

COVID-19: Support for Mental Health, Bereavement and Grief

July 14, 2020



Center for Disaster Philanthropy

The when, where and how of informed disaster giving

Moderator

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Tanya Gulliver-Garcia

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Center for Disaster Philanthropy



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FAMILY PHILANTHROPY



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COOPERATION | COMMUNICATION | COORDINATION | COLLABORATION



COUNCIL *on* FOUNDATIONS



UNITED PHILANTHROPY
FORUM

A network for the common good



funders' network
FOR SMART GROWTH AND LIVABLE COMMUNITIES



How to Participate

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- Use **#CDP4Recovery** to tweet along during the webinar.
- Submit questions using Q & A box at the bottom of your screen.
- Look for webinar recording and summary at disasterphilanthropy.org.



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Topics for Today

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- Information on what professionals are seeing as individuals, families and communities weather the stresses of illness, deaths and the economic impacts of the pandemic.
- The role of cultural sensitivity in addressing the traumas of disaster.
- How funders are responding to the enormity of the losses.
- Opportunities for innovative and collaborative grantmaking.

COVID-19 Updates

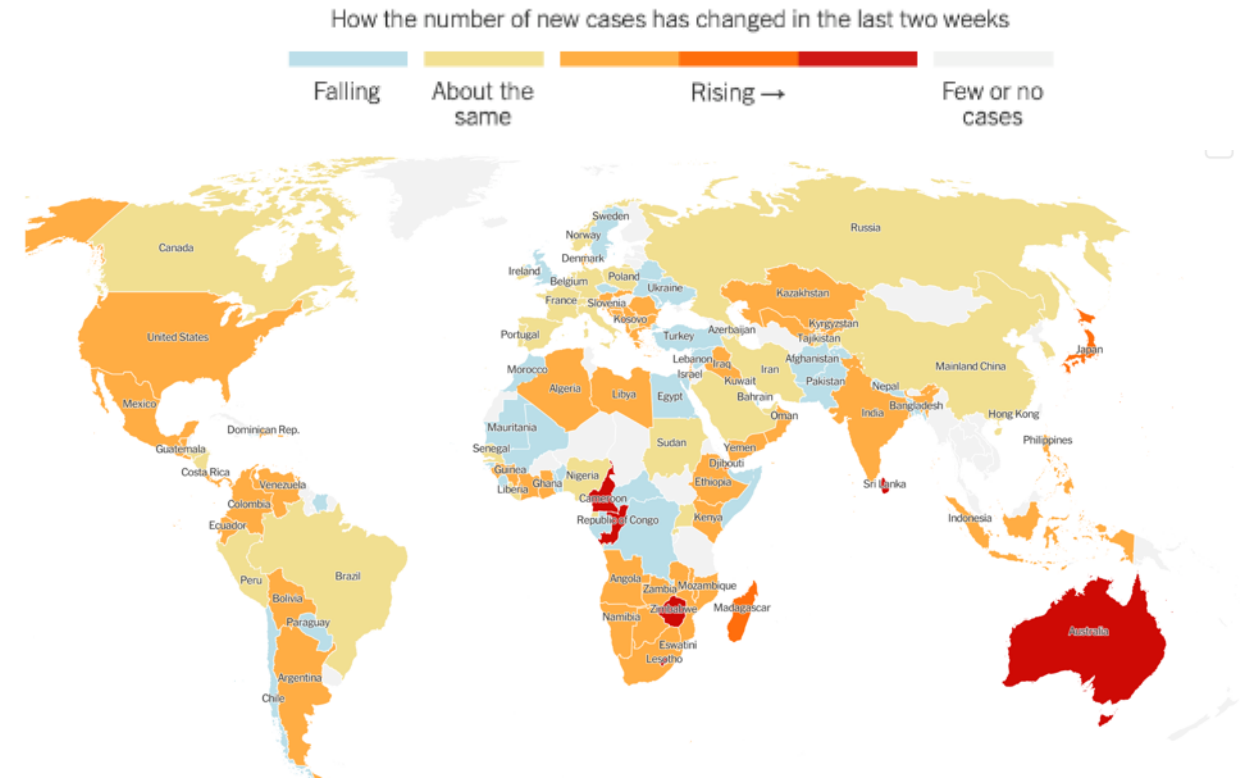
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□ Worldwide:

- ▣ More than 13 million cases, 575,000 deaths and 7.6 million recovered.

□ United States:

- ▣ More than 3.4 million cases, 138,000 deaths and 1.5 million recovered.
- After the U.S., the countries with the highest number of cases are Brazil, Russia, India and the U.K.



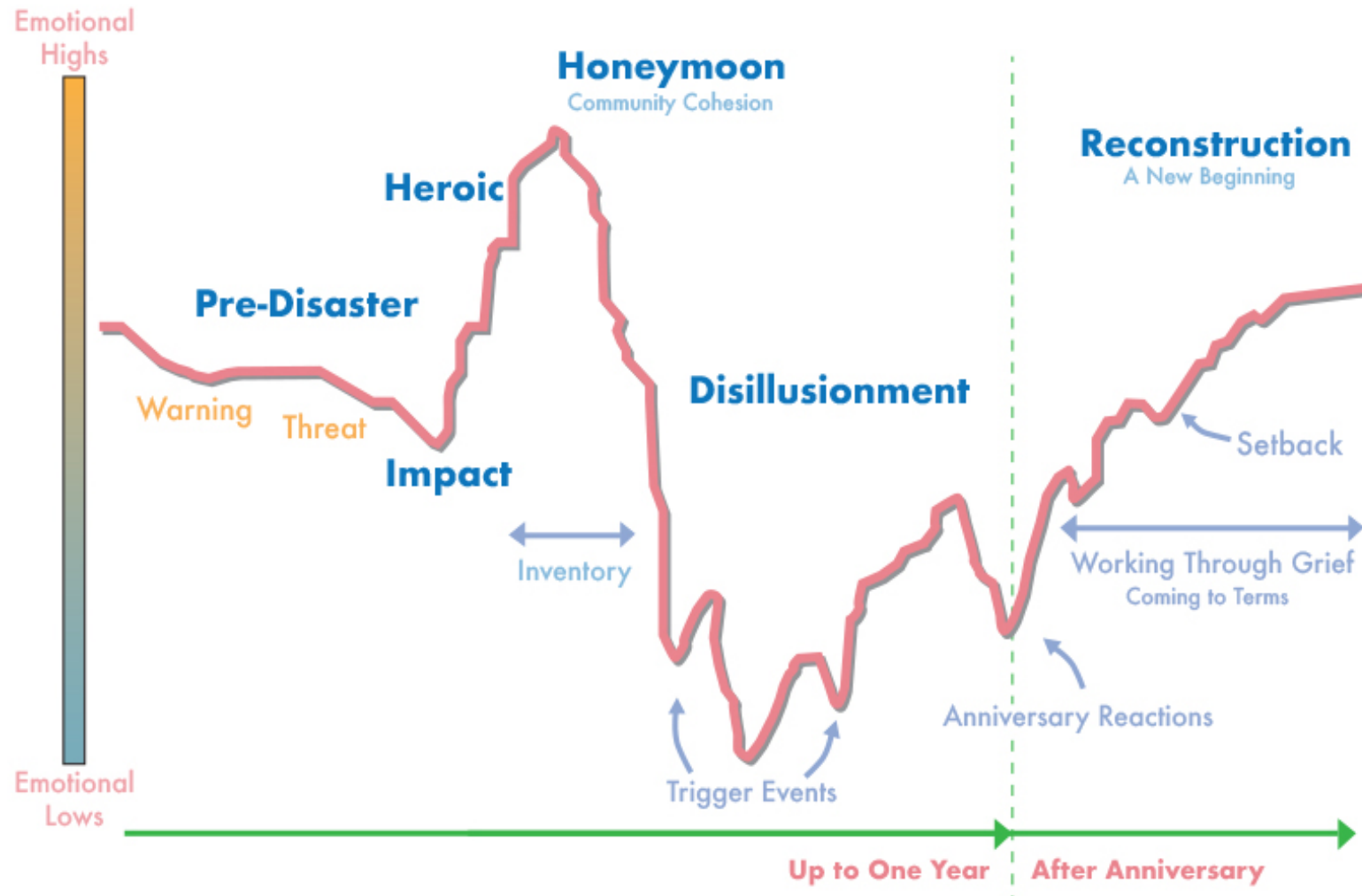
Source: New York Times



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The Arc of Mental Health Following a Disaster

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Mental Health Funding

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Funding for Domestic Disaster Mental Health, 2012-2019

Number of Grantmakers	99
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Number of Recipients	163
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Total Number of Grants	233
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Total Dollar Amount	\$39,711,080
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Speakers

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Lisa Furst

Vice President for Policy,
Advocacy and Education,
Vibrant



Huong Diep

Consulting Psychologist,
Headington Institute



Heather Nesle

President,
New York Life Foundation



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New York Life Foundation

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Heather Nesle
President,
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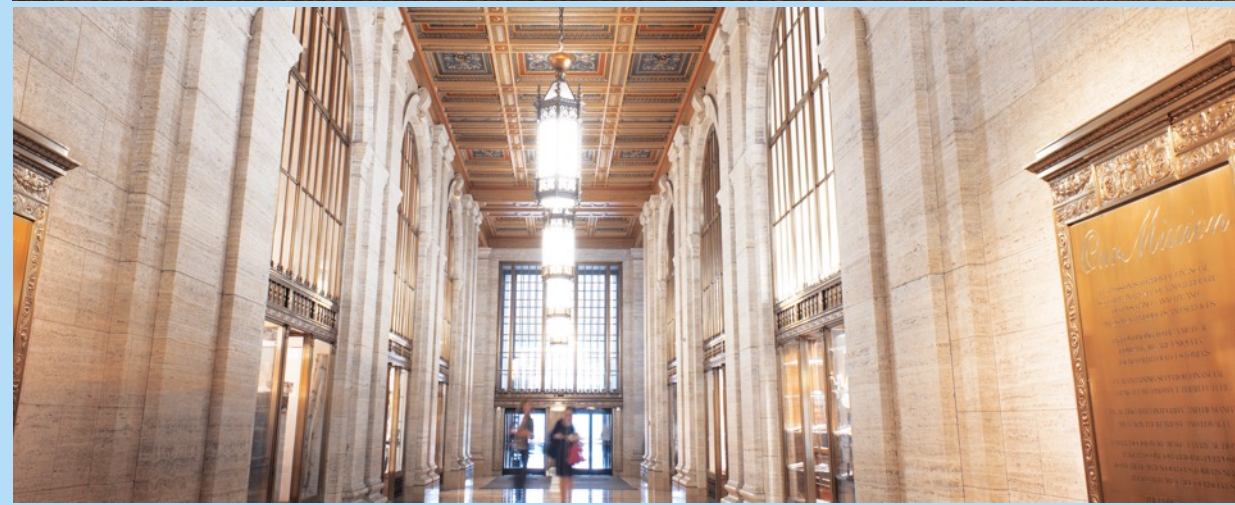
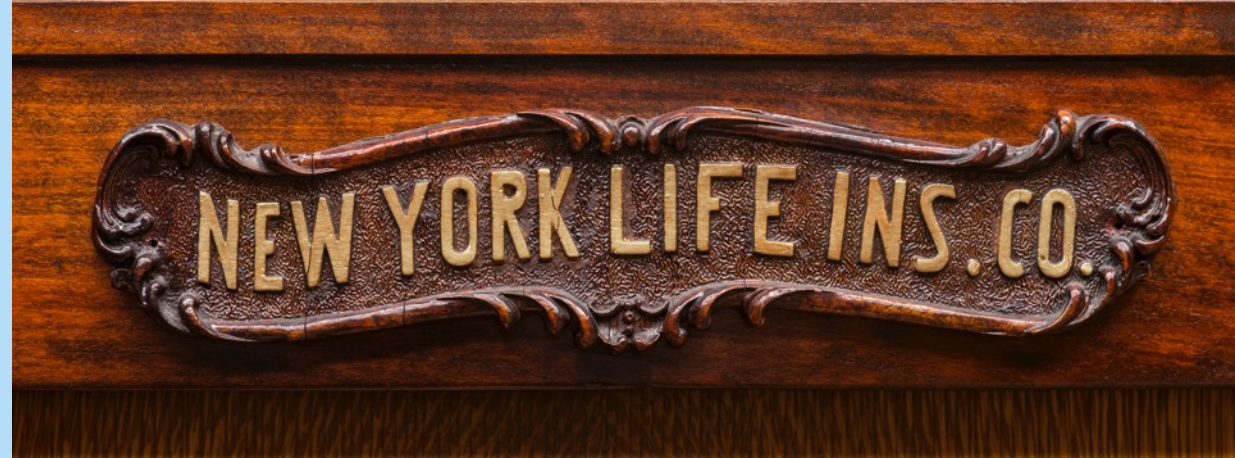
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An aerial night photograph of a dense New York City skyline. The New York Life Building, with its iconic golden dome, is the central focus and is highlighted with a semi-transparent yellow overlay. Other skyscrapers with lit windows are visible in the background and foreground. A semi-transparent dark blue horizontal band spans the middle of the image, serving as a background for the text.

New York Life Foundation

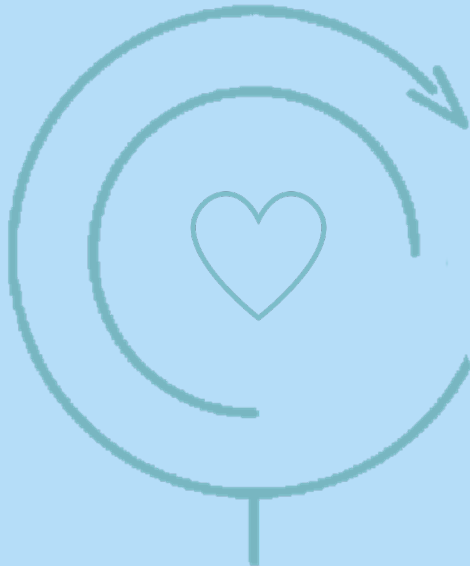
Our History

- 175th year in business
- Mutuality
- Core values:
 - Financial strength
 - Integrity
 - Humanity



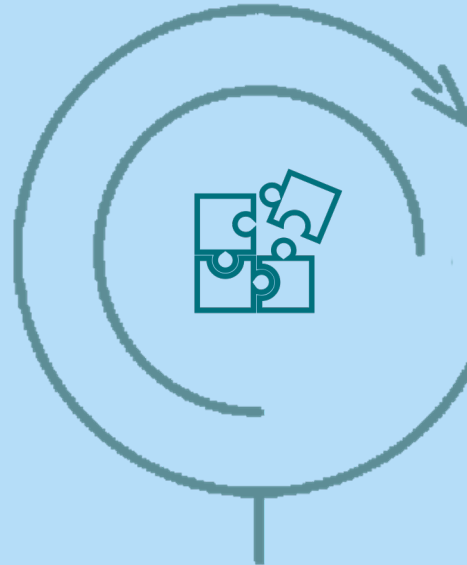
Childhood bereavement

when a child loses a parent, sibling or significant family member by death



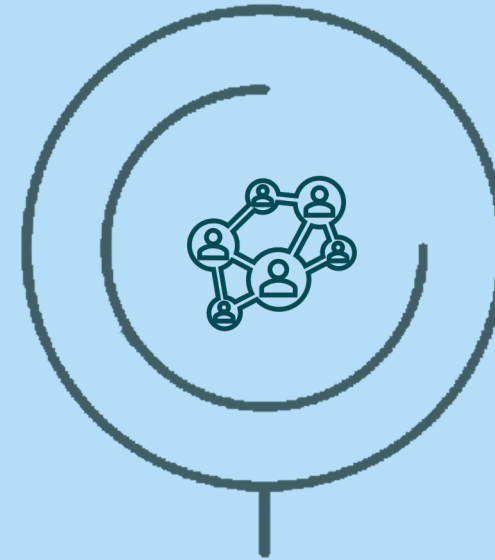
Great need

- **1 in 14 children** will lose a parent or sibling by the age of 18*
- Kids who experience a loss are more likely to be depressed, act out, engage in negative behaviors, die by suicide if not supported!



Perfect alignment

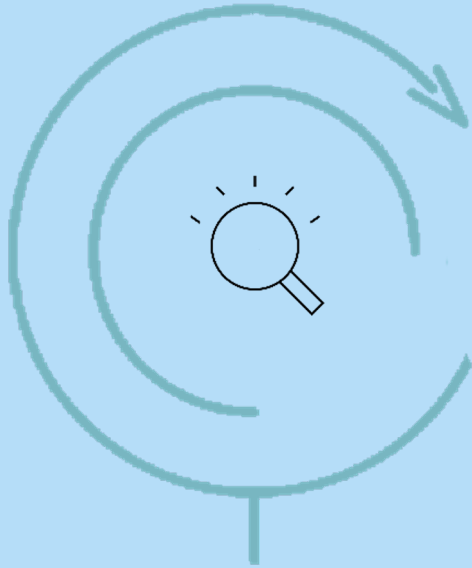
- Aligned with our business as a life insurer – provide peace of mind through our products, and childhood bereavement is a natural extension of this commitment
- Holistic approach to support: our financial security at the time of death with emotional support



Network of Engagement

- New York Life agents and employees raise awareness
- Providing local connection and activation to further the mission and our leadership in this space

Our approach



RESEARCH

- Identified gaps in resources and training through surveys and partnerships



INVESTMENT

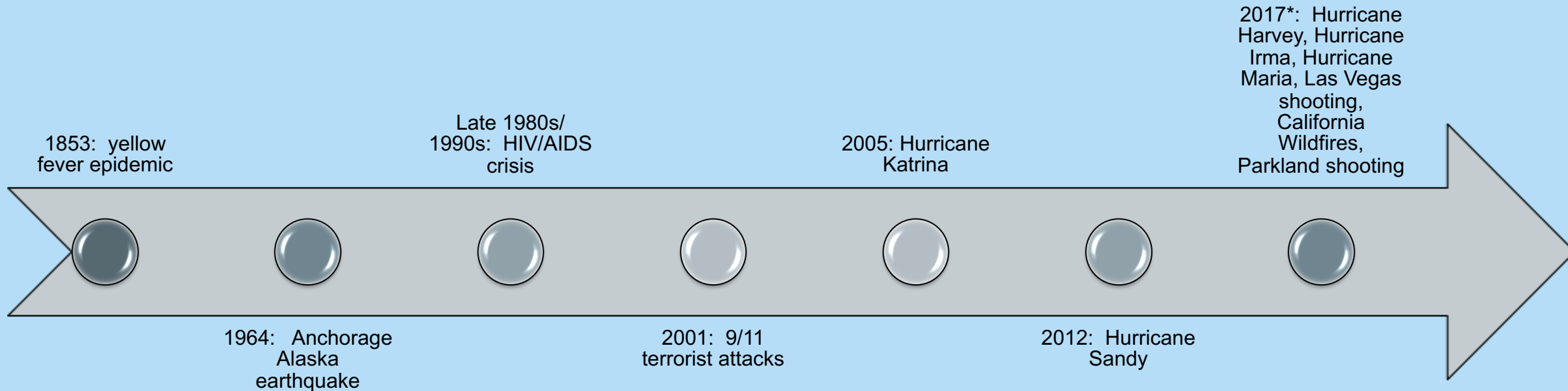
- Over \$50M in childhood bereavement invested since 2008:
- Direct Service
- Awareness/education
- Research/evaluation
- Free bereavement resources
- Increase access to bereavement support
- Raising increased awareness and education



ACTIVE PARTNER

- Creative collaborations with nonprofit organizations
- Encourage increased communication among grantees
- Foster workforce engagement
- Increase capacity within the sector

Long history of being there in the wake of a disaster...



* *Building Resilience in the Face of Disaster*

'Grief in Schools'

Our Response

Grief-Sensitive Schools Initiative



It's a program that utilizes the power of New York Life's nationwide workforce to better equip educators and other school personnel to care for their grieving students.



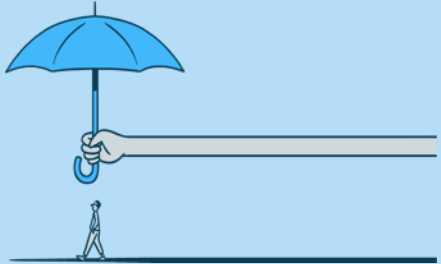
In K- 12; public & private schools.



With a purpose to raise awareness about the prevalence of childhood bereavement and the resources available for schools to support grieving students and school communities.



Strategic Partnership



Provide “Rapid Response” and “Community Care” gift credits to communities experiencing loss and acute bereavement situations



Over **300,000** books and resources provided to communities facing disaster




- **Tree of Life Synagogue shooting-**
Pittsburgh, PA
- **Walmart mass shooting**
El Paso, TX,
- **Mass shooting**
Dayton, Ohio
- **School shooting**
Santa Clarita, CA
- **COVID-19**
Nationwide

Let's get better at grief.




A Public Media & Awareness Initiative


SPEAKING GRIEF


Produced by:

 **wpsu**
PENN STATE

Philanthropic support:

 **NEW YORK LIFE**
NEW YORK LIFE
FOUNDATION

Distributed by:

 **APT**
American Public Television

www.speakinggrief.org



The Golden Sweater

A STORY BY THE NEW YORK LIFE FOUNDATION

**1 Download = \$1 donated to our bereavement partners
Up to \$175,000**





BRAVERY HAS A FAMILY

Together, New York Life and Cigna, through
their foundations, created The Brave of
Heart Fund,
dedicated to providing healthcare workers
and their families with financial assistance
and peace of mind.



www.braveofheartfund.com

Founding Partners



NEW YORK LIFE
FOUNDATION



\$50M

Initial contributions of \$25 million each from the New York Life Foundation and the Cigna Foundation.

**Dollar for
Dollar
Match**

Dollar-for-dollar match for the first \$25 million in individual donations from the New York Life Foundation.



Technology and other in-kind support to assist



Free emotional wellness services from Cigna Foundation to aid families.

Immediate disaster relief donations:

- \$225,000 - CDC Foundation
- \$236,500 - First Book
- **\$250,000 - New York Life Emergency Assistance Fund**
- \$500,000 – Emergency grants to Foundation grantee partners
- \$500,000 – NYS First Responders Fund
- \$1,250,000 – PPE



Resources

www.newyorklife.com



Caregiving amidst COVID-19:
How do we support our children
during a pandemic?

Julie B. Karlow, Ph.D., ABPP Associate Professor of Psychology,
Dr.



Tips and Resources for Working
at Home with Children during
COVID-19

As parents, we are often faced with a very difficult challenge of rearing our children during times of crisis while acknowledging that basic needs can and do happen in this world. This is the challenge we are now confronted with during the COVID-19 pandemic. How do we help our children navigate these new and unfamiliar circumstances, while ensuring they are being honest about the situation? Based on existing research and clinical work in the area,

Many of you are parents during this time (ODI) has gathered COVID-19, navigating

Set and manage

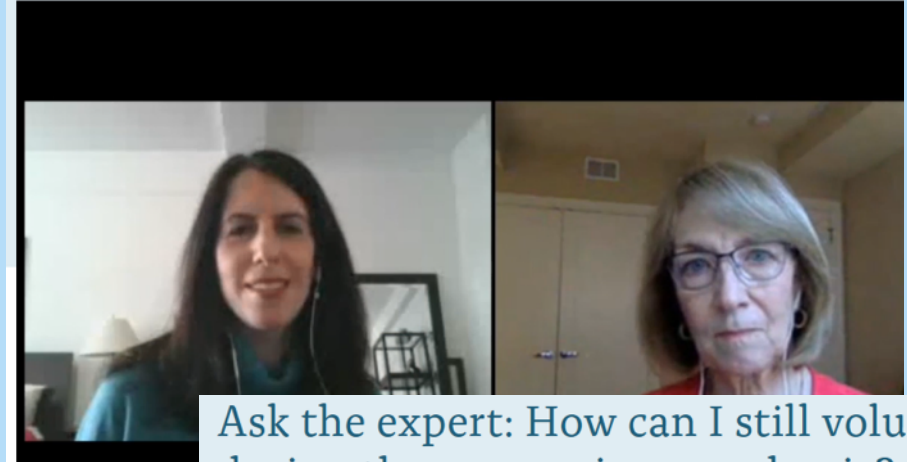
- In a time of crisis, it is particularly important to set and manage boundaries.
- Take minutes, hours, or days to set boundaries. Skype or video time - Be present and not distracted.
- When possible, that you

Twelve tips for coping with the
coronavirus pandemic.

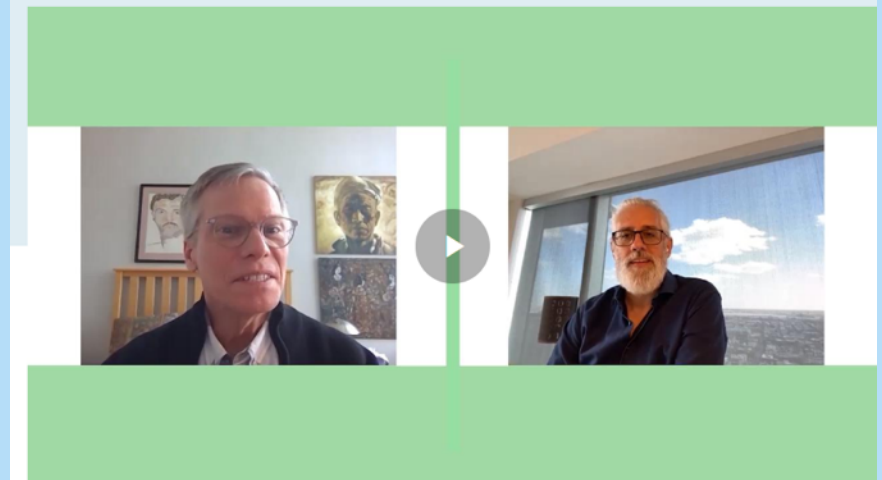


Ask the Expert Series

Talking with children about COVID-19.



Ask the expert: How can I still volunteer during the coronavirus pandemic?



An aerial night photograph of New York City, featuring the New York State Capitol building with its iconic golden dome brightly lit. The surrounding city is a dense grid of skyscrapers, many with windows glowing with interior lights. A semi-transparent dark blue horizontal band spans the middle of the image, serving as a background for the text.

Thank You.
www.newyorklifefoundation.org

Q & A

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- Submit questions using the Q & A box at the bottom of your screen.
- Use **#CDP4Recovery** to tweet insights.



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Advocacy and Education,
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Key Takeaways

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- ❑ Be flexible. Adjust your deadlines, applications, reporting procedures and expectations to take into account that mental and behavioral health symptoms may take a long time to appear and even longer to address.
- ❑ Be on the lookout for populations that may have high need but little attention or response infrastructure.
- ❑ Work with organizations that have the trust of and can reach out to underserved communities.
- ❑ Don't reinvent the wheel. Re-purpose or adapt existing resources for use in the pandemic.
- ❑ Be a good and patient listener – to the stresses and strains on your grantees, your fellow funders, and your community.

Philanthropic Response

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- ❑ CDP and Candid are tracking philanthropic donations to this pandemic.
- ❑ As of July 13, the total donations received stood at more than \$12.4 billion.
- ❑ CDP has a COVID-19 Response Fund that has awarded nearly \$10 million to date.
- ❑ For more information, visit www.disasterphilanthropy.org.



Source: USDA by Tom Witham



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Mental Health, Grief and Bereavement

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- ❑ CDP, in partnership with New York Life Foundation, just launched a new Disaster Philanthropy Playbook strategy, along with a tool kit, tip sheet and compilation of resources.
- ❑ The content is designed to support philanthropic knowledge and encourage giving in the areas of mental health, grief and bereavement in the context of disasters.
- ❑ Learn more at disasterplaybook.org



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COVID-19 Series: Strategic Approaches for Funders

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- The recordings and materials from all seven webinars are available on our website: disasterphilanthropy.org.



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Questions?

For additional information, contact:

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