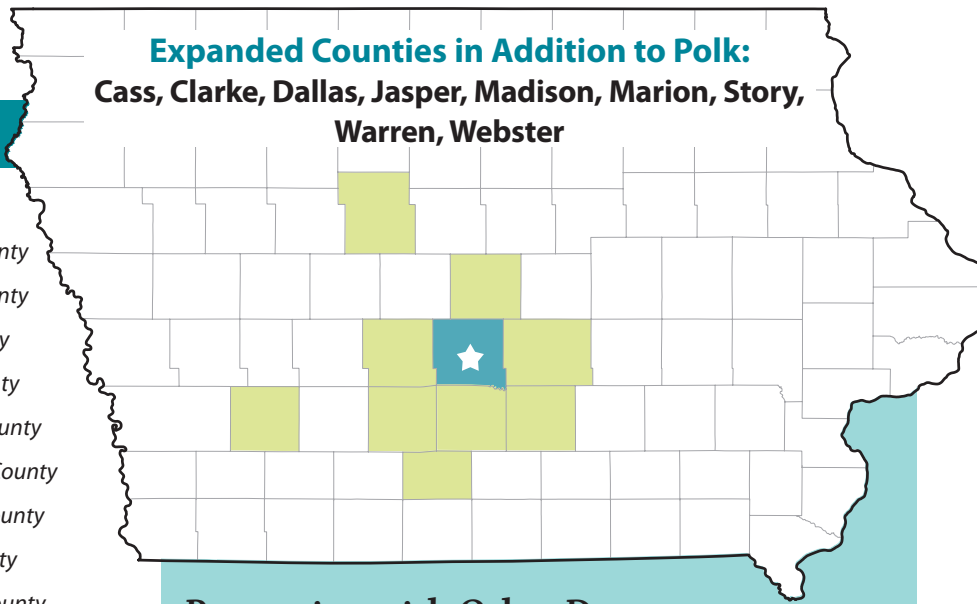


## SCHOOLS SERVED

### January to May 2022

Nevada Central Elementary	Nevada – Story County
Nevada Middle School	Nevada – Story County
Ballard West Elementary	Slater – Story County
Ballard Middle School	Huxley – Story County
Clarke Elementary	Osceola – Clarke County
Hartford Upper Elementary	Hartford – Warren County
Carlisle Elementary	Carlisle – Warren County
Southeast Warren Elementary	Milo – Warren County
Southeast Warren Upper Elementary	Lacona – Warren County
Colfax-Mingo Elementary	Colfax – Jasper County

## Expanded Counties in Addition to Polk: Cass, Clarke, Dallas, Jasper, Madison, Marion, Story, Warren, Webster



## SCHOOLS INTERESTED IN FALL 2022 PROGRAMMING

Thomas Jefferson Elementary	Newton – Jasper County
Woodrow Wilson Elementary	Newton – Jasper County
Emerson Hough Elementary	Newton – Jasper County
Perry Elementary	Perry – Dallas County
Perry Middle School	Perry – Dallas County
Melcher-Dallas K-12	Melcher-Dallas – Marion County
Interstate 35 Elementary	Truro – Madison County
Fort Dodge Schools	Fort Dodge – Webster County

## SCHOOLS SERVED THROUGH OUR COMMUNITY RESOURCE EDUCATION

*Educational presentations, teacher training, etc.*

North Polk Elementary	Polk County
<i>Classroom grief and loss support following bereavement</i>	
Winterset Middle School	Madison County
<i>Presentation for parents on how to support grieving children</i>	
Dallas-Center Grimes High School	Dallas County
<i>Anticipatory loss support and education for staff</i>	
Atlantic Middle School	Cass County
<i>Community mental health night</i>	
Heritage Elementary	Polk County
<i>Anticipatory loss support and education for staff</i>	

## Partnering with Other Donors to Make State Support Go Further

### Grief Backpacks

This year, we partnered with New York Life to provide schools with a backpack that includes age-inclusive grief support materials, activities, and information about local resources. Backpacks are available at schools across Iowa for children, teens, and families who have lost a loved one.

Each backpack includes support items that meet the tactile, mental, emotional, and sensory needs of students. **This program has allowed us to provide 65 backpacks to rural schools.**



## USE OF FUNDS

Personnel	\$ 58,255
Supplies	\$ 370
Equipment	\$ 4,185
Communication	\$ 2,179
Travel	\$ 2,369
Professional Dev.	\$ 1,135
Admin/Other	\$ 15,470
<b>Total</b>	<b>\$ 83,936</b>

*Thank you  
for your  
continued  
support!*