

# Students of AMF at University of Delaware Support Network

Supporting college students  
coping with illness or loss



## Purpose

- Students of Ailing Mothers and Fathers is a support group for college students dealing with the illness or loss of a loved one while still trying to juggle the demands of college
- The group centers around a peer-led support group and also encourages service work, empowering all college students to fight back against terminal illnesses

## Students of Ailing Mothers and Fathers

### History

- The group was founded at Georgetown University by David Fajgenbaum in 2004, following the loss of his mother to brain cancer
- There are currently 24 chapters across the country, including the national chapter located at UPenn, where David is still an active member

- It is estimated that between **35-48%** of all college students have lost a family member or close friend within the last 2 years
- **8.6%** of college student's academic performances have been affected by the death of a family member or close friend within the last year

## Statistics

- **22-30%** of college students have lost a family member or close friend within the last year



# National Students of AMF featured on the Today Show

David Fajgenbaum, founder of Students of AMF, was featured on the *Today Show* in 2008 on a segment called “Make it Matter”

# Students of AMF at UD

"Coming back to school was a difficult transition, but AMF helped me to get through it."

"I felt so relieved after the first meeting and thought, 'wow, other people get it.'"

"The support group meetings have helped so much; it is comforting to know other people have the same thoughts."

"The service projects help us to be proactive."

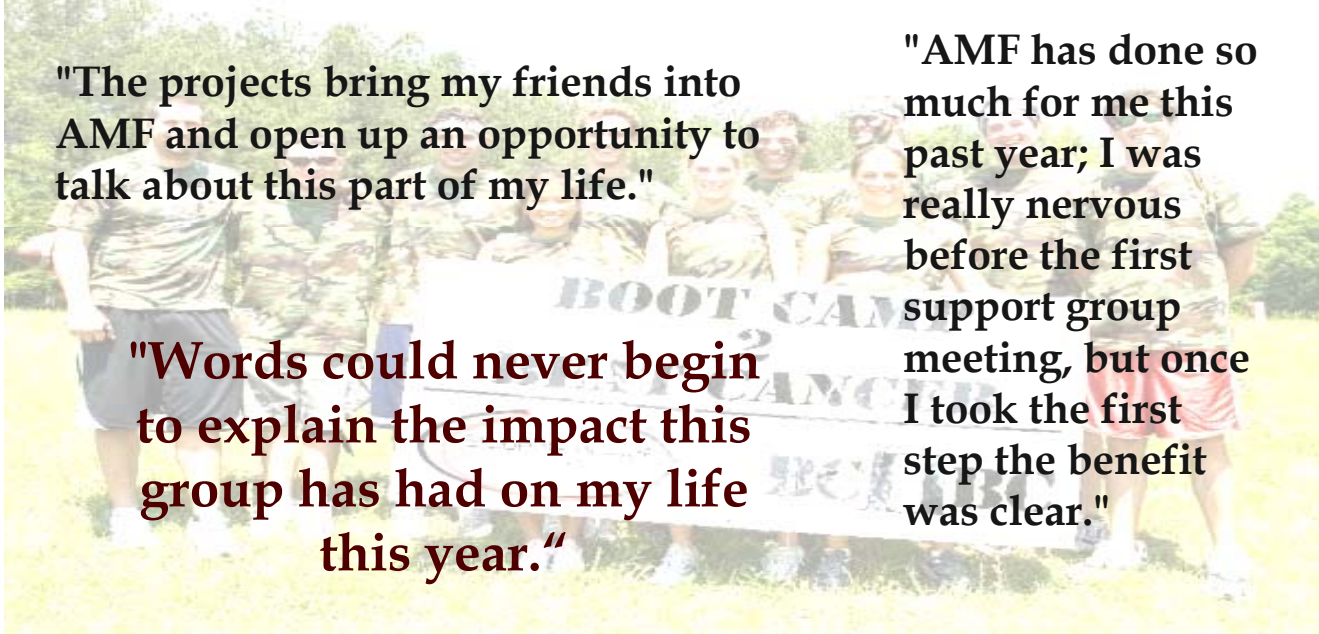
"The projects bring my friends into AMF and open up an opportunity to talk about this part of my life."

"Words could never begin to explain the impact this group has had on my life this year."

"AMF has done so much for me this past year; I was really nervous before the first support group meeting, but once I took the first step the benefit was clear."



Now UD  
has a chapter  
of Students of  
AMF!



# Service Group

- The Service Group aspect of AMF is open to ALL UD students
- We are looking to participate in service projects throughout the Delaware area that focus on fighting back against terminal illness and related issues through raising money and awareness
- Some possible events and projects include:
  - Relay for Life
  - Lori's Hands
  - Walks and Races
    - Lung Cancer
    - Brain Cancer
    - Suicide Prevention
    - Stroke Awareness
    - Melanoma
    - Breast Cancer
    - Heart Disease
    - Drunk Driving Prevention
    - Diabetes





## Support Group

- The Support Group aspect of Students of AMF is for students coping with the illness or death of a family member or loved one
- Support Group is peer-led and offers a safe, confidential environment for students to talk with others “who understand”
- Meetings will take place twice a month

# Angels Program

- The Angels Program provides UD faculty the opportunity to get involved with students and act as mentors
- The mentorship can include anything from monthly emails to weekly coffee
- Students of AMF will work closely with the UD Counseling Center, Campus Ministries, Office of Student Activities, and various other student organizations





## Resources

Counseling Center

Campus Ministries

Relay for Life

Colleges Against Cancer

Lori's Hands

- **We have also begun speaking with many professors who are interested in the Angels Program**

## Advisor



**Dr. Jessica Jablonski, Psy.D.**  
Assistant Professor of  
Human Development &  
Family Studies  
University of Delaware

- Doctorate in Clinical Psychology with a specialization in family systems

### Courses Taught:

- Counseling Theories
- Lifespan Development
- Intro Psychology
- Personality
- Social Psychology
- Health Psychology

# Plans for and Spring '10

- Table at Spring Activities Night
- Kick-off meeting!!
- Bi-monthly Support Group Meetings
- Several Service Projects throughout the semester  
(including one or two immediately after Kick-off Meeting)
- Angels Program

# Contact Info

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**National Students of AMF websites:**  
<http://studentsofamf.org/>

**UD Chapter:**  
[http://studentsofamf.org/-\\_University\\_of\\_Delaware-pid-119.html](http://studentsofamf.org/-_University_of_Delaware-pid-119.html)

**Find us on Facebook:**  
Students of AMF at UD