

2024  
PROGRAM  
REPORT

---



# Table of Contents

1. The Full Circle Story
2. Letter from the Director
3. Hands on Healing
4. Overdose and Substance  
Use-Related Loss Group
5. Perinatal Loss Group
6. Suicide Loss Group
7. School Groups
8. Special Topic Groups
9. Individual Counseling
10. Outreach and Consulting
11. Financial Summary



# The Full Circle Story

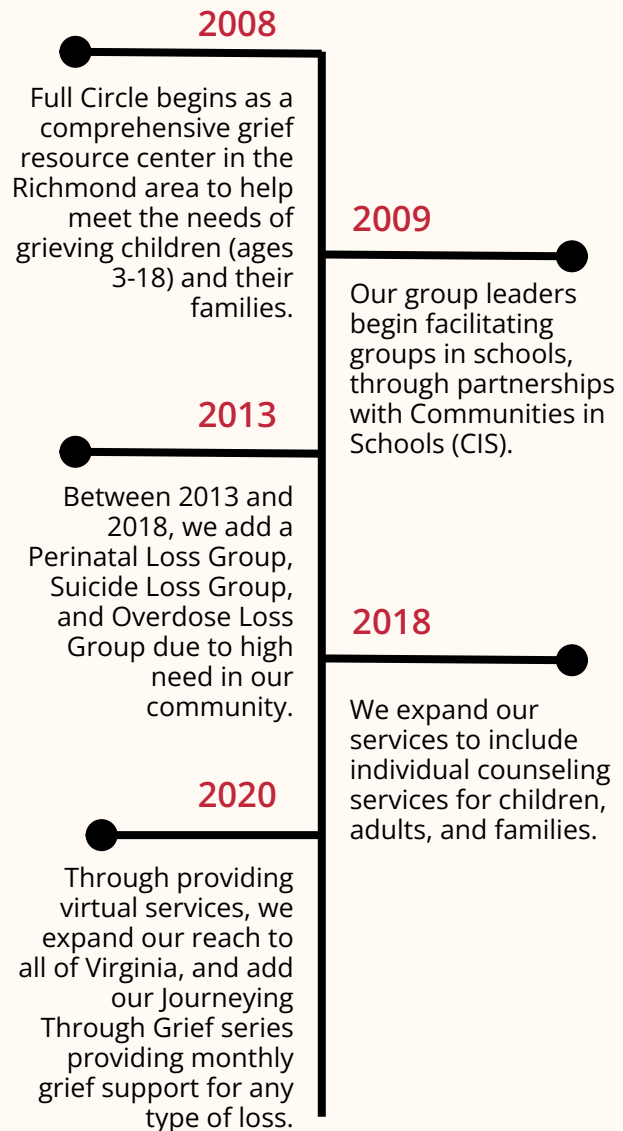
## Mission:

To provide comprehensive, professional grief support to children, adults, families, and communities. Our services focus on grief as a result of a death-related loss, traumatic death, or anticipatory loss.

## Services:

As a respected grief resource center, Full Circle offers:

- Grief Support Groups
- Individual Grief Counseling
- Remembrance Programs
- Educational Workshops
- Consultative Services for Individuals and Professionals





# Letter from the Director

Dear Friends, Partners, and Supporters,

As I reflect on this past year, I am profoundly moved by the **courage and resilience** demonstrated by every individual who has walked through our doors. We have witnessed stories of profound loss, but also of healing, strength, and transformation. It is an honor to walk alongside these individuals and families as they navigate their grief.

This year, Full Circle has also experienced our own growth and renewal. We have expanded our programs and deepened our commitment to the community, with a shared goal of providing accessible grief care to all in need, regardless of means.

At the core of everything we do is **empathy in action**. Our staff is a team of compassionate, genuine individuals who lead with their hearts in every interaction. It is through these acts that we provide a sacred space of acceptance for our group participants and counseling clients. Every person involved in our work understands the profound impact of human connection, which allows us to make a difference in the lives of grieving individuals and families.

However, none of this would be possible without our partnerships, because we are **better together**. Our healing spaces and services are strengthened by the collaborative efforts of our community partners. We are grateful to work alongside organizations such as the Virginia Department of Health, Communities in Schools, Bon Secours, Virginia Commonwealth University, Bliley's Funeral Home, local hospices, spiritual organizations, and rotary clubs, among many others. Together, we create a constellation of support that extends far beyond our walls, ensuring that no one must face their grief alone.

As we look ahead to 2025, I am excited about our growth. We are committed to continuing our work with empathy, compassion, and collaboration at the forefront. We also **thank you** for being part of our inner circle. Your belief in our mission, your generosity, and your partnership enables us to continue making a meaningful impact. We invite you to journey with us as we share more exciting developments and initiatives planned for the year ahead.

With gratitude,

Allyson



**Allyson England  
Drake, M.Ed., F.T.**



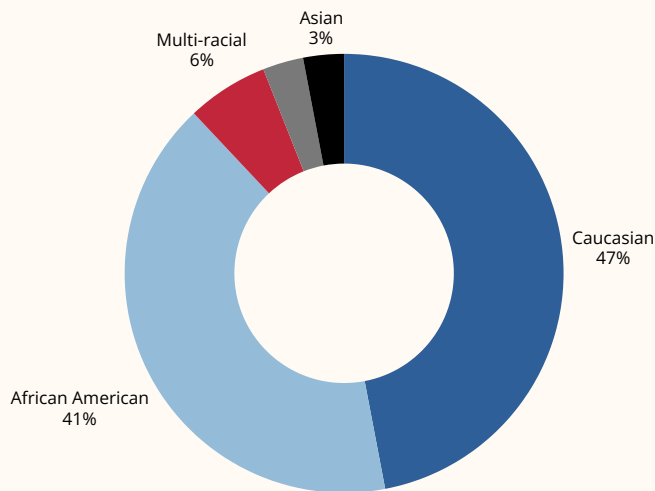
# Hands on Healing

In 2024, our Hands on Healing (HOH) group served 89 total members, including 50 adults and 39 children. Hands on Healing continues to reach an increasingly diverse audience in terms of racial background, socio-economic status, geography, and cause of death.

All three Hands on Healing groups (Spring, Fall, and Winter) for 2024 continued to see adults and children build significant post-group bonding, connecting over losses, and using our site location partner The Steward School's playground for activities.



## Hands on Healing 2024 Participant Demographics



52%

of participating families receive free or reduced lunch

76%

of youth participants reported the loss of a parent (mother or father)

100%

of youth ages 6-10 reported they were able to talk to someone about their feelings by the conclusion of group



*This group has helped me talk about my feelings more... and it was very fun!*



3

-- HOH Teen  
Group Participant

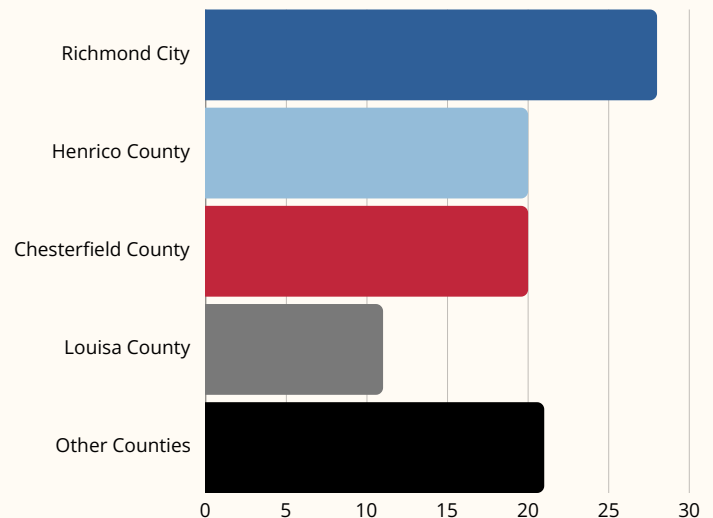


# Overdose and Substance Use-Related Loss Group



Our 2024 Overdose and Substance Use-Related Loss Groups (OLG) served 37 adults, from primarily Richmond City, Henrico County, and Chesterfield County, with multiple participants traveling in from as far as Hanover, Goochland, Powhatan, Dinwiddie, and Louisa Counties. This spread in geographic data shows the ubiquitous need for overdose and substance-related grief services, regardless of urban, suburban, or rural settings across Virginia.

OLG 2024 Participant Demographics by Location



“The most helpful part of group was feeling like I’m not alone on this grief journey. I looked forward to coming every Thursday.”

“The camaraderie that developed over the course of the group was incredible.”  
-- OLG Group Participants

**31%** of overdose deaths reported occurred due to the use of fentanyl

**60%** of group participants experienced the loss of a child to overdose

**100%** of group members reported knowing ways to remain connected to their loved ones by the close of group





# Perinatal Loss Group

In 2024, our Perinatal Loss Group (PLG) served 36 adults over three group sessions, with 60% of participants identifying as female and 40% as male. Approximately two-thirds (66%) of group members were aged between 30-39 years old, with an increasing diversity in geographic location, including members from Henrico County, Chesterfield County, Richmond City, Hanover County, Prince George County and Louisa County.

Additionally, this year included the participation of six past PLG group members in a panel discussion on perinatal grief as part of the Perinatal Loss Education initiative co- led by Full Circle and the Virginia Department of Health (VDH). Our second candlelight memorial service for Pregnancy and Infant Loss Awareness Day on October 15th was a repeat success, with approximately 100 community members in attendance.



*Hearing other members share their grief truly helped me feel less alone.*



-- PLG Group Participant

54%

of group participants reported stillbirth as infant's cause of death

81%

of group participants reported no longer feeling alone in their grief by the end of group

100%

of group members reported being treated fairly regardless of race, gender, age, ethnicity, sexual orientation, or any other differences





# Suicide Loss Group



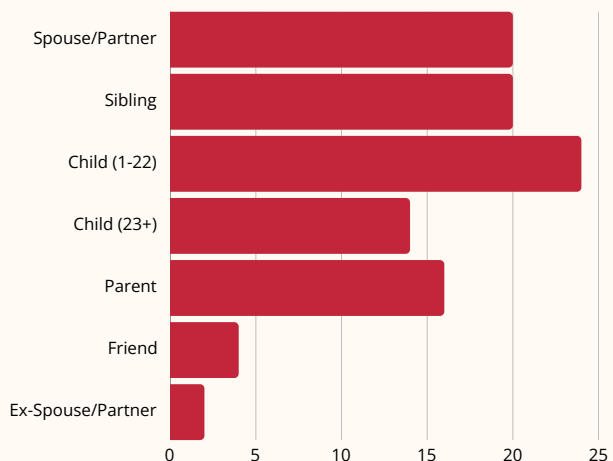
Our Suicide Loss Group (SLG) served 46 adults from across Virginia in 2024, with 69% of participants attending from Chesterfield County, Richmond City, and Henrico County. Other counties represented included Hanover, Goochland, Powhatan, New Kent, Hopewell, and Prince George. The ages of group members varied widely, showing how indiscriminate suicide loss can be to age. This year also saw the need for an additional Suicide Loss Group for Fall 2024, which focused exclusively on parents who experienced the death of their child from suicide.



**36%** of group participants were referred to Full Circle from a previous group attendee

**41%** of group participants lost a loved one by suicide by means of firearm

**55%** of group members experienced the death of a child from suicide



2024 SLG Participant's Relationship to the Deceased

*There's really nothing like this anywhere. I'm grateful for the people I've met and I'm proud of the work we were able to do together.*

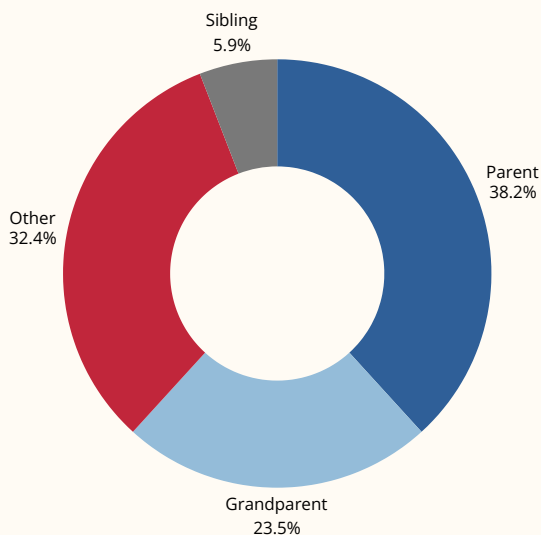


-- SLG Group Participant

# School Groups



In 2024, our school groups for Spring and Fall served 32 youth in elementary, middle, and high school settings. Our clinical interns successfully facilitated several groups on-site at partnership schools located in Henrico County and Richmond City. Our school group programming continues to be a cornerstone of our community offerings, knowing that children experience grief differently and that access to mental health services during the school day can provide much needed care and support.



**2024 School Group Members  
Relationship to Deceased**

**71%**

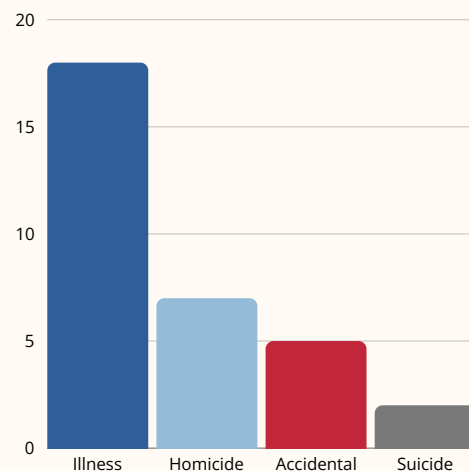
**of all Fall school group participants received free or reduced lunch**

**90%**

**of elementary school participants reported learning at least one coping skill to use when they are sad**

**100%**

**of high school participants reported feeling “more connected,” “heard,” and “not alone” by the end of group**



**2024 School Group Members  
Type of Loss**



*This group made me realize that I am not the only one dealing with grief.*



*-- School Group Participant, Age 15*



# Special Topic Groups

In 2024, we expanded our standard support group offerings by running both a **Widow, Widower and Partner Loss Group** for adults ages 65+ as well as a **Young Adult Parent Loss Group** for adults ages 20-30 who had experienced the death of a parent. Group participant feedback for both groups was overwhelmingly positive, proving that attention to these kinds of loss is much needed and valued in our community.



Sensory glitter jars created by participants as part of the Young Adult Parent Loss Group

67%

of Young Adult group participants experienced the loss of their father

90%

of Young Adult group participants reported knowing how to stay connected to their loved one at the end of group

100%

of Young Adult group participants said the group helped them to share similar experiences, feelings, and challenges with others

57%

of Widow, Widower and Partner Loss participants lost their partner to cancer

71%

of Widow, Widower and Partner Loss participants said they no longer feel alone in their grief by the end of group

100%

of Widow, Widower and Partner Loss participants reported feeling hope for their future by the group end



*Our leader did an amazing job facilitating this group. She was so warm and inviting and easy to talk with. I am very grateful to her for doing this group. It has been very helpful.*



-- Widow, Widower, and Partner Loss Group Participant

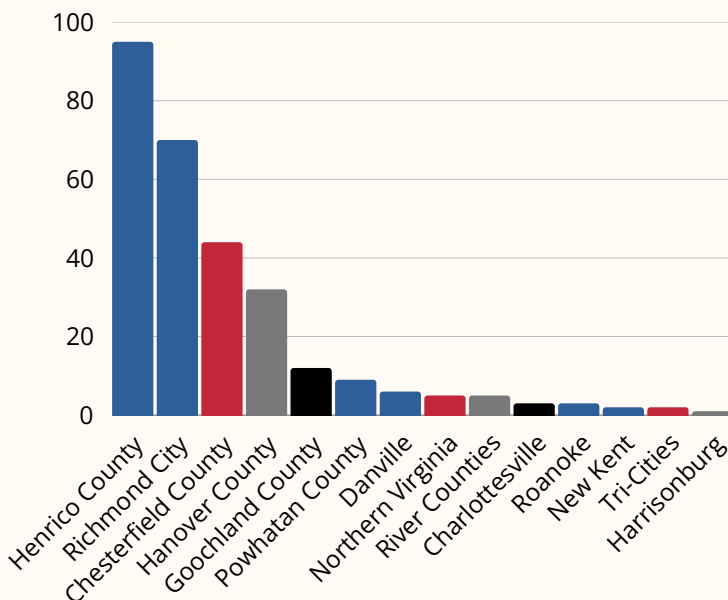




# Individual Counseling

In 2024, our therapists and clinicians provided individual counseling to 293 clients, with 65% of appointments held in-person at our center and 35% of appointments via telehealth. The diversity of our clients in regard to age, geographic location, socioeconomic status, and loved one's cause of death continues to remain consistent from previous years of IC clientele, and demonstrates our commitment to mental health accessibility. Our reach continues to spread across the state of Virginia, bringing grief services to areas far beyond the immediate Richmond area.

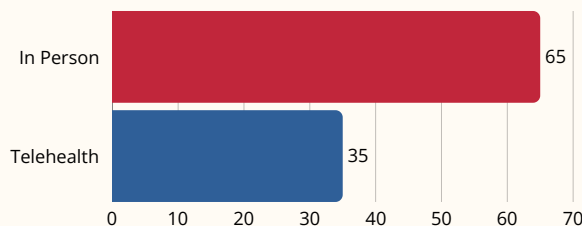
**2024 Individual Counseling Services by Location**



**5%** of individual counseling clients utilize our financial support rate

**17%** of individual counseling clients are youth (under age 18)

**64%** of individual counseling clients file through insurance



**2024 Individual Counseling Services by Modality**

*My therapist is an amazingly patient listener that asks insightful questions and has provided me with suggestions and tools that have helped me begin a journey of healing, mindfulness, and new found confidence.*

-- Individual Counseling Client

# Outreach + Consulting



Full Circle provided **eleven** educational and grief support sessions in 2024 for a variety of community partners such as Reveille Church, Trinity/St. Michael's Parent Program, Compassionate Friends, Smith and Strong, NBC Call 12, Richmond Behavioral Health Authority (RBHA), VCU Bereavement Team, and more. During these workshops and sessions, **293** adults were served, up more than 60% from the previous year.

Additionally, Full Circle provided both individual and professional bereavement consultations to clients through our group programs and individual counseling for a total of **375** sessions: 281 individual, 94 professional. These sessions were held in a variety of modalities: in person, via e-mail, or via phone.



**11** educational sessions

**293** adults served

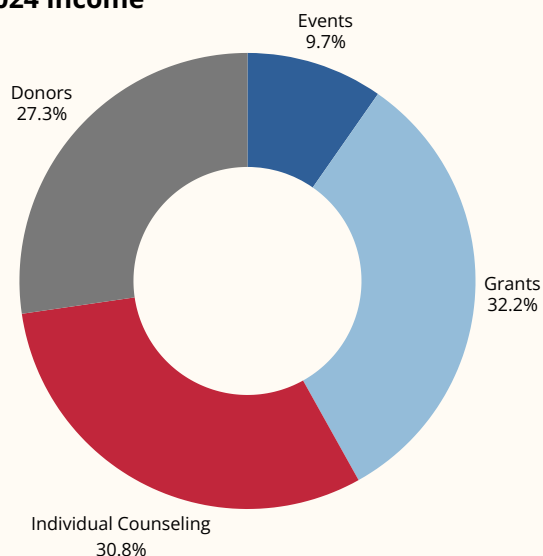
**375** bereavement consultations



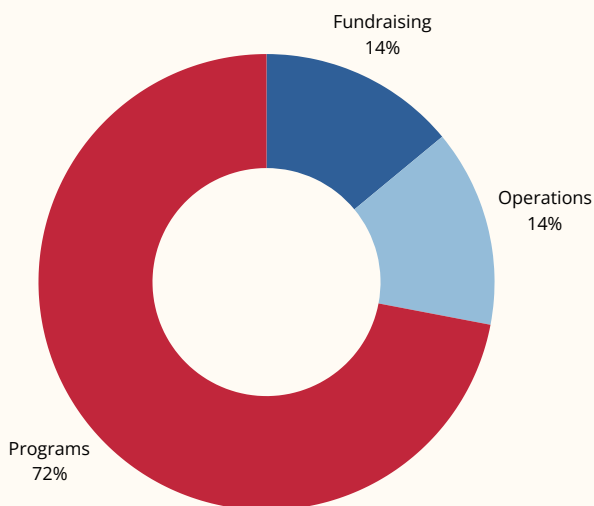
# Financial Summary

Our financial year for 2024 finished with a total income of \$858,380 and total expenses of \$847,222. Programs continue to be our biggest expense at 72% or roughly \$610,000, with fundraising and operations at 14% or roughly \$120,000 each. Grants, individual counseling, individual philanthropy, events, and our annual and online mailing campaigns provide diversified income streams that continually meet or exceed goals.

## 2024 Income



## 2024 Expenses



## 2024 Financial Highlights

**\$132,319**

**Individual Donations**

**\$82,049**

**Annual Mail Campaign**

**\$13,950**

**Giving Tuesday Online Campaign**

## 2024 Top Donors

Wallace and Wink Stettinius • The Tentor Family • The Jamison Family • Mr. and Mrs. E. Claiborne Robins, Jr. • Mike and Beth Berney • Ed and Shannon Venable • The Kastelberg Family • Mary Hummer • Jason and Joy Owen • The Cowart Family • Jordan Bradley • James Strum • Mai Anh Jones • Bill and Ann Lagos • Melanie Frank and Charlie Comiso • The Carpenter Family • Rachel Snead • Dane and Liz Honrado •

# Thank you for your ongoing support of our programs.



**Executive Director and Founder**  
Allyson England Drake, M.Ed., FT

**Grief Services Director**  
Britt Cowart, LCSW

**Practice and Operations Director**  
Allison Schooley

For a full staff listing, please visit our website at [www.fullcirclegc.org](http://www.fullcirclegc.org).





**Full Circle Grief Center**

10611 Patterson Ave. Suite 201

Richmond, VA 23238

(804) 912-2947

[info@fullcirclegc.org](mailto:info@fullcirclegc.org)

[www.fullcirclegc.org](http://www.fullcirclegc.org)