

107 students participated in our **14 school groups** for the 2013-2014 school year.

NEEDS ASSESSMENT:

A needs assessment was conducted on each student before attending group, which helped our group counselors understand each child’s bereavement history and resulting challenges.

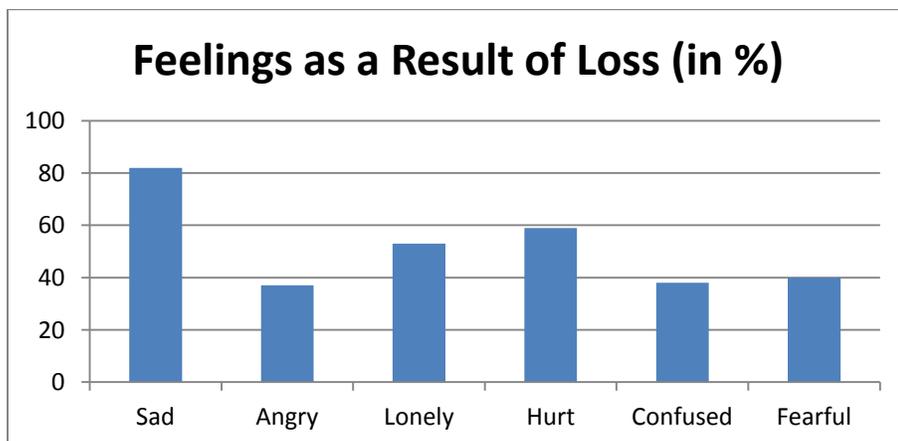
- 38% had lost a parent.
- 52% had experienced two or more significant losses in their lifetime.

Over half of the students participating in our groups reported BEFORE the group that:

- They often feel alone in their grief (61%).
- They have difficulty talking about their feelings or simply cannot/don’t (56%).
- Find it difficult to focus on their school work (56%).
- Said they cannot or rarely talk about the loved one they lost to death (52%)

In addition, 49% reported that they sometimes get into trouble at school or home as a result of feeling angry or upset, and 35% said they do not know a healthy way to get those intense feelings out safely.

The students reported experiencing multiple feelings as a result of their loss. The chart below shows the most common feeling was sadness, with over 80% of the students identifying it as a pervasive feeling they experience due to their loss.



POST-GROUP DATA

After completion of the group, the students participated in a post-test questionnaire to assess the benefits of group and skills that they acquired during the nine weeks. For reference, Full Circle has established a goal of 80% or higher for each post-test statement.

As a result of the Full Circle group....

71% reported that they could talk about their feelings.

"This group has made me understand my feelings."

"I learned it is OK to talk about my feelings."

"This group helped me overcome my fear of talking about my feelings."

"This group helped me with my heart and my feelings."

"This group helped me open up to my sadness about my loss."

80% said that art was useful in helping them express, share, or release their feelings."

"This group helped me by doing different activities to get over my sadness."

"This group helped me know how to express my feelings."

"Drawing helped me bring out feelings and emotions that I had buried."

77% learned healthy strategies they can use to help them feel better when upset and get their intense feelings out safely.

"I learned how to get my emotions out in a positive way."

"I learned it is OK to cry."

"This group has shown me how to control my emotions and how to deal with my -feelings."

"This group has helped me deal with my grief much better than I used to."

"This group has helped me deal with my grief in a good way."

83% reported that group helped them to know that other kids their age have experienced some of the same feelings they have about losing a loved one.

"I learned how to talk about my loss to others like me."

"I learned I can talk to people about my feelings."

88% said that they have learned ways to remember their loved ones.

"This group helped me remember the happy times with my mom."

"This group helped me to remember the happy times with my loved one."

77% said after group they can now talk to people about their loved one who died.

"This group has helped me accept my dad's passing."

"This group helped me be able to talk about my loved one."

SCHOOL LISTING FOR 2013-2014 SCHOOL YEAR

The following is a listing of the public and private schools where Full Circle held a 9-week group in FY14. The total number of groups and students served is listed for each school.

Caroline County

School	# of groups held	# of students served
Caroline Middle	1	8

Henrico County

School	# of groups held	# of students served
Highland Springs Elementary	1	8
Laburnum Elementary	1	9
Longdale Elementary	1	9

Private

School	# of groups held	# of students served
St Andrews Elementary	1	8

Richmond City

School	# of groups held	# of students served
John B Cary Elementary	1	9
Miles Jones Elementary	1	7
Oak Grove Elementary	2	14
Thomas Jefferson High	2	16
Westover Hills Elementary	1	6
Woodville Elementary	2	13

TOTALS

14 groups

107 students