



Program Catalog

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 medical conditions, 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 our community and encouragement programs.

The Beads of Courage programs have been thoughtfully developed with the expertise of nurses, child life specialists, art therapists and other similar professionals. They are evidence-based and help to bridge the gaps in psychosocial support services. They provide easy to implement and powerful interventions for busy clinicians, as well as bring experiences in arts-in-medicine for self-reflection, expression and positive coping.

The Beads of Courage program team is staffed by Certified Child Life Specialists who are committed to partnering and supporting hospitals, medical settings, non-profit, and other community-based settings with the various programs available. The team is available to anyone using our programs to provide detailed information on the programs, facilitator tutorials and support, suggestions of best-practice and successful implementation models and more.

If you are interested in learning more, addressing additional questions, setting up a new program, ordering, or if you have funding concerns, please reach out to Beads of Courage Program Director, Krista Burgbacher at krista@beadsofcourage.org.

We look forward to helping you integrate these arts-in-medicine programs into your clinical practice and look forward to new partnerships and collaborations.

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Beads of Courage® Flagship 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 medical conditions 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 guide called the Beads of Courage® Bead Prescription. Their experience begins by giving a length of string and beads that spell out their 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.

Goals

- Decrease illness-related distress
- Increase the use of positive coping strategies
- Help children and teens find meaning in illness
- Restores sense of self in children /teens coping with serious illness or medical conditions
- Provides something tangible the child/teen can use to tell about their courage displayed during treatment and after

Beads of Courage Flagship Participation:

Any child or teen with a serious medical condition or illness are able to enroll in the Flagship Program either through a participating hospitals or through our Beads in the Mail program including those with/in:

- Cancer and blood disorders
- Cardiac conditions
- Burn injury recovery
- Neonatal intensive care
- Chronic medical illnesses
- Rehabilitation care/Trauma recovery
- Pediatric Intensive Care
- Palliative and supportive care/hospice



What is included in the Beads of Courage Flagship Program?

The following is included in all new programs started at partner hospitals or organizations:

- All necessary program materials accompanied by education, training and support to implement the program.
- Virtual training to educate the clinical team about program implementation and the science that guided the development of the program which includes The Beads of Courage® Ambassador Workshop for Reflection and Renewal. Opportunity for continuing education credits is available upon request.
- Enrollment materials for members
- Procedure and alphabet bead collections organized and sorted for ease of clinical use.
- Handmade one-of-a-kind treatment milestone beads
- Program literature (training manuals, the Beads of Courage® Bead Prescription, posters, and more)
- Ongoing support for the staff during the longevity of the program from the Beads of Courage Program team. Opportunities to train new staff and refresh existing ambassadors are available throughout the year.

Please note that all hospitals/organizations will be licensed to use the Flagship Program after the execution of a program participation agreement. Costs include BOC Program Team support throughout the process. Existing partner organizations wishing to add additional Flagship Programs will require an addendum to the existing program participation agreement

Initial Investment:

\$5,500 to start a new program (includes annual licensing fee/dues)

Annual investment

- Estimated \$1500-\$3000 needed for material refills to maintain the program annually.
 - All refills are ordered "as needed"
- \$500 Annual licensing fee and dues

After program is established, all refill materials are ordered as needed through our online store.

Please email krista@beadsofcourage.org for support



Beads of Courage® Bead Strong 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 to promote mindful practice.

- Mantras are short phrases or words that one can say to help calm the mind and stay positive
- Art provides for self-expression and a space to process life experiences in a meaningful way.
- Learning breathwork techniques equip participants with a tool to calm the mind with both physiological and emotional benefits.
- Beads in the program becomes 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 by incorporating the tools listed above to support psychosocial and emotional well-being of anyone experiencing stressors in their lives. Adults and children alike can share in this experience. The themes can be used to address stressors related to illness, change, grief and bereavement, siblings support and more.

Goals

- 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
- Focus on the "whole self" (mind, body & spirit)
- Strengthened sense of self and identity& improved self-esteem
- Support to anyone at any age that are impacted by illness/death
- Increased sense of hope and resilience
- Healing through art

Beads & Mantras



What is included in the Beads of Courage Bead Strong Program?

Bead Strong includes:

- Bead Strong activity
- Corresponding Mantra Bead
- Mantra Collector's Card
- Courage Clip with string and BOC logo bead
- Extra beads for stringing
- Facilitator's Guide*

*This comes with the bundle. If needed for workshop, please note prior to ordering

There are 2 options for ordering Bead Strong:

Bead Strong Individual (individually packaged & supports 1 participant) - \$7.50/each

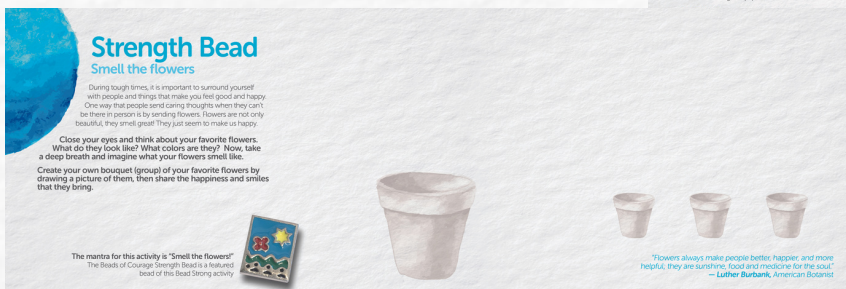
Custom order - Please contact us

Bead Strong Bundle - Variety pack of 50 (supports 50 participants) - \$325

Order here:

<https://bit.ly/beadstrongbundle>

Interested in all the themes? Please contact Molly@beadsforcourage.org for information on our 10 packs



Beads of Courage® Compassion & Courage

The Beads of Courage Compassion and Courage encompasses both programs and materials that can be used in any grief or bereavement programming. These can be woven into existing supportive programs that you are already implementing or they can be used to create a unique experience for those you are providing care.

Beads of Courage Compassion & Courage programs and materials include :

- The Strand for Strength and Remembrance Program
- The Bead Strong Program (please see pages 4-5)
- The DREAM Program (please see page 10)
- Compassion & Courage beads:
 - Handmade Glass Beads for Reflection
 - Elephant Bead
 - Feather Bead
 - Butterfly Bead for Bereavement

Beads of Courage® Strand for Strength and Remembrance Program

Description

Since the beginning of human history, beads have been transformed into material representations of emotions, physical connections, thoughts and desires. The Strand for Strength and Remembrance Program honors and remembers a loved one by transforming beads into metaphors of remembrance and memory. It is available to strengthen and enhance existing bereavement services and intended to be facilitated by a caring clinician.

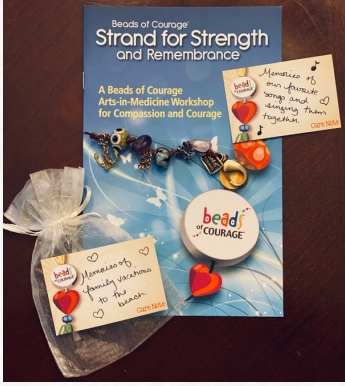
Purpose

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.

Goals

- To create a safe space to express emotions and grief
- To provide an opportunity to reflect on memories and process feelings.
- To connect people with others experiencing similar feelings (when done in a group setting)
- To create a beautiful strand that will serve as a reminder of their strength and courage as well as their hopes for the future
- To let those grieving know that they are not alone and allow them to keep their loved one's memory alive.

What is included in the Beads of Courage Strand for Strength and Remembrance Program?



Strand for Strength Program

Available in sets of 10

\$125 supports 10 participants

Order here:

<https://store.beadsofcourage.org/SFS>

- Unique beads with meaning:
 - 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
 - Representing a special story about or experience with the deceased
- Facilitator's Guide
- Participant's Guide

What beads are available specific to grief and bereavement?

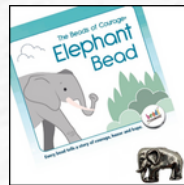
Handmade Glass Beads for Reflection



\$150/50 Beads

Made by glass artists in the International Glass Beadmakers Society (ISGB) and gifted with an intention set to reflect upon and honor a memory, story, person, or hope for the future that is important and valued to the recipient. These beads are used in the Strand for Strength and Remembrance Workshop but can also be a meaningful addition to Bead Strong, or simply stand alone. There is an option to order Courage Clips (Backpack clip, BOC logo bead, and string) to string these beads outside of the programs mentioned.

Elephant Bead



\$20/10 sets

Supports moms who need a dose of encouragement as they grieve the death of their child. This bead could be gifted during the Beads of Courage Strand for Strength and Remembrance Program (below), as a follow up booster bead, or stand alone. It includes one bead for mom, and two beads for her to gift to two people to call upon in her "tribe" for support.

Butterfly Bead



\$20/10 Beads

This bead is intended to be given by caring clinicians to families after the loss of their child or teen as a continued sign of support, love, and remembrance. These beads can become a source of comfort, strength, and remembrance for families after the death of their child or teen.

Feather Bead



\$15/10 beads

An exclusive, custom-made pewter feather charm for anyone who needs a dose of encouragement as they grieve the death of a loved one. The intention card opens to reveal an encouraging quote from Chelsey Magness, mom and professional athlete, who shares her story coping with the death of her son in the documentary film "With Spirit".

Palliative and Supportive Care Bead



\$65/20 beads

Given by a caring member of the Palliative and Supportive Care Team when a BOC member is referred to their support services. Honoring this unique and valuable therapeutic alliance.

Please contact us to order grief and bereavement beads, courage clips or for suggestions or support on integrating any Compassion and Courage material into your grief and bereavement interventions.

Beads of Courage® Sibling Support

Description

The Beads of Courage® Sibling Support materials are designed to provide recognition and support of a sibling's emotional journey when the serious illness of a brother or sister impacts their lives.

Purpose

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 Support materials 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.

Goals

- To provide recognition and support of a sibling's emotional journey
- To provide an medium to encourage open communication of thoughts and feelings
- To let siblings know that they are important in their family's story too
- To give siblings tangible symbols to remember their courage, strength and resilience

Beads of Courage® Sibling Encouragement Activities

Beads of Courage has developed simple, yet impactful, supportive activities to use in any sibling support initiative. These activities are wonderful for easy sibling focused interventions either done on an individual level or in a group setting. This is a great addition to Sibling celebrations or events as well as a continuation for those siblings who have already completed the Sibling Program (please see next page).

Sibling Monkey Activity



Sibling Monkey activity
Honored Sibling Certificates
Sibling Monkey beads/card
Courage Clips

Order here: bit.ly/bocsibmonkey

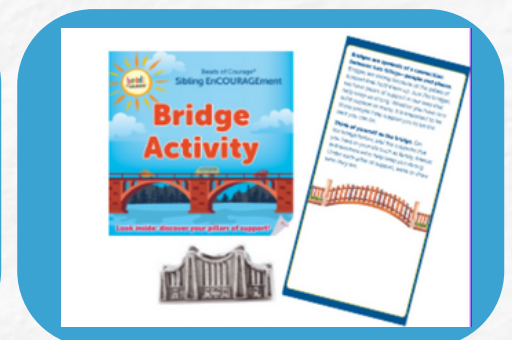
Sibling Dolphin Activity



Sibling Dolphin activity
Sibling Bridge Bead/card
Courage Clips
Extra beads for stringing

Order here: bit.ly/bocsibdolphin

Sibling Bridge Activity



Sibling Bridge activity
Sibling Bridge Bead/card
Courage Clips
Extra beads for stringing

Order here: bit.ly/bocsibbridge

\$30 supports 20 siblings/activity

Beads of Courage® Sibling Program

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.



What is included in the Sibling Program?

- A Facilitator's Guide
- Participant's Program Guide
- 25 Unique Beads
- Collector Cards
- Latex free string

*Letter beads for names are not included, but are available for an additional cost.



Sibling Program

\$500 supports 20 siblings

Order here:

<https://bit.ly/Sibkit>

Optional add-ons (contact us to order):

Alphabet Bead box

\$485 for 50 of each letter

\$925 for 100 of each letter

Beads of Courage® DREAM Program

Description

Beads of Courage encourages you to Draw and Relax: Embrace Art & the Mind!

It is important to take a moment from our day to care for ourselves and feel connected to others.

Beads of Courage® believes in the power of art, expression, and connection. Our dream is for everyone to draw, reflect, and embrace the healing power of art. We invite you to DREAM with Courage Tiger (Draw & Relax: Embrace Art and the Mind). Encourage those you support to take a time out of their day to be kind to themselves and DREAM big!

Purpose

DREAM is a great tool to support staff/staff in training who are on the education path for child/teen psychosocial and emotional support to use with those in their care. It is easy to implement, perfect for those newly establishing clinical/professional emotional support skills. It was also developed for busy clinicians who want to continue to provide quality interventions to those in their care when timing is limited. It can be used in any setting and with any age group.



Goals

- to have fun
- to express creativity
- to provide an opportunity to self-reflect
- to feel connected to others when done in group settings
- to receive the gift of a bead and its caring intention
- to learn fun facts
- to experience meaningful poetry

DREAM Bundle

\$160 supports 40 people

Order here:

bit.ly/bocdreambundle

DREAM Activities (10 pack)

\$40 supports 10 people

Order here:

bit.ly/bocdream10

What is included with DREAM?

DREAM Bundle:

- 40 Different DREAM activities (10 of each)
- Corresponding DREAM beads
- 40 DREAMcatchers to display beads
- Plus 5 Cardinal Bracelet Kits for caring staff to use as a bonding experience

DREAM Activities (10-pack):

- 10 DREAM activities with bead
 - (DREAMcatcher not included - available for additional cost)



Beads of Courage® Bead Mindful for Clinicians

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.



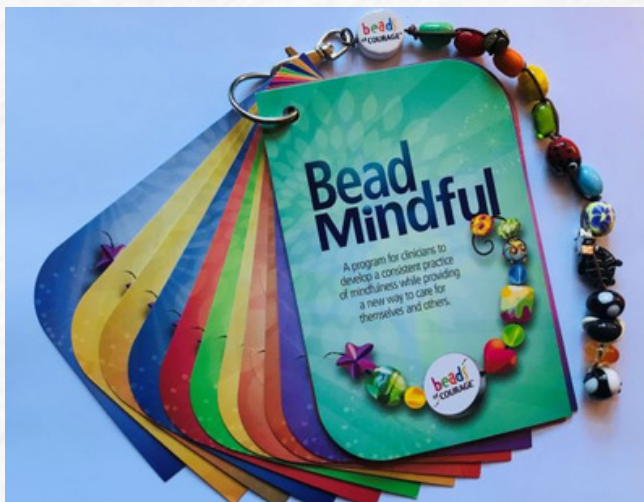
Goals

- Providing 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.
- Strengthening of the self, the core which leads to enhanced moments of caring as described by Jean Watson's Transpersonal Caring and Caritas Practice.
- Reduction of compassion fatigue and burnout in the professional healthcare provider through self-awareness, self-reflection, mindful practice, and enhancement of self-care.
- Strengthening interpersonal mindfulness, providing non-judgmental present moment awareness to interactions with others, patients, families, and co-workers.

What is included with Bead Mindful?

- 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
- Courage Clip with Beads of Courage Logo Bead and String
- Small Bags to support bead distribution when using a team approach
- 13 "Graffiti Wall" posters to hang and encourage staff communication for each round

Optional: Additional Artist-made glass beads can be added to provide opportunities for more reflection. (additional beads can be ordered at an added cost: \$150/50beads)



Bead Mindful for Clinicians

\$250 supports 10 clinicians
(\$25/clinician for 12 sessions!)

Currently unavailable - contact us
- Back in stock 2023-



Program Price Sheet

Pricing and availability are subject to change

Program	Cost	Quantity
Flagship Program	\$5,500 (initial) plus annual refills/dues (varies)	Packaged materials to support 3 areas (plus some refills, staff training and ongoing support)
Bead Strong Individual	\$7.50 each	Supports one participant
Bead Strong Bundle	\$325	Supports 50 participants
Strand for Strength and Remembrance	\$120	Supports 10 participants
Handmade Glass Beads of Reflection	\$150	50 beads
Elephant Bead	\$20	10 sets of 3 beads - supports 10 mothers
Butterfly Bead	\$20	10 beads
Feather Bead	\$15	10 beads
Palliative and Supportive Care Bead	\$65	20 beads
Sibling Encouragement Activities	\$30	Supports 20 siblings (one activity)
Sibling Program	\$500	Supports 20 siblings
DREAM Bundle	\$160	Supports 40 participants
DREAM Activities 10 pack	\$40	Supports 10 participants
Bead Mindful for Clinicians	\$250	Supports 10 clinicians for 12 sessions

Beads of Courage is a 501(c)3 non-profit organization. All costs go towards program materials, program development, clinical staff support, overhead operation costs and in some cases, shipping and handling.

If you would like to use any Beads of Courage program and funding is a concern, please reach out to us. We are happy to connect with organizational foundations, donors, and other sponsors in regard to supporting the costs to make these programs available at your organizations.

Thank you for considering Beads of Courage Programs.
Please contact krista@beadsofcourage.org with any questions.