
Grief and Loss

DC School Behavioral Health Community of Practice (DC CoP) *Learning Resources*

In-Person Trainings

Please check the OSSE Events website for latest updates on trainings.

Introduction to Building a Trauma-Informed Culture within Schools

Thursday, June 4, 2020 from 9:00AM-3:30PM

<https://osse.dc.gov/event/introduction-building-trauma-informed-culture-within-schools>

OSSE, in collaboration with InSite Solutions, will host trauma-informed trainings tailored to school-based educators and staff. Participants will take part in a session that introduces neurobiological foundations of trauma and provides concrete skills for building trauma-informed classrooms to include the following: Principles of trauma-informed schools and classrooms; Shifting perspective about student behavior and reducing triggers of stress in the classroom; Fostering safety through control and mutual respect; Social-emotional learning opportunities (brain education, mindfulness); Relationship building/creating serve-and-return relationships; Utilizing non-contingency; Trauma-sensitive responses to student escalation; and Participants will have an opportunity to practice and plan for strategy implementation.

Webinars and Online Training

Childhood Traumatic Grief

National Child Traumatic Stress Network

<https://www.nctsn.org/resources/childhood-traumatic-grief>

This webinar series offers information on common reactions after loss, as well as responses that are more severe, prolonged, and interfere with a child's functioning. Discusses various topics related to childhood traumatic grief.

Ready to Remember: Helping Children with Traumatic Grief

National Child Traumatic Stress Network

<https://www.nctsn.org/resources/ready-remember-helping-children-traumatic-grief>

In this webinar presenters describe childhood traumatic grief and introduce their new book, Ready to Remember: Jeremy's Journey of Hope and Healing. The presenters are accompanied by two family members who answer questions posed by the presenters regarding their experience with traumatic grief, processing their grief, treatment they received and the coping skills and resilience of their families.

Schools and Grief: Helping Students Cope with Death

National Child Traumatic Stress Network

<https://www.nctsn.org/resources/schools-and-grief-helping-students-cope-death>

This webinar focuses on childhood grief in the school setting. The speakers discuss key points around children's grief response. Topics discussed include physical and behavioral responses, the impact of developmental level on the grief response, and impact of culture on grief. Strategies for helping children cope with grief in the school setting are provided.

Teacher Training Module: Supporting Grieving Students in Schools

National Center for School Crisis and Bereavement

<https://www.schoolcrisiscenter.org/resources/teacher-training-modules/>

This is a three-part professional development series focused on ways in which educators can support students who may have or in the midst of dealing with grief. The first-part teacher module will help school staff understand the experience of the grieving student and includes information about how children understand death and express their grief. The second-part teacher module presents practical suggestions about how school staff can initiate the conversation and offer support to the grieving student. The third-part teacher module presents practical guidance about how to coordinate resources and manage special issues while you support the grieving child. The final module combines highlights of Parts 1-3 to offer an abbreviated training opportunity.

Thriving Over Surviving: Helping Gen Z Integrate Grief Through the “Tough Stuff”

National Alliance for Grieving Children

<https://childrengrieve.org/education/online-learning/10-education/217-thriving-over-surviving>

This webinar focuses on identifying generational shifts that may be helping or hindering coping skills. It will examine various outlets to help teens and young adults begin to integrate their grief journey into life experiences, and expand what educators’ may be able to offer teens and young adults who are grieving.

Through the Lenses of Grief: A Conversation about Grieving Children, Teens, and Families in the Emotional Climate of the Coronavirus

National Alliance for Grieving Children

<https://childrengrieve.org/about-us/news/covid-19/10-education/220-through-the-lenses-of-grief>

This webinar looks at four specific populations: grieving parents/adult caregivers; students; youth in foster care; and grieving teens, exploring together their heightened needs and how professionals as well as caregivers may respond.

Treatment of Childhood Traumatic Grief with Infants, Toddlers, and Preschoolers

National Child Traumatic Stress Network

<https://www.nctsn.org/resources/treatment-childhood-traumatic-grief-infants-toddlers-and-preschoolers>

This webinar provides an overview of how working with bereaved children affects the therapist. The speaker provides an understanding of loss from the child and caregivers’ perspectives, including a discussion on how traumatic grief effects development and assessment and treatment options.

Videos

Grief Triggers

Coalition to Support Grieving Students

<https://grievingstudents.org/module-section/grief-triggers/>

This video addresses the phenomenon of grief triggers and how they can be handled in a school setting. The module starts by defining grief triggers and explaining why they can be distressing. Practical suggestions on how educators and other school personnel can anticipate and minimize the impact of grief triggers on grieving students are provided, including guidance on how to approach particular topics with an increased awareness that they may be difficult for students with a history of personal loss, which may or may not be known by the school.

Talking to and Supporting Students and Ourselves During the Pandemic

National Center for School Crisis and Bereavement

<https://vimeo.com/user109043156/review/402750151/cca89d5642>

This is an informational webinar for educators which covers effective ways around talking to and supporting student during a pandemic. The webinar covers five topics as outlined: 1) the principles of communication during crisis 2) children and adults' (mis)understanding of illness 3) talking with and supporting children 4) serving as a model for coping and 5) remembering to take care of oneself.

Talking with Children

Coalition to Support Grieving Students

<https://grievingstudents.org/module-section/talking-with-children/>

This video offers practical suggestions for how school professionals can initiate a conversation with students who have recently experienced the death of a close family member or friend. This information is relevant for school leaders who will be reaching out to a students or family members to express condolences and offer supportive services on behalf of the school, a teacher welcoming a student back to class after a loss, or another school professional offering condolences or support.

What Not to Say

Coalition to Support Grieving Students

<https://grievingstudents.org/module-section/what-not-to-say/>

This video offers concrete advice on “what not to say” to children and adults who are recently bereaved. With this information in mind, educators and staff can feel more confident providing comments or support that is most likely to be well received and helpful.

Toolkits and Implementation Guides

Responding to Change and Loss: In Support of Children, Teens & Families

National Alliance for Grieving Children

<https://indd.adobe.com/view/924b5436-fca0-4a15-901a-9233134766e4>

This workbook focuses on providing tools for children, teens and adults to navigate the feelings surrounding change and loss. Everyone experiences the impact of change and loss differently and that can cause disconnect within families. This workbook will help individuals process, connect, and create space for everyone’s emotions.

Curriculum

The Courage to Remember Curriculum Guide

National Child Traumatic Stress Network

<https://www.nctsn.org/resources/courage-remember-curriculum-guide>

The guide includes information about the demonstrations of each TF-CBT treatment component through role-plays conducted with children. The material represents the results of significant advances in the field of childhood traumatic grief and the unique collaboration of researchers and clinicians in academic and community settings throughout the country.

Other Online Resources

Addressing Grief: Tips for Teachers and Administrators

National Association of School Psychologists

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/addressing-grief/addressing-grief-tips-for-teachers-and-administrators>

This resource offers strategies for school leaders and educators that can be helpful in supporting bereaved students.

Childhood Traumatic Grief: Information for Mental Health Providers

The National Child Traumatic Stress Network

<https://www.nctsn.org/resources/childhood-traumatic-grief-information-for-mental-health-providers>

This fact sheet provides information on why mental health providers are important for grieving children. The sheet outlines how children grieve, what childhood traumatic grief is, who develops childhood traumatic grief, the signs a child might have Childhood traumatic grief, how childhood traumatic grief impacts children, and what a mental health provider can do to help.

Childhood Traumatic Grief: Information for School Personnel

The National Child Traumatic Stress Network

<https://www.nctsn.org/resources/childhood-traumatic-grief-information-for-school-personnel>

This fact sheet offers information on why school personnel are important for grieving students. The sheet outlines how children grieve, what childhood traumatic grief is, who develops childhood traumatic grief, the signs a child might have Childhood traumatic grief, how childhood traumatic grief impacts children, and what school personnel can do to help their students.

Helping Students Through a Period of Grief

by Becki Cohn-Vargas and Carlee Adamson

Edutopia

<https://www.edutopia.org/article/helping-students-through-period-grief>

This article outlines the loss and grief students may be experiencing during this time, and the effects it will have on their mental and emotional health. The article describes schools as being in a unique position to collectively engage and support students with compassion during the grieving process. With a new loss, previous losses are remembered, previous trauma may be re-experienced, and new fears emerge. The article explains the critical role teachers will play in helping students understand their responses to these losses and move through the grieving process.

Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19

National Child Traumatic Stress Network

<https://www.nctsn.org/resources/helping-children-with-traumatic-separation-or-traumatic-grief-related-to-covid-19>

This tip sheet offers information on how to talk with children about traumatic separation or traumatic grief as it relates to the COVID-19 pandemic. This tip sheet is for caregivers or other adults supporting children with traumatic separation or traumatic grief related to COVID-19.

Books

The Grieving Student: A Teacher's Guide

by David J. Schonfeld and Marcia Quackenbush, 2010

This book will provide educators with real-world tips, strategies, and insights they need to:

- explain the major concepts of death in age-appropriate ways
- respond constructively to children's common feelings and behaviors after a death
- initiate and maintain positive, helpful communication
- learn what to say and what not to say when a child or family is grieving
- use simple commemorative activities at school to help students cope with their feelings
- address children's responses to different causes of death, including suicide, illness, and violence
- help a child who is "stuck" in a difficult phase of grief
- provide ongoing assistance when triggers of grief renew a child's sense of loss
- notify and support students after a death that affects the whole school community

Recommended Readings List

Children's Annotated Bibliography-Recommended Readings for Young People and their Caregivers **Wendt Center for Loss and Healing**

<https://www.wendtcenter.org/wp-content/uploads/Recommended-Reading-for-Young-People-and-Their-Caregivers-1.pdf>

This reading list compiled by the Wendt Center provides books related to; Self-Esteem, Feelings, Adoption and Foster Care, Incarceration, Illness and Hospitalization, Illness and Hospitalization: HIV/AIDS, Illness and Hospitalization: Cancer, Grief, Death of a Parent, Death of a Sibling, Death of a Grandparent, Death of a Pet, Trauma, Trauma: Violent Death, Funerals and Cremation, Caregivers of Grieving Young People.