

eluna

Supporting Children and Teens
Impacted by Grief or Addiction



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elunanetwork.org



2023 Impact Report

Camp Erin® is the largest national bereavement program for youth and families grieving the death of a significant person in their lives. Camp Erin serves children, teens, and families through in-person, day and overnight camps as well as online programs.

Celebrating 21 Years of Camp Erin

37,263

total youth campers

32,810

total volunteers

The Camp Experience

Campers experience grief support and remembrance activities, like Eluna's signature Memory Board and Luminary Ceremonies, along with fun camp activities such as the climbing wall, s'mores by the campfire and swimming.

Understanding The Need

By age 18, 1 in 12, or 6.3 million children in the U.S. will experience the death of a parent or sibling before they reach the age of 18. By age 25, this number more than doubles to 15.2 million according to the JAG Institute's Childhood Bereavement Estimation Model.



*"Camp Erin helped me feel free to be vulnerable and really express myself and my grief. I also love seeing how people got to know the person I'm remembering for how I saw him. I got to make friends with people I can relate to. And for all that, I want to say **THANK YOU!!!**"*

- Angie, 17



1,955

youth campers



1,562

volunteers



463

adult campers

45

camp sessions

29

overnight sessions

19

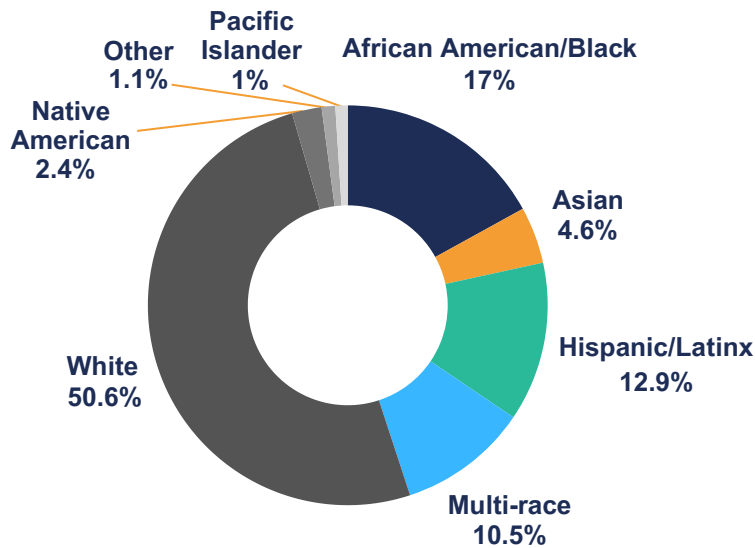
family sessions

16

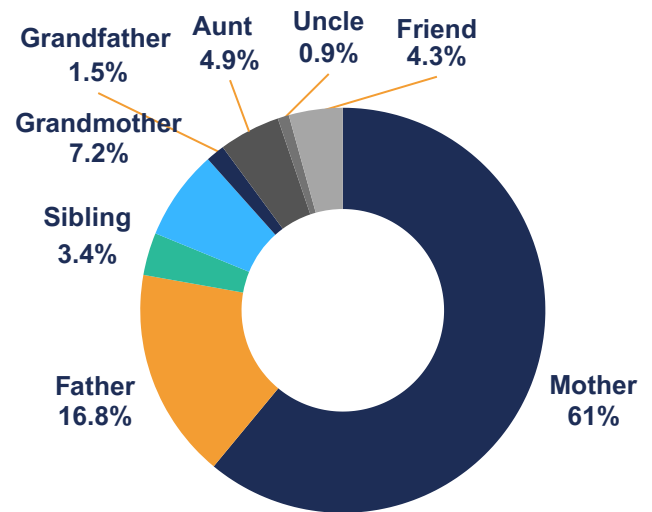
day sessions

2023 Camp Erin Demographics

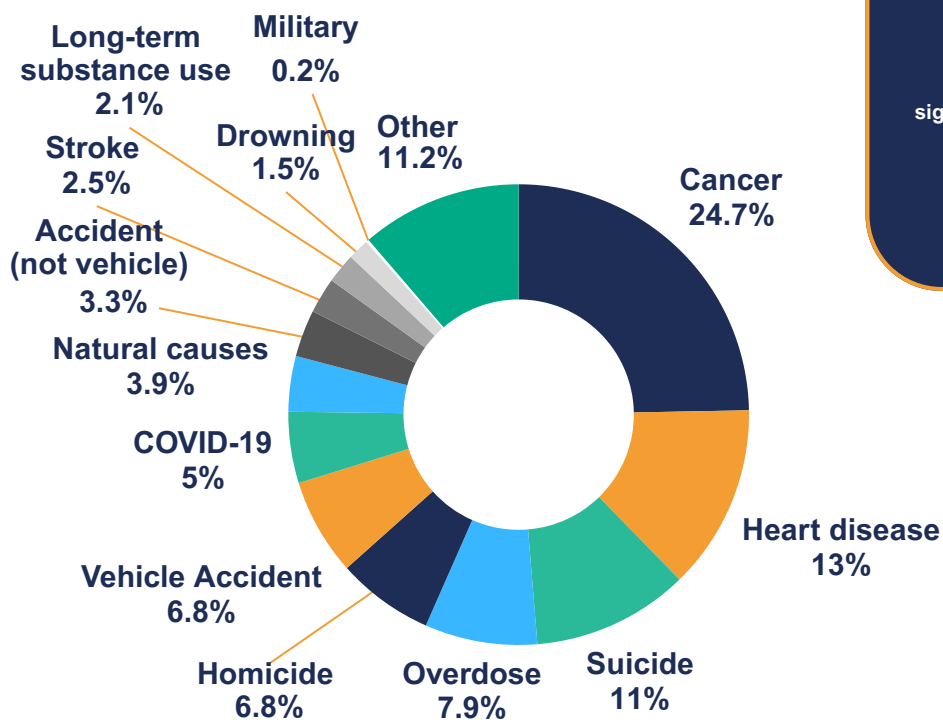
Camper Race/Ethnicity



Relationship of Campers' Loss



Cause of Death



Demographics

68.0%
of campers are
grieving a
significant caregiver



47.6%
of campers are
from low-income
households



10.2%
of campers
report a military
affiliation



"Camp Erin showed me how to let my anger out. How to not let other people get to me. To never give up and never let the death of my loved one control my future."

- Matt, 12

2023 Camp Erin Outcomes

87%

of campers learn how to let out feelings in healthy ways

83%

of campers can name an adult who can support them in their grief

81%

of campers can find ways to calm down when they are upset



93%

of campers agree that the adults at Camp Erin care about them

90%

of campers agree that other kids who are grieving should come to Camp Erin

77%

of campers agree that the adults at Camp Erin helped them connect with other kids

Camp Erin Online



Camp Erin® Online provides a continuum of grief support and workshops for youth and families who have experienced the death of a significant person or persons in their lives and makes the meaningful experiences of Camp Erin accessible to all online.



359

program
attendances



183

youth
attendees



176

adult
attendees



151

family units



23

U.S. states
represented

+ Ontario, Canada



11

support
touchpoints

The Experience

Participants attend online sessions that combine grief education and emotional support with fun, interactive activities, providing them with a safe environment to explore their grief.

Understanding The Need

Eluna launched Camp Erin Online in 2022 to provide support to healthcare workers and others who were grieving the loss of someone from COVID-19. Camp Erin online ensures all families have access to grief support, especially those who are not able to attend in-person camp or prefer to receive support remotely.

"I appreciated the way the games and writing helped us talk about our loss together. It helped us process our grief more and gently shift our attention to gratitude- perfect timing with the holidays! It helped me feel less alone!"

- Adult Caregiver



Camp Erin Online programs, including workshops and support groups, were made possible by The Brave of Heart Fund. The Brave of Heart Fund was founded in May 2020 by the foundations of Cigna and New York Life and administered by E4E Relief. It was established to provide charitable grants and emotional support services to families of frontline healthcare workers, volunteers and support staff whose lives were lost in the fight against COVID-19. The Brave of Heart Fund continues to honor the hard work and sacrifice of healthcare workers and their families, via grants to nonprofit organizations working to address the longterm challenges they continue to experience.



Camps. Community. Connections.



2023 Impact Report

Camp Mariposa® is an award-winning year-round addiction prevention and mentoring program for youth affected by the substance use disorder of a family member, with 18 locations across the country.

Positive Outcomes of Camp Mariposa in 2023

92%

of youth reported no use of substances to get high

93%

of youth reported no involvement with the juvenile justice system

The Camp Experience

Youth attend camps up to six times a year with family activities held the months in between camp. Camps offer fun, traditional activities combined with education and support sessions led by mental health professionals and trained adult mentors.

Understanding The Need

By age 18, 1 in 8 children live with at least one adult who has a substance use disorder (SUD). Youth affected by a family member's addiction who do not receive support are at least 4 times more likely to develop substance abuse, anxiety, depression, abuse, poverty and suicide. (SAMHSA)

"Camp has helped me so much. I have learned that I am not alone and that I'm not the one with my family's problem. I have learned how to cope with my anger and depression."

- Rowan, 12



These campers and teens attended a camp session a total of 3,265 times in 2023



728

campers and teens



328

mentors



102

youth camp sessions



91

additional activities



32

teen camp sessions



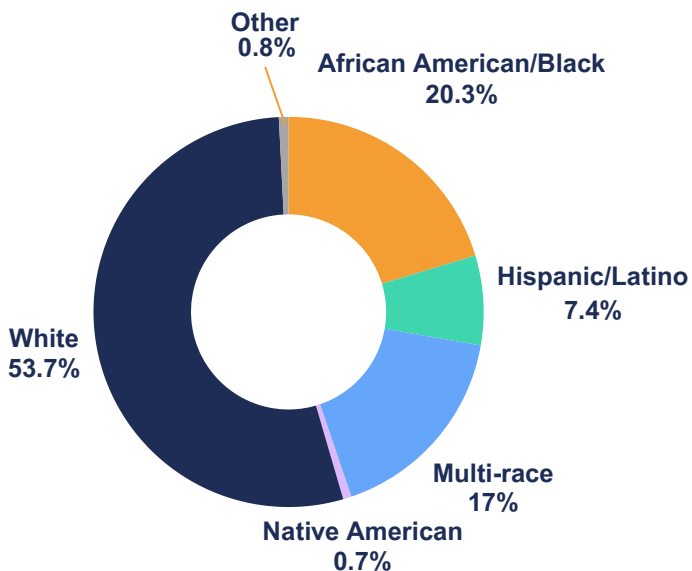
18

camp locations

2023 Camp Mariposa Demographics & Outcomes

Camper Race/Ethnicity

2023 Statistics



88% of youth have at least one parent who struggles with a SUD

80% of youth report having experienced a loss during childhood, with 59% reporting loss involving a parent

55% of youth experiencing abuse or neglect at some point during their childhood, with 41% reporting multiple types of abuse/neglect

43% of youth have been in foster care or kinship care at some point during childhood



93%

of campers have made friends at Camp Mariposa

93%

of campers report that there are adults they trust at Camp

87%

of campers can identify two ways to take care of themselves

86%

of campers have learned skills that will help at home



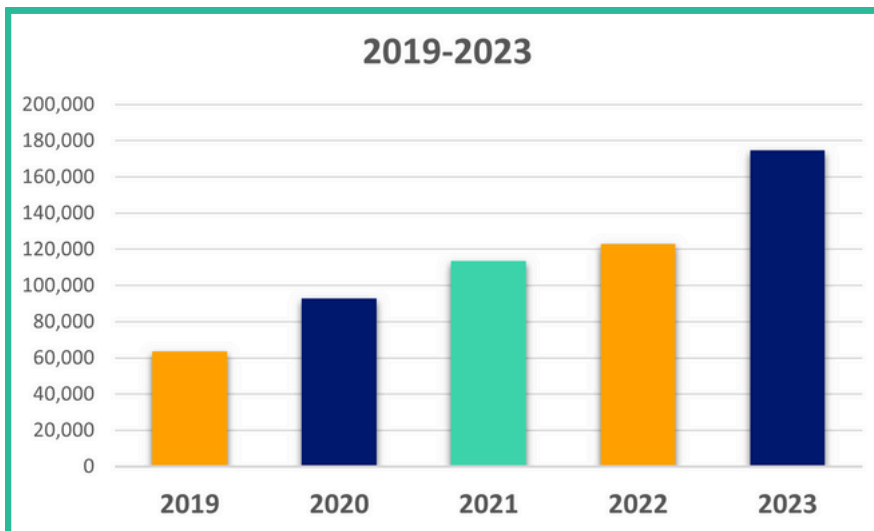
Camps. Community. Connections.

2023 Impact Report

The Eluna Resource Center embraces and empowers those it serves, provides innovative tools to support and guide children & families impacted by grief, addiction and other related mental health issues, and fosters a community of thought leaders to help educate and destigmatize.

Offering personalized support in English and Spanish and a searchable and user-friendly online library of over 600 resources, The Eluna Resource Center provides videos, articles, pointers and referrals as well as care packages and our ongoing Community Conversations series to help teens, young adults, family members, school counselors, therapists, pediatricians and educators support those grieving or impacted by substance use disorder.

Year Over Year Growth



Celebrating 8 Years of
The Eluna Resource Center

total sessions since launch

671,272

user interactions
made by visitor

2023 Analytics



235,592

pageviews



174,683

sessions



120,076

visitors



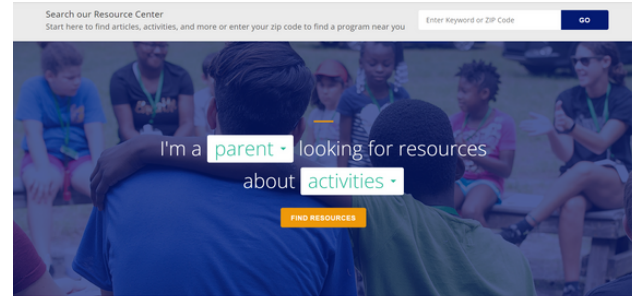
399

personalized
care cases

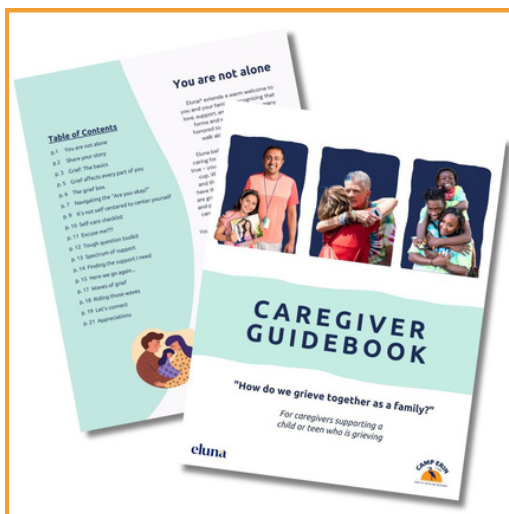
2023 Resource Highlights

Most Popular Resources

- **Nuggets: An Animated Video about Addiction**
- **Cyberbullying Awareness**
- **Family Rules: Don't talk Don't Trust Don't Feel**
- **10 ways to help when your child is depressed**
- **Developmental Grief Responses**
- **Top Grief Books for Teenagers 13-17**
- **Grandparent Grief Books for Kids**



New Custom Resources in 2023



The Eluna Resource Center launched 8 new custom resources in 2023, including the [Caregiver Guidebook](#).

Compiled by Eluna's specialized bereavement and resource teams of clinicians, the Caregiver Guidebook is an easily understandable resource combining education, empathy, and engaging activities for the whole family—helping them work through their grief together.

elunanetwork.org/resources

“Eluna’s personalized support provided tailored resources that were not only useful for me in my role supporting individuals and families, but also has served as a go-to resource for our school district’s social services & mental health, as well as family engagement departments.”

- Sean, teacher

2023 Programs

Community Conversation Highlight: Grief Through The Lens of LGBTQ Communities

Moderated by award-winning journalists and featuring the voices of Eluna families and mental health professionals, our Community Conversations series explores topics relating to grief and addiction, the effects of these issues on our communities, and what each of us can do to help.

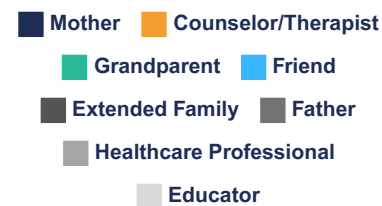
Other 2023 Community Conversations include “Supporting Youth Grieving an Overdose Death” and “The Pandemic’s Impact on Grief.”



“As an ally, I have so much to learn...this brave space was wonderful and I didn’t want to leave it.”

Personalized Support

In 2023, the ERC saw a year over year case growth of 67% and provided Direct Service to 539 children.



Who reaches out for support?

Knowing that many people are often unsure or nervous about reaching out for help, the Eluna Resource Center offers confidential high-touch personalized support in English and Spanish via phone and email with a turnaround time of 24 hours. The following is provided with all personalized support:

- An individualized letter with age-appropriate resources and referrals
- Additional suggested articles, books and activities
- Warm Referrals: camp contact information for Eluna and other youth and family programs
- List of support links on the Eluna Resource Center and to other trusted sources

“You’ve been very patient and helped me have a better perspective on how to talk about our loved ones to my son that passed away.”

- Lilly, parent

eluna

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RESOURCE CENTER



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