

2018

Annual Report



*3 Hopeful
Hearts*

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Organizational Background:

In 2008, a simple candlelight memorial for bereaved families in Fort Collins, Colorado brought together three women—Kristin Glenn, Bonnie Cochran, and Betsy Strafach. Bonded by loss and yet strengthened by a passion to help bereaved parents, these women created 3Hopeful Hearts, a support organization that helps families find hope, seek healing, and honor the memory of lost children through events, support, education, and remembrance.

As 3Hopeful Hearts expanded and more community members began to request services, we saw the need to formalize operations. In 2011, in-kind donations allowed us to establish office space and develop a Website. We received our 501(c)3 designation from the IRS in December 2012.

3Hopeful Hearts has grown tremendously since its inception. We now count more than a thousand volunteer hours per year and two paid staff. We continue to expand our reach and impact of services throughout Northern Colorado, including work with grieving children; a variety of support groups that meet on a regular basis; a new program that addresses the specific needs of mothers; educational workshops; and fundraising events, such as a golf tournament, wine tasting night, and a live music/auction celebration.

We've also grown to collaborate with Larimer County's law enforcement, first responders, hospitals and clinics, hospices, child advocacy services, business community, and the local school districts. Our services and programs range from one-on-one family support to training healthcare providers on bereavement care protocol. We continue to identify and plan for bereavement needs within our community, and seek to find ways for 3Hopeful Hearts to better fulfill its mission.

3Hopeful Hearts offers all services free of charge. Grants, donations, and fundraising help offset the costs needed to support Northern Colorado families through their lifelong grief journey.

Mission

3Hopeful Hearts, through grief companionship, provides bereaved parents and families opportunities to honor, find hope, and seek healing through events, support, education, and remembrance.

Board Members and Officers:

Chase Christensen: *Board President*

Bobbi Jo Foster: *Treasurer*

Diane Grothe: *Secretary*

Rick Griggs

Kristy Volesky

Dan Miller

Programs and Accomplishments:

Support Groups

With help and support, the grief journey can lead to growth, healing, strength, and transformation. For parents, 3Hopeful Hearts provides open meetings on a monthly basis for eight groups: Child Loss Support Group; Child Loss by Suicide Group; Child Loss by Substance Passing; Perinatal Loss Support Group; Miscarriage Support Group; Pregnancy/Parenting after Loss Group, as well as a group to support Dad's Grief and Grandparent's Grief. There are currently more than 750 families on the support groups contact lists, and each meeting hosts an average of 10 to 20 members.

Camp Braveheart

Camp Braveheart is an annual camp for children grieving from the loss of a sibling or caregiver. It gives them a safe, child-centered place to express grief in a constructive, healing way. All activities, games, art, and music projects are picked specifically for this age group. Originally a one-day camp, the event has grown to include a one-day camp for ages 5 -11 and a two-day, overnight event for teens ages 12 -18.

Parent Panels

Parent panels are focused, organized presentations by bereaved parents to healthcare community members, usually in an educational setting. As parents share their stories of loss, healthcare community members learn how to better support bereaved parents, obtain resources and tools, and take action by implementing loss - and support-based practices within personal and organizational settings.

Perinatal/Pediatric Bereavement Training

Similar to parent panels, this more in-depth training at UCHealth is designed for the healthcare community. In April 30, 2018, the training was attended by 142 medical professionals including counseling services, chaplains, first responders, nurses, emergency room staff and health care providers. The 2019 training will be held at the UCHealth Aurora campus and has room for 2 attendees. This has become a yearly sought after training intended to help professionals with best bereavement care practices.

Annual Walk to Remember

The Annual Walk to Remember lets bereaved families memorialize their loss and transform the often lonely and isolating feelings of grief into a walk of growth, healing, and strength. Participants walk around a lake with other families, serenaded by beautiful music. There is a stone toss of remembrance into the lake. Participation has grown

each year, with over 300 families participating in 2018. As one of our most beloved memorial events, the Annual Walk to Remember serves an overall population of 619,000 in Larimer and Weld Counties, but also draws people from all over Colorado and even families from Wyoming.

Annual Candlelight Tribute

The Annual Candlelight Tribute is a sacred evening of love and loss, with special music, readings, the lighting of individual candles, and a poignant slideshow. Bereaved parents and families find comfort as they honor their lost children during the often challenging holiday season. This event has grown enough that we now hold two services: one for child loss and one for infant loss. The most recent Annual Candlelight Tribute hosted a combined attendance of more than 250 participants, many of whom have attended year after year.

Women's Retreat and Couples Retreat

The Women's Retreat is a special day for moms on Mother's Day weekend. Often a most difficult time, this retreat celebrates and honors each woman as a mother. Grieving mothers have time for hiking, healing, journaling, self-care, meditation, and friendship. The couples Retreat was started in 2018 and included a full weekend of addressing the challenges couples face after losing a child and the impact on the whole family. This weekend strengthened relationships and created bonding experiences with other bereaved couples.

Direct Support

3Hopeful Hearts meets with families in a supportive role after the loss of a baby or child. This usually occurs one-on-one at our office. Many of these families need further support, so 3Hopeful Hearts also has a Counseling Voucher Program that provides an eligible family with four individual or couples sessions with a licensed social worker specializing in grief and loss.

In the past year, 3Hopeful Hearts has met and/or talked with approximately 780 families/individuals and granted more than 105 vouchers for grief counseling. The Counseling Voucher Program is funded through specific funding written for this program.

Family Response Team

Family Response Team is essentially the front line support provided to families after their child dies. From early support to long term follow-up care, this highly training team provide the care needed to help families cope. Collaborations include victims' advocates from police services in Larimer County, funeral homes, local hospital, counselors as well

local School Districts of northern Colorado. This program supports the 334,000 people in Larimer County, including Fort Collins and Loveland.

EVALUATION

3Hopeful Hearts evaluates programs and events based on surveys taken directly after an event or sent out at a later date; by feedback given from participants, whether client, volunteer, or medical professional; personal follow up after an event; reports; and by the number of attendees at programs or events.

Impact is measured through feedback, observation, reports, and levels of satisfaction as reported in surveys by families, volunteers, and healthcare professionals. Also assessed are participation numbers and growth of events/groups over time.

The outcome we strive for in the families we are honored to support is a healthy journey through grief. This includes the use of solid coping skills that will aid them in navigating the challenges of grief both now and in the future. We aim for children and adults who are able to steer their lives toward productive, healthy lifestyles, despite this devastating challenge. Research shows the mental, physical, and emotional challenges from grief can both temporarily and/or permanently derail individuals and families. Through our events and support, we enable family members both as individuals and as a group to process their grief in a healthy way—allowing them to continue at school and/or work, and to find an emotional/mental platform on which they can function and eventually thrive.

COLLABORATION.

For training and Family Support Team (Formerly CAB) programs and events, 3Hopeful Hearts has established relationships with clinics, funeral homes, grief counselors, child advocacy professionals, and local first responders. In addition, we collaborate with many non-profit support organizations that offer family support and staff training, including SHARE, CPNL, PLIDA, RTS, Now I Lay Me Down to Sleep, March of Dimes, Rowan Foundation, Faces of Loss, AWHONN, Compassionate Friends, Angel Eyes (formerly The Colorado SIDS program), Pathways for Grief and Loss, and Alliance for Suicide Prevention.

3Hopeful Hearts also works with the business community on bereavement presentations, to assist when a co-worker has lost a child and how to integrate her back to work successfully. We also work with local agencies and appear on professional

panels (Dept. of Human Resources, Larimer Co Sheriff, Estes Park Victim Advocates, FCPD, et. Al.) to help train and present during community service trainings. In addition, we are part of the crisis team with Poudre School District, providing education and support to this very important demographic. In August 2017, two of 3Hopeful Hearts' founders as well as staff were asked to consult with and participate in a national education project on perinatal loss by InJoy Health Education. InJoy supplies more than 80% of hospitals/healthcare facilities nationwide with their educational publications and videos.

INCLUSIVENESS

3Hopeful Hearts supports any race, gender, or religion. Child loss knows no boundaries, and we honor all who request our services.

Financial Information:

2018 Overview

Statement of Functional Expenses: \$123,166.00

Program Expenses: \$96,444.00

Administrative Expenses: \$16,863.00

Fundraising Expenses: \$ 9, 859.00

Capital Campaign Center for Hope fund with the Community Foundation: \$206,000.00
(current for 2019)

3Hopeful Hearts			
Balance Sheet As of December 31, 2018			
		Total	
		As of Dec 31, 2018	As of Dec 31, 2017 (PP)
ASSETS	Current Assets		
Bank Accounts	Building Fund Savings Account	166,126.84	99,827.40
	FNB Checking Account	123,402.72	88,387.54
	PayPal Account	0.00	0.00
	Petty Cash	100.00	100.00
	Total Bank Accounts	\$ 289,629.56	\$ 188,314.94
	Accounts Receivable		
	Accounts Receivable	0.00	0.00
	Total Accounts Receivable	\$ 0.00	\$ 0.00
	Other Current Assets		
	Undeposited Funds	0.00	0.00
	Total Other Current Assets	\$ 0.00	\$ 0.00
	Total Current Assets	\$ 289,629.56	\$ 188,314.94
	TOTAL ASSETS	\$ 289,629.56	\$ 188,314.94
LIABILITIES AND EQUITY	Liabilities		
Current Liabilities	Credit Cards		
	First National Visa	0.00	
	Total Credit Cards	\$ 0.00	\$ 0.00
Other Current Liabilities	Deferred Revenue	0.00	0.00
	Direct Deposit Liabilities	0.00	0.00
	Direct Deposit Payable	0.00	0.00
Payroll Liabilities	CO Income Tax	280.00	256.00
	Colorado w/h taxes payable	236.00	236.00
	Federal Taxes (941/944)	719.69	786.85
	FICA 941 taxes payable	516.34	516.34
	Total Payroll Liabilities	\$ 1,752.03	\$ 1,795.19
	Total Other Current Liabilities	\$ 1,752.03	\$ 1,795.19
	Total Current Liabilities	\$ 1,752.03	\$ 1,795.19
	Total Liabilities	\$ 1,752.03	\$ 1,795.19
Equity Net Assets-Temp Restricted	Building Fund	104,002.65	102,752.65
	Camp Braveheart	2,299.16	2,299.16
	Counseling Vouchers	1,660.00	1,660.00
	Memorial Assistance Fund	404.23	437.21
	Volunteer Training	0.00	0.00
	Women's Retreat	930.83	930.83
	Total Net Assets-Temp Restricted	\$ 109,296.87	\$ 108,079.85
	Net Assets-Unrestricted	78,439.90	78,439.90
	Retained Earnings	0.00	-102,492.32
	Net Revenue	100,140.76	102,492.32
	Total Equity	\$ 287,877.53	\$ 186,519.75
	TOTAL LIABILITIES AND EQUITY	\$ 289,629.56	\$ 188,314.94

Friday, Jan 11, 2019 09:45:52 AM GMT-8 - Cash Basis

3Hopeful Hearts Profit and Loss

		Total	
		Jan - Dec 2018	Jan - Dec 2017 (PP)
Revenue	Auction Sales	19,040.01	15,081.02
	Bereavement Training	3,286.86	4,210.00
	Clinical Staff Support	150.00	
	Donations	49,379.55	39,156.82
	Grants - Restricted	10,500.00	2,250.00
	Grants - Unrestricted	24,000.00	8,250.00
	Interest	302.78	78.06
	Miscellaneous Income		150.00
	Registration Fees	23,557.23	16,782.38
	Sponsorship Income	27,104.19	31,220.00
	Support Materials/Folders	700.00	2,765.00
	Total Revenue	\$ 158,020.62	\$ 119,943.28
Gross Profit	\$ 158,020.62	\$ 119,943.28	
Expenditures	Bereavement Training Expenses		281.96
	Board Exp/Training/Consultant	2,116.21	211.50
	Director Discretionary	711.09	298.29
	Donor Recognition	242.70	
	Event Expenses	24,048.15	13,827.91
	Insurance	2,441.83	2,245.00
	Marketing	2,061.57	1,436.31
	Miscellaneous Expenses		287.64
Operating Expenses	Annual Membership Fees	4,469.02	1,226.84
	Office Supplies	1,872.72	2,205.45
	Payment processing Fees	3,122.28	2,742.35
	Professional Services	612.50	215.00
	Rent	12,000.00	9,838.71
	Utilities	2,956.69	1,685.31
	Total Operating Expenses	\$ 25,033.21	\$ 17,913.66
	Payroll Expenses		0.00
	Direct Deposit Fee	559.89	143.57
	Salary & Wages	67,343.19	66,620.38
	Social Security & Medicare	5,151.76	5,096.46
	Total Payroll Expenses	\$ 73,054.84	\$ 71,860.41
	Phone Expense	788.21	356.90
	Postage	655.15	352.40
	Printing Expenses	629.09	1,866.63
	Reimbursements		335.00
	Staff/Volunteer Prof. Development	1,739.95	2,739.81
	Support Grps/Materials& Activit	3,464.42	5,862.02
	Volunteer Recognition	164.60	323.06
	Total Expenditures	\$ 137,151.02	\$ 120,198.50
	Net Operating Revenue	\$ 20,869.60	-\$ 255.22
	Other Revenue	Other Miscellaneous Revenue	4,227.50
Restricted Donation - Permanent Home		79,271.16	102,747.54
Total Other Revenue		\$ 83,498.66	\$ 102,747.54
Other Expenditures	Other Miscellaneous Expenditure	4,227.50	
	Total Other Expenditures	\$ 4,227.50	\$ 0.00
	Net Other Revenue	\$ 79,271.16	\$ 102,747.54
	Net Revenue	\$ 100,140.76	\$ 102,492.32

Our Impact:

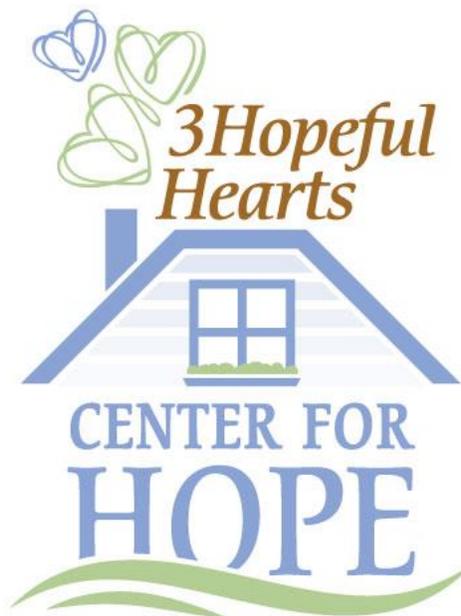
- 1200 Cards are sent out annually to our families on their child's birthdate and death date anniversaries.
- 2000+ Volunteer hours are donated by over 80 volunteers.
- 1000+ Direct support meetings are provided through phone calls or one on one meetings.
- 350 Families will attend the annual Walk to Remember.
- 250 Families will attend the annual Candlelight Tribute.
- 200 Health care prof attended our annual Perinatal/Pediatric Bereavement training at UCHealth.
- 108 Counseling Vouchers distributed for grief counseling w/ local therapists through grant funding.
- 108 Support groups provided.
- 65 Youth ages 5-18 attend the annual Camp BraveHeart.
- 32 Mother's attended our annual Women's Retreat the weekend of Mother's Day.
- 12 Family Support Team members provide one on one general support to families
- 9 Couples attended the first Couples Retreat.
- 5 Community Candlelight Vigils hosted by 3Hopeful Hearts to more than 1000 people within 48 hours after the loss of a teen in Larimer County.

Looking Forward

Each month in our community, unsuspecting parents suffer the tragic loss of a child. The families of these beloved children are suffering. It is critical that 3Hopeful Hearts secure a permanent facility in order to continue to support the current and growing bereavement needs of Northern Colorado. Since 2008 3Hopeful Hearts has supported 823 of these families through its grief companionship model after the loss of their child. Currently, each month, 3Hopeful Hearts provides bereavement support for between 60-100 individuals and families; our facility needs are outgrowing our space.

The 3Hopeful Hearts Center for Hope capital campaign was kicked off in September 2017 with a generous donation from the Christensen family in memory of Judy Christensen. That generous donation was a matching gift associated with memorial donations and community funds raised at the 2017 Music Benefit and Auction.

Today, 3Hopeful Hearts is located at 1610 S. College Avenue in Fort Collins. At this current location, 3Hopeful Hearts is in its 2nd year lease with no long term options which creates uncertainty for staff and the larger bereavement community. 3Hopeful Hearts is seeking community funds to buy or build a permanent space that will allow us to provide a more appropriate, sanctuary-like setting for hope and healing of bereaved families.





3 Hopeful Hearts

Connect With Us!

www.3hopefulhearts.com

(970) 430-6136 | hope@3hopefulhearts.com

