

Inside

Fernside

A publication for grieving children and their families



We may not have been able to go to Fernside this week, but we are still grateful for the projects they sent for us to work on at home.

It's always nice to hear and talk about how special Toby made us both feel.

We absolutely LOVE Fernside & the support they have provided us thus far.

Michelle, Adult Participant

Staying Connected While Apart

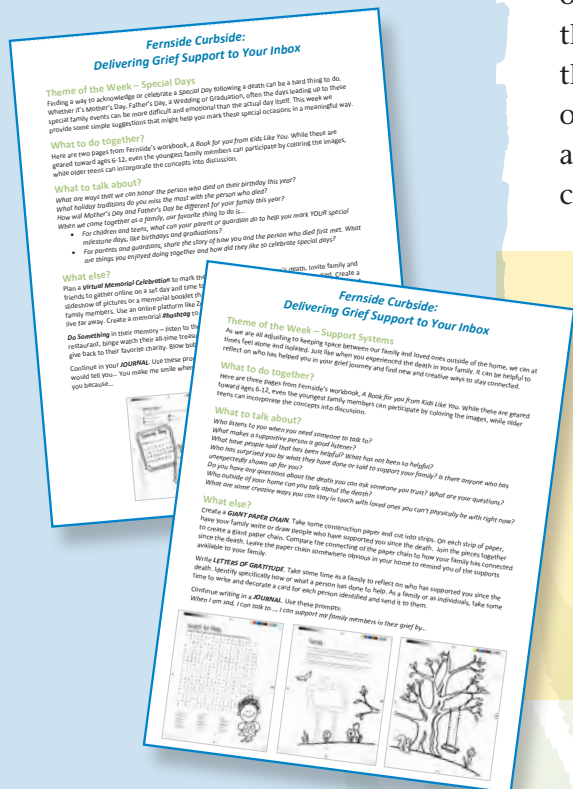
Grief doesn't stop or take a break so when we were faced with suspending our in-person grief support groups due to the national health crisis, like everyone, we had to come up with a creative way to continue our grief support to the hundreds of children and adults we serve.

In March, we rolled out two new programs: Fernside Curbside was created with the children and teens in mind so families could continue their grief support together at home. Weekly, themed activity sheets were sent via email and included discussion questions, workbook pages, video links, book recommendations and expressive art activities.



Michelle & Arabella's Feelings Collage in memory of Arabella's Dad, Toby

Some of our families even ordered pizza on the nights they set aside for Fernside Curbside! Fernside On Call was designed so the adults in our program could maintain their connections with each other over the phone. We kept our twice-a-month support group format and facilitated peer support groups by group night via conference call. We chose this format so everyone would be able to participate.



Fernside on Call



Getting on these calls is something I do for myself. I really appreciate you being here to talk to because I can't talk to anyone else about this really. They don't understand like you guys do.

Sarah, Adult Participant

Program News

Letting Grief Out, Creating a Safe Space for Children after a Stigmatized Death

On January 29, 2020 over 70 helping professionals attended Fernside's 2020 Listen Learn Live Speaker Series, Letting Grief Out: Creating a Safe Space for Children after a Stigmatized Death. At Fernside, we have experienced an increase in the number of children we are serving that are coping with the death of a family member to suicide, homicide and overdose. These deaths often come with special challenges for children and teens, so we reached out to our colleagues with expertise in these areas to put together a one-of-a-kind educational experience.

Our four speakers included, Chief Tom Synan, Newtown Police Department & Hamilton Co. Heroin Coalition, Dr. Sallie Luther, American Foundation for Suicide Prevention-Ohio Chapter Board Member, Lori King, Parents of Murdered Children-National Board Member and Fernside's own Liz Spanel, MSW, LSW.

Video clips from some of our courageous Fernside kids made it possible for our community professionals to hear directly from children affected by these deaths. Special thanks to Ajani, Alex, Cambri, Echo, Kaine, Leaf, Makenna, Marteeagus, Mikiyah and Will!



Guest speakers (L-R), Chief Tom Synan, Lori King & Dr. Sallie Luther

Tackling Grief & Other Difficult Feelings

On Saturday, February 15th, 35 Fernside children and teens spent some time with home-grown NFL athletes, Preston Brown and Greg Mancz. Everyone enjoyed a pizza lunch followed by some icebreaker games before hearing from Preston and Greg about what helped them through some of life's hardest challenges.

Thanks to the Preston Brown Foundation for supporting children by promoting education, healthy choices and respect for one another and to Preston and Greg for sharing their personal stories and words of wisdom.



(L-R) Greg Mancz & Preston Brown



Tackling Grief 2020



Greg & Preston sign autographs


Development News

Say Cheers!

A big thank you to the HighGrain Brewing Co. family for hosting a fundraiser on December 8, 2019, in memory of Trish Verdin. Trish's husband Kris and daughter Kate attend Fernside's Evening Program and Trish's brother, Josh Jansen, a principal at HighGrain Brewery and her family, hosted a packed house in support of Fernside. Thank you to everyone who came out and supported the event and Fernside!



Say Cheese, it's Your Birthday!

 Thanks to so many of you who have hosted birthday fundraisers for Fernside on Facebook! Your gift does so much for the children and families we support.

Mariclaire Anderson
Anonymous
Maddy Brewer
Whitney Campbell
Craig Connolly
Dorrie Degutis
Lisa Difilippo
Neil Ernst
Jennifer Ernst-Pierson
Pam Kettman Ford
Kelly Gadzala Foreman

Sarah Gaskins
Desi Harsch-Ralston
Lili Hastings
Kristin Hummel
Sarah Knappmeyer
Amber Lamb
Jen Mitchell
Kameron Mogadam
Janet Montgomery
Taylor Morris
Lindsay Morrison

Elaine Parulis-Wright
Sarah Robinson
Adrienne Ruehl
Betsy Schaaf
Lauren Sebastian
Mariah Von Luehrte
Amy Wagner Wilford
Ann Williamitis
Erin Willis



Maddy Brewer, Happy 20th Birthday!

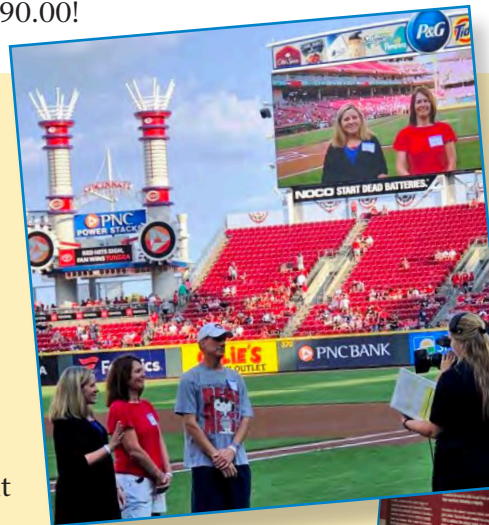
Even if you're not on social media, you can still celebrate a big day in a big way! Special thanks to the Meyer family who have been loyal donors to Fernside for several years, including donating signage for our annual event. Mary's family hosted a surprise party for her milestone 60th birthday and in lieu of gifts, they asked their friends and family to donate to Fernside, raising \$2,090.00!

Local Organizations Recognize Fernside's Contributions to our Community

Fernside and Hospice of Cincinnati were recognized by the Ohio Department of Health at the August 5, 2019 Cincinnati Reds pre-game show for helping to build resiliency in children.

The Junior League of Cincinnati is celebrating their centennial year and to mark this milestone, an exhibit was created that will run until June 1, 2020 at the Cincinnati Museum Center.

The exhibit, The Junior League of Cincinnati: Making a Difference for 100 Years at Cincinnati Museum Center, showcases several JLC projects including Fernside. The JLC helped Fernside get it's start by providing seed money and volunteers. We are proud to be featured with other important community projects the JLC helped incubate. Thank you & congratulations JLC!



Gayle Mattson, President & CEO Hospice of Cincinnati (L) & Vicky Ott, Executive Director Fernside



2019 JLC Exhibit, Cincinnati Museum Center

Development News

Virtual Event Exceeds Expectations

Our annual event, *The 2020 Fernside Classic*, became a very successful virtual, giving weekend over May 15th-18th when it netted over \$162,000 to support all of Fernside's free services!



Highlights from the event included the debut of Fernside's new Crisis Video, testimonials from some of our committee members and special online appearances from Channel 12's Bob Herzog. Thank you to all of our sponsors, committee members and supporters for making this an unforgettable year!

Thank you to our amazing Fernside Classic committee members and colleagues from the Bethesda Foundation. Your enthusiasm and creativity contributed to this year's event being so successful and so much fun!



Pictured L-R: Katie Pellegrini, Jen Beck, Kristen Sellan, Ashlie Lyons, Matt Smith, Dave Wilson, Stacey Meyer, Sarajane Blatt & John Ritter.

(Not pictured: Patrice Ashworth, Chip Berry, Barb Griffin & Beth Meyers Graham)



[Watch Bob Herzog on YouTube](#)



[Watch Katie Pellegrini on YouTube](#)

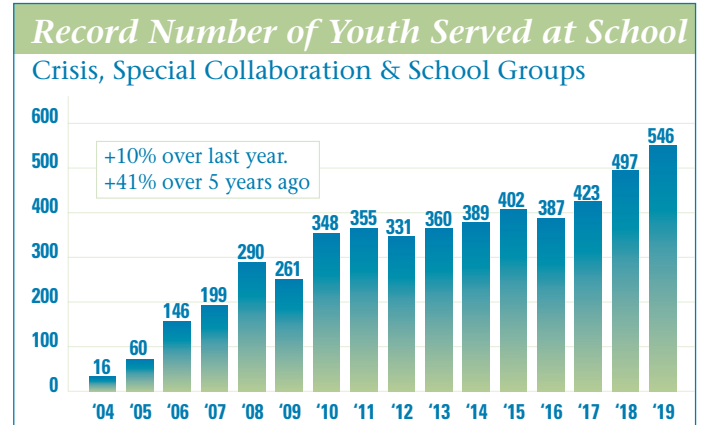
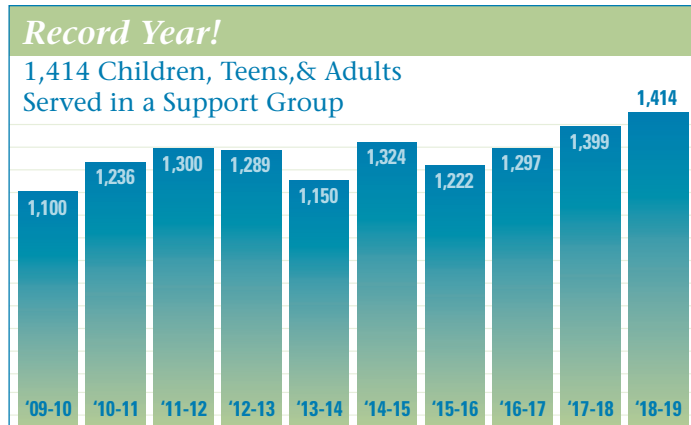


**Mark your calendar for next year's Classic!
Join us May 14th & 17th, 2021!**

Program News

Who Says Records Aren't Made to be Broken?

As we tally our 2019-20 numbers served, we wanted to be sure to share our record 2018-19 year!



93% of parents (Evening Program) and 100% of School Counselors (School Program) reported at least one positive change in their child/student since participating in a Fernside group. The most common changes were: less worrying, better able to focus & less angry.

I consider Fernside to be THE grief support for people in the area

~
Mandy Stenger, North Dearborn Elementary

The creative expression gave them treasures of memories.

~
Fernside adult participant

Fernside helps you spill your feelings out.

~
Fernside youth participant

My husband would be so proud of my progress and his two boys. I say it to myself every day.

~
Fernside adult participant

Fernside is an amazing partner to provide specific services to students in need.

~
*Angela Robertshaw
Pleasant Ridge Montessori*

Fernside has helped me cope with the loss of my best friend, my wife. I'm not healed but better able to cope.

~
Fernside adult participant





*We are very glad to get corrections.
Dated Material, Please Deliver Promptly*

**To Contact Us
at Fernside:**

4360 Cooper Road, Suite 100
Cincinnati, Ohio 45242
phone: (513) 246-9140
fax: (513) 246-9350

www.fernside.org

Vicky Ott, MA LPCC-S
Executive Director
victoria_ott@trihealth.com

Christi Kettman
Outreach Coordinator
christine_kettman@trihealth.com

Mark Koenig, MEd
Program Coordinator
mark_koenig@trihealth.com

Sally Ries
Volunteer Coordinator
sally_ries@trihealth.com

Liz Spanel, MSW, LSW
Program Coordinator
elizabeth_spanel@trihealth.com



*If a Picture Paints a Thousand Words...
Then a video can bring those words to life!*

Check out our two most recent videos! Our **2019 Expressive Arts Video** features Fernside kids sharing how Fernside and specifically how the use of expressive arts in our program helped them express their grief. Thank you to the Fernside kids who shared their stories.

And hot-off-the-presses, our **2020 Crisis Video** debuted in May during the virtual Fernside Classic fundraising event! Thank you to the students, counselors and parents from Mason Intermediate School, Purcell Marian High School and The Summit Country Day School who shared their experiences following the death of a classmate.



[View our 2019 Expressive Arts Video on YouTube!](#)



[View our 2020 Crisis Video on YouTube!](#)