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BROOKE'S PLACE RECEIVES COLT'S KICKING THE STIGMA GRANT

INDIANAPOLIS, IN, January 3, 2022– Brooke's Place for Grieving Young People announced receiving a \$50,000 grant in October as part of the Colt's Kicking the Stigma Action Grant program. The Kicking the Stigma Action Grant program offers Indiana-based organizations the opportunity to request necessary funding for projects and programs focusing on the education, support and advocacy of mental health and mental illness. This grant will go toward Brooke's Place's Youth Grief Access Project, an initiative enacted to help the mental health of grieving children flourish.

"The Kicking the Stigma grant provided by the Indianapolis Colts will enable Brooke's Place to support our Youth Grief Access Project ("Y-GAP") developed in response to an increased need for services, as well as a heightened awareness of inequities in the opportunities to receive grief support," said Theresa Brun, Executive Director. "Centered around the evidence-based interventions of peer support groups and individual therapy, Y-GAP will serve grieving young people ages 3 to 29, helping to prevent the negative consequences that can proceed from unresolved childhood grief."

Unaddressed childhood grief can lead to substance abuse, anxiety, isolation, depression, poor school performance, and aggression. Those who have participated in Brooke's Place Y-GAP programs have reported decreased feelings of anxiety, increased knowledge of healthy coping skills, and decreased feelings of isolation. With this grant, Brooke's Place is a step closer to ensuring that every child in Central Indiana living with grief feels safe, supported, and understood.

About Brooke's Place

Established in 1999, Brooke's Place provides ongoing grief support groups, therapy services, and community education to empower children, teens, young adults, and their families to thrive in the midst of grief. Since the inception of grief support groups at Brooke's Place, more than 24,000 children and their families have been supported. With an estimated 73,000 children expected to experience the death of a loved one in Central Indiana before the age of 20, there will always be an ongoing need in our community for the programs provided at Brooke's Place. To learn more, please visit www.brookesplace.org.

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