

# Beads of Courage® Programs

*We are all connected.*

## Our Programs

Every Beads of Courage® program integrates the use of beads, the earliest art form known to humans, as visible, tangible symbols of human experiences that need and deserve to be expressed.

*Every time a bead is given, courage is honored, suffering is alleviated, resilience is strengthened, and the experience of human caring is affirmed.*

## Our Mission

To provide innovative Arts-in-Medicine programs for children and teens coping with serious illness, their families and the clinicians who care for them.

## Our Vision

To advance the science of caring. Beads of Courage, Inc. is proud to be affiliated with the Watson Science Caring Institute and in 2013, Beads of Courage, Inc. established the Center for Arts-in-Nursing to boldly pursue our vision.

## Our Goals

- **To transform the bedside experience of caring** for children and teens with serious illness through innovative Arts-in-Medicine Programs
- **To model collaborative strategies to strengthen human connectedness** through the gift of beads that bestow honor and express human caring;
- **To contribute to the science**, practice and implementation of evidence-based interventions.

Beads of Courage, Inc. is a non-profit organization that is dedicated to improving the quality of life for children and teens coping with serious illness, their families, and the clinicians who care for them through our Arts-in-Medicine Programs. We believe in creating a context for caring transactions to transpire through unique programs. Since 2005, Beads of Courage, Inc. has established collaborative partnerships in caring with over 200 hospitals nationally and internationally, and with several community organizations to make healing happen through the use of beads as a historical art form.

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## Every bead tells a story of courage, honor and hope.



## **Beads of Courage® Program Guide**

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The following pages review the Beads of Courage Programs that are available. Please take a moment to review descriptions and costs. If interested in learning more, addressing additional questions, setting up a new program, or ordering, please reach out to Beads of Courage Program Director, Krista Burgbacher at [krista@beadsofcourage.org](mailto:krista@beadsofcourage.org) or 412-398-2410.

## Beads of Courage® Flagship Program

*Encouraging children and teens to record, own, and tell their story of courage*

### Program Description

Beads of Courage® is our flagship program and an evidenced -based intervention that supports the psychosocial and emotional care of children and teens coping with serious illness and their families. It is the standard of care in more than 300 children's hospitals worldwide and is intended to be implemented in a clinical setting. Beads are given based on the Beads of Courage® Bead Prescription that serves as a clinical protocol. The beads are transformed into a form of narrative medicine.

### Purpose

At enrollment each child is given the Beads of Courage bead color guide called the Beads of Courage® Bead Prescription. Their experience begins by giving a length of string and beads that spell out their first name. Then, colorful beads, each representing courage during their treatment experiences are given to the child by their professional health care provider as determined by the Beads of Courage® Bead Prescription. Their Beads of Courage collection allows them to RECORD, TELL, and OWN their stories of courage.

### Program Goals

- Decrease illness-related distress
- increase the use of positive coping strategies
- helps children find meaning in illness
- restore sense of self in children coping with serious illness
- provides something tangible the child can use to tell about their courage displayed during treatment and after

### The Beads of Courage® Program is available for the following:

- Cancer and blood disorders
- Cardiac conditions
- Burn injury recovery
- Neonatal intensive care
- Chronic illness
- Rehabilitation care
- Trauma recovery
- Pediatric intensive care
- Palliative and supportive care



## What's included in the Bead of Courage Flagship Program?

- All necessary program materials accompanied by education, training and support to implement the program
- On-site training to educate the clinical team about program implementation and the science that guided the development of the program.
- Procedure and alphabet bead collections
- Handmade one-of-a-kind treatment milestone beads
- Program literature (training manuals, the Beads of Courage® Bead Prescription, posters, and more)
- The Beads of Courage® Ambassador Workshop for Reflection and Renewal
- Opportunity for continuing education credits
- Ongoing support for the staff during the longevity of the program

**Program Cost: \$5,500 to start a new program with an estimated \$3,000 to \$5,000 to maintain program annually**



**Hawkinz** Age: 2  
Beads of Courage Chronic Program Member

*"We believe in beads because they represent courage and strength for all the medical issues Hawkinz has endured in his life!"*

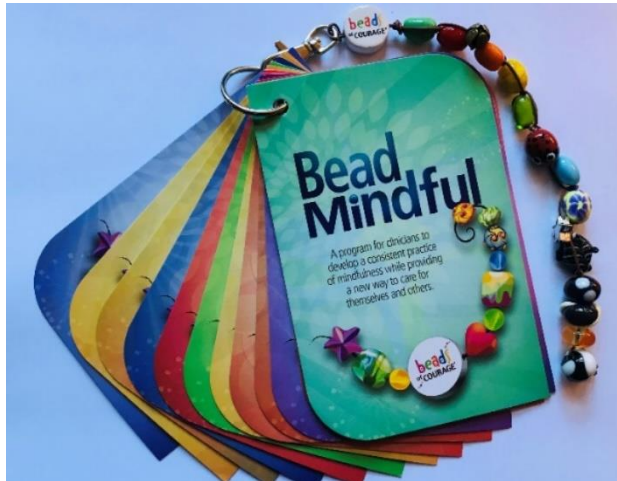
— Tracey, Hawkinz's mom

**beads of COURAGE**  
[www.BeadsofCourage.org](http://www.BeadsofCourage.org)  
#BelieveInBeads



## Beads of Courage® Bead Mindful for Clinicians

*Providing mindfulness, support, and self-care practices to clinicians supporting those with serious illness*



### Program Description

The Beads of Courage® Bead Mindful Program was developed for the professional clinician as a way to create a consistent practice of personal reflection and rejuvenation in a high-paced, high-tech, emotionally challenging healthcare environment. Guided by the theories of Tich Naht Hanh, Kabat-Zinn and Dr. Jean Watson, the program seeks to provide a moment of mindful practice that may lead to enhanced awareness, clarity, understanding, peace, positive purpose, collaboration and healing.

Since a mindful practice must be cultivated through conscious, deliberate, ongoing practice, the program is intended to be implemented over a year with a new bead given to staff as an object to focus their intentions on each month's meditation mantra and mindful moment. Each monthly program card also includes poetry selected by Dr. David Sadker, a facilitator from the Center for Courage and Renewal.

### Purpose

The Bead Mindful Program provides staff with the opportunity to allow them to have a mindful moment to participate in selfcare. The self is the foundation upon which all other interactions rest, therefore, conscious, mindful care of the self is critical to providing an authentic and compassionate presence with others. The self is strengthened through reflection on meditations, mantras, and inspiring poetry within a moment of mindfulness in the midst of their day to day patient care. We believe that the more passionate we are about our vision, our purpose, our lives, the more vital it is to take time to reconnect with our deeply held values and beliefs. Allowing the time for connection to self, enhances the renewal and unification of one's mind, body, heart and spirit, which is then reflected in enhanced patient.

## Program Goals

The goals of the Beads of Courage® Bead Mindful Program are to:

1. Provide clinicians with an experience in mindfulness with unique beads given that serve as meaningful objects to focus their intentions each month. Through this conscious, deliberate, ongoing practice one strengthens their ability to practice mindfulness regularly, or acquires the “ability to pay attention, moment-to-moment, to the unfolding of one’s experiences” (Kabat-Zinn, 2003). The beads become a tangible reminder that mindfulness can be achieved.
2. Strengthening of the self, the core which leads to enhanced moments of caring as described by Jean Watson’s Transpersonal Caring and Caritas Practice.
3. Reduction of compassion fatigue and burnout in the professional healthcare provider through self-awareness, self-reflection, mindful practice, and enhancement of self-care.
4. Strengthening interpersonal mindfulness, providing non-judgmental present moment awareness to interactions with others, patients, families, and co-workers.

## What’s included in the Bead Mindful Program?

- **Facilitator’s Guide** for program implementation success which includes an exercise in mindful breathing as the anchor to the present moment, suggested implementation strategies, and a brief review of Jean Watson’s Caritas
- **12 Rounds of Mindfulness** each with 1 focal bead and 1 card including: meditations, mantras, poems and quotes (each round packaged ready to support 10 clinicians)
- **4 Artist-made glass beads** (to be given quarterly to each clinician): symbolizes a patient or a family each clinician has cared for. *\*Value for these handmade, glass beads is \$4-5 per bead*
- **50 Care Note Cards** to write down intention of hand made bead
- **Ring** to collect 12 Rounds of Mindfulness cards
- **Clip, string, and additional beads** to provide a beautiful strand to keep the Bead Strong beads!
- **Small Bags** to support bead distribution when using a team approach

### **Additional Program Materials (optional for an additional cost):**

- **Artist-made beads:** to provide for more patient and family symbolic reflections  
*(additional beads can be ordered at an added cost: \$150/50 beads)*
  - **Care note cards** (1 card included for each additional artist-made bead added to order): a place to write out thoughts, experiences or memories of each clinician has as they reflect on caring for a patient or family

**Program Cost:**  
**\$250 supports 10 clinicians**  
**(\$25/clinician for 12 sessions)**

## Beads of Courage® Bead Strong Program

*Encouraging individuals to be Bead Strong in mind, body, and spirit*

### Program Description

The Bead Strong Program was created to provide an experience in mindfulness. Mindfulness is achieved when an individual is able to calmly focus, be aware and accept one's own thoughts and feelings. Each Bead Strong activity uses several different tools including mantras, art, breathwork and beads.

**Mantras** are short phrases or words that one can say to help calm the mind and stay positive in the midst of challenges. They can be helpful in dealing with anger, frustration or anxiety.

**Art** provides for self-expression and when facilitated can help an individual process and reflect on life experiences in a meaningful way.

**Breathing** and being taught breath work techniques are very useful in situations to calm the mind with both physiological and emotional benefits.

Beads are the earliest art form known to humans and have been valuable object for over 100,000 years. The beads that are used in Bead Strong become symbolic reminders to the participants of their feelings, thoughts and experiences during the activity.

### Purpose

The purpose of the Beads of Courage Bead Strong Program is to provide an experience in mindfulness. Each Bead Strong Activity is unique, and adults and children alike can share in this experience. Each Bead Strong activity incorporates a reflective art directive to support psychosocial and emotional well-being of anyone receiving care for an illness, their families and friends, as well as the clinicians who support them. Adults and children alike can share in this experience. Our Bead Strong activities cover themes related to illness, change, grief and bereavement, siblings and more. The Beads of Courage staff is happy to assist you in selecting activities based on your needs.

### Program Goals

The broad goal of Bead Strong is to teach children in treatment, their families and friends, as well as the clinicians who support them how mindfulness can be an important life skill that can serve you in your daily life. Bead Strong has activities that focus on the psychosocial care of individuals when a loved one is seriously ill, is in supportive or palliative care or is at the end of life or after death. It is a tool that can be adapted for many audiences across the healthcare continuum.

#### General goals of the of the program are to provide:

- Opportunities of self-reflection/self-awareness
- Improved communication
- Avenues for creative expression and movement
- Anticipatory grief/ Grief & bereavement support
- Encouragement and support for siblings
- Increased positive coping techniques
- Social and emotional support
- Healing through art
- Focus on the "whole self" (mind, body & spirit)
- Increased sense of hope and resilience
- Strengthened sense of self and identity & improved self-esteem
- Support to anyone at any age that are impacted by illness/death

#### Choosing Bead Strong Settings

**Bead Strong is a workshop** that can be tailored to meet the needs of individuals and groups in a variety of settings, including children, teens and adults. It is a tool that only takes a few moments, but could leave an impact that lasts. Settings appropriate for Bead Strong activities include, but are not limited to:

- Individual (1:1) sessions, at the bedside in the hospital, in a clinic or in private practice
- Group settings (medical or community based), such as during play groups, teen groups, parent or sibling support groups and others
- Community events
- Art Therapy open studios or sessions
- Camp settings

Bead Strong is facilitated by a caring clinician who is able to tailor the workshop to meet the needs of the participants. Once a setting is decided, the clinician can begin the workshop.



## What's included in the Bead Strong Program?

Each activity was created by our expert program team. They include an art directive worksheet and a corresponding bead that serves as a reminder of the Bead Strong mantras as well as the experience. Beads, plus participant cards and string are provided with an organza bag for the participant. A facilitator's guide is also included in each order.

*"Bead Strong activities are great directives to get people thinking and reflecting on themselves and their strengths. Clinically, art therapy addresses emotions, perceptions and thoughts that may be triggered by directives similar to those in the Bead Strong activities. They are great in allowing individuals to reflect and potentially being able to open up."*

**- Kate Gibson MA, ATR-BC**

*Creative and Expressive Arts Therapist*

### Beads & Mantras



The therapeutic goals of each Bead Strong activity vary. Collectively they serve to support, strengthen and promote a healthy mind, body, and spirit. Bead Strong workshops give participants the opportunity to pause and create a mindful moment as well as feel connected with others. Beads of Courage believes that just like beads on a strand we are all connected and together we can be Bead Strong!



**Program Cost: \$75 for set of 10 (one activity selection)**  
**\$7.50/person – Order all 12 activities, get one at no cost**



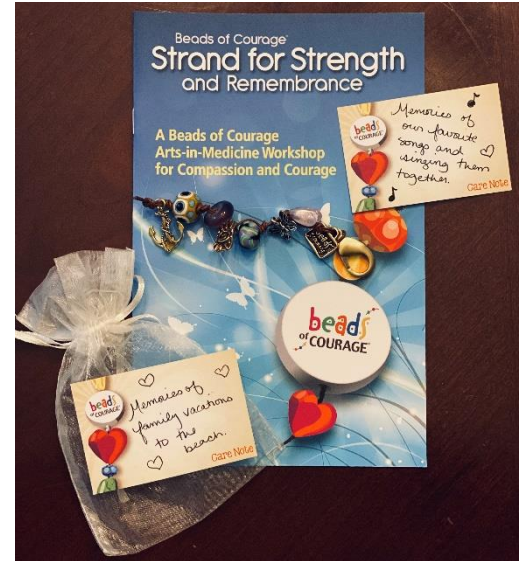
## Beads of Courage® Strand for Strength and Remembrance Program

*Providing compassion and support for children, families, and communities coping with the death of a loved one*

### Background:

Since the beginning of human history, beads have been transformed into material representations of emotions, physical connections, thoughts and desires. Our Strand for Strength and Remembrance Program is one of our Arts in Medicine Workshops for Compassion and Courage dedicated to honor and remember a loved one by transforming beads into metaphors of remembrance and memory. This complementary program is available to strengthen and enhance existing bereavement services and intended to be facilitated by a caring clinician.

During the workshop, participants (family and friends that have experienced the death of a loved one, including adults and children) are provided with 7 symbolic beads, including unique handmade glass beads, that become metaphors of remembrance to memorialize their loved one. This workshop is intended to help participants find strength as they move through their grief process. The finished strand is meant to be kept with the participant or in a special place to serve as a visual and tangible symbol for reflection on the legacy and love they have for the person they are grieving and their strength throughout their bereavement journey.



### Workshop Materials:

**Butterfly Bead** - *Representing spiritual flight, transformation and renewal*

**Spiral Bead** - *Symbolizing continuation of life*

**Heart Bead** - *Representing the deceased that will always be remembered*

**Hope for the Future Handmade Bead** - *Symbolizing strength and continuation of family bonds*

**Storytelling Handmade Beads (2)** - *Representing a special story about or experience with the deceased*

\*The handmade glass beads for each participant are valued at \$25 per person and made by caring artists from the International Society of Glass Beadmakers exclusively for Beads of Courage, Inc.

All beads, plus participant cards and string are provided with an organza bag for the participant. A facilitation guide is provided to support the caring clinician as they guide participants through an intentional and supportive arts-in-medicine experience.

**Program Cost: \$125 support 10 individuals**  
**\$12.50/individual**

## Beads of Courage® Sibling Program

*Providing support to siblings coping with a brother or sister's serious illness*

### Program Description

The Beads of Courage® Sibling Program is designed to provide recognition and support of a sibling's emotional journey when the serious illness of a brother or sister impacts their lives. The Program includes a colorful Program Guide with a lanyard, a facilitation guide, and 25 unique beads with intention cards. The beads are packaged in 8 kits with 3 beads to a bag with colorful collector cards. The collector cards are intention cards provided with each bead that describe the bead's symbolism, include themes relevant to the coping support of a sibling, and talking points provided to encourage communication and healing opportunities. The themes that are present throughout the program are: Strength, hope, relaxation, protection, friendship, happiness, leadership, and growth.

### Purpose

To honor, support and acknowledge a sibling's emotional journey when the serious illness of a brother or sister impacts their lives. Beads of Courage, Inc. believes in providing family-focused support. We recognize that every child thrives in a supportive context that includes their family and the professional healthcare providers who care for them. Their quality of life is directly impacted by their family, their caring clinicians, and the community where they live.

We hope that the Beads of Courage® Sibling Program will promote opportunities for siblings to communicate with medical staff or their family while they talk about their beads and the meanings. We also hope that the program will provide a source of encouragement to the sibling who needs to know that they are not alone during a very challenging time for them and their family.



### Included in the Beads of Courage® Sibling Kit:

- Program Guide
- Facilitator's Guide
- 25 Unique Beads
- Collector Cards
- String (latex-free)

**Program Implementation Strategies for Clinicians** Beads of Courage, Inc. believes in YOU as an instrument of healing for the patient and family. Below is a description of the kits within the Sibling Program and the themes and topics found in each along with some strategies to be able to support siblings in a very meaningful way.

We know each member hospital partnered with Beads of Courage, Inc. has a unique culture with various support programs currently in place to provide family centered care. It is encouraged to thoroughly assess your current support of siblings to determine the best strategy for implementation.

### **Suggested Implementation Strategies:**

**Option 1:** Provide the parent/caregiver the Beads of Courage® Sibling Program and Program Facilitation Guide and allow them to distribute the bead kits when they feel the sibling needs the support. This allows for the staff to simply provide the program to the family; empowering the family with an intervention tool to support their children. Clinicians can then reinforce the program when they visit with the sibling by acknowledging their beads, providing supportive discussion about program facilitation support to the family, and honoring sibling milestones or accomplishments with special selection beads or handmade glass, Act of Courage beads.

**Option 2:** Provide the Beads of Courage® Sibling Program to each sibling determined by the care team to participate in this support intervention. Determine set times (sibling support groups, regularly scheduled visits to hospital, etc.) to distribute the bead kits and keep track on the Sibling Tracking Form within the Program Bead Guide. Inform the family and other clinicians about the intention cards included for each bead which highlight the bead meaning, themes that can contribute to sibling support, and the talk points to facilitate communication between the sibling and their family and/or additional medical staff. The themes that correspond to each kit within the program could be used as a platform to develop additional support activities to accompany the beads. (If repeated set times are unknown, the clinician can enroll the sibling, use the welcome kit, and possibly another kit within the program with the sibling and then provide the program with the rest of the kits to the family to continue to support the sibling at home)

**Option 3:** Partner with a local support organization to work together in providing Beads of Courage® Sibling Program. Determine which organization will distribute the individual bead kits and ensure distribution takes place as designed. This option works great when a member hospital has a joint sibling program with a local Camp organization, Ronald McDonald House, etc.



**Program Cost: \$500 for 20 kits (supports 20 siblings)**