



Thoughts from our Executive Director....

It's a big, big world full of impressive happenings by so many dynamic beings every moment.

Dr. Tina Barrett

Here's to you beautiful souls. Here's to building community. Bridging people. Connecting. Becoming stronger together. There is something deeply inspiring about being part of a team, a troupe, a community of any size that strives to take care of one another.

Looking around the room at the 15th annual Grief Institute, my heart is full. What an honor it is to be a part of such a compassionate, talented group of mental health professionals, hospice staff, nurses, students, school personnel, chaplains, funeral home directors, care professionals, community members...so many fine folks committed to more fully understanding and supporting one another through the toughest of times.

When any of us start to feel alone, sad or scared, may we lean on the wisdom of Fred Rogers: "Look for the helpers. You will always find people who are helping."

This has been a year of beautiful, challenging, exciting, daunting, satisfying, discouraging, and stabilizing times. On the most demanding of days I gain ridiculous strength from focusing on the many lovely beings doing their darndest to make the world a better place.

'Tis an honor to walk and to work alongside you.

Tina Barrett

# 2018 Highlights

## INCREASED ACCESS TO CARE

- Offered grief support and education in 15 schools throughout western Montana serving over 735 individuals in 54 classrooms
- Offered over 1,000 counseling sessions
- Supported 185 individuals through 15 free community workshops and grief support groups
- Offered Urgent Response in schools and businesses following tragic deaths
- Launched HIPAA compliant telehealth counseling to benefit those living in hard to reach areas where support is lacking or non-existent
- Provided over 1,000 grief consultations at no cost to individuals
- Expanded Teen programs in Missoula and Browning
- Facilitated 6 nature-based grief camps and retreats in Montana, offering support for over 128 youth and adults
- Provided scholarships or no-cost services for more than 87% of support program participants

## OFFERED TOP-NOTCH TRAINING AND EDUCATION

- Expanded network of care by providing advanced education and specialized training for over 700 professionals, school personnel, care providers and community members
- Facilitated 12 trainings on suicide prevention and/or postvention for 114 individuals
- Hosted The National Alliance for Grieving Children's webinar on Supporting Youth & Schools Following a Community Tragedy in Kalispell, Missoula and Browning
- Facilitated the 14th annual Grief Institute for nearly 200 Montana professionals and community members
- Provided training for over 64 volunteers, who then offered over 1,300 hours of grief and trauma care
- Expanded specialized grief and trauma education to rural communities

## EXPANDED COLLABORATIONS

- Secured proclamation for Children's Grief Awareness Day in Montana by Governor Bullock
- Featured in BBC London documentary on suicide in the United States
- Served as Board Member for The National Alliance for Grieving Children
- Expanded Advisory Committees in Browning, Missoula and Kalispell
- Served on Tragedy Assistance Program for Survivors Advisory Board
- Partnered with area contractors to complete building renovations project to include Healing Gardens, ADA Access and Play Therapy Room
- Served on Project Tomorrow's Leadership Team and Working Group
- Secured funding for vehicles to expand programming throughout Montana

## LOOKING AHEAD...

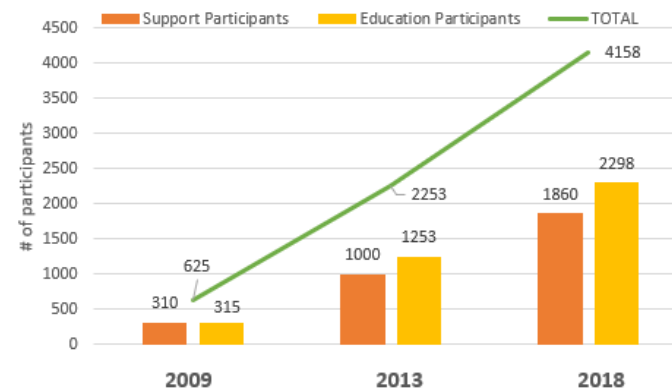
- Add staff to further stabilize and expand Browning region programming
- Increase grief programs for youth and adults throughout Montana with a focus on rural communities and Indian Country
- Develop additional programs for non-death loss, LGBTQ communities and suicide/traumatic loss survivors
- Expand awareness of and access to telehealth counseling
- Create templates, documents and publications to facilitate replication of programs



## 2018 STAFF PRESENTATIONS:

- Recharge: Crossing the Bridge from Trauma to Resilience**, Flathead County personnel, Kalispell MT
- Grief & Anxiety**, Blackfeet Community College, Browning MT
- Grief Camp Facilitator Training**, TAPS National Military Suicide Survivors Seminar, Palm Harbor, FL
- Keynote Address, International Suicide Loss Survivors Day gathering**, MT State Capital, Helena MT
- Grief In Schools**, Bitterroot Mental Health Team, Stevensville MT
- Grief Group Curriculum Development**, Tragedy Assistance Program for Survivors, National Webinar
- A Look at Grief. Meeting the Challenge: Recognizing and Responding to Substance Use Disorders**, Cut Bank MT
- Counseling Bereaved Teens**, TAPS Institute for Hope & Healing, National Webinar
- Talking with Teens about Death & Dying**, TAPS Institute for Hope & Healing, National Webinar
- Death Notification**, Medicolegal Death Investigation Conference, Missoula MT
- Recharge: Supporting Compassion Resilience at Work**, ManPower, Great Falls MT

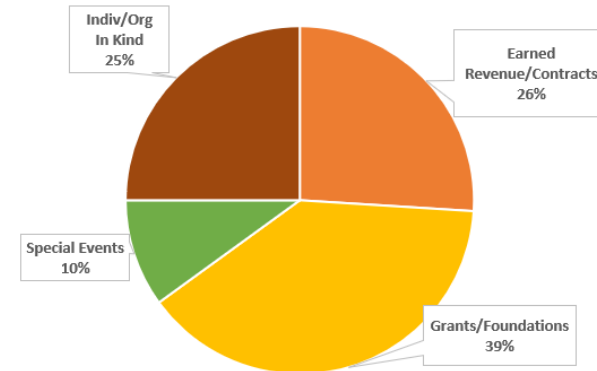
## Grief Support and Education Participants



4,158 participants; 10,128 direct service hours

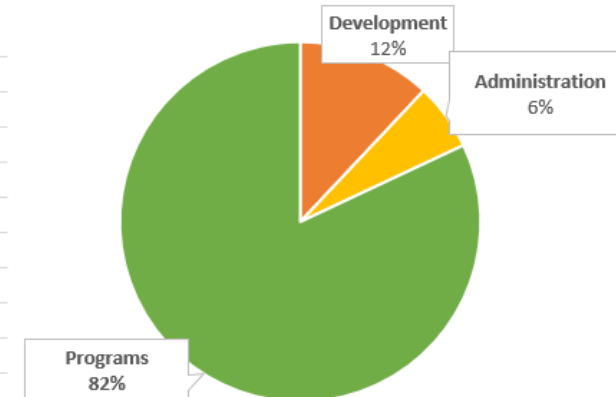
## TGRC Financial Report

2018 REVENUE \$649,727



2018 EXPENSES \$538,020

Plus \$95,207 in asset purchases & loan principal



Asset purchases include 2 grant funded vehicles to facilitate outreach

# With gratitude..

## Visionaries

M.J. Murdock Charitable Trust  
 State of MT—DPHHS  
 Oro y Plata Foundation  
 Dennis & Phyllis Washington Foundation  
 Whitefish Community Foundation  
 Christine & Thomas McCall

## Sustainers

Kimberly & Mike Roth  
 Marion Park Foundation  
 Dave & Trish Opitz  
 Brenda Wilkins  
 Ed & Mary Barrett

## Companions

New York Life Insurance Company  
 Hospice Care Foundation  
 Title Services of Missoula, Inc.  
 Dennis & Robin Round  
 Bill & Rosemary Gallagher Foundation  
 Jeff & Stacy Kendrick  
 Cadeau Foundation  
 Restyle Clothing Exchange  
 Max & Betty Swanson Foundation  
 David Hackathorn  
 Noel Kulbeck & Stacey Brown  
 Dr. Gary & Lynne Willstein  
 Rosalie Karp  
 Bill Howard  
 Bikers Against Bullies  
 Appleseed Foundation  
 Denise Moreth  
 Partners In Home Care  
 Bea Kaleva  
 United Way of Missoula County  
 RNI Imports  
 Garden City Funeral Home  
 First Montana Bank  
 John Jay Miller  
 Ryan & Michal Farley

## Partners

Audie Jones & Carson Lee Family Foundation of the Napa Valley Community Foundation  
 Brian Craig  
 Milodragovich, Dale & Steinbrenner  
 First Security Bank of Missoula  
 Erck Hotels and Ruby's Inn & Convention Center  
 Doug & Rachael Parrott  
 ALPS Corporation  
 Thad & Sue Huse

Ann O'Conner  
 Cam Rindal & Jamie Adams  
 Nick Lopuch  
 Tom & Claudine Origitano  
 Timothy & Kris Rose  
 The Michael Curran & Veronica Selinko-Curran Charitable Fund  
 Soroptimist Internat'l of Whitefish  
 Paul Moseley  
 Marshall & Mary Brondum Special Assistance Foundation  
 Jeff Mayer & Tacy Witter  
 Ila B. Dousman Fund  
 Hospice of Missoula  
 Community Medical Center  
 Camille Harris  
 AFSP Montana Chapter  
 Jim Parker  
 Beth Woody  
 Thomas Miller  
 Patti Larsen  
 Ellie Steinberg  
 Kirsten & Shawn Pabst  
 Connie Kulbeck  
 Jackie Holdsambeck  
 Shelley & Bryan Barrett-Catton  
 Wendy McNamara  
 Walla Walla School of Social Work  
 Missoula City-County Health Dept.  
 Jack Manning  
 Ideal Option  
 Consumer Direct Care Network Hospice

## Advocates

Liisa Demblans-Dechans  
 The Blackfeet Tribe  
 Summerfield & Julie Baldrige  
 Old Sawmill District  
 Lynn Riley  
 Laurie & Neil Anderson  
 Hospice Care Connection  
 Elizabeth Koch  
 Bob Clark  
 AGL Foundation Fund at WCF  
 Susan Hay Patrick  
 Melissa Matassa-Stone & Coby Stone  
 Ingrid Greiser  
 Tina Barrett & Casey Hackathorn  
 Tim & Nadine Robertson  
 Heather Stokes & Matt Taylor  
 Liz & Matt Manley  
 David & Donna Sauers  
 Jeff & Wendy McNally  
 Lindsey Nichols & Curtis Biggs

Raren O'Conner  
 Heather Foster  
 Terri Bauer  
 Nancy McCourt & Gary Stein  
 Mick & Marie Seidl  
 Laura Solem  
 Josh & Billie Hinrichs  
 Joe & Danelle Danzer  
 Adina Bedwell  
 Brandy Fowler  
 Wasabi Sushi Bar and Ginger Grill  
 Lucy France & Jon Kienberger  
 Axis Physical Therapy  
 Whitefish Mountain Resort  
 TrailWest Bank  
 Susan Curry  
 Richard Gordon & Cheryl Watkins  
 Linda Hom & Eric Kress  
 Kris & Tom Carlson  
 Kit Mayer Memorial Fund  
 Jane & Scott Wheeler  
 David & Joanna Duty  
 Bayne Family Fund At WCF  
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 Yvette Heintz  
 Wilson Curlee  
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 Randle Romney  
 Nancy Tigue  
 Katie DeSoto  
 Jon & Berkley Hudson  
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 James Caras  
 Emily Greenwald  
 David Park & Lisa Jones Park  
 Bruce & Sheri Showen  
 Bitterroot Star  
 Beth Morgenstern  
 Anne & Steve Carlson  
 Bernice's Bakery  
 Blackfeet Community College  
 First Call Computer Solutions  
 Friendship Quilters of First Assembly of God  
 Good Food Store  
 Izaak Walton Inn  
 LM Auctions  
 Missoula Quilters Guild  
 Natural History Center  
 R.I.V.E.R.  
 UHaul  
 Hooked on Fishing

## Grief Camp Care Team

**Ed Barrett**  
**Tina Barrett**  
**Kaylie Beierle**  
**Karla Bird**  
**Tawnya Cazier**  
**Dawn Magee-Cobell**  
**Joe Danzer**  
**Paige Devlin**  
**Jessica Fetzer**  
**Ariel Goodman**  
**Morgan Haynie**  
**Aubrey Howell**  
**Crystal Jacks**  
**Crystal Jacks**  
**Ashley Jacks**  
**Melanie Johnson**  
**Jason Karp**

**Caroline Keys**  
**Jennifer Klingaman**  
**Chris Lewis**  
**Liz Manley**  
**Sherri Marcoux**  
**Tracy Mayer**  
**Dave McCarthy**  
**Kilian McNamara**  
**Kate Newby Wells**  
**Jim Parker**  
**John Parente**  
**Kim Parrow**  
**Ariell Pirwitz**  
**Daniella Rineheart**  
**Robin Round**  
**Kat Starbird**

We also want to thank the kind individuals who offered in-kind donations, volunteered for events and/or donated \$5-\$199. You are a bright light! We apologize in advance if we have left anyone off this list or misspelled a name. Please call with any corrections (406) 541-8472.

## Board of Directors

**Clint Romney** President  
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**Lindsey Nichols**, Sec

**Ryan Farley**  
**Heather Foster**  
**David Opitz**  
**Rachael Parrott**  
**Heather Stokes**  
**Brenda Wilkins**

## Staff

**Tina Barrett**, EdD, LCPC  
 Co-founder/Executive Director  
**Erin Austin**  
 Assistant Director  
**Liz Manley**  
 Development Director  
**Paula Griffith**  
 Finance Director  
**Sienna Speicher**, LCPC  
 Browning Prog Director  
**Kim Parrow**, LCPC  
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 Clinical Manager

**Aubrey Howell**, BSW  
 Program Manager  
**Ariell Pirwitz**  
 Outreach & Devel. Spec.  
**Tawnya Cazier**, MSW  
 Clinical Support Specialist  
**Melanie Johnson**  
 Grief Specialist Intern  
**Robin Round**  
 Non-profit Assistant  
**Dawn Henderson**  
 Flathead Program Liaison



MISSOULA • KALISPELL • BROWNING  
 MONTANA

*“Thank you so much for snapping into action and helping us through the extremely difficult loss of our friend. Your support and presence was essential to our healing.”*

405 S. 1st Street W.  
 Missoula, MT 59801

(406) 541.8472

# TAMARACK GRIEF RESOURCE CENTER

Tamarack Grief Resource Center strengthens and honors individuals, families and communities throughout their journey with grief.



**Grief Support • Grief Education • Counseling**  
**A Camp to Remember since 1997**



**Stabilize • Remember • Inspire**