

# tuesday's children

Long-Term Healing through Community  
for Families Impacted by Trauma and Loss

# TUESDAY'S CHILDREN MISSION & EXPERIENCE

## Mission

Tuesday's Children provides a lifetime of healing for families who have been forever changed by terrorism, military conflict or mass violence.

## Impact

Through a time-tested, long-term approach, Tuesday's Children programming serves and supports our nation's military Families of the Fallen; **keeps the promise** to support all those impacted by 9/11; and builds resilience and common bonds in communities worldwide recovering from tragedies.



We recently marked 21 years since Tuesday, September 11<sup>th</sup>, 2001 and 21 years of service for Tuesday's Children.

*"It's an organization we all wish never needed to be established. My family and I have benefitted in so many ways from Tuesday's Children with the support of your dedicated staff and your transformational programs. Thank you for all you have done and all you continue to do."*

– Dolores, 9/11 family member



# OUR IMPACT

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## 45,000+ Individuals Assisted Nationwide and in 34 Countries

We help those impacted by terrorism and traumatic loss find resilience and strength through family-focused programs

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## A Time-Tested Approach

Our proven Long-Term Healing Model and evidence-based programs build resilience, foster post-traumatic growth and create common bonds

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## Expansive Services

We support Military Families of the Fallen, global and domestic victims of terrorism and mass violence, and keep our promise to the 9/11 community

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## A Trusted Resource

We offer guidance and expertise in community-based long-term recovery and resilience to communities in the aftermath of traumatic events

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# THE RIPPLE EFFECT

*After more than two decades of service, our mission is far from over.*

## 9/11 in Facts and Figures:

- **2,977 individuals** from **90+** nations were killed.  
**3,051 children** lost a parent. **1,609 people** lost a spouse.
- **600,000+ people** were exposed to harmful toxins at the WTC site;  
**40,000+** suffering from 9/11-related illnesses. **4,600+** have lost their lives.

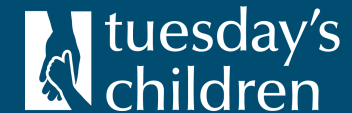
## Beyond 9/11:

- **37,000+** families have lost a military service member since 9/11; **20+** active-duty and veterans dying by suicide every day; annually **7,500+** military families grieve the loss of a child, a parent, a spouse.
- **250,000+** people have died from global terrorist incidents in the last two decades.
- **10+ mass shootings were happening per week** in the U.S. in 2021 and 2022; targeted violence rose year over year even during pandemic lockdowns.

**Gun violence is now the leading cause of death for children under the age of 18.**

- **6 million+** lives have been taken by COVID-19, **1 million+ in the U.S.**, including losses in **1 in 5** Tuesday's Children families. **250,000+** children in the U.S. have lost a parent or primary caregiver in the pandemic—many lost their sole caregiver.

Healing programs and long-term support are needed now, more than ever, to help families find recovery and resilience.



**Creating Community** – a safe place to meet others who have suffered similar losses

**Building Skills** – from well-being and mental health programs to practical career skills

**Lifelong Friendships** – mentors and peers to walk by their side, every step of the way

# OUR APPROACH

*Create a foundation of trust.*

*Build a community of support*



## Lessons Learned:

Those recovering from traumatic loss need:

- Long-term commitment and response
- Broad, community-based outreach
- Needs-based, adaptive approach
- Evidence-based, resilience-building services
- Carefully selected partnerships
- Family/community involvement and feedback



Families and children impacted by traumatic loss warrant special attention, education, and empowerment to support them through developmental stages, milestones and identity formation. In return, they can live emotionally healthy and productive lives and have a measurably positive impact on their families and communities.

# PROVEN PROGRAMS

*Our programs strengthen resilience, foster post-traumatic growth and build common bonds.*

## Family Engagement

Building community through family-focused events. These events establish trust, identify ongoing needs and facilitate outreach for specific programs.

## Wellness Programs

Assisting families coping with chaos and busy schedules through wellness programs and workshops, including skills development and life management programming.

## Mental Health & Counseling

In early years, we provided referrals to a network of mental health services, and in later years, in-house counseling and psychosocial components in all programs and services.

## SIGNATURE PROGRAMS:

- Engagement and Outreach
- Mental Health and Wellness
- Youth Mentoring
- Career Resource Center
- Project COMMON BOND
- Helping Heals
- Skills Development
- Creative Insight
- Project Heart to Heart
- Community Resilience



# TRAGEDY ASSISTANCE IN COMMUNITY RESILIENCE

*Guiding and supporting communities impacted by tragedies.*

*We have partnered with and provided customized guidance and resources to more than a dozen U.S. communities and 34 countries.*



## Long-Term Healing Model

Training and technical assistance in community resilience

## Lessons in Recovery and Resilience

Annual forum and speaker series convening survivors and experts

## Project COMMON BOND

Promoting peace, resilience and dignity in youth impacted by tragedy

## Connections in Resilience

Resource sharing and capacity building for service providers

## Survivors of Tragedy Outreach Program (STOP)

A survivor-led coalition for peer support, response and prevention

## COVID Response Project

Addressing widescale childhood bereavement due to the pandemic

## Helping Heals Days of Service

Connecting communities and partners to build hope and resilience

## Online Toolkit

[TuesdaysChildrenHeals.org](https://TuesdaysChildrenHeals.org)



# SURVIVORS OF TRAGEDY OUTREACH PROGRAM (STOP)

*A peer support coalition responding to targeted violence.*

Tuesday's Children's **Survivors of Tragedy Outreach Program (STOP)** is a coalition offering survivor-to-survivor peer support and outreach from individuals directly impacted by and responding to terrorism, mass violence and military conflict.

This network of survivors and organizations throughout the U.S. and Canada has come together for prevention and peer support to promote long-term recovery and resilience to triage and address the multi-layered impacts of targeted violence and preventable mass-scale tragedies.

**Communities represented in STOP** include Virginia Tech, VA; Boston, MA; Thousand Oaks, CA; Newtown, CT; Aurora, CO; Littleton, CO (Columbine High School); Orlando, FL; Pittsburgh, PA; Las Vegas, NV; Hawaii; Military Gold Star families throughout the U.S.; New York, NY; and 9/11 families in both U.S. and Canada.



**Read their joint statement in response to Buffalo, Uvalde and mass shootings in so many other U.S. cities in 2022:**  
<https://www.tuesdayschildren.org/wp-content/uploads/Joint-Statement.pdf>



# COVID RESPONSE PROJECT

*Building the capacity of communities to address childhood bereavement.*

**Scope:** to provide resources and capacity building in key sectors interfacing directly with families and children bereaved by Covid-19, including: educators, health care professionals, CBOs and community leaders, policy makers, academic institutions, and local systems.

Partners:



NEW YORK LIFE  
FOUNDATION



**COVID** Collaborative



**MENTOR**

**MARKED BY COVID**

*Additional partners: 26 youth-serving organizations signed on to our Nov 5, 2021 joint letter with MENTOR to the White House advocating for long-term support and youth mentoring for grieving children.*

**The greatest investment we can make now is addressing the needs of children who have experienced loss.**

- **Civic Engagement**—coordinating with local leaders to inform strategic responses that promote long-term healing
- **Needs Assessments**—to inform long-term support systems, creating localized “Roadmaps to Long-Term Healing”
- **Public Outreach & Education**—building awareness of the long-term impact of trauma and loss on children and families
- **Peer Support**—facilitating peer-to-peer connections among COVID-bereaved youth and families
- **Technical Assistance and Training**—Connections in Resilience, Long-Term Healing Model, Youth Mentoring

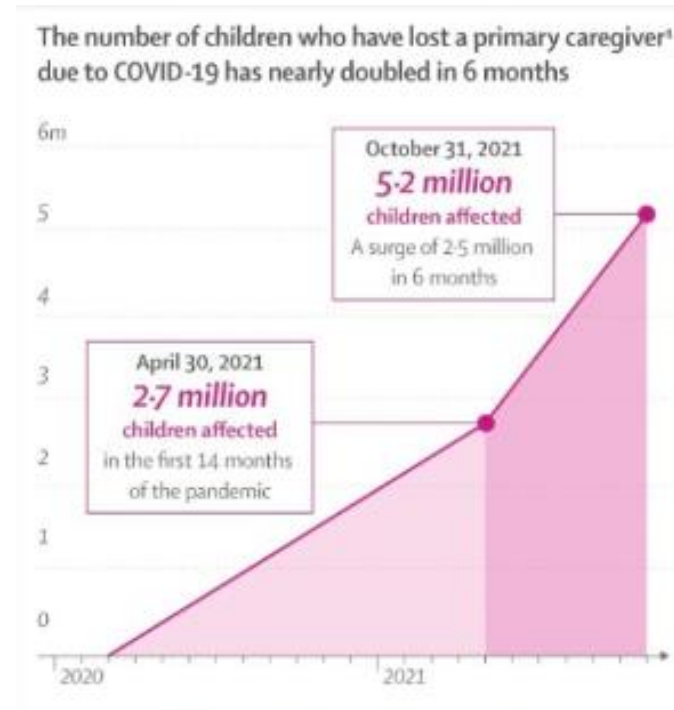


# The Shadow Pandemic

It is estimated that worldwide **7.5 million** children have lost a parent or caregiver to Covid-19.

- Covid-19 deaths in the first 14 months of pandemic: 2.7 million
- Covid-19 deaths in the following 6 months: 5.2 million
- Covid-related orphan-hood is doubling every 6 months

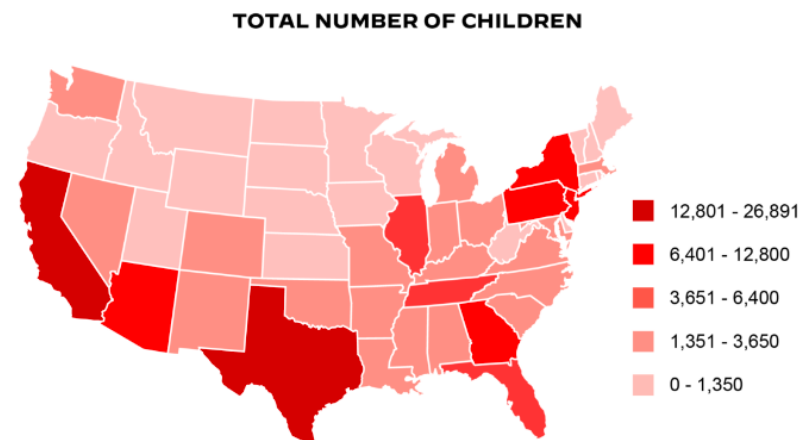
To put that in context, during the H.I.V./AIDS pandemic, it took **10 years for 5 million children** to become orphaned.



# COVID Losses in the United States

As of April 2022, more than 215,000 children in the US have lost a parent or co-residing caregiver to Covid-19

- 96,000 lost a parent
- 84,000 lost an in-home grandparent
- 16,000 lost their sole caregiver
- Half of these children are in six states: California, Texas, New York, Florida, Arizona and Georgia



Total Number Children with Caregiver Loss Due to COVID-19

These losses disproportionately impacted children who were already vulnerable – including children who were already facing social and economic adversity.

# Disparities in Parent/Caregiver Loss

Rates of parent/caregiver loss among children by demographics as compared to White peers:

- **3.5 X** as many Native American, Native Alaskan, Native Hawaiian and Pacific Islander children
- **2 X** as many Black and Hispanic children
- **1.4 X** as many Asian children

... lost a parent or primary caregiver.

People of color died at higher rates and younger ages and were more likely to have had children still living at home or live in multigenerational households.

Non-White populations have increased barriers for access to health care or health insurance and less opportunities to work from home.

# COVID Losses in New York City

Over **40,000** people have died of COVID in New York City

- **8,600** children have lost a parent or caregiver to COVID
  - That is 1 in every 200 children in New York City - nearly double the rate across the country

Few other events in the city have resulted in so many children losing a parent...

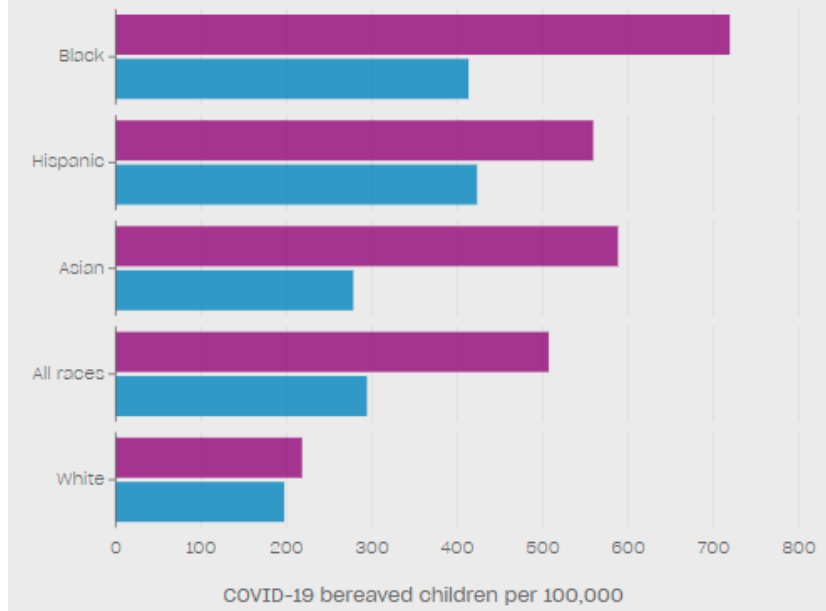
- More than **20,000** children lost one/both parents in the 1918 flu
- **3,051** children lost a parent in the September 11<sup>th</sup> attacks

## Losing a parent to COVID-19

Children in New York City are almost two times more likely to lose a parent or caregiver to COVID-19, compared to children across the U.S. Black, Hispanic and Asian children are disproportionately affected.

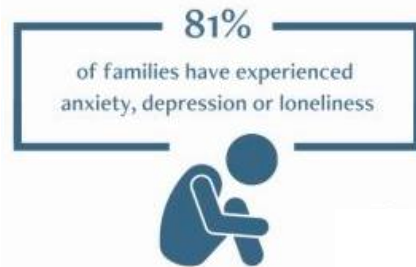
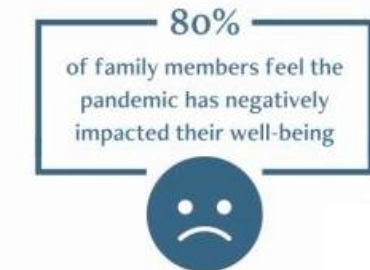
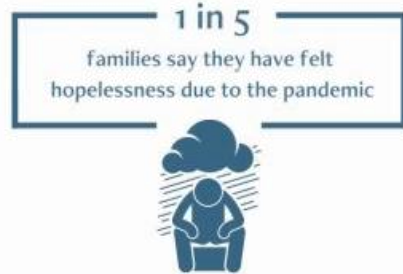
■ New York City ■ United States

⊙Hover for details.



# RISING TO MEET EMERGING NEEDS

*The global pandemic has taken a heavy toll on our families, adding to previous trauma and loss.*



**But, we are emerging resilient.**

We pivoted to virtual programs due to pre-pandemic investments in digital solutions: e-Mentoring, skills-based virtual workshops, online toolkit for resilience.

## Silver Linings of 2020-2022:

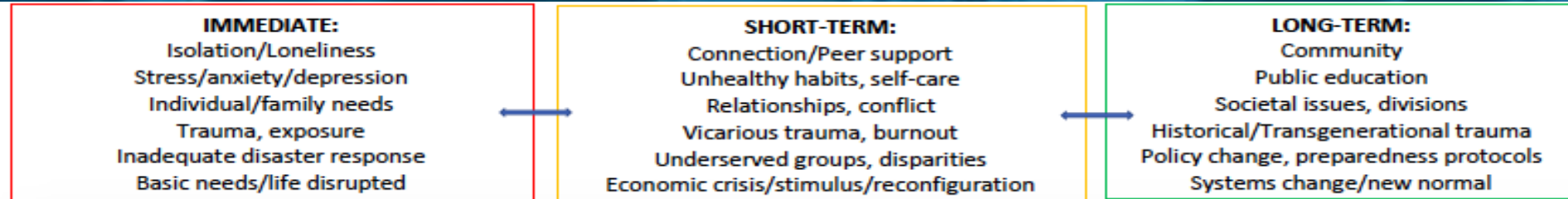
- Delivered a record number of programs, including many new virtual offerings
- Increased 1:1 support services to more than 10,000/year
- Re-imagined and new hybrid programs — virtual field trips, wellness programs, creative arts, trauma-informed modalities, and more
- Expanded geographic reach, higher attendance numbers

**Our community kept the promise.**

(Source: Summer and Fall 2020 surveys of Tuesday's Children families.)

# GLOBAL CHALLENGES OF COVID-19

## Group feedback from Connections in Resilience 2020-2021



### Upticks:

- Underlying societal issues amplified (e.g. racism, inequities, gender-based violence)
- Rising economic insecurities (housing, employment, etc.) compounding usual struggles
- Isolation across the board: in work, in personal life
- Increase in anxiety, depression, and frustrations, more interpersonal conflict



### Shortfalls:

- Not enough \$\$\$ to go around—limited resource allocation to accommodate pandemic response and support for other communities in need (including victims of terrorism and mass violence)
- Limitations of virtual connections in meeting individual and community needs
- Not enough TRUTH and FACTS surrounding the pandemic, difficult to find and discern
- Lack of preparedness for this pandemic, despite previous resilience, warning signs and lessons learned

### Worries of “These Uncertain Times” and Long-Term Implications:



- Fear of being forgotten among victims' families and survivors
- Fear of vulnerable populations "falling through the cracks"
- What will be the long-term impact of COVID-19, and what comes next after the pandemic?
- Specific developmental concerns for children (increase in screen time, time out of school, socialization, trauma, grief, bereavement etc.)
- Could our mental health be greatly affected long-term?

# NAVIGATING CHILDHOOD TRAUMA AND GRIEF

*Grief in childhood is a trauma, which manifests differently at each age and stage.*

## TRAUMA TYPES AND REACTIONS

### Post-Traumatic Stress Disorder (PTSD)

#### Fear/Loss of Safety

- Establish safe space; individual/group agreements,

### Intergenerational Trauma

#### Dissociation

- Mindfulness; body awareness

### Vicarious Trauma

#### Hyperarousal

- Identifying triggers; individual and group regulation

### Trauma Triggers

#### Isolation

- Connecting with peers with similar experiences; normalizing;

## GRIEF TYPES AND REACTIONS

### Traumatic Loss

#### Longing/Yearning

- Find positive ways to incorporate memories of loved ones into one's life

### Complicated Grief

#### Withdrawal

- Establishing trusted social supports; connecting with common bonds

### Ambiguous Loss

#### Depression

- Address whether this is specific to grief and if further intervention is needed

### Disenfranchised Grief


#### Anxiety

- Identify/address fears of loss/abandonment, establish safe environment



# MITIGATING FACTORS FOR GRIEVING FAMILIES

*Grief is compounded by additional contextual factors and previous experiences.*

- **Disaster recovery:** Like a mass shooting or traumatic event, the global pandemic is a disaster and requires **trauma-specific approaches**. Prolonged disruptions to daily life and had multifaceted psychological impact. (McCarty, et al. 2022)
- **Magnitude of loss:** **7.5 million+ children worldwide have lost a parent or caregiver** to Covid-19. Context: during the H.I.V./AIDS pandemic, it took **10 years for 5 million children** to become orphaned. (Unwin, Hilver, Cluver, et al. 2022)
- **Exacerbated vulnerabilities:** Childhood **grief in the pandemic is amplified** by existing illness or trauma, school closures, financial/emotional distress at home (or witnessing), bereave-ment care shortages, etc. (Cama, Miyamoto, & DeJong, 2022)
- **Disparities:** **Existing challenges make resilience more difficult.** The disproportionate pandemic impact on families of color highlights pre-existing hardships—multigenerational households, economic challenges or structural racism—which make resilience in the wake of trauma challenging. (Pew Research Center, 2015; Social Policy Analytics & COVID Collaborative, 2021)
- **Caregiver stress:** This can increase the **risk of negative, relationship-damaging**, escalate a child’s mental distress and reduce opportunities to engage in everyday conversations crucial for cognitive and emotional development. (Salmon, 2021)
- **Understanding of death:** Developmental stages impact children’s understanding of death. **Children are most likely to speak about their loss to someone they know**, e.g. a teacher, mentor or peer. (Sullivan, 2021) Traditions and beliefs within a family can help children process. (Pompele, Ghetta, Veronese, & Testoni, 2022)
- **Risk predictors:** Especially for adolescents, **loneliness** and increased **exposure to social media** and pandemic news are predictors for **depression, anxiety, suicidal ideation** or behavior, and sleep problems. (Murata et al., 2021)
- **Experts currently recommend anxiety screening for all children 8-18 and up due to worsening factors**  **during the pandemic.** (U.S. Preventive Services Task Force)

# Disaster Recovery After the Pandemic

- A global pandemic such as COVID-19 should be considered a disaster that requires recovery and trauma-specific approaches
- It is like other disasters and traumatic events because it disrupted daily life for an extended period and harmed psychological health in multiple ways

# COVID Ripple Effects

## **Covid-19 in Facts and Figures:**

- 102,697,566 confirmed cases
- 1,117,054 cumulative deaths
- 310,000+ children lost a parent or caregiver

## **Beyond the Pandemic**

- Long-COVID
- Education loss
- Negative effects on mental health
- Domestic Violence

<https://covid19.who.int/region/amro/country/us>

# The Pandemic's Effect on Grief

COVID significantly disrupted the ways in which many of us process and grieve. Although we are slowly stepping back into traditional routines and rituals, we continue to hear about the lasting impacts of the pandemic. The field of grief and bereavement support has found it challenging to identify and serve youth and families that have lost loved ones to COVID. There are multiple factors that have contributed to this:

- Disenfranchised grief
- Stigma
- Politicization surrounding COVID
- Lack of federally recognized COVID Memorial Day and physical COVID memorials

# Strategies for Addressing Bereavement

Although the pandemic presents significant and unique challenges, there are several tested strategies and promising practices that can help address Covid bereavement for children and their families.

Some proposed frameworks recommend focusing on resilience goals, promotion mindset, youth strengths and prosocial behaviors (McCarty et al., 2022), while others demonstrate that incorporating storytelling allows for identifying emotional states and promotes a sense of hope (Sullivan 2021).

# Peer Support – STOP COVID Cohort

Normally grieving children have a set of protective factors or coping skills that can support them in grief. One of the biggest protective factors that was impacted during the pandemic was peer support. Tuesday's Children is working with our partners to form the STOP COVID Youth Council.

## **STOP COVID Youth Council will have a threefold aim:**

- It will serve as a peer support coalition for COVID-bereaved youth.
- Participants will comprise a speakers' bureau for public awareness campaigns and media opportunities around addressing pandemic bereavement in children.
- It will be a resource for community resilience, identifying gaps in services and effective strategies for engaging and supporting bereaved youth.

# COVID Response Program Activities

**The greatest investment we can make now is addressing the needs of children who have experienced loss.**

Tuesday's Children will build resilience, common bonds and long-term healing in communities impacted by the COVID-19 pandemic through:

- **Civic Engagement**—coordinating with local emergency and crisis response teams, mental health organizations, civic and community leaders to inform strategic responses that promote long-term healing
- **Needs Assessments and Roadmapping**—assessing local community needs to best direct resources and establish long-term support systems, demonstrating evidence-based programs, designing localized “Roadmaps to Long-Term Healing”
- **Public Outreach & Education**—leveraging speaking engagements and presentations to improve public understanding of the long-term impact of trauma and loss on children and families
- **Peer-to-Peer Support**—ensuring that community-based and virtual programs are adequately trauma- and bereavement-informed; facilitating peer-to-peer and mentoring connections among COVID-bereaved youth and families
- **Technical Assistance and Training**—building capacity through our professional peer training program Connections in Resilience, Long-Term Healing Model, Youth Mentoring model and online toolkit at [www.TuesdaysChildrenHeals.org](http://www.TuesdaysChildrenHeals.org)



# COVID Response Resources and Support

## Additional resources we recommend for addressing pandemic grief:

- Tuesday's Children's multilingual, family-focused tip sheets on coping with traumatic events and trauma and grief reactions by age: <http://ow.ly/wvRf50IjHv>
- Tuesday's Children's online toolkit for community resilience: <https://www.tuesdayschildrenheals.org/>
- Joint letter to the Biden Administration from Tuesday's Children and MENTOR calling for long-term support for children bereaved by COVID: <https://www.mentoring.org/blog/news/mentor-tuesdays-childrens-recommendations-to-the-biden-administration-to-ensure-the-140000-children-who-lost-a-caregiver-to-covid-19-receive-the-care-they-need/>
- Bereavement resources from the New York Life Foundation: <https://www.newyorklife.com/foundation/bereavement-support>
- New York Life Foundation State of Grief Report: [https://www.newyorklife.com/assets/foundation/docs/pdfs/2021\\_Foundation\\_State\\_of\\_Grief\\_Report.pdf](https://www.newyorklife.com/assets/foundation/docs/pdfs/2021_Foundation_State_of_Grief_Report.pdf)
- COVID Collaborative Hidden Pain Report: <https://www.covidcollaborative.us/initiatives/hidden-pain>
- The Brave of Heart Fund resources and scholarship funds for families bereaved by COVID-19: <https://employee relief fund.org/brave-of-heart-fund/>



# Lessons in Recovery and Resilience Events

*Reflections from experts and survivors on terrorism, mass violence, military losses and the global pandemic*

**Sign up for our newsletter for information on our 2023 speaker series and forum events.**

**5<sup>th</sup> LESSONS IN RECOVERY AND RESILIENCE FORUM** Tuesday, May 17, 10:00 a.m. - 1:00 p.m. EST

## **EMERGING FROM TRAGEDY: Building Resilience after Wide-Scale Trauma and Loss**

- Lessons learned from two decades responding to 9/11 and mass-scale tragedies
- Promising practices in community resilience and recovery from traumatic events
- First-hand survivor stories of resilience and peer support
- Preparedness, prevention, protocols and challenges of the post-9/11 and post-pandemic eras

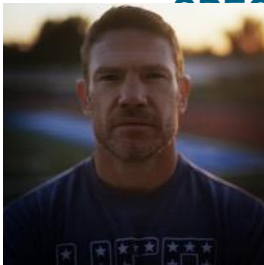


Link to Recording:

<https://youtu.be/vGfNkXmcGvo>

**SCAN THE QR CODE TO ACCESS RECORDINGS FROM 2022 FORUM AND SPEAKER SERIES EVENTS**

### **FEATURED KEYNOTES:**



**Nate Boyer**, Army Green Beret, philanthropist, humanitarian, and former football player for the Texas Longhorns and Seattle Seahawks



**Thelma Stober**, Survivor, 7/7 London Underground attacks; Deputy Lieutenant, Greater London, Co-Chair, Grenfell Tower Memorial Commission  
**Vladimir Voronkov**, Under-



Secretary-General, United Nations Office of Counter-Terrorism



**Jake Appleby**, Anchor, Chief Washington Correspondent

# Lessons in Recovery and Resilience Events

*Reflections from experts and survivors on terrorism, mass violence, military losses and the global pandemic*

Suicide Awareness, Intervention and Postvention  
March 9th 11:30am-1pm EST



**Amy Dozier**, Writer, Storyteller, Gold Star Family Advocate and Community Network Coordinator, Veterans Bridge Home



**Deborah Garcia**, Poet, Memoirist, 9/11 Widow and Grieving Mother



**Nick Guthe**, Filmmaker, Father, Long-Covid and Mental Health Advocate



**April Naturale**, AVP National Programs, 988 Suicide and Crisis Lifeline, Vibrant Emotional Health



Remembrances, Reminders, Anniversaries and Milestones  
December 15th 11:30am-1pm EST



**Heather Dearman**

CEO, 7/20 Memorial Foundation; Civil Service Specialist, City of Aurora; Cousin of Ashley Moser (wounded) and Veronica Moser-Sullivan (killed) from the 2012 Aurora, CO theater shooting



**Julie Kaplow, PhD, ABPP**

Executive Vice President of Trauma and Grief Programs and Policy at the Meadows Mental Health Policy Institute and Executive Director of the Trauma and Grief (TAG) Center at The Hackett Center for Mental Health



**Kristin Urquiza, MPA**

Co-Founder and Co-Executive Director, Marked by Covid and Disaster Equity Advocate leading the Covid-justice movement; daughter of Mark Urquiza, who lost his battle to COVID in 2020



**Lieutenant Colonel (Ret.) John Vigna**

Assistant Professor for History and American Politics, United States Military Academy, West Point; surviving spouse of Maj. Lisa Christine Jones Vigna

Visit our YouTube channel for recordings of past events: <https://www.youtube.com/c/tuesdayschldrnrn>

# KEEPING THE PROMISE

Some of our valued partners and supporters:



**SALUTE TO SERVICE**  
GRANT RECIPIENT



Morgan Stanley



JPMORGAN CHASE & CO.



The Steven A. Cohen  
Military Family Clinic



# HOW TO GET INVOLVED

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## Volunteer

Become a Tuesday's Children Youth Mentor or Career Mentor and make a lasting difference in the life of a child impacted by trauma and loss.

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## Support Our Mission

Visit our website for ways to support our work through community fundraisers, endurance events or individual or institutional gifts

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## Get Tuned In

Follow us and share on social media to spread the word about our work. Sign up for notifications about upcoming programs and professional events.

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## Sponsor a Program or Event

Sponsorship opportunities are available for all programs, including family engagement events, workshops and virtual programs.

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For additional information, visit [www.TuesdaysChildren.org](http://www.TuesdaysChildren.org)

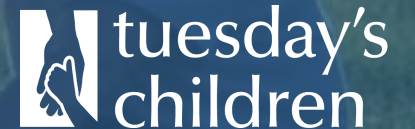
*“In any tragedy, we memorialize those who are lost; but we must not lose sight of, and do all that we can for those who are left. They are our most important living memorials and can become our most valuable ambassadors.” — Tuesday’s Children*


## Contact Us!

Tuesday’s Children  
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Sallie Lynch, [sallie@tuesdayschildren.org](mailto:sallie@tuesdayschildren.org)  
Kathryn Ellard, [kathryn@tuesdayschildren.org](mailto:kathryn@tuesdayschildren.org)

[TuesdaysChildren.org](https://TuesdaysChildren.org)  
[TuesdaysChildrenHeals.org](https://TuesdaysChildrenHeals.org)





# tuesday's children

How we are caring for communities impacted by terrorism, military conflict or mass violence:

<https://youtu.be/qGhFJaIYbQ4>