

Impacts and Outcomes from KCGCF 2025 School-Based Work



THE KENTUCKY CENTER FOR
GRIEVING CHILDREN & FAMILIES

www.kcgcf.org

School Performance Impacts

At a group conducted in at the Woodford County Schools Safe Harbor Academy (alternative school setting) in the fall 2025 school semester:

School administrators recorded these changes after students participated in the KCGCF grief support group:

1 Academic Data

Increased grades in direct taught courses.

2 Behavioral and Attendance Data:

Consistent attendance and reduced behavior referrals for students since starting groups.

3 Social-Emotional Well-being:

We have noted a clear improvement in our students' personal communication skills and overall social-emotional well-being, including a renewed sense of hope and engagement.

Mental Health and Resilience Impacts

1 Resilience:

Brief Resilience Scale (BRS) average pre-test scores were 14.2, while average post-test scores increased to 18.4, a 26.9 percent improvement in resilience. This increase moved the average participant *from a below-average resilience range to an above-average range*, indicating meaningful growth in students' perceived ability to regulate emotions, adapt to stress, and manage grief-related challenges. (Fall 2025 groups)

2 Anxiety and depression:

On the PHQ-4, lower scores indicate fewer symptoms and reduced emotional distress. Pre-test PHQ-4 scores averaged 5.2, Post-test scores decreased to an average of 3.3, representing a *36.5 percent reduction in self-reported anxiety and depression* and bringing the average score below the clinical threshold. (Fall 2025 groups)