



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

ECE Webinar Series

Understanding Grief and Increasing Wellness

Presented by JaShawn Rogers, MS, MA and Laura McArthur, PhD

Disclaimer

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At the time of this presentation, Elinore F. McCance-Katz, served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of Laura MacArthur, JaShawn Rogers and Stefanie Winfield and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

Connection Circle in Chat:

Explain how you feel using one word

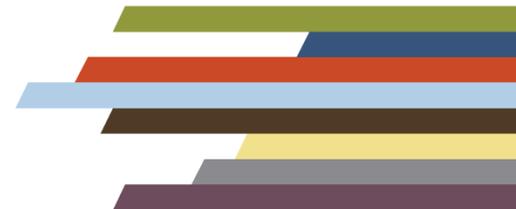


Key Points/Agenda

- Define grief and wellness
- Understand how grief shows up
- Identify 3 ways to increase wellness

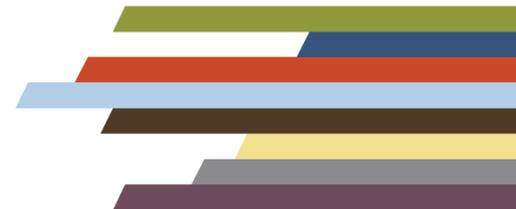
Please have the following available:

- Paper
- Pen or pencil



Virtual Norms

- Be present
- Share what feels comfortable
- Recording
- Please mute audio when you are not talking
- Maintain confidentiality
- Chat moderation—please post questions or comments in the chat box
- Feel free to speak to us after the training or by email if needed.



What is Resilient Futures

Our Mission:

To foster equitable, safe and resilient communities for all youth.

Find us here: www.resilientfutures.us

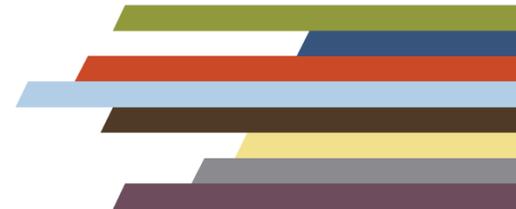
Facebook: ResilientFuturesCO

Email: info@resilientfutures.us

We define resilience as the capacity to grow and thrive, with strength and tenacity, in the face of trauma and oppression for both individuals and communities. We believe that this resilience can be developed and fostered amongst all.

Understanding Grief and Increasing Wellness

- Grief is normal.
- Grief can be healthy.
- Grief can be hard.
- Grief takes time.
- Grief has no time frame.
- Grief requires adjustments.
- Grief requires wellness.



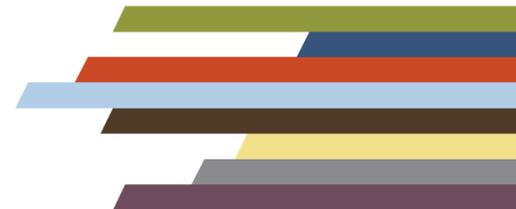
What is Grief?

Grief is the **psychological-emotional experience following a loss** of any kind (relationship, status, job, house, game, income, etc)

- From Psychology Today (2012)

Stages of Grief (can go in any order and show up multiple times)

Denial	Returning to normal, thinking that life goes on, Disbelief, hiding what happened, not talking about it, disconnecting
Bargaining	Trying to change or influence what has happened, what if I, maybe I should, promising to try, making deals
Anger	Quick temperament, loss of connection, becoming frustrated, aggressive outburst or harmful actions, directing blame, sleep disturbance
Depression	Loneliness, withdrawn, sick to your stomach, crying, disassociation, sleep disturbance
Acceptance	Sense of peace, acknowledgment and slowly trying to move forward in life, working through it

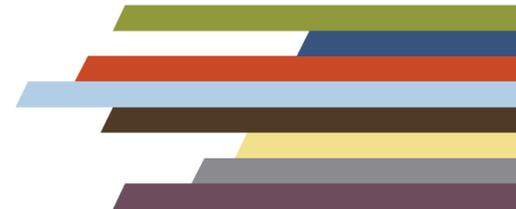


Video



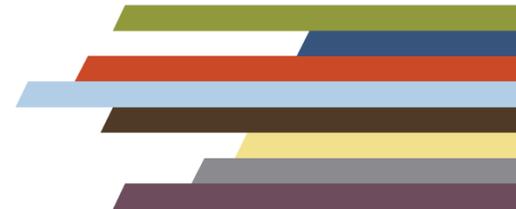
How does grief show up in adults

- **Physical:** trouble sleeping, feeling shaky, becoming dizzy or lightheaded, lack of air, experiencing exhaustion, lack of appetite or increased appetite
- **Emotional:** feeling of guilt, anger, anxiety, or resentment, feeling helpless, being afraid, experiencing numbness
- **Behavioral:** sudden or continuous crying, being withdrawn, experiencing panic attacks, substance use
- **Cognitive:** vivid or realistic dreams, feeling confused, lacking the ability to concentrate



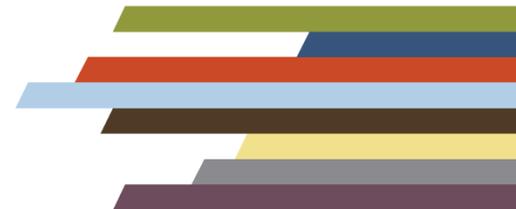
How does grief show up in children

- Crying
- Change in sleep pattern
- Changes in eating
- Social withdrawal
- Avoiding reminders of the loved one
- Treasuring memories/objects of loved one
- Disbelief/Denial
- Confused/Unable to concentrate
- Thoughts of loved one
- Wanting to be with the loved one
- Regression
- Behavioral changes



Where Are You Journaling Activity

Consider the current stage of grief that you might be experiencing. For example, are you feeling anger, relief, confusion, etc. How did hearing about the stages of grief land with you? What was that like?

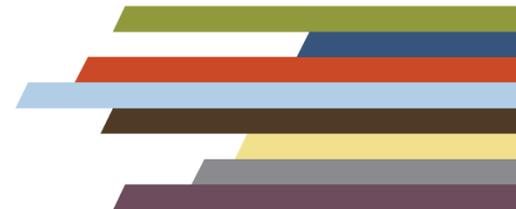


Growing from Grief

Physical health- moving frequently, getting adequate sleep, eating healthy

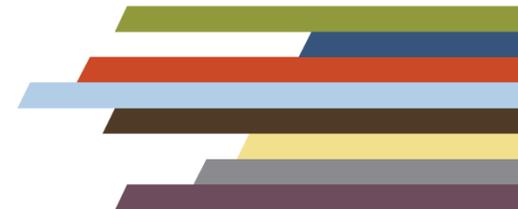
Honoring the loss- acknowledging the loss and the emotions connected to it

Understanding your emotions- taking time to express yourself



Activities to Address Grief

- Identify feelings
- Art and crafts (play music, Make puppets, etc)
- Write a letter
- Plant a flower or tree
- Make a poster or collage with drawings, pictures, or thoughts
- Tell stories about the person or experience
- Journaling
- Create a memory box
- Have a tear pillow
- LISTEN



Supporting Someone Through Their Grief

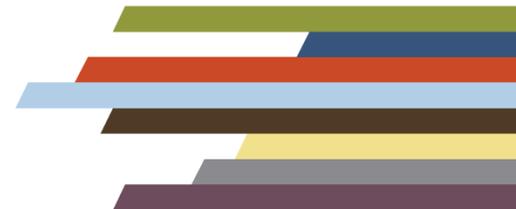
- Acknowledgment of the situation
- Look for opportunities to share in different cultural expressions of grief
 - Concern and consideration for those impacted
 - Be present

Take time to process the situation

Using words that are understood

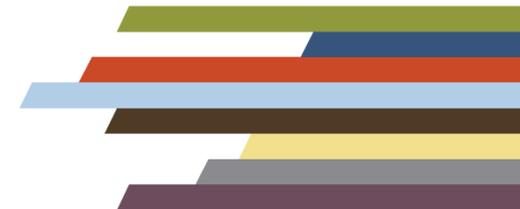
Decision making or planning

Allowing yourself and others space to talk about their emotions



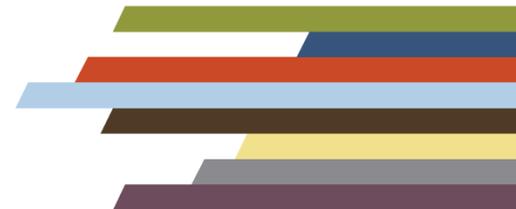
Visualization

Visualization is a tool where you are asked to engage with your imagination to develop positive outcomes in your life. This tool is used to reduce stress, improve your self esteem and assist you in achieving your goals with less limitations.



Visualization Practice

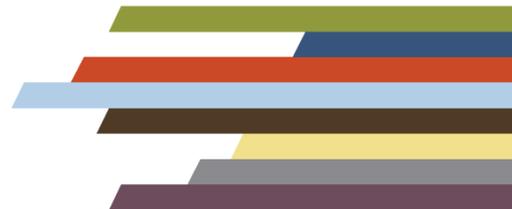
- 1. Identify the problem:** Let's say your commute to work hard on you. Traffic is overwhelming and you are just tired of the daily frustrations. It seems to be a factor when it comes to experiencing the joy that you have in your life.
- 2. What do you want to achieve:** I want to make the commute more enjoyable. I want to be as positive as I can before I walk through the doors of my home.
- 3. How will you do it?:** What can you change, what can you add into your commute, etc.





I release all
anger, sadness,
grief and
resentment.

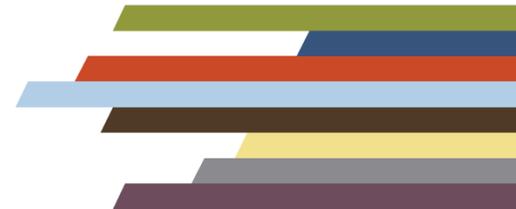
www.loveandgrace.org



What is Resilience?

“the capacity to grow and thrive with strength and tenacity in the face of trauma and oppression for individuals and communities.”

- Resilient Futures



Resilience during COVID-19

To foster resilience during this time of uncertainty, it is important to continue to actively work on and promote self-care amongst our students, family, and peers.

Resilience



Belief that
someone loved
you



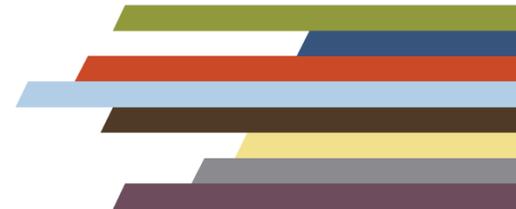
others in the
community
who believed
things could be
better



Having
someone who
cared about
you when you
were upset



Someone
Trusted to Talk
to

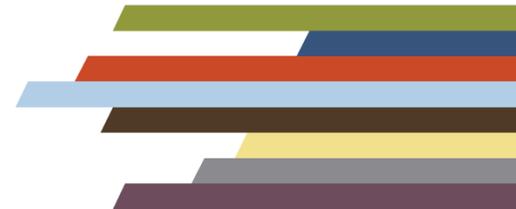


What Does Wellness Mean to You?

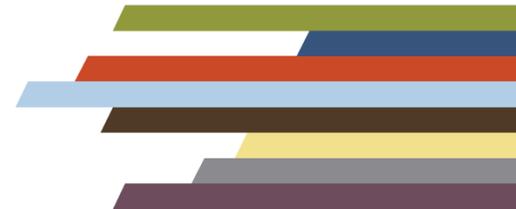
Word Cloud Instructions Here:

PollEv.com/jashawnroger478

[JASHAWNROGER478](https://PollEv.com/jashawnroger478) to [22333](https://PollEv.com/jashawnroger478)

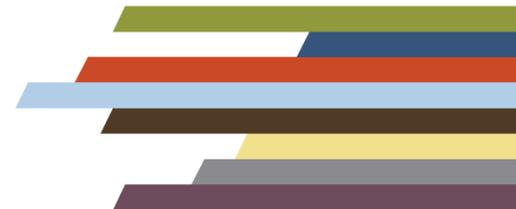


Break to send in a word for your word cloud

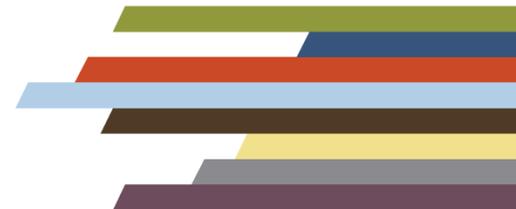


Wellness is...

Wellness is how you are able to organize, understand and balance your personal growth and development



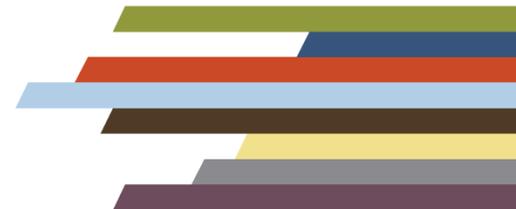
Personal Wellness Wheel



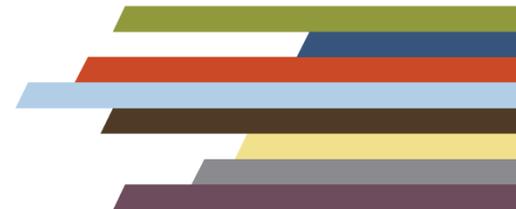
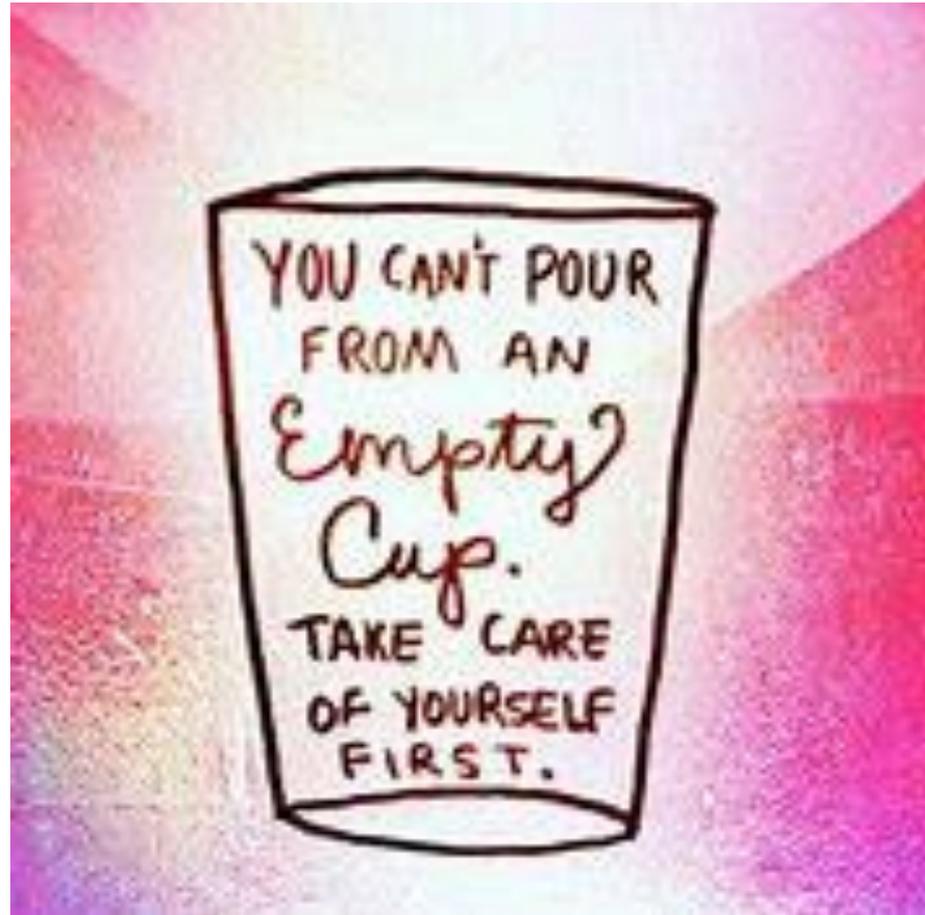
Personal Wellness Wheel

Fill In: Identify 1-2 things you can commit to practicing from the information received to increase self care for yourself.

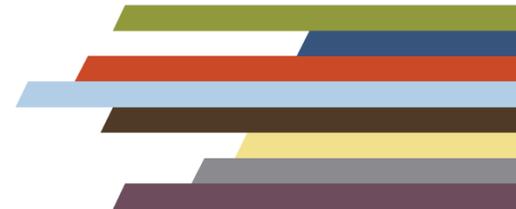
Personal Application: Consider what supports may be needed to increase self care after work.



Give Yourself Permission to Put Yourself First

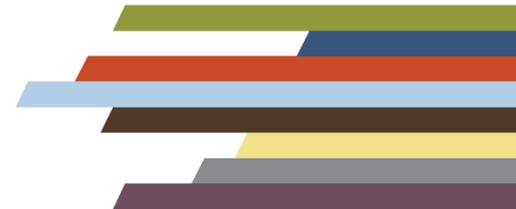


Belly Laugh



Key Points in Wellness

- Create a list of things that you love to do.
- Participate in activities that keep you active and take time for your hobbies.
- Pamper your mind and body by placing priority on eating and sleeping.
- Seek support from loved ones or outside resources.



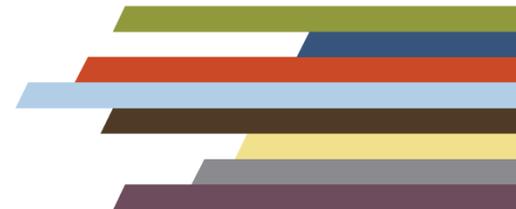
Practice Affirmations

I AM

I am enough.....

I am heard.....

I am breathing.....

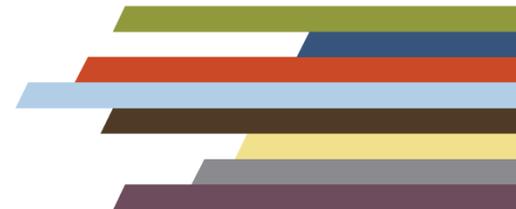


How do we check our wellness practice?

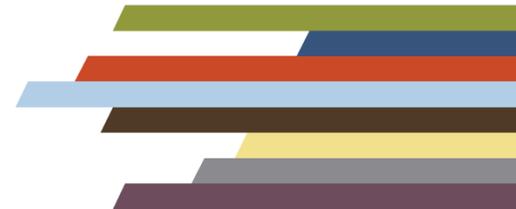
Awareness and air

Balance and boundaries

Connection and consideration



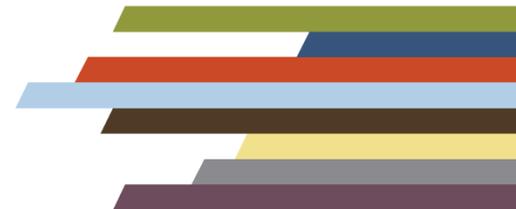
Breakout Session



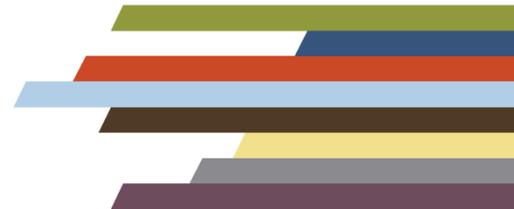
Thinking about Grief and Wellness

1. How will you continue to work on addressing grief and its influence on behavior?
2. What are some strategies you can implement to increase your own wellness?

Guided Meditation



IT'S OK
TO ASK FOR
HELP



Connection Circle in Chat:

One word for what you are taking away



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<https://mhttcnetwork.org/centers/mountain-plains-mhttc/home>

