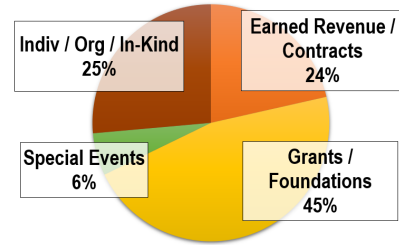
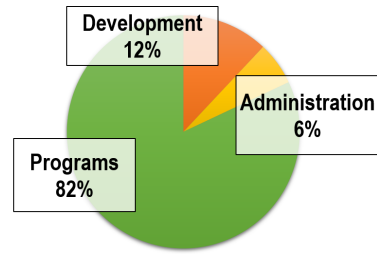


TGRC Financial Report

2019 Revenue: \$701,923



2019 Expenses: \$640,751
Plus \$37,882 in assets & loan principal



2019 Presentations included...

Grief After Suicide & Traumatic Loss, Montana School Counselors' Association, Billings

Grief Camps: Support After Suicide Loss, TAPS National Military Suicide Survivors Seminar (AZ)

Grief in Schools, Bozeman & Missoula

Grief Resources in Montana, Funeral Directors' District Meeting, Charlo

Grief Support Following Substance Use Loss, FRIENDS WAY Conference Keynote (RI)

Inspiration Mobiles, NAGC Symposium (UT)

Interventions for Youth in Suicide & Homicide Loss, NAGC Symposium (UT)

Navigating Stresses and Strains in the Couple Relationship, Dan Fox Family Care Program, Missoula

Nonprofit Practice & Wellness, NAGC Webinar

Parental Grief, Widowed Parent Podcast

QPR Suicide Prevention, Browning, Missoula

Taking Compassion Resiliency to the Next Level, FRIENDS WAY Conference (RI), NAGC Symposium (UT), & Western MT Mental Health Center (MT)

Supporting Military Youth, TAPS Bereavement Camp Consortium (AZ)

Talking About Suicide, Bozeman, Kalispell, Missoula

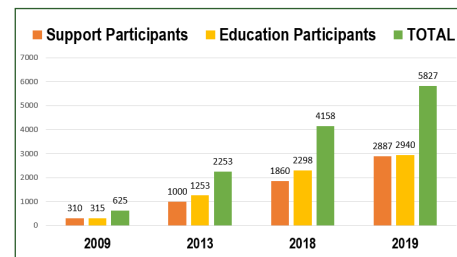
Walking the Road to Hope, Open to Hope Podcast



2019 Program Statistics

We served **5,827** total participants

through **12,441** direct service hours of grief education & support!



“...Whether she is sitting on the grass under the night sky at a grief camp reading poetry to children or speaking in front of colleagues on a national stage, Tina’s true self shines through. Her sheer power to rally a room to action and re-energize professionals is unparalleled... The winner of ADEC’s 2019 Community Educator Award: **Dr Tina Barrett.**”

Wow – what kind words and what a tremendous honor to receive this award. Hundreds of compassionate, brilliant, world-brightening beings welcomed me into this grief counseling, researching, educating field. You’ve generously mentored me, supported me, taught me. We know this is not a perfect science. How do we as a collective grasp this information related to life, death, grief, hope and healing — all the tips and tools for supporting ourselves and others in the toughest of times— sift through it, and spread it as far and wide as we can? Our impact is so limited as individuals, until we share this info with others and, ultimately, expand the network of care.

I thank you for filling me up with your wisdom, insights, strength, guidance and inspiration. May we take what we learn from one another—the precious bits of strength, comfort, and wisdom—and spread that healing goodness far and wide.



Tina Barrett
Dr. Tina Barrett,
Executive Director

(Adapted from ADEC Award Acceptance Statement)



2019 In Kind Donors

5 Crow Photo
A Carousel for Missoula
Altruist Salon & Boutique
Andy Thomas
Ariell Pirwitz
Art by Randy
B. Martinez
Beaches Beauty Supply
Bernice’s Bakery
Betty’s Divine
Big Bear Sign Co.
Bitterroot Flower Shop
Black Coffee Roasting Co.
Blackfeet Community College
Bravo! Catering
Burns Street Bistro
Caffe Dolce
Canyon River Golf Club
Cindy Ball
Clint Romney & Jami Romney
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Costco
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Glacier Raft Company
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Missoula Textiles
Mod Pizza

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Orange Street Food Farm
Orange Theory Fitness
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Paul Moseley
Peter Bring
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Hathaway Home Services
Scott Knudsen
Sentinel Mechanical
Spectica Optical Boutique
Susan Hancock
Sushi Hana
Taco del Sol
Tamara Kittelson-Aldred
Teshia Art
The Bridge Pizza
The Depot
The Flower Bed
The Roxy Theater
The Trailhead
The Wilma
Treasure Chest
U-Haul
Upcycled
Valorie Oldfield
We Do That
Whitefish Mountain Resort

LOOKING AHEAD...what’s next?

- Strengthen collaborations and partnerships to enhance our collective impact
- Launch a new and improved participant database to enhance continuity of care
- Invest in specialized training and development to stay current on best practices
- Prioritize documentation of systems to ease replicability of programs and extend our reach

With Gratitude to Our 2019 Donors...

Visionaries

Anonymous
Dennis & Phyllis Washington Foundation
Kathy Veazey
Montana Board Of Crime Control
Montana Dept. Public Health & Human Services - Suicide Prevention
New York Life Foundation
Oro y Plata Foundation
The Steele-Reese Foundation

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Consumer Direct Care Network Hospice
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Doug & Rachael Parrott
Ellie Steinberg
First Montana Bank
Glacier Medical Associates
Heather Foster
Hospice of Missoula
Ila B. Dousman Fund
Jeff Mayer & Tacy Witter
Jim Parker
Kate Newby-Wells & Mark Wells
Kimberly & Mike Roth
Kris & Tom Carlson
Larry Lewman
Lindsey Nichols & Curtis Biggs
Marshall & Mary Brondum
Special Assistance Foundation
Mary Boscamp
Partners In Home Care
Patti Larsen
Shelley & Bryan Barrett-Catton
Sherba Tile & Terrazzo
Summerfield & Julie Baldrige
Susan Hay Patrick
The Michael Curran & Veronica Selinko-Curran Charitable Fund
Thomas Miller
Title Services of Missoula, Inc.
Tom & Claudine Origiano
Tom & Mary Lou Stergios
Walla Walla School of Social Work
Wendy McNamara
Whitney Round

Bayne Family Fund at WCF
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James Caras
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Mackenzie Round
Missoula Federal Credit Union
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Rex & Shannon Holdsambeck
Scott & Tana Burke
Steven Snyder
The Blackfeet Tribe
Thomas Moore
Tina Barrett & Casey Hackathorn
Tom & Emily Mackenroth
United Way of Missoula County
Whitefish Mountain Resort Fund at WCF

Sustainers

A Plus Health Care
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Ed & Mary Barrett
Garden City Funeral Home
Marion Park Foundation

Companions

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David Hackathorn
First Security Bank of Missoula
Hospice Care Foundation
Jeanne Sayer Moseley
New York Life Insurance Company
Noel Kulbeck & Stacey Brown
Sue Brown
Whitefish Community Foundation

Partners

Ali Kelly
ALPS
American Foundation For Suicide Prevention
Montana Chapter
Barb Callaghan
Barbara Miller
Ben & Emily Martello
Bill Howard
Brian Craig
Clint Romney & Jami Romney
FitzGerald
Community Medical Center

Glacier Medical Associates
Heather Foster
Hospice of Missoula
Ila B. Dousman Fund
Jeff Mayer & Tacy Witter
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Tom & Mary Lou Stergios
Walla Walla School of Social Work
Wendy McNamara
Whitney Round

Advocates

Abby Mayer
Aimee Nelson
Ariell & Aaron Pirwitz
Ashley Larkin
Bannack Real Estate, PLLC



We would also like to thank all of our anonymous donors and all of you who volunteered for events, and donated \$5-\$199. **You are bright lights who make our work possible!**

We apologize in advance if we have left anyone off this list or misspelled a name. Please call with any corrections: (406) 541-8472.



2019 Highlights

OFFERED HIGH-QUALITY, COMPASSIONATE CARE & EDUCATION

- Received national 2019 ADEC Community Educator Award
- **Provided grief care and education to 5,827 individuals**
- Offered **1,160 counseling sessions** stabilizing and strengthening youth, teens, adults, families, and couples
- **Supported schools** across MT, serving 1,269 individuals in classroom guidance activities, in-services, and groups in 52 classrooms, 17 schools, and over 19 cities
- **Facilitated 8 overnight grief camps and retreats**, offering support for over 151 youth and adults
 - **Launched "Recharge Retreat,"** a Care-for-the-Care-Provider Camp
 - **Offered Urgent Response for over 194 individuals** at businesses, schools, health centers, and other workplaces across western MT

INCREASED ACCESS TO GRIEF CARE

- **Provided services at low or no cost** for more than 81% of support program participants
 - Provided over 896 grief consultations at no cost to individuals
 - Hosted 32 community workshops
 - Trained over 32 volunteers, who donated over 1,412 hours of grief and trauma support
- **Expanded network of care** by training 2,364 individuals
- Partnered with MT Governor Steve Bullock and Missoula Mayor John Engen to proclaim November 21, 2019 **Children's Grief Awareness Day**
- **Supported schools and communities** in Alberton, Belgrade, Billings, Bonner, Bozeman, Browning, Charlo, Columbia Falls, Hamilton, Helena, Kalispell, Lolo, Missoula, Somers, Stevensville, Trout Creek, West Yellowstone, and more
- **Increased TGRC full-time employees** by 2.0 FTE to expand our reach

ENHANCED SUICIDE PREVENTION & POSTVENTION PROGRAMMING

- **Provided stabilizing, growth-oriented care** for over 735 individuals grieving a death by suicide
- **Facilitated 40 suicide prevention trainings** (SOS and QPR) for over 1,651 individuals
- **Supported our communities** through Suicide Prevention Week, AFSP Out of the Darkness Walk, Children's Grief Awareness Month, and Suicide Survivor Day
- **Served on Project Tomorrow MT's Leadership Team and Working Group** to enhance suicide prevention and postvention care

ENGAGED WITH LOCAL, REGIONAL, & NATIONAL PARTNERS

- **Invited to serve as thought leaders** on a national research and curriculum development project led by the Tragedy Assistance Program for Survivors (TAPS)
- **Convened Advisory Committee** meetings in Browning, Kalispell, and Missoula to guide grief support and education programs
- Served as VP of the National Alliance for Grieving Children's Board of Directors



We will remember...

"I lost my mother to suicide about six years ago. Tamarack Grief Resource Center has been such a positive program for me and my siblings over the years. I have made so many friends and learned great techniques in dealing with grief. Tamarack has taught me to honor and remember my mother. The most inspiring thing that Tamarack has shown me, that I will carry with me for the rest of my life, is that "death ends a life, but not a relationship." It makes my heart happy to know all the individuals Tamarack has touched, and it influences me to give back and help others who are going through loss."

- TGRC Teen Ambassador

TGRC Headquarters

405 S. 1st Street W., Missoula, MT 59801
(406) 541-8472

TGRC Browning
504 SE Boundary St.
Browning, MT, 59417
(406) 239-8472

TGRC Kalispell
17 Second St. East, #202
Kalispell, MT 59901
(406) 261-0724

www.TamarackGriefResourceCenter.org

TGRC follows the International Association for Trauma Professional's (IATP) model of care and the National Standards for Bereavement Camps. TGRC is a proud member of the National Alliance for Grieving Children.



2019

Grief Camp CARE Team

Adrienne Tausen	Ed Barrett	Kim Parrow
Andrew Northrup	Eileen Hill	Laura Sarmiento-Solem
Anna Wardley	Erin Austin	Lynnel BullShoe
Ashley Jacks	Gwen Avant	Mary Boscamp
Aubrey Howell	Haley McMahon	Meg Smith
Brian Hill	J. Sky Cova	Micah Moore
Caroline Keys	Jackie	Nicole Whitney
Chris Lewis	Holdsambeck	Raquel Vaile
Crystal Jacks	Jim Parker	Rob Rice
Dan Salois	Joe Danzer	Robin Round
Daniella Rinehart	John Parente	Sheila Rutherford
Dawn Magee-Cobell	Jon Baum	Sienna Speicher
Dawn Stadick	Juliana Salois	Tami Beich
Deb Kees	Kate Newby-Wells	Tina Barrett
Debbie Manzanares	Karla Bird	Tracy Mayer
	Kathy Broere	Zac Carey



Board of Directors

Noel Kulbeck President Chief Credit Officer/Exec V.P., First Montana Bank, Inc.	Deb Kees Real Estate Agent, Soula Realty
Heather Foster Vice President CEO, YMCA Missoula	Heather Stokes, LCSW Suicide Prevention Specialist
David Opitz, PhD Treasurer Entrepreneur	Kimberly Roth, CRPC Senior Vice President, Merrill-Lynch/Roth-Echoltz Group
Brenda Wilkins, EdD Secretary Co-Founder/Owner, SoulPowered & Subsidiaries	Maegan Rides At The Door, PhD, LCPC Director, National Native Children's Trauma Center
Clint Romney Past President Owner, Title Services Inc.	Rachael Parrott Senior Sales Director, GPO
	Ryan Farley Senior Business Advisor, Cardconnect A Fiserv Company



Staff

Tina Barrett, EdD, LCPC Executive Director/Founder	Melanie Johnson, MSW Grief Support Coordinator
Adrienne Tausen, LCSW Clinical Manager	Kate Newby-Wells Grief Specialist Intern
Ariell Pirwitz Development & Outreach Specialist	Kim Parrow, LCPC Lead Grief Specialist
Erin Austin Assistant Director	Melanie Rose Trost, LCSW Grief Specialist
Paula Griffith Finance & Operations Director	Meg Smith Nonprofit Coordinator
Aubrey Howell, bsw Flathead Program Manager	McKenna Robertson Program Outreach Assistant
Dawn Stadick Flathead Program Liaison	Sienna Speicher, LCPC Browning Program Coordinator



2019 Annual Report

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

Missoula • Kalispell • Browning
MONTANA
(406) 541-8472