

2022 ANNUAL REPORT



*Grief Support for Children, Teens,
Young Adults and Their Families*



SUSTAINING SUPPORT

“Grief support in a child’s life reduces risk factors for emotional, mental, and behavioral health and academic and relational difficulties. Ten years of nurturing coping skills and expression, countering feelings of isolation, and building resiliency is indeed something to celebrate.”

I am proud to present our 2022 Annual Report. In 2022 we gratefully settled into our new home and welcomed our families. We used our new space for grief education, offered several community trainings, and developed resources for first responders, teachers, social workers, and community support professionals.

As I reflect on 2022, the word “sustain” comes to mind. Because of our strong team of donors and volunteers, we are here for the long term to hold hope and foster resiliency for families during their darkest days.

One big milestone was our 10th birthday celebration in April! I often think of the first children and families who walked through the doors in 2012. It is so inspiring to hear stories about their lives today and the difference Jessica’s House made in their family’s healing.

Grief support in a child’s life reduces risk factors for emotional, mental, and behavioral health and academic and relational difficulties. Ten years of nurturing coping skills and expression, countering feelings of isolation, and building resiliency is indeed something to celebrate.

Here’s to many more years of building hope and healing for families. As always, our goal is that no child in our community will ever grieve alone.

With sincere devotion and appreciation,



Erin Nelson, ACTP

*Founder and Executive Director
Jessica’s House*



CELEBRATING 10 YEARS

2022 MARKED THE 10TH ANNIVERSARY OF JESSICA'S HOUSE.

Ten years of supporting thousands of children in need was worthy of cake! We celebrated with our community of donors and volunteers who made it possible to achieve this milestone.



ONE MISSION INSPIRED BY HOPE

1 in 13

children¹ will experience the death of a parent or sibling by the age of 18. That number doubles to one in seven by the age of 25.

OUR MISSION

is to provide a safe place for children, teens, young adults, and their families grieving a death.

OUR VISION

is that no child should ever grieve alone.



¹ According to the 2022 Childhood Bereavement Estimation Model

SPECIALIZED PEER SUPPORT GROUPS

PEER SUPPORT GROUPS

at Jessica's House are organized by age, type of loss and the relationship to the person who died. Groups meet every other week for 90 minutes. Providing a safe place for participants to share their stories and find support from each other brings comfort, connection, a sense of belonging and strength.

When we opened our doors in 2012 we started with one child. Ten years later, we support more than 800 individuals in our program. In 2022, we held 296 peer support groups for adults and children and 42 groups for young adults. Additionally we expanded our young adult group to include ages 26-40.

Jessica's House currently offers 8 specialized peer support groups:

- **Parent Loss**
- **Sibling Loss**
- **HeartStrings** (*stillbirth, infant and pregnancy loss*)
- **Hope After Accidental Overdose**
- **Hope After Homicide**
- **Hope After Suicide**
- **Covid-19 Loss**
- **Spanish Language**

Jessica's House age groups:

- **Pre-Littles (0-4)**
- **Littles (5-8)**
- **Middles (9-12)**
- **Teens (13-17)**
- **Young Adults (18-25)**
- **Young Adults 2 (26-40)* *NEW***
- **Caregivers**



SUPPORTING OUR SCHOOLS

LOCALLY AND BEYOND

IN 2022, JESSICA'S HOUSE created an 8-week support group packet complete with art and therapeutic activities for school counselors outside our service area. These are available free of charge at www.JessicasHouse.org.

School groups provide a safe environment where students who are grieving can receive valuable resources and support at their school site. When we launched school support in 2015, we held one school group with twelve students.

In 2022, Jessica's House supported 287 students across 34 school sites in four school districts. Each school group holds 8-week sessions where students meet for 1 hour each week. Support for students would not be possible without our 33 school group volunteers who take Jessica's House on the road each week.

287
STUDENTS
SUPPORTED

34
SCHOOL
SITES

4
SCHOOL
DISTRICTS



MEETING THE NEEDS OF OUR COMMUNITY



- How to Inform a Child of a Death
- How to Support a Child After a Death – the First Few Days
- Supporting Children with Funerals
- Supporting Your Child After a Death
- Healing After a Death
- Healing After Your Spouse or Partner Dies
- Healing After the Death of your Child
- Healing After a Miscarriage
- Healing After Your Baby Dies

BUILDING UP COMMUNITIES

In 2022, Jessica's House hosted grief education trainings to share trauma-informed practices, calming strategies and sensory-based expressive activities with those working in healthcare, schools, and various community support agencies. Community education is offered at no cost. 153 participants attended in 2022 from 19 different local organizations, including 11 different school districts.

CHILDREN'S GRIEF AWARENESS

In support of Children's Grief Awareness Month, Jessica's House brought awareness to the benefits children receive through grief support. Throughout November, banners were displayed throughout downtown Turlock, and we offered story time at Alegria Performing Arts Academy.

DEEPENING THE SUPPORT FOR OUR COMMUNITY

We developed grief support resources to equip parents, caregivers, first responders, and schools after a death.

Quality support is critical for coping and resiliency. These resources equip families and service providers as they support themselves or others who are grieving.

- Healing As a Family After a Stillbirth
- Healing As a Family After a Death by Accidental Overdose
- Healing As a Family After a Death by Homicide
- Healing As a Family After a Death by Suicide
- Supporting Your Baby or Toddler After the Death of Their Parent
- Supporting Your Child After the Death of Their Parent
- Supporting Your Child After the Death of a Sibling
- Supporting Your Child After the Death of their Grandparent
- Supporting Your Children Who are Grieving During the Holidays
- Supporting a Student who is Grieving
- Supporting Yourself as You Support Others
- Supporting Your Teen After a Death
- Supporting Your Young Adult After a Death
- Supporting Your Child Through a Loved One's Life Limiting Illness

STAYING CONNECTED

Through Jessica's House social media platforms and quarterly newsletters, we build awareness for grief support. Our outlets educate and encourage followers by sharing grief support tips, coping skills, art invitations and program updates. We love staying connected with our community!

8.8K

SOCIAL MEDIA FOLLOWERS

1.2M

SOCIAL MEDIA IMPRESSIONS

692K

SOCIAL MEDIA PROFILE REACH

6.3K

QUARTERLY NEWSLETTER SUBSCRIBERS



PROVIDING SUPPORT

AT NO COST TO FAMILIES

**THANKS TO OUR
GENEROUS DONORS,**
there is **never** a cost
to families. Our donors
recognize that families in
grief should never worry
about paying for support
during their darkest days.



OUR GROWING IMPACT

WE WELCOME ALL

As one of only four grief centers in California, we serve families from 38 surrounding cities.

In 2022, we supported families from 5 surrounding counties:

Stanislaus

Merced

San Joaquin

Sacramento

Tuolumne

879

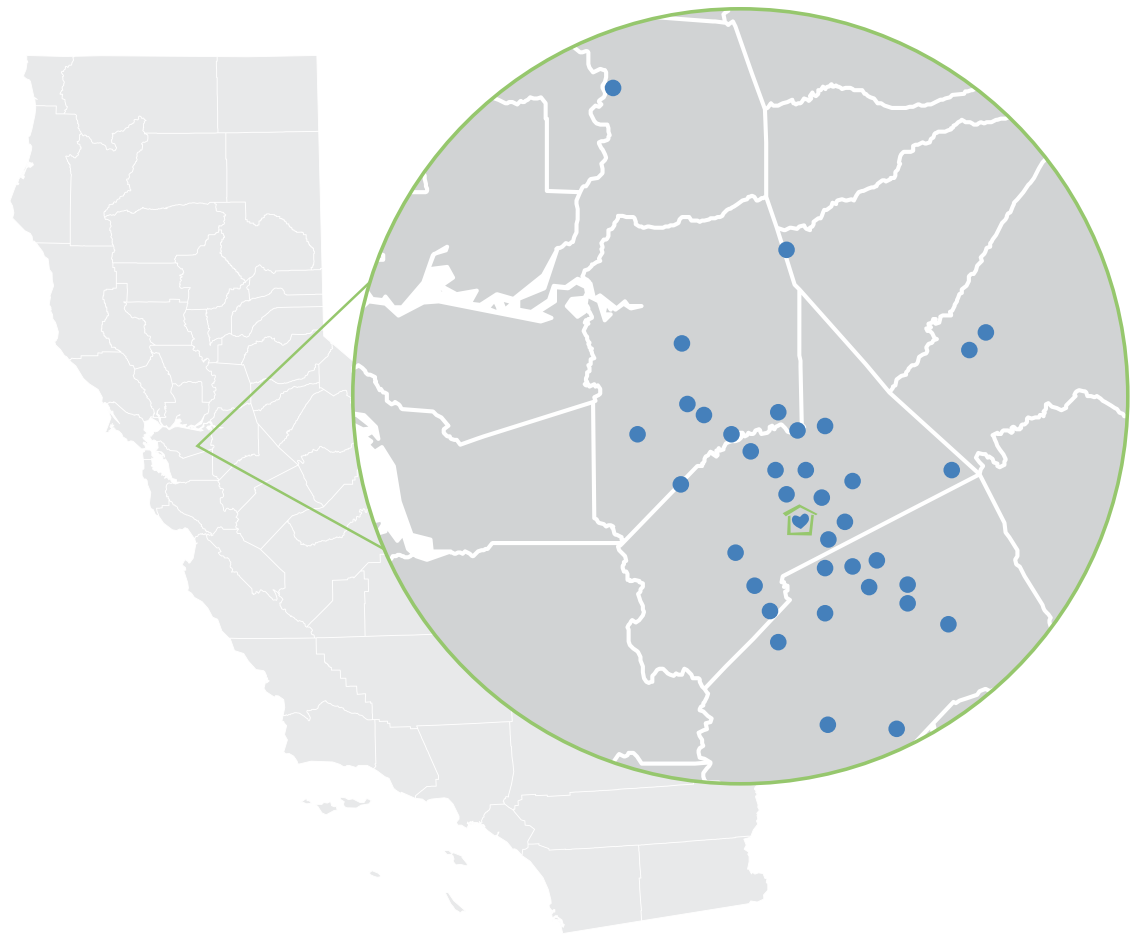
INDIVIDUALS
ENROLLED IN
PEER SUPPORT
GROUPS

654

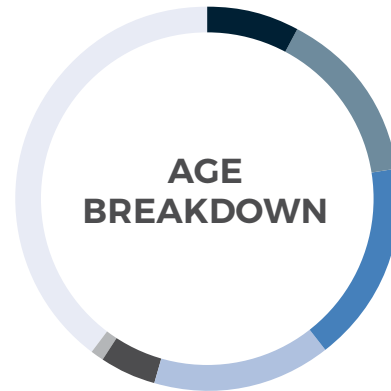
CALLS FROM
FAMILIES
LOOKING FOR
GRIEF SUPPORT

205

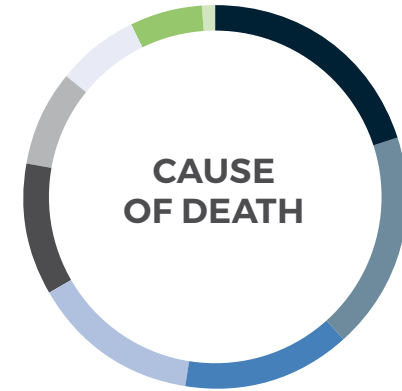
FAMILIES
ATTENDED
NEW FAMILY
ORIENTATION



OUR GROWING IMPACT CONTINUED



- 8% PRE-LITTLES (0-4)
- 15% LITTLES (5-8)
- 17% MIDDLES (9-12)
- 15% TEENS (13-17)
- 5% YOUNG ADULTS (18-25)
- 1% YOUNG ADULTS (26-40)
- 40% ADULT CAREGIVERS



- 20% ILLNESS
- 18% CANCER
- 14% OVERDOSE
- 14% ACCIDENT
- 11% SUICIDE
- 8% HOMICIDE
- 7% COVID-19
- 6% SIDS & PREGNANCY LOSS
- 1% UNKNOWN



- 83% PARENT/CAREGIVER
- 14% SIBLING
- 3% OTHER



- 48% WHITE
- 40% HISPANIC
- 5% AFRICAN AMERICAN
- 3% ASIAN AMERICAN
- 2% MIDDLE EASTERN AMERICAN
- 1% AMERICAN INDIAN
- 1% PACIFIC ISLANDER

NURTURING RESILIENCE AND COPING SKILLS

OUR THERAPEUTIC SPACES

provide a place for expression, play and exploration.

Expressive sensory activities are a vital part of healing as children learn how to live with a loss that has forever altered their world. Each group night we offer a new art invitation exploring a different theme around grief. We welcome children to explore the various therapeutic spaces at Jessica's

House to deepen their expression and discover ways of healing.



ART ROOM

Create a worry monster using a paper towel roll. Cover the roll in construction paper and decorate your monster with pipe cleaners, googly eyes, and markers. Your worry monster offers a place where you can share worries.

MUSIC ROOM

Individually, or as a group, write a song that makes you feel strong. Using the HAPI drums, drumsticks, or any instrument, play a rhythm or sound for strength. What does strength sound like? Reflect the sound back to the group member in the same tone and volume. Using the record player, play a song that helps you feel strong.



DRAMATIC PLAYROOM

Act out your favorite memory you had with the person who died. What props would you use that remind you of your person? Standing on the stage, think of an emotion you feel. Create a nonverbal expression of your emotion. Invite your group members to reflect your expression and guess what emotion you are feeling.

MEASURING OUR SUCCESS



Jessica's House, with support from Judi's House/JAG Institute, participated in the **Childhood Bereavement Changemaker** capacity-building initiative to develop new survey evaluations in 2022.

Through this initiative, our goal is to effectively gather data through pre, mid and post evaluation surveys to help assess a family's experience with Jessica's House services. With this data, we can measure our impact and share key findings.



In December 2022, Jessica's House joined research with the **University of North Carolina, Charlotte**, on post-traumatic growth. Post-traumatic growth is positive change after a major loss or trauma because of support. This looks like an increase in personal strength and a greater appreciation for life.

Early findings show that programs like Jessica's House are essential for this change to happen. We are one of nine centers across the U.S. taking part in this research and look forward to sharing our findings in 2023.

MEASURING OUR SUCCESS

CONTINUED

THROUGH OUR 2022 surveys, here are some of the things we heard from our families. We look forward to providing even more data in 2023.

Jessica's House has given my children an outlet and a safe space to talk about their dad and keep his memory alive.

It's nice to know others feel the same emotions and that other children have struggles in school after the loss.

The kindness and compassion have been so incredible. In the midst of my husband's accidental drug overdose, there has never been a moment I feel judged but only loved.

Jessica's House is an important part of our grief journey. Since coming, we have learned how to process our tragedy. It has been challenging, but the staff at Jessica's House always makes you feel welcome and comfortable.

Brings light and hope. Hearing other people's perspectives reminds us that we're not alone. It's nice to hear stories of hope from others in different places in their grief.

I absolutely love Jessica's House. Before coming, I felt something was wrong with me because I wasn't "over it," but coming here has shown me that grief is different for everyone, and that's okay.

My children look forward to every moment at Jessica's House and continue to boost their joy. We have a long road, but I know my children and I are in the right place. Jessica's House is part of the healing process also to break generational curses of substance abuse and addiction. Thank you to all the wonderful volunteers that care for my family and me.

VOLUNTEER IMPACT

WE CAN DO SO MUCH
more thanks to our
amazing volunteers and
Youth Ambassadors.



Our compassionate volunteers provide support at groups as greeters, hospitality, and facilitators. They support community outreach events to bring awareness to our services and provide administrative assistance.

Our Youth Ambassadors share their personal grief stories and how Jessica's House has supported their healing by participating on tours, at community events and Heart Circle gatherings.

155

ACTIVE
VOLUNTEERS

14

ACTIVE YOUTH
AMBASSADORS

9,861

VOLUNTEER
SERVICE HOURS
IN 2022

85

NEW VOLUNTEERS
TRAINED IN 2022

\$295,336

ESTIMATED VALUE*



**Source: Do Good Institute's Volunteer Value*

AWARDS & ACCOLADES

FOR MORE THAN 10 YEARS, Jessica's House has provided support to those grieving in our community. This commitment and dedication resulted in recognition from others in 2022.

In April of 2022, Turlock Unified School District honored Jessica's House with the **2022 TUSD Volunteer of the Year Award** for our work providing grief support in schools.

In June of 2022, Love Stanislaus County awarded Jessica's House with **The Heart 2 Heart Award** for Nonprofit of the Year. The award honors those making our community better by showing great heart.

Jessica's House was also awarded the **2022 Ahead Grant** in mid-October, to advance the development of grief support resources in English and Spanish, allowing us to provide shareable school group packets and community outreach efforts.

The kindness of our community in 2022 championed our care for families.



YOUR SUPPORT BRINGS HOPE & HEALING

JESSICA'S HOUSE

could not do this healing work without the support of our generous donors. This generosity keeps our program strong and allows families to receive grief support at no cost.

Generosity is extended throughout the year from our Heart Circle, memorial gifts, community fundraisers, year-end giving and in-kind gifts. These gifts ensure we can support families who turn to us after their loved one dies.

We served more people than ever before in 2022 which was made possible by the generosity of our amazing donor community.

\$177,283

GENERAL DONATIONS

\$17,245

IN-KIND DONATION VALUE

226

UNIQUE HOUSEHOLD
DONORS

52

UNIQUE BUSINESS
DONORS



Fiscal Year 2021-22 (October 1, 2021 – September 30, 2022)

A GIVING HEART

THANK YOU TO OUR 2021-2022 Heart Circle Council:

Nancy Daley
Chair

Brad Hansen

Judi Honoré

Melissa Lima

Colbie McRae

Bob Nicholson

Bryan Saint

Gloria Smallwood

Susan Waterson



Thanks to our Heart Circle community, Jessica's House can provide grief support to more children, teens, young adults, and their adult caregivers each year giving them the chance to heal and hope again. We are forever grateful for the love and support we received in 2022,

helping us work towards sustaining our program for the long term. It is truly a gift to do this healing work alongside one another.

2022 marked the completion of our inaugural Heart Circle Drive, where we successfully raised **\$900,275*** in new pledges. This milestone would not have been possible without our amazing 2021-22 Heart Circle Council. Thank you for your dedication and commitment to serving Jessica's House.



We are excited to continue the momentum with our 2023 Heart Circle Council.

**Fiscal Year 2021-22 (October 1, 2021 – September 30, 2022)*

HEART CIRCLE DONORS

VIOLET (Contributors of \$250,000 or more)

Carter Nelson Memorial Golf Tournament
Dancing with the Turlock Stars
EMC Health, Inc.
For Healing Hearts Steering Committee Members
Select Harvest USA and Grower Associates

JADE (Contributors of \$100,000–250,000)

Anonymous (2)
Bill and Carolyn Ahlem Family
Ken and Lori Braden
The Clauss Family
E. & J. Gallo Winery and Family
Barbara Garcia and Family
The John and Jeani Ferrari Family Foundation
The Foster Family
Hilmar Cheese Company, Inc.
Legacy Health Endowment
Robert and Dana Nicholson
The Rogers Family
Dorothy J. Rohn
Bob and Brenda Schmidt
The Victor Medeiros Family - Motors on Main
Phil, Alan and Dominic Vallarine

AMBER (Contributors of \$50,000–100,000)

Michael and Alison Allen
Kayla Bernardi BEE Positive Foundation

Ken Bethel
Charles Ahlem Ranch
Kevin & Melanie Chiesa + Ron & Jane Martella
Dick Cunningham
Dean and Liz Doerksen
The Garton Family
Gemperle Family Farms
J & T Cattle Company
McCulla Family Foundation
In Loving Memory of Al and Patti Mendes
MK Electric & Design, Inc.
Robert and Shawna Nunes
Bob and Natalie Runyan
Spycher Brothers
Matt and Maria Swanson
Richard and Andrea Swanson
Doug Ulrich
The Vieira Family
Steve and Arlene Vilas
D.A. Wood Construction, Inc.
Zenith Agribusiness Solutions

POPPY (Contributors of \$25,000–50,000)

Harold and Marlene Agresti Family
Jim and Carol Ahlem
Cody and Belle Alldrin
John and Rebecca Arellano
Dr. and Mrs. Gary Baker
Tam Cordray
Nancy Daley
Aaron and Stephanie Hackler
Ladd and Christine Hackler
Nicholas and Jill Hackler
Integral Wealth Management
Lander Veterinary Clinic
Dr. Filipe and Melissa Lima
Al and Carol Litfin
Mitch and Terisa Logsdon –
United Equipment Company
Duane and Barbara Matheron
Victor and Angela Martino
John K. Miles and Priscilla Peters
Rodney and Nancy Sakaguchi

Neil Sims and Timothy Lucas
Larry and Candy Smith, Smith Chevrolet Cadillac
Troy and Cassie Starn
Robby Sra and Bedi Brothers
Western Valley Insurance Associates, Inc.
Winton-Ireland, Strom & Green Insurance Agency
David and Elizabeth Woods Family

INDIGO (Contributors of \$10,000–25,000)

Anonymous (3)
Grant and Melissa Ahlem
Mark and Lindsay Ahlem
Dr. Christopher and Sarah Akin
Nick and Janine Arakelian
The Barber Family
Beard Land Improvement Company
Brett, Sky, Malia and Mehana Brewer
Cederlind Farms - Mary Lou, Jeff and Cindy
Covenant Living of Turlock
Nathan and Amy Dabulewicz – Dabulewicz
Insurance Agency
Danielle's Gift
Darrell and Michelle DiGiovanni
Jay and Melinda DeGraff – The Greenery Nursery
Fred and Kelli De Jong
The Dirkse Family
Michael and Danielle Everett
The Flowers Family
Janelle Foster
Stephen Gemperle and Alison Morr Gemperle
Brian and Linda Genzoli
Janelle Gray
Patti Greer
Grizzly Nut, LLC
Eileen Hamilton
Brad and Lori Hansen
Magda Hernandez & Mark Hernandez
Brett and Camy Honoré
Fred and Judi Honoré
Ryan and Kristin Hust
Mike and BettyAnn Ireland
The Family of Kent and Ginger Johnson
Dr. Joseph and Jenny Kolody

HEART CIRCLE DONORS

Paul and Paula Langley
Lifestyle Realty
Craig and Denise McIntire
Kurt and Kelly McKenzie
John and Dorothy Menezes Family
Allan and Carla Merrill
Bob and Lanita Moen
Oak Valley Community Bank
The Pallios Family
Mike and Dana Schmidt
Smallwood Familia
Tom and Debbi Sperry
MacKenzie Spycher
Van and Nancy Switzer
The Tanis Family
Turlock Memorial Park & Funeral Home
Ulrich Management & Consulting
Stephen and Sandy Vieira
The Stuhmer Family
Valley Heritage Realty
Arlon and Susan Waterson
Toni Ward
Jack and Pat Wilkey
Darryl and Gloria Woods

SCARLET (Contributors of \$5,000–10,000)

Anonymous (5)
Alegria Performing Arts Academy

The Amarant Family
Chris and Constance Anderson
Curt and Julie Andre
Scott and Nancy Atherton
Balswick Quick Smog
Dr. Harsha and Amy Bingi
Mike and Tina Brem
Dennis and Caryl Brewer
Jim and Carrie Burden
Julie Sano Burke
Caloy Natural Oils
Canal Veterinary Hospital
Chipponeri Electric, Inc.
Larry and Judy Christoffersen
Chris and Christine Colston
The Creeger Family
Michael and Jonette Crowell Family
Dr. Patrick Donovan and Cynthia Byers
Ron and Lynn Dickerson
The Dyt Family
Bob and Carole Fernandes
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Peter and Jeanine Gemperle
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Jim and Kathy Heller
Sabino and Lindsey Herrera
The Hoch Family
Steve and Kelly Hollinger
Clark and Diana Hulbert
insureCAL Insurance Agency
Dr. Trevor and Jessica Irish
Flora Jacob
Robert and Carla Johns
Garth and Kathy Jolliff
Rod and Rande Jorritsma
Robert and Carrie Kelley
Aaron and Tiffany King
Kris Klair - EXIT Realty Consultants
Scott and Alison Kuykendall

Steve and Frannie Lay
Little Red Door
Bernardete Lobão and Family
Tom and Gay Locke
Ana Machado
Gary and Dawn Mallory
Glenn and Cindy Jo McFarland
Rich and Joann McFerron
Galen and Melba Miyamoto
Colleen and Christian Montague
Don Morelli
Off Center Thrift & Gift
John Paul Padilla - Johnny Big-Ears
Jim and Diane Parker
Brad and Lori Quillen
Bryan and Kirsten Saint
Marc and Jeanette Sanders
Francis and Dumarina Sarguis
Jack and Marcia Shafer
Joe and Megan Silveira
Joseph and Bethany Simile
Stephen and Kathleen Smith
Tom and Patti Soiseth
Filomena Sousa
Kipp and Shelly South
Stante Family
State Farm Insurance - Dee Hernandez
Tracee and Kevin Storms
Bret and Sheri Sutterley
Alan and Diane Tate
John and Janene Temple - Inspirations Salon
Turlock Lions Club
Mary Van Till
Steve and Mary Volk
Josh and Meredith Weimer
The White Family
Vernon and Mary Wickstrom
Dr. Michael and Miss Sue Wright
Yosemite Farm Credit, ACA
Debbie Smith Zylstra

Gifts pledged through December 2022

BY THE NUMBERS



SUPPORT & REVENUE SOURCES

| | |
|--------------------------|-----------------------|
| Contributions | \$ 1,021,198.63 |
| · Capital Campaign | |
| · Heart Circle Drive | |
| · General Donations | |
| Education and Training | \$ 1,500.00 |
| EMC Health Contributions | \$ 695,424.27 |
| | |
| TOTAL | \$1,718,122.90 |

EXPENSES

| | |
|------------------------|-----------------------|
| Program Services | \$ 1,419,917.23 |
| Management and General | \$ 66,811.61 |
| Fundraising | \$ 231,394.06 |
| | |
| TOTAL | \$1,718,122.90 |



Fiscal Year 2021-22 (October 1, 2021 – September 30, 2022)

ONE DEDICATED STAFF

JESSICA'S HOUSE STAFF are a caring, compassionate and accommodating team of grief support professionals with a variety of experiences and educational backgrounds. Our 14 team members work across Family Services, Programming, Marketing & Development, and Outreach & Education ensuring that children and families seeking grief support, receive the help they need.





*Grief Support for Children, Teens,
Young Adults and Their Families*

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(209) 250-5395

JESSICASHOUSE.ORG