



PRACTICE MANAGER MEETING

Tuesday January 19th 2016 Noon – 1:30PM

Instructions to join the meeting remotely:

1. Open a web browser and enter URL: www.readytalk.com
Enter participant access code: 2093166
2. Phone in for the audio portion of the conference:
1-866-740-1260 - then enter the access code: 2093166

MEETING HANDOUTS:
www.cchap.org/pmmeeting



PRACTICE MANAGER MEETING
Tuesday January 19th 2016 Noon – 1:30PM

“Good Grief”

PRESENTER

Michelle C. Mares

*CCHAP Quality Improvement Specialist
National Hospice and Palliative Care Certified Trainer*

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CCHAP Practice Manager Meeting

Michelle C. Mares

Quality Improvement Specialist

GOOD GRIEF

January 19, 2016

**National Hospice and Palliative Care Certified Trainer,
2009**

Grief and Loss Data



- 1 in 5 children experience death by age of 18



- 1 out of 20 fifteen year olds will lose one or both parents
 - 1.5 million children living with one parent due to death

Grief and Loss Data (Cont'd)



- **73,000 children die per year:**
 - **83% have siblings**

Defining Terms

- **Loss** – state of being deprived of or state of being without
- **Grief** – response(s) to loss.
 - (not only through death)

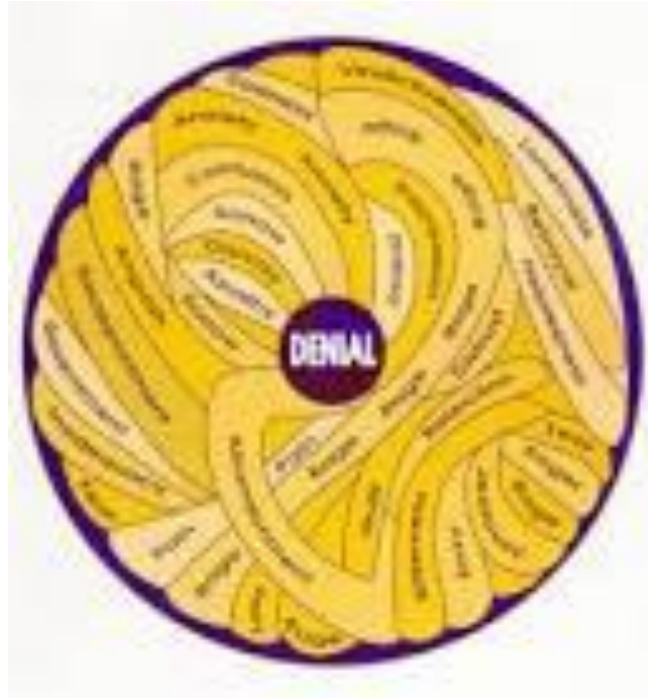


Defining Terms

- **Bereavement** - The time after a loss during which grief is experienced and mourning occurs
- **Mourning** - The set of behaviors that are unique to culture and customs



10 Stages of Grief



The grief stages are not linear

10 Stages of Grief

SHOCK



Complete submersion into playing; outside, video games, jokesters...

10 Stages of Grief

EMOTIONAL RELEASE



- **Crying in sleep, very attached to family members, very sensitive in all areas of their life (friend, school, siblings...etc)**
- **They become very quiet, i.e. minimal verbal interaction**

10 Stages of Grief

PREOCCUPATION WITH THE DECEASED



- **Stare at pictures, sleep with items belonging to deceased, refusing to throw away items (plates, gum wrappers, brush/comb)**

10 Stages of Grief

SYMPTOMS OF PHYSICAL/EMOTIONAL DISTRESS



- Wanting to sleep 9-14 hours
- Growing pains
- Lethargy

10 Stages of Grief

HOSTILE REACTIONS



- **Fighting in school, with siblings, and with parents**
- **Questions everything logical**

10 Stages of Grief

GUILT



- Childlike behavior not matching age
- Take blame...for EVERYTHING
- Try to become perfect

10 Stages of Grief

DEPRESSION



- **Significant weight loss/gain**
- **Quit clubs/athletics**
- **Minimal communication with friends**

10 Stages of Grief

WITHDRAWAL



- Excessive sleeping
- Any means to numb themselves
- Immersion into music/video games

10 Stages of Grief RE-ENTRY INTO LIFE (RELATIONSHIPS)



- Real laughter returns
- Sensitive
- Begin relations with friends again

10 Stages of Grief

RESOLUTION TO REALITY



- **Resolution occurs much faster for kids/children if:**
 - If they are given permission to express emotions and thoughts
 - If they are given permission to speak openly
 - If they feel validated

Unexpected Times When Kids Grieve

Stages will follow same pattern, less in duration

- Changing schools
- Friends or best friend leaves neighborhood
- Ending each school year
- Teacher leaves mid-term
- Transition school years; 5 to 6, 8 to 9, HS graduation
- Death of a pet (any)
- Injury removal from athletics (clubs)
- Boyfriend/Girlfriend and ending friendships
- Moving from long term home

Effective Strategies for Support

What to do:

- Ask before giving affection
- Listen
- Be Patient
- Allow person to lead conversation
- Show emotion if you feel it
- Be available as much as you can to just listen
- Research mourning rituals
- Understand their emotions may touch your buttons
- Allow person to give their “If onlys...”

Effective Strategies for Support

What to say:

- I am so sorry
- Can I _____(something specific)
- Would you like to talk about it?
- Call me anytime you like (your boundary)
- Create space to share positive memories

Effective Strategies for Support

What NOT to do:

- **Touch or hug without permission**
- **Lead person to have to make you feel better**
- **Inquire about very private elements of death**
- **Whisper around the grieving**
- **Talk about him/her as if they are not present**

Effective Strategies for Support

What not to say:

- **They are in a better place**
- **They are with God now.**
- **I know how you feel**
- **Well, when my mom....**
- **It is for the best**
- **You can relax now**
- **You should....**
- **Don't cry (out loud, in public, at parties...etc)**
- **It will get better in time**
- **Tell person they should not be angry at God**

CCHAP Practice Manager Meeting

Good Grief

Thank You

Michelle C. Mares