



GRIEF, LOSS, AND BEREAVEMENT

Responding to the rising numbers of COVID-related deaths in Spring 2020, SAMHSA invited the MHTTC Network to create programming and resources to help providers nationwide increase knowledge and cultivate skills to respond to acute grief and prepare for future needs. As such, the MHTTC Network established the MHTTC Grief, Loss, and Bereavement Coordination Group. Since its inception, the group has created **five fact sheets** about grief and actively **curates resources** that foster grief sensitivity among the mental health workforce. Additionally, the group designed and developed the **Grief Sensitivity Virtual Learning Institute (GSVLI)**, an online, no-cost learning space designed for frontline workers (mental health and school mental health) supporting individuals experiencing grief and loss through COVID and beyond. The first GSVLI launched in 2020 and we have continued to offer this programming since. This summary describes the 2023 GSVLI held November 1 and 2, 2023.

THE 2023 MHTTC GRIEF SENSITIVITY VIRTUAL LEARNING INSTITUTE (GSVLI) NOVEMBER 2023

1962 UNIQUE PARTICIPANTS ACROSS SESSIONS



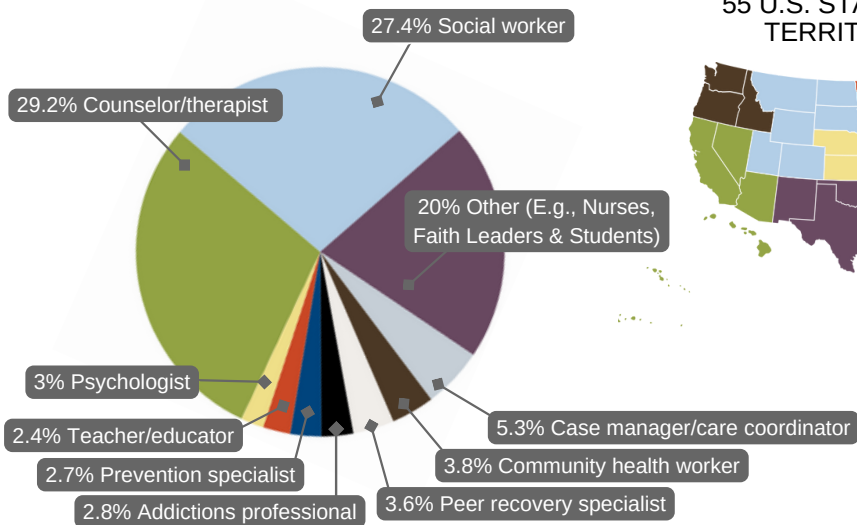
98%

WERE VERY SATISFIED OR SATISFIED WITH THE OVERALL QUALITY

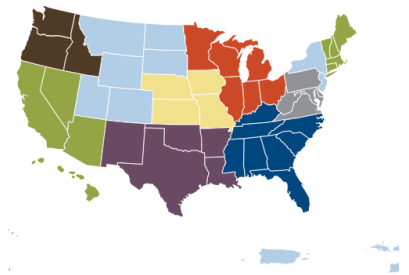
87%

INDICATED THEY HAVE USED THE INFORMATION GAINED IN THEIR PRACTICE

ATTENDEE PROFESSION



ATTENDEES REPRESENTED 55 U.S. STATES AND TERRITORIES



81%

AGREED OR STRONGLY AGREED THAT PRIOR TO GSVLI, THERE WAS A NEED FOR THEM, THEIR ORGANIZATION, OR THEIR COMMUNITY TO MAKE A CHANGE RELATED TO GRIEF SENSITIVITY

98%

AGREED OR STRONGLY AGREED THAT THE INFORMATION FROM GSVLI HAS BENEFITED THEM, THEIR FAMILY, OR THEIR COMMUNITY

WORKING WITH GRIEF IN THE CONTEXT OF VIOLENCE: STRENGTHENING OUR SKILLS TO STRENGTHEN OURSELVES

Held during Children's Grief Awareness Month, we offered our 2023 GSVLI to the mental health and school mental health workforce. We worked with leading grief experts across the country to strengthen grief sensitivity skills, techniques, and interventions. Each day began with a grounding keynote, offered two panels to deepen our learning, and a workshop session. Day 1 sessions were geared toward the general mental health workforce with a special focus on gender-based violence, institutional violence, community violence, and grief. Day 2 centered on school mental health and focused on school violence & grief.

[Access session recordings and resources by visiting the 2023 GSVLI webpage!](#)

WHAT PARTICIPANTS ARE SAYING ABOUT OUR 2023 GSVLI

Selected Feedback and Reflections

"I was impressed with how much information, supports, and interventions were shared in one day. The webinar style with poll options and chat engagement was very effective."

"I loved the emphasis on schools and student population. The keynote was uplifting and generated ideas about tapping into cultural gifts of communities that can be harnessed to transform lives."

"The structure of the entire event was superb! I thought that the whole team of the GSVLI were top notch as were all of the presenters. This was excellent especially being totally cost free."

"I'd LOVE to attend more learning spaces like this one today. I'm familiar with my own grief experiences, but not as much from a provider perspective. I appreciated being able to take something away from each session."

"Providing a safe space for processing, advocacy requires understanding, not just empathy, and recognizing that everyone grieves differently."

"I would love to attend another event such as this. The free-cost and online formatting allowed professionals from across the US to connect and engage in critical topics surrounding grief and mental health."

"I would love more learning spaces like GSVLI. Already looking forward to next year."

"I truly appreciate MHTTC and all of the distance learning opportunities provided at no cost to attendees. Your organization is such a blessing."

"TOPICS WERE TIMELY AND MUCH NEEDED! Structure and length were good allocations of time."

After your GSVLI experience with us, what does grief sensitivity mean to you?

"When someone is dealing with grief, it doesn't have to always be someone who has passed away, but even those that were no longer simply part of their lives. The way they cope varies and we shouldn't tell them what to do as they are professionals in their own lives. All we can do is show them our love and support."

"To me, grief sensitivity means being mindful and present for the cognitive, emotional, physical, and behavioral responses to loss, whether it be primary, secondary, generational or world (beliefs about safety, security, etc.) losses experienced by you and others."

"To me, grief sensitivity means being in tune with others and sensitive to what their experiences have been, but also being in tune with myself. I think what I have learned today is that I need to give myself that space in order to be better and more available for those around me."




Thank you to each MHTTC for funding speakers and ensuring this learning experience was possible; to the 2023 MHTTC Grief Coordination Group who planned this GSVLI; to our session hosts, moderators & tech support; and to all the GSVLI faculty whose wisdom, experience, and guidance contributed to our collective grief sensitivity learning. Day 1 (General Mental Health): Nelba Márquez-Greene, Anitra Warrior, Lisa Good, Mark Sanders, Jennifer Khalifa, Leontyne Evans, Lisa Zoll, & Samantha Anthony; Day 2 (School Mental Health): Roberto Rivera, Hannah West, Saun-Toy Trotter, Tuyl Mogabgab, Canada Taylor Parker, Nicole Barnes, Samira Moosavi, Marisa Nowitz, and Oscar Widales-Benitez.

QUESTIONS?


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