

**Redbud Health Care District**  
Request for Funding  
2024-2025

Request

**Subject of Request****Wings of Hope –Annual Children and Youth & Family Bereavement Program****Starting Date for New Program**

- Fall, 2024 -- One-Day Camp -Lakeport or South County location
- June 2024 -- Three-Day Family Camp  
Northshore Location  
September -June – School Based Grief Counseling Services

**Phone**

707-263-6222

**Website:** [www.lakecountyhospice.org](http://www.lakecountyhospice.org)**Contact Persons:**Janine Smith-Citron, Director of Development ([jscitron@lakecountyhospice.org](mailto:jscitron@lakecountyhospice.org))Kathleen Bradley, Bereavement Services Manager ([kbradley@lakecountyhospice.org](mailto:kbradley@lakecountyhospice.org))**1. Individuals Responsible for Funds**Janine Smith, Director of Development ([jscitron@lakecountyhospice.org](mailto:jscitron@lakecountyhospice.org))**2. Amount Requested     \$40,000.00     Grant Period: July1 2024 – June 30, 2025****3. Background and Basic Information Regarding the Organization**

Since 1980, Hospice Services of Lake County, a 501(c)3 California corporation, has served the residents of Lake County with medical/physical, emotional, and spiritual support as well as highly qualified volunteer and grief/healing counseling services. We offer these services for Hospice patients who are in the last six months of life, and we serve their families/caregivers, and through our bereavement services after they have died. There is no charge to the patients or families for any of our services.

Recognizing that Lake County has a extraordinary high rate of deaths per capita, our mission includes offering robust community bereavement services to those who are grieving the death of significant person in their life who did not receive Hospice care. *Provided consistently since 2012, our “Wings of Hope” children’s bereavement program focuses on counseling support at schools and in community settings, to ease the strain of scheduling and transportation for the families. We have also offered one and three-day camps throughout the year, for families at no charge, since 2000.*

Requests for grief counseling services in South County continue to increase by individuals and families and the need continues to rise. Many agencies such as Lake County Behavioral Health are extremely limited due to the shortage of qualified staff to serve families and are referring to community-based agencies for specialized services such as grief and trauma counseling.

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Additionally, school systems are so overwhelmed with special student needs the capacity to oversee or refer to community resources is limited. We anticipate continuing to provide grief counseling services, with the support of the Redbud Healthcare District grant funding and other fundraising activities.

Hospice Services of Lake County is operated under the direction of an Executive Director, Leadership Team of administrative, clinical, and therapeutic professionals with oversight and direction from a Board of Directors, composed of dedicated community members.

#### **Board of Directors:**

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#### **4. Justification**

Lake County continues to experience far more than our share of deaths in comparison to other communities statewide. We continue to rank 2<sup>nd</sup> to the lowest on most indicators of health and safety in California. In 2023, we continued our rate of *over four times higher than any other county in the state for Drug Induced Deaths*—the majority under the age of 45. We ranked 58<sup>th</sup> out of 58 counties for Accidental Deaths (unintended injuries) and 57<sup>th</sup> for Homicides. We also were 56<sup>th</sup> for Chronic Liver Disease and Cirrhosis, 55<sup>th</sup> for fatal motor vehicle crashes and firearm-related deaths. **Our county Suicide rating was 54 out of 58.**

Death is certainly one of our area's major concerns on many levels and affects so many of our families. Trauma and tragedy have left our communities shaken on a continuing basis, by death rates that continue to be so high, intensified more recently because of the COVID -19 pandemic, power shutoffs and wildfire devastation. Family stressors related to the aftermath of the pandemic are significant especially for low-income families. Extremely high rates of those served have experienced major losses, most often the death of someone significant in their lives. The tragic long-term effects of unexpressed sorrow and grief often include depression, anxiety, physical and emotional illnesses, addictions, suicide, or homicide.

Hospice Services of Lake County is in the unique position in our county to provide continued expertise for the necessary service of bereavement support. Health insurance, if available to the Lake County resident, generally provides minimal coverage or none for bereavement counseling. Federal or state funding for grief counseling is virtually non-existent. As described in our 2022-23 report, we are being asked **and are responding** to a varied number of grief and trauma

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incidents outside our normal scope due to the needs of community members such as tragic accidents, murders and suicides.

*The “Wings of Hope” Children’s Bereavement Programs, including the family camps and individual/group work in schools will provide a wide range of specialized services from trained professionals and highly trained volunteers. These services are not readily available from other local resources to support the needs of children and families during their cycle of grief. Intervention measures include grief groups, which activate peer support, as well as one-on-one counseling on school campuses, which is of value to low-income families for whom transportation and scheduling is a known challenge. When a family has been struck by death, the normal, supportive presence of even the healthiest of adults is also shaken. Our camps in local communities focus on the re-creation of the family bond after changes that occurred because of their shared loss(es).*

### 7.1 Intended Use of Funds

We anticipate expanding the Wings of Hope school/community-based counseling to include devoted personnel and dedicated outreach in South Lake County. Programs included in this proposal include 1-1-day camp, 1-3 – Day camp and school-based counseling and family groups in schools throughout the County with emphasis on South County while using Redbud funds. We also provide training and consultations with local tribal social service staff and behavioral health professionals. The school-based program has accelerated this year with 9 volunteers in 10 schools and youth groups.

We supply all the materials used for our school counseling. We provide activities, which include age appropriate information, specifically developed grief games and interactive experiences, art and craft supplies and snacks. We do not charge for our services, thus, the funds received from the Redbud Healthcare District grant will be used towards the purchase of these materials, bereavement staff salaries and mileage expenses.

The camps, which will include two one-Day Camps, in April/November, and the summer three-day camp are also offered to families at no charge. We use the funds that we receive to purchase materials and supplies for art and therapeutic projects and small incentives. Funds are necessary for the rental of the camp property, training of the volunteers, meals and snacks while at camp, equine therapy, hiring a professional bereavement percussionist who engages the children and parents in making drums, mileage reimbursement for camp staff, and bereavement staff salaries. The funds requested is for assistance with the salary of a .80 FTE Bereavement staff member targeting school based counseling, camp and volunteer.

Program elements that will include:

- Meeting individually or in small stable cohorts with children in schools and community settings in Clearlake and Middletown.
- Providing additional bereavement and loss-focused training and support to faculty in schools as requested.
- Formal structured workshops for educators and professionals working with youth.

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#### **7.2 How Intended Use of Funds will further the Healthcare Services within Rebud Healthcare District**

Hospice Services of Lake County Bereavement Services serves all of Lake County, and specifically in the Rebud Healthcare District; we presently serve the Konocti District schools from Eastlake through Pomo, Burns Valley, Lower Lake, Middletown, and Cobb. All our camps are attended by residents in the district and the new mini camps will take place primarily in South County. We have established relationships with the school counselors to help identify children who are exhibiting behavior with a negative impact on their education, health, and social success to come into the schools and offer our time, attention, and expertise. We continue to proactively conduct outreach to south county families through school personnel and other prominent stakeholders.

The successes that we have had over the years is heartwarming and certainly has a positive impact on the families, schools, individuals, and community.

We promote reconnection with classmates and family members, practicing coping skills with others who understand through their own losses. Studies show that school-based interventions for students exposed to the trauma of death help improve attendance, school participation, reading and math skills, and may reduce the number of dropouts.

The family camps provide a much-needed respite from the daily pressures of life as families attempt to reconstruct their lives and their connections after the loss of someone significant. Josh Robinson, an internationally renowned percussionist, and experienced professional at grief camps across the country, is returning to assist us. Josh teaches drum building and drumming for self-expression, interaction/communication, and emotional processing. This provides our families with activities that express their creativity, build self-awareness, confidence and critical teamwork skills that focus on discipline, respect, and consideration of others. The nurturing atmosphere of the rural camp, the healthy food that is thoughtfully served, the presence of therapeutic dogs for all the participants to share in their healing energy, the horses, with the confidence and self-awareness that is built through therapeutic interactions and doing family art projects to grow together through shared experiences all provide opportunity and support for healing and positive identity building.

We utilize volunteers, also trained and specifically chosen for their insightful qualities and presence. Memories made at camp are priceless and timeless emphasizing and emulating health.

Assessments are taken from the students and participating family members before and after services are provided at the schools and camps. In the schools, the parent(s)/guardian(s), teachers, and counselors are also requested to provide feedback for us to continue to improve our services. Trained Hospice staff evaluate the effectiveness of the camps and the groups for each participant.

#### **7.3 Detailed Basis for Funds Requested**

Budget figures were derived from reviewing actual costs of previous camps, projecting enrollment for the 2023-2024 program year and increased gas and food costs. The formation of

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school groups and individual counseling continues with referrals from teachers, counselors, administrators, families, and other community services and members.

We will continue to actively raise funds for the Wings of Hope Program.

(Please see 2024-2025 Budget Attachment A)