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
“Good Grief”

PRESENTER

Michelle C. Mares
CCHAP Quality Improvement Specialist
National Hospice and Palliative Care Certified Trainer

MEETING HANDOUTS:
www.cchap.org/pmmeeting
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