

# Grant Us Hope

March  
2019

Ohio and Northern Kentucky's provider of Hope Squad

## HOW YOU CAN HELP

We believe that EVERY school in Ohio needs a Hope Squad to help young people grow up safe, healthy and strong. To do that, we need the support of many who, like us, believe every life has value.

To reach our goal, we need support from individuals and organizations who know that investing in kids is an investment in our collective future.

As you think about those causes you choose to support, please keep Grant Us Hope in mind. As we grow, we have a unique opportunity to make an immediate difference.

Please consider making a donation to support youth across Ohio and Northern Kentucky. Donations can be made on our website at [www.grantushope.org](http://www.grantushope.org) or by sending your donation to:

Grant Us Hope  
4010 Executive Park Dr.  
Suite 320  
Cincinnati, Ohio 45241

Thank you, in advance, for your generosity.

## THANK YOU!



We are so thankful for our fabulous donors who make the work GUH is doing in Ohio schools possible. On February 20, Founder Diane Egbers and Executive Director Keith Kline attended the Coldwell Banker/West Shell Awards Celebration with our fabulous host—Christy Jones. The Christy Jones Team, located in Mason, has chosen to support GUH's mission by donating their locally raised dollars through the Coldwell Banker Foundation. This gift of \$4,000 will be used to help fund the 2019 Ohio Hope Squad Conference on March 11. Thanks to Christy and her entire team for their ongoing support of Grant Us Hope.



(L-R): Keith Kline, Diane Egbers, Christy Jones and Jo Helmink

## Making a Splash in Columbus

On February 13, Channel 10 (WBNS) in Columbus shared Grant Us Hope's story and how we are growing our footprint across Ohio. The story featured founder Diane Egbers as well as a student and advisor from Hilliard Davidson High School. Hilliard is the first school district in Columbus to take up the cause and now has Hope Squads in their three high and three middle schools. [Click here to watch the WBNS story.](#)

Superintendent Dr. John Marschhausen shared, "It was easy for me to commit to bringing Hope Squads to Hilliard. Our commitment to student well-being and social emotional issues continues to be a focus as a district". Dr. Marschhausen added, "We enjoy setting the trends in Central Ohio".

Following Hilliard City School District's lead, Grant Us Hope is now working with Reynoldsburg and Whitehall City Schools to launch four additional Hope Squads this spring.

## What's in this Month's Newsletter

### Page 1

Donor Thank You!  
Making a Splash in  
Columbus  
How you can Help

### Page 2

Hope Squad of the Month  
Summit Country Day

### Page 3

February's Feature  
Managing Stress

### Page 4

Meet our Team



because **YOUR** life matters



THE SUMMIT  
COUNTRY DAY SCHOOL



Ohio Hope Squad of the Month:

## Summit Country Day School

You've heard the facts, you know the statistics. The second leading cause of death in teens is suicide. More teens and young adults die from suicide every year than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, COMBINED. If we had an assembly with every student and staff member in our Upper School and asked everyone who has had their lives affected by suicide to stand, nearly every single student would stand up. But what are schools and communities actually doing to help lower that statistic? Thanks to Grant Us Hope, our school community is able to have a program in place that actually helps its students.

Our amazing moderators Mr. Fee and Dr. Law decided that Hope Squad would be perfect for The Summit Country Day School because it is mostly student led. Students at The Summit have always supported each other through tough times, and Hope Squad gives us the training to help each other in healthy ways. The Summit Hope Squad was implemented less than a year ago, and there has already been a significant impact on our community. Supportive posters adorn the halls, lifesaver candies and high fives are generously given, and therapy dogs even make occasional appearances. All these fun activities are direct results of Hope Squad's work. However, there is so much more that the Hope Squad does behind the scenes. In weekly meetings, we discuss ways to best help our peers overcome life challenges. We identify students in need of help and connect them with resources. Most importantly, we promote positivity and boost morale schoolwide. While there is still so much untapped potential in our Hope Squad, we are incredibly proud of what we've accomplished so far.

The Summit's Catholic faith makes our Hope Squad especially unique. The heart of our school is the Immaculate Heart of Mary Chapel, where students are called to stop, let go of stress, and reflect or pray. Our Christian faith promotes gratitude and appreciation for the small joys of life. Within this type of community, our Hope Squad fits in seamlessly. The Summit's tight knit community of faith has grown even stronger with the addition of our exceptional Hope Squad. For our community, Hope Squad is not just a club of students and teachers. It is a far reaching support system that has already left an indelible mark on the school.

Julia Dean and Carli Vallota  
Summit Country Day Class of 2019

because **YOUR** life matters



## Managing Stress:

### Being Heard

At times, children and teens feel their concerns are not heard or understood. Feeling heard is less about knowing the listener physically heard what was said and more about “feeling felt.” Feeling felt refers to knowing the other person heard and is communicating an understanding of what the other person may be feeling. Much of this communication comes through non-verbal communication of

- Eye contact
- Tone of voice
- Facial expressions
- Body posture
- Gestures

To increase your child feeling like you hear them, seek to not just say “I hear you” but have the non-verbal also matching.



grant us HOPE

partnering to make a difference

**HOPE**  
**S Q U A D**



## ***Kid and Teen Signs of Stress***

- Aggressive Behavior*
- Shyness*
- Anxiety in Social Settings*
- Feeling Sick*
- Less interest in activities*

### ***Managing Stress***

*Many times, our schedules are directly responsible for the amount of stress that must be managed on a daily basis. If your student is stressed, consider the following:*

#### ***How full is the daily schedule, including good things?***

*Having too much on the schedule, even enjoyable activities, can interfere with the time children and teens need to effectively rejuvenate. Relaxation time is essential to increasing the ability to handle stress and make healthy choices and should be built into the daily routine.*

#### ***Is play time scheduled?***

*While some families have video/computer game time for their student, is non-electronic play time scheduled as well? Children's best form of communication is play. It helps them express their thoughts, problem solve and reduce stress.*

#### ***What about quality family time?***

*Family play time, family dinner, family work time and family bonding time can help rebuild a sense of security and lower stress. While many parents continually invite their children to talk with them about concerns, many children and teens report feeling their parents are inaccessible. Family time to connect, minus the daily distractions, strengthens communication and can serve as a respite from the daily grind—for everyone!*

#### ***Is there adequate sleep time in the schedule?***

*Having enough time for sleep helps rejuvenate the body, mind and emotions. It helps with feeling overwhelmed, memory and adaptability.*

# Welcome to our New Team Members



**Lisa Carter** was a teacher and instructional coach for 33 years, serving grades K-8. In addition, she has been an adjunct instructor at Miami University, her alma mater. Prior to her position at Grant Us Hope she was a Fellow for Amazon Education, traveling the country training teachers on program implementation. Lisa is excited about her School Liaison position, as it allows her to do her favorite thing, which is to learn from all the great ideas that kids always have! Lisa started with Grant Us Hope in December of 2018.



**Sandy Kauffman** was born and raised in Wisconsin. For 15 years Sandy worked as a Certified Child Life Specialist to reduce anxiety and stress for patients and families during medical procedures or hospitalization at Cincinnati Children's Hospital. Since losing her brother to suicide in 1999, Sandy's passion lies in bringing awareness to and educating others about suicide prevention. Sandy joined Grant Us Hope as a School Liaison in February of 2019 and is eager to be a part of transforming how communities come together to save lives.



**Sandy Murphy** serves as the Client Relations/Office Manager for Grant Us Hope. She holds a Bachelor of Arts degree from the College of Mount Saint Joseph in Paralegal Studies.



**Worth Allen** joined Grant Us Hope as part of an internship class at NKU, and will be a Communications Intern until May. He is a senior majoring in Electronic Media & Broadcasting with a minor in Journalism. Worth was really excited about the opportunity to help Grant Us Hope and gain experience but also to help the community learn how to be a safer place. Worth will be helping run the social media accounts for Grant Us Hope as well as working on a few video projects.

## Grant Us Hope Board of Directors

Diane Egbers – President – Leadership Excelleration Inc.

Founder and Board Chair of Grant Us Hope

Dora Anim – C.E.O. – Greater Cincinnati Foundation

Chad Hilliker – Assistant Superintendent – Hamilton County ESC

Suraj Maraboyina – Managing Director – The Maraboyina Group

Kelly Dolan – Co-Founder – Ingage Partners, LLC and Thrive Impact Sourcing

Joseph Luria, M.D. – Cincinnati Children's Hospital Medical Center

Pam McKie – C.O.O. – Children's Home of Cincinnati

## The Grant Us Hope Team

Keith Kline, Ph.D. – Executive Director

Jennifer Wright-Berryman, Ph.D. – Director of Data and Analytics

Kerri Schumann – Program Manager

Lisa Carter – School Liaison

Sandy Kauffman – School Liaison

Sandy Murphy – Office Manager

Worth Allen – Communications Intern

because **YOUR** life matters 

## WE HAVE MOVED!



Grant Us Hope  
4010 Executive Park Dr.  
Suite 320  
Cincinnati, OH 45241  
(513) 984-4HPE