



# Heartlinks

## GRIEF CENTER

### 2022 Annual Impact Report

*January 1, 2022 - December 31, 2022*

# 25 YEARS OF HELPING OUR COMMUNITY MOVE FROM GRIEF TO GROWTH



Heartlinks Grief Center is an outreach program of **FAMILY HOSPICE**  
Serving Patients & Families



# Message from Heartlinks Director

*Diana Cuddeback, MSW, LCSW*

Heartlinks has provided 25 years of service to Southwestern Illinois. In that time, we have grown from a lending library with a few grief books and a counselor providing individual home visits for grieving children to a program that serves over 3300 people a year. All this growth has been exciting, challenging, painful, energizing and a bunch of other descriptive words that I won't bore you with. But at the heart of all of it is people who CARE creating community for their grieving neighbors.

Heartlinks would not be here without the care, patience and support of Family Hospice and its board of believers and cheerleaders. We have been supported by our local County Mental Health Boards in St. Clair and Madison County and their Executive Directors who have given Heartlinks the latitude to create a unique community support program. New York Life and their Grief Reach Grants have helped expand our capacity and improve our programs for over 17 years. Mid America Transplant Foundation discovered Heartlinks in 2018 and has been responsible for monumental growth and development since then. Our Sustaining Partners, community donors, and counseling program donors help us keep our services available regardless of ability to pay.

At our core, Heartlinks is about creating an opportunity for grieving people to move from grief to growth in their own, individual manner. Heartlinks wants to build a community that affirms and supports grieving people. At the heart of Heartlinks is our dedicated, creative volunteers and staff who are passionate about crafting grief support open to everyone. In the year to come, we are looking to grow our 1,450 square foot of non-accessible basement real estate into a larger, ADA accessible space that will allow Heartlinks to continue to grow and serve. Stay tuned, or better yet, share the adventure of creating a new 'House for Heartlinks' with us as a volunteer, donor, or a community expert. Come help us serve and be in community with one another!

♥ Blessings ♥

*Diana*



# Mission

Heartlinks Grief Center, a not-for-profit community-based program of Family Hospice, assists grieving children, adults, families, and groups move from grief to growth through individual and family counseling, support groups, and other community programs in our service area of Southwestern Illinois and St. Louis metropolitan area.

# Vision

Heartlinks supports a broader base of grieving individuals to move from grief to growth through responsive support programs, while also working to change our community's perception of grief.

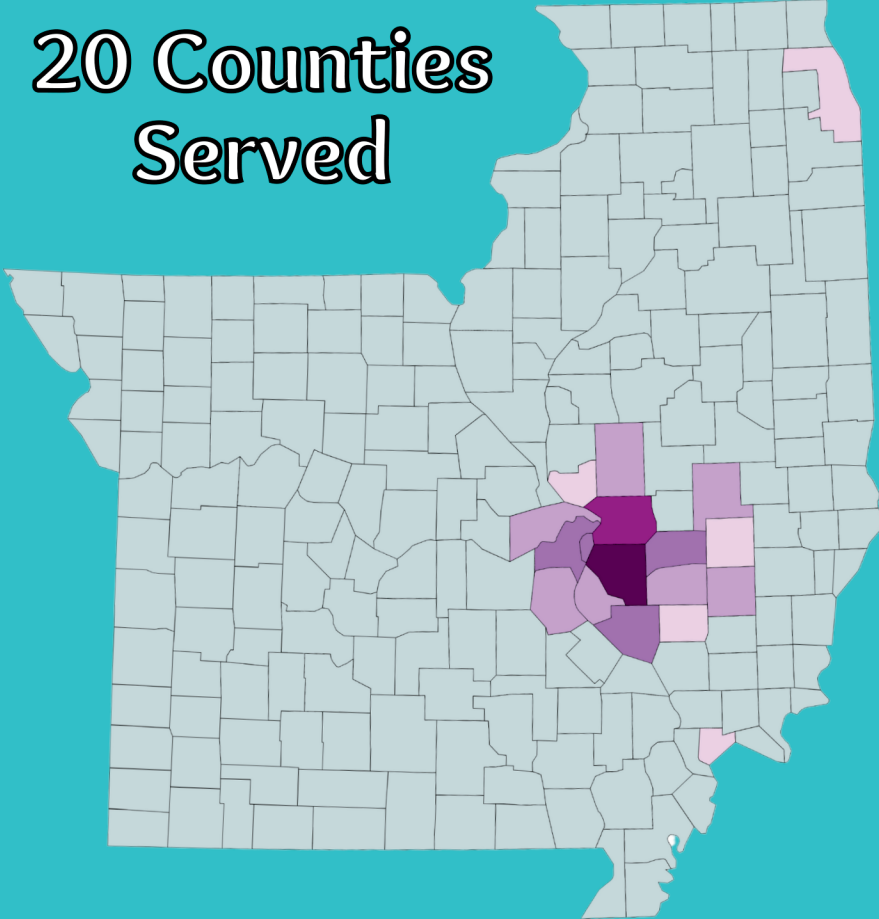
# Values

We believe...

- Grief can create opportunities for growth
- Community-based support for all ages
- Individualized grief support
- Grieving is a problem in living, not necessarily a mental health problem
- A grief bared is a grief shared, A grief shared is a grief bared, or A shared grief is a bared grief
- Responding to the unique needs of individual grievers
- Community-wide response to supporting grief through growth with volunteers, donors, and grief mentors
- Organizational response to changing community grief needs
- Educating about grief, loss, and to change the perception of grief
- Service to all regardless of their ability to pay
- Lead programming with professionally trained staff

# 2022 Overall Impact

20 Counties  
Served



TOTAL NUMBER OF  
PEOPLE REACHED

3,295

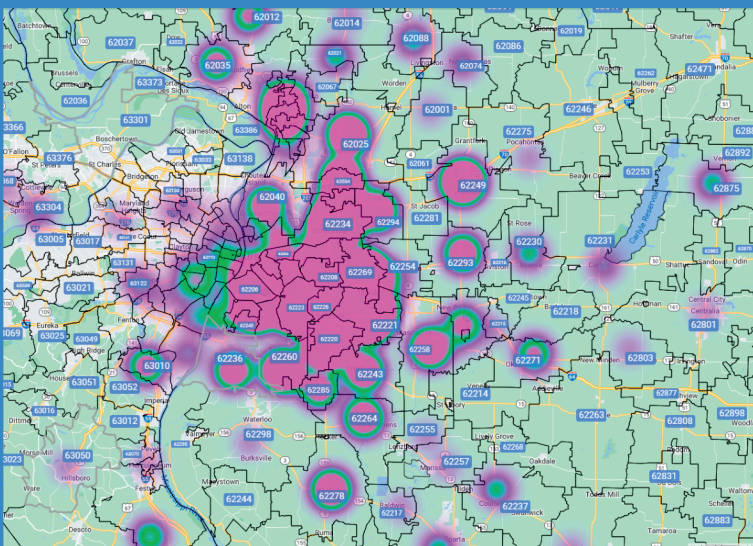
TOTAL CLINICAL  
HOURS SERVED

3,304

TOTAL NUMBER OF  
CHILDREN SERVED

503

92 Zip Codes Served



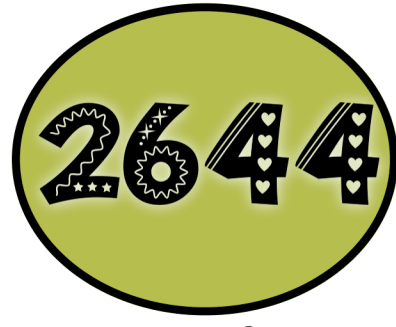
TOTAL NUMBER OF  
COMMUNITY  
GROUPS & EVENTS

354

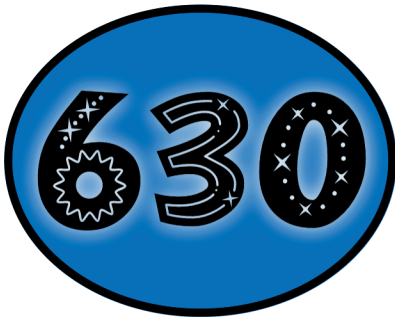
# 2022 by the numbers



**New Client  
Intakes**



**Counseling  
Hours**



**Counseling  
Clients**



**Children Served  
through Counseling**



"Heartlinks has helped my  
entire family understand and  
feel supported as we started  
this journey."

- Heartlinks Parenting Alone  
Group Member



"It's a place to totally be able to handle grief.  
I wouldn't be where I am today without Heartlinks."

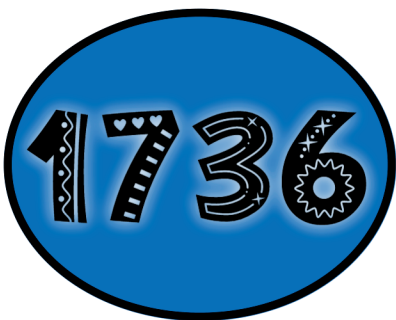
-Heartlinks Counseling Client



**Number of  
Support Groups**



**Hours Spent  
in Group**



**Support Group  
Attendance**



**NEW Group  
Attendees in 2022**

## **Most attended groups:**

- 1 Parenting Alone / Partner Loss - 144**
- 2 TAG Belleville East (Group 1) - 139**
- 3 PSOP Facing the Future - 133**





*Belleville East  
High School*



*Belleville West  
High School*



*Collinsville High School  
Twin Echo Elementary School*



*Cahokia  
High School*



*Dupo Jr. High  
Dupo Sr. High*



*O Fallon Township  
HS Milburn Campus*



*Mascoota  
High School*



*Highland  
High School*



*Signal Hill  
Elementary*

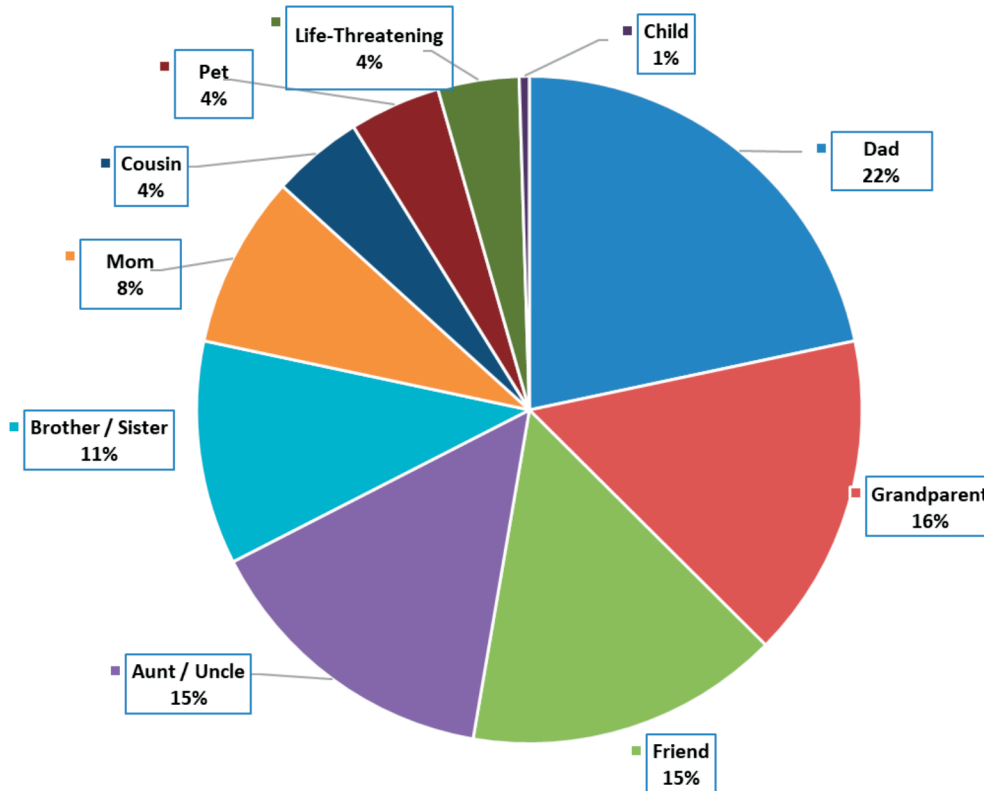
## School Groups by the numbers:

➡ **165 Sessions**

➡ **932 Students in Attendance**

➡ **292 hours spent in schools**

### Loss experienced reported by TAG Students in Fall of 2022



TAG group has helped me better understand grief and how to manage it. It has also helped me to understand that there are people going through similar things as me and I'm not alone.

-Highland High School 21-22 TAG Group Member



## Heartlinks in the community

Heartlinks connects with the community in a myriad of ways each year. We meet the needs of our community members by traveling to where they are through Outreach programs, speaking engagements, and hosting exciting events each year to help create community awareness for our program.







## 62 Workshops & Events



**918 Attendees**



**1200 Volunteer Hours**

## 2022 Summer Outreach

**147 Children Attended**

- » **Deshields Center (East St. Louis)**
- » **Roosevelt Center (East St. Louis)**
- » **Phoenix Court (East St. Louis)**
- » **Griffin Center (East St. Louis)**
- » **Orr Weathers (East St. Louis)**
- » **Illinois State Police Camp**

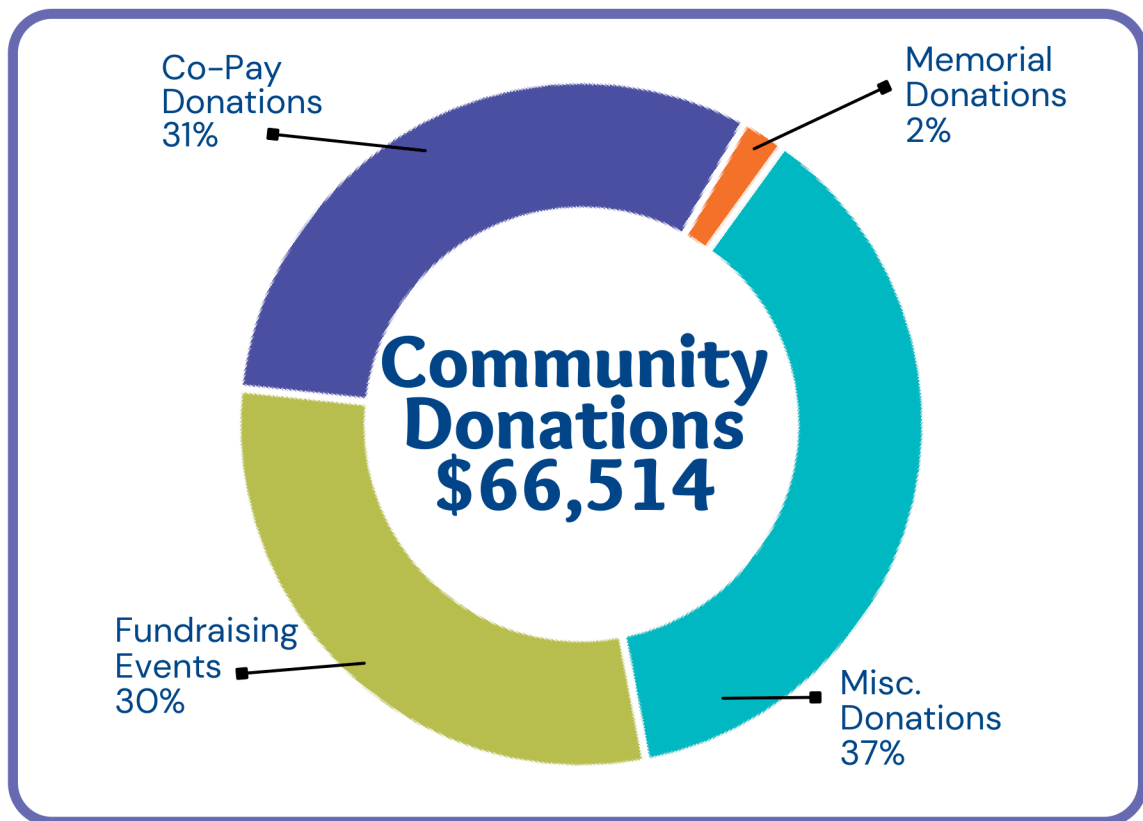
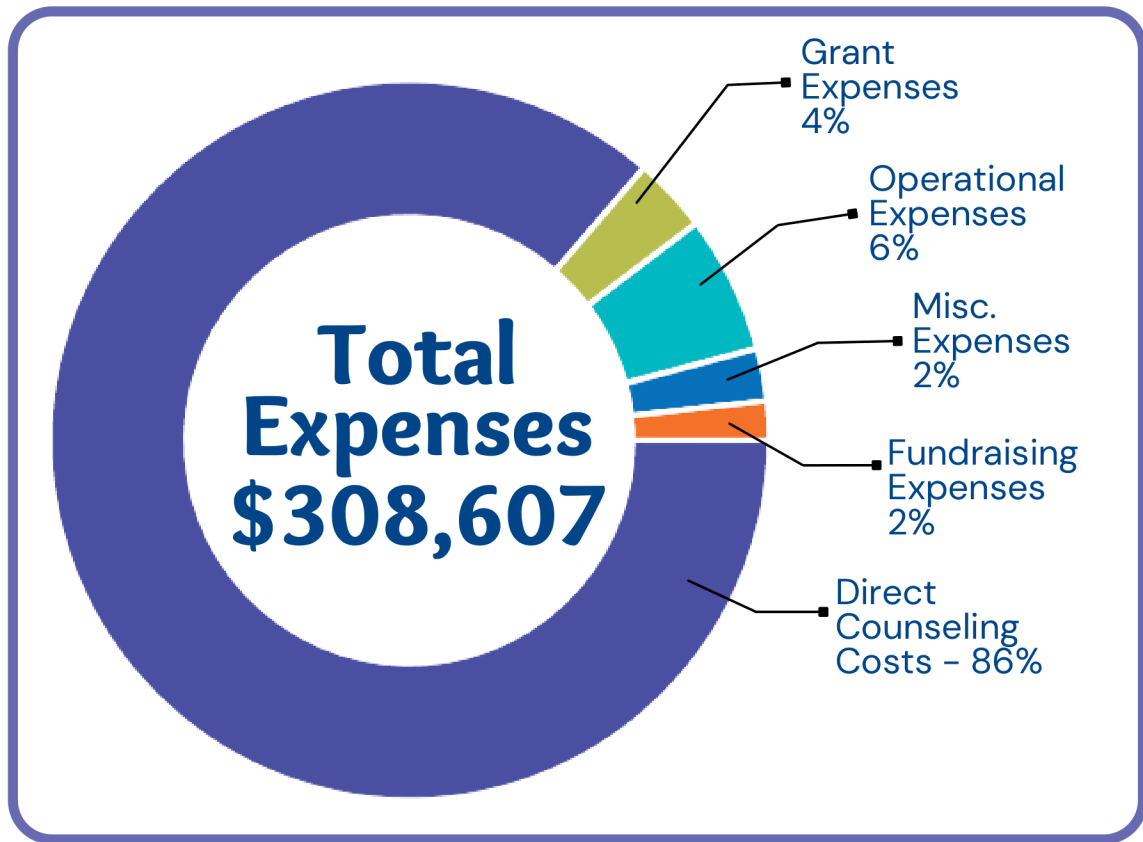
## Linus Blankets of Southwestern IL



**2368 Linus Blankets Distributed to local agencies for children in need**



# 2022 Financial Report



# Grants & Donors

**Grant Income  
\$276,458**



**ST. CLAIR COUNTY  
MENTAL HEALTH BOARD**



**MADISON COUNTY  
MENTAL HEALTH BOARD**



**NEW YORK LIFE  
FOUNDATION**



**ST. CLEMENT  
COMMUNITY FOUNDATION**



*\*In 2022, Heartlinks invested \$34,365 in the We Care Fund. This fund supports emergent needs, new programming, and required gap years in grant funding.*

**We would like to extend a special thank you to our Sustaining Partners and Major Donors for 2022:**

**2022 Sustaining Partners:**

- *Craig Toberman*
- *Ellen Krohne*
- *Bette Meyer*
- *Julie Pietroburgo*
- *Jacqueline Burke*
- *Barb Jany*
- *Debra Donze*
- *Buffy Ridens*
- *K. Andrew Hoerner*
- *Patrick Wade*

**2022 Major Donors (\$1000+):**

- *R.J.*
- *Janie Bloomer*
- *St. Nicholas Catholic Church*
- *Don Samson*
- *Gateway Baseball L.L.C.*
- *Brian Randall*
- *Sharon Kadavi*
- *Kent Crnokrak*
- *Junior Service Club of St. Clair County*
- *Jayne Hillmer*
- *100+ Women who care from the 618*
- *Belleville Township High School*
- *Stephen Fort*



