

NOVEMBER 2023 | ISSUE 5

# The Kindness Report

The latest news from Sharing Kindness



## Childhood bereavement on the Cape & Islands

In honor of National Children's Grief Awareness Month, we have relevant data pertaining to childhood bereavement on the Cape & Islands. The Childhood Bereavement Estimation Model (CBEM), which was developed by Judi's House/JAG Institute in partnership with the New York Life Foundation, approximates rates of U.S. children and youth who will experience the death of a parent or sibling. Sharing Kindness recently requested bereavement rates from Judi's House/JAG for our local counties.

## Key takeaways:

♥ In Massachusetts, 1 in 13 children will experience the death of a sibling or parent by age 18. In Barnstable County, that number is 1 in 9 (for children on Dukes and Nantucket Counties, the estimation is 1 in 15 and 1 in 24, respectfully).

♥ 10% of children in Barnstable County, 5% of children in Dukes County, and 4% of children in Nantucket County will specifically experience the death of a parent.

♥ From 2018-21, the leading cause of death for 30-49-year-olds (estimated age range of parents of children under 18) in Barnstable County was accidents. The majority of those deaths are attributable to accidental drug overdose.

## ...and why it matters:

Bereaved children are more likely to die from suicide, more likely to experience substance abuse, and less likely to complete high school or enter higher education.

...But providing a safe space for children to share their feelings, talk about their grief and receive support from others who understand loss can help reduce risk.

These are the benefits of peer grief support, the model used in our free clinician-led programs. There is an immediate need for these services on the local level, and it is our goal to offer hope and support for bereaved children and families in our community.

[Click here](#) to learn more about our programs.

# Registration open for Family and Young Adult Grief Groups

## Family Grief Groups

Meet in Hyannis on the 1st and 3rd Thursdays of each month

If your family is navigating a death loss, we welcome you to join our free Family Grief Groups. We meet together, share a meal, and then break out into peer support groups: one for parents/guardians, and separate groups for children of different developmental ages.

► [Learn more & register](#)



## Young Adult Grief Group

Meets in Yarmouth Port on the 3rd Thursday of each month, and Falmouth on the 3rd Wednesday

As a young adult, it's easy to feel that no one in your circle understands your grief. Sharing Kindness offers a clinician-led peer grief support group specifically for young adults (ages 18-29) to share their feelings and connect through the experience of loss.

► [Learn more & register](#)



Last month, our team toured Jeff's Place, a bereavement center in Framingham, MA, with a similar model and philosophy to Sharing Kindness. The visit helped us gain insight and gather inspiration for The Healing House, the grief and wellness center we plan to open on Cape Cod. *Cont. on next page* ►



Jeff's Place truly feels like a home. It is warm, welcoming, and filled with color, from the mosaic "Hope grows here" mural that greeted us upon entering, to the brightly colored "In loving memory of" donation plaques on the wall of each room.

A small yard and a basketball hoop provide space for kids to play before group, and on special occasions, a stone walkway is lined with luminaries in memory of those who have died.



Meeting with the team at Jeff's Place – including executive director Melissa Kennedy Panto – showed us the potential for our grief center on the Cape, and we look forward to taking steps toward this goal in the near future. Stay tuned for exciting updates to come!



## A glimmer of hope

We're excited to announce that eight schools have signed up for Hope Squad, the suicide prevention program that Sharing Kindness is funding on the Cape & Islands. Here are a few notes on what's happening:



★ Falmouth High School's Hope Squad (the FIRST local school to join the effort) recently presented at the Safe Schools conference in New Hampshire.

★ Nauset and Monomoy Regional High Schools, Cape Cod Tech, and Barnstable High School now have trained advisors and are in the process of building their Hope Squads.

★ Bourne High School, St. John Paul II School, and Falmouth Middle School – the three newest schools to get involved – are scheduling their advisor training dates soon.

[Click here](#) to learn more about Hope Squad.



Click to visit our **NEW**  
donation page!

Psst! Don't miss  
this upcoming  
event...



## Shopping Day

*Marathon Sports Yarmouth,  
10 AM-5 PM*

Join us at Marathon Sports in South Yarmouth this Saturday for Shopping Day! For each customer that mentions Sharing Kindness at checkout, 10% of each purchase will be donated to our organization.



Interested in volunteering? We need help greeting customers and chatting about the cause. Email [info@sharingkindness.org](mailto:info@sharingkindness.org) for more details!