

**Welcome
Day 1**

Grief Sensitivity Virtual Learning Institute

**General Mental Health Workforce
February 24, 2022**

9:00am-2:45pm PT ○ 10:00am-3:45pm MT

11:00am-4:45pm CT ○ 12:00-5:45pm ET



MHTTC

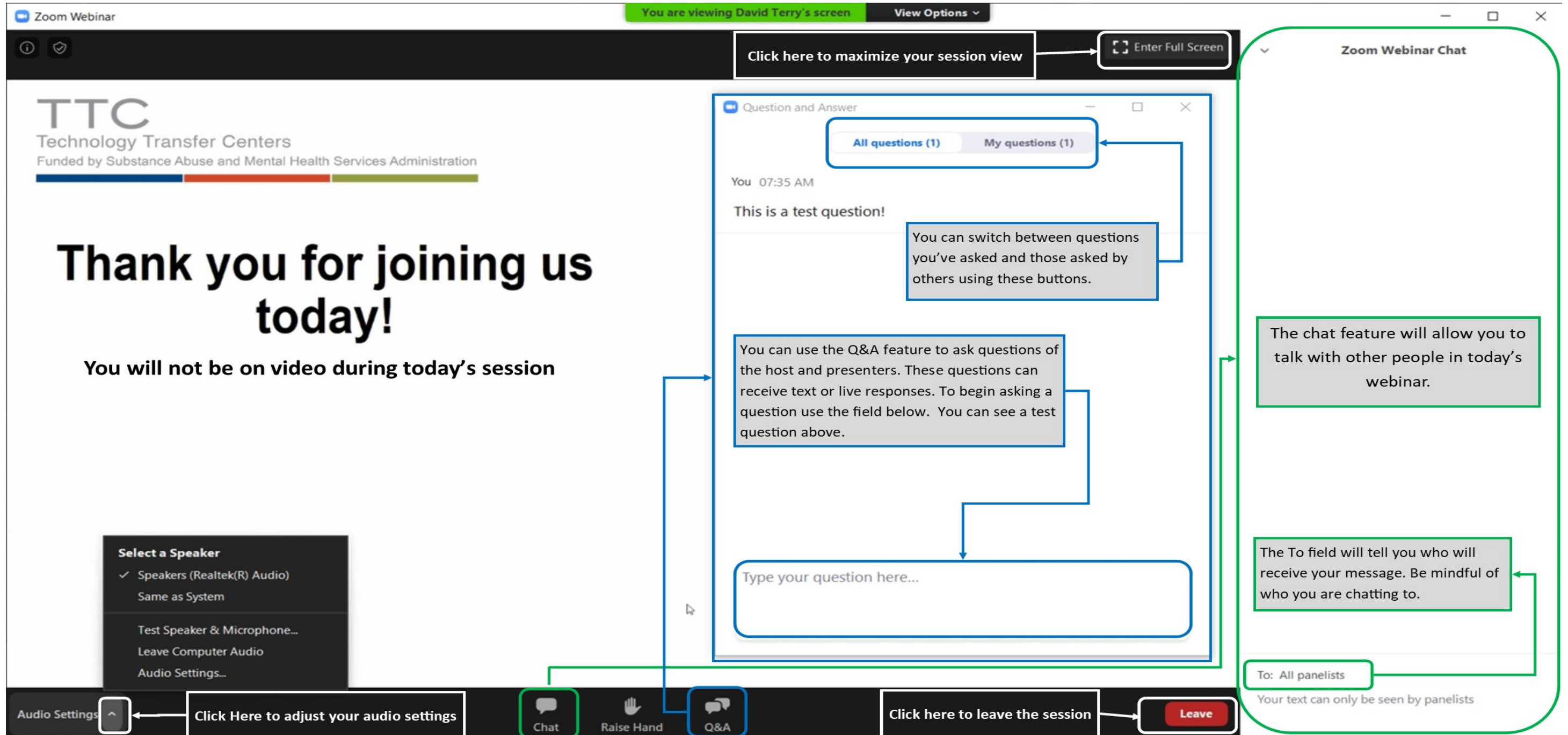
Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Please Note

- All attendees are muted
- Today's session will be recorded

Get to know the Zoom Webinar interface



Zoom Webinar You are viewing David Terry's screen View Options

Click here to maximize your session view Enter Full Screen

TTC
Technology Transfer Centers
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Thank you for joining us today!

You will not be on video during today's session

Select a Speaker

- ✓ Speakers (Realtek(R) Audio)
- Same as System
- Test Speaker & Microphone...
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- Audio Settings...

Question and Answer

All questions (1) My questions (1)

You 07:35 AM

This is a test question!

You can switch between questions you've asked and those asked by others using these buttons.

You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above.

Type your question here...

Zoom Webinar Chat

The chat feature will allow you to talk with other people in today's webinar.

The To field will tell you who will receive your message. Be mindful of who you are chatting to.

To: All panelists
Your text can only be seen by panelists

Audio Settings Click Here to adjust your audio settings Chat Raise Hand Q&A Click here to leave the session Leave

Housekeeping Items

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- This event is closed captioned!



- Follow us on social media:



@MHTTCNetwork

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Disclaimer

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At the time of this presentation, Dr. Miriam E. Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services (DHHS) and the Administrator of SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of DHHS or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

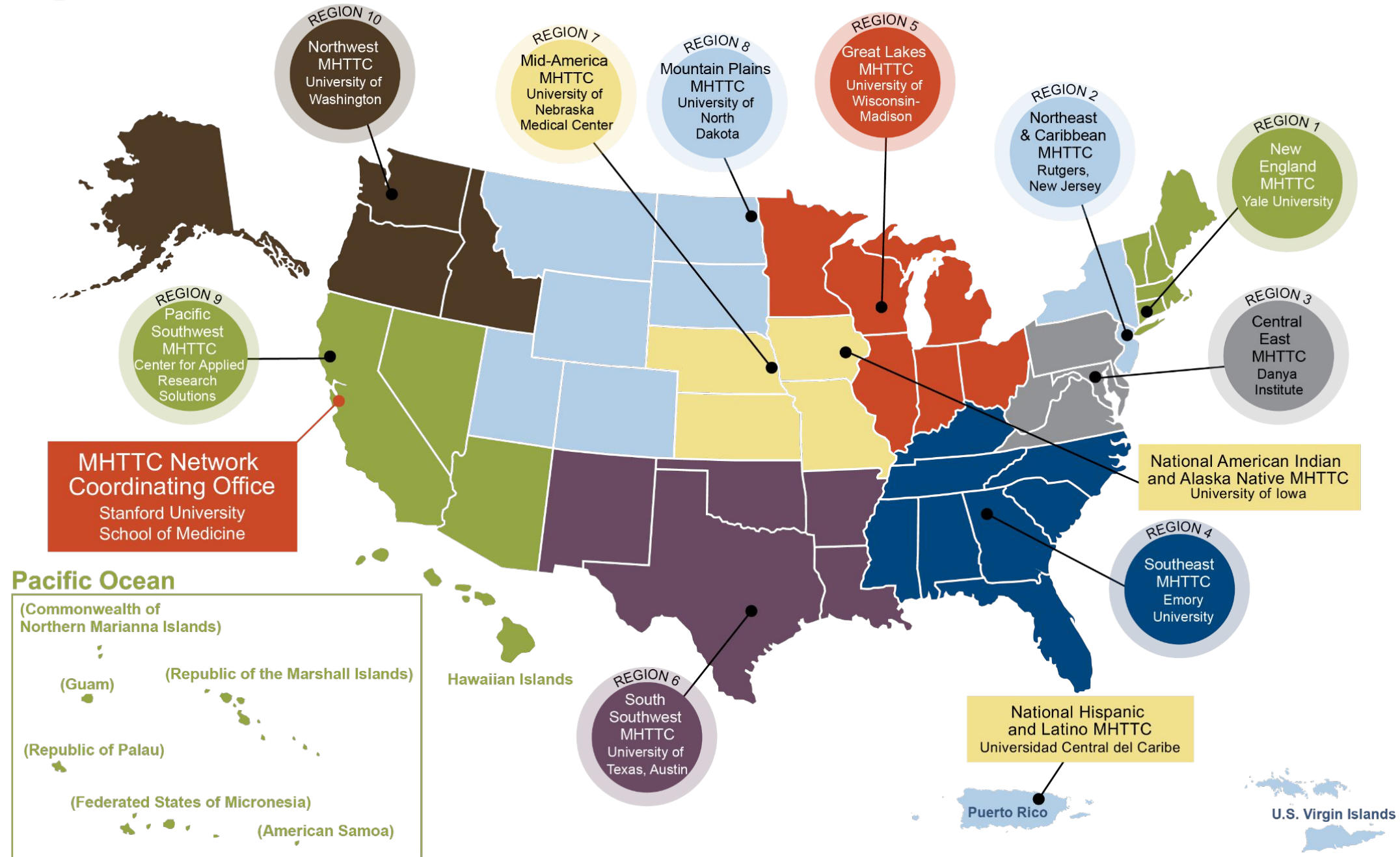
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MHTTC Network



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

**STRENGTHS-BASED
AND HOPEFUL**

**INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES**

**HEALING-CENTERED AND
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS**

**PERSON-FIRST AND
FREE OF LABELS**

**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**

A HUGE GSVLI thank you to

Each regional MHTTC for funding speakers and ensuring this learning experience was possible

To all the GSVLI faculty whose wisdom, experience, and guidance contributed to our collective grief sensitivity learning

To the MHTTC Grief Coordination Group who planned this GSVLI

- Leora Wolf-Prusan, Pacific Southwest MHTTC
- Teresa Brewington, American Indian & Alaska Native MHTTC
- Erin Briley, Mountain Plains MHTTC
- Jennifer Baran-Prall, South Southwest MHTTC
- Felicia Benson & Jessica Gonzalez, MHTTC Network Coordinating Office
- Erika Franta & Shelbie Johnson, Mid-America MHTTC

To our session hosts, moderators & tech support

- Leora Wolf-Prusan, Pacific Southwest MHTTC
- Christina Clayton, Northwest MHTTC
- Teresa Brewington, American Indian & Alaska Native MHTTC
- Martha Staeheli, New England MHTTC
- Oriana Ides, Pacific Southwest MHTTC
- Jessica Gonzalez, the Network Coordinating Office
- Erin Briley, Mountain Plains MHTTC
- Jennifer Baran-Prall, South Southwest MHTTC
- Felicia Benson, Network Coordinating Office
- Heather Gotham, Network Coordinating Office



MHTTC

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SAMHSA

Substance Abuse and Mental Health
Services Administration

Welcome to the MHTTC Grief Sensitivity Virtual Learning Institute 2022!

We're so happy to be in learning with you.

This Year's Theme:

Where We Are Now & Where We Can Go With Our Practice?

We pay respects to those who have come before us and have created, contributed, and advocated for grief justice.

Like Dr. Maria Yellow Horse Brave Heart teaches us:

“We define [historical trauma] as cumulative emotional and psychological wounding across generations, including one’s own lifespan, because everything up to a minute ago is history. It is all historical.

What’s happened in your own personal history, as well as what’s happened in the generational line of your parents, grandparents, and in your community—great grandparents, great great grandparents—is all meaningful.

The historical unresolved grief goes along with that trauma” (1998, 1999, 2000).

We gather here at GSVLI to engage in our own grief sensitivity, which is personal, professional, individual, and collective work.

GSVLI Day 1- What might today feel like?

Opening & Welcome	MHTTC Staff	9:00 am- 9:20 am PT // 10:00 am -10:20 am MT // 11:00 am- 11:20 am CT // 12 pm- 12:20 pm ET
Keynote	Megan Devine	9:20 am - 9:40 am PT // 10:20 am -10:40 pm MT // 11:20 am - 11:40 am CT // 12:20 pm -12:40 pm ET
Session 1: Evidence Based Practices & Community Defined Evidence	Julie Kaplow, Robyn Douglas, & Sherman Lee	9:45 am - 11:00 am PT // 10:45 am -12 pm MT // 11:45 am - 1:00 pm CT //12:45 pm -2pm ET
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Want to learn more?

Fact Sheets

- We have a series of fact sheets focused on addressing various grief-related topics
 - [Defining Grief](#)
 - [Responses to Grief Across the Lifespan](#)
 - [Preventive Strategies and Protective Factors](#)
 - [Cultural Responsiveness](#)
 - [Evidence-Based Treatments for Grief](#)

Resources

- *Responding to COVID-19: Grief, Loss, and Bereavement* - visit our webpage for events and resources:
<https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-grief-loss-and-bereavement>
- GSVLI 2022 Faculty Curriculum Vitae

Resourcing yourself

- Be sensitive to your own grief and reactions throughout the Learning Institute. Take breaks, stretch, drink lots of water...
- **Helplines and Support**
 - **National Suicide Hotline** - 1-800-273-8255
 - **NAMI** - 1-800-950-NAMI (6264) or info@nami.org
 - **Mental Health America**- 1-800-273-TALK (8255), text MHA to 741741
 - **SAMHSA's National Helpline** - referral and information - 1-800-662-HELP (4357)
 - **SAMHSA's Disaster Distress Helpline** - 1-800-985-5990 or text TalkWithUs to 66746

Keynote Speaker

Megan Devine, LPC

Refuge in Grief

9:20 am PT - 9:40 am PT / 10:20 am -10:40 pm MT / 11:20 am - 11:40 am CT / 12:20 pm -12:40 pm ET



Megan Devine, LPC

Megan Devine is a best-selling author, psychotherapist, and grief advocate. With over 20 years in the field - and deep personal experience of grief - she is the go-to authority for griever, supporters, and industry professionals. Her pioneering work provides a professional, inclusive, and realistic approach to grief, one that goes beyond pathology-based, reductive models. New York Magazine's *The Strategist* named the book in their "Top 16 Grief Books Recommended by Psychologists in 2021." With engagement in the millions, Megan's original grassroots movement, REFUGE IN GRIEF, houses a committed and rapidly growing community of griever drawn to her direct and validating approach. Her animated short, "How to Help a Grieving Friend," has been viewed over 70 million times and is used in training programs around the world. She has been published in *Psychology Today*, *The New York Times*, and *The Washington Post*, and has served as a grief expert for major media outlets including NPR, iHeartRadio, and the PBS documentary, *Speaking Grief*. In 2021, Megan launched her highly-anticipated, weekly podcast *HERE AFTER* (from iHeartMedia). The show aims to change how we talk about mental health by radically changing how we talk about grief.

This is a
cruel thing
to say to
someone
suffering.

YOU
WERE
GIVEN **THIS LIFE**
BECAUSE YOU ARE
STRONG ENOUGH
TO LIVE IT





STAGES

Many people, even professional psychologists, believe there is a right way and a wrong way to grieve, that there is an orderly and predictable pattern that everyone will go through, and if you don't progress correctly, you are *failing at grief*. You must move through these stages completely, or you will never heal.



If these things are *still* happening after 6 months, the medical model says there's something wrong with you:

- * Intense longing and yearning for your person
- * Repeated thoughts or images of your loved one
- * Sense of disbelief that it happened
- * Imagining that your loved one is alive
- * Searching for your dead love person in familiar places
- * Avoiding things that remind you of your loved one
- * Anger or bitterness over your loss
- * Feeling that life is empty or meaningless

According to some clinical diagnostic criteria, I am suffering from moderate depression & my anxiety levels are high. My therapist suggests antidepressants and some online cognitive behavioral therapy.

I leave feeling worse than when I went in. I'm not just grieving anymore. I'm now mentally ill. Someone in some central office has created a test that tells me so. It must be true: I am failing grief. I try not to let it get to me, but I wonder again if I should be over this by now. I have passed the six-month milestone after all.

~ Beverly W, on the death of her partner

This mama isn't
sick.

She's sad.

There's a
difference.

My son's classmates are all
graduating this weekend.

I can't bear to see it. He should be
there with them. Instead, I'm bringing
flowers and a graduation cap to his
gravesite. Two years on now, and
he's missing in every new milestone
his friends meet. He's missing from
everywhere.



Illustration by Dawn Ford

Epidemics Of Unspoken Grief

- **Loneliness is widespread in America. Millennials and people in Generation Z tend to feel lonelier than retirees. (Cigna, 2017)**
- **Almost 40% of Americans are more anxious than they were at this time last year (APA poll)**
- **Depression diagnoses rose 33% in America from 2013 to 2016, mostly among adolescents and millennials. (BCBS, 2017)**
- **Drug overdose deaths surpassed 72,000 in 2017, according to provisional estimates recently released by the CDC.**
- **Hate crimes reported to police in America's ten largest cities rose 12.5 percent in 2017. 4th consecutive annual rise, highest total in over a decade. (CSBS, 2018)**
- **Suicide rates went up more than 30% in half of states since 1999. (CDC, 2018)**

The real cutting
edge of growth
and development
– personally and
professionally –
is in *hurting with
each other.*

Not in trying
to take that
hurt away.

#itsokthatyourenoto
k



Sadness is treated with human connection.

~ Dr. Pauline Boss, author of *Ambiguous Loss*





If we want to get better at this,
if we want to care for each other better,
we have to re-humanize grief.
We have to understand it as a natural,
normal process, not to be shunned,
rushed, diagnosed, or maligned.

It's way more important
to normalize grief
than it is to pathologize it.

@refugeingrief

Questions to carry with you:

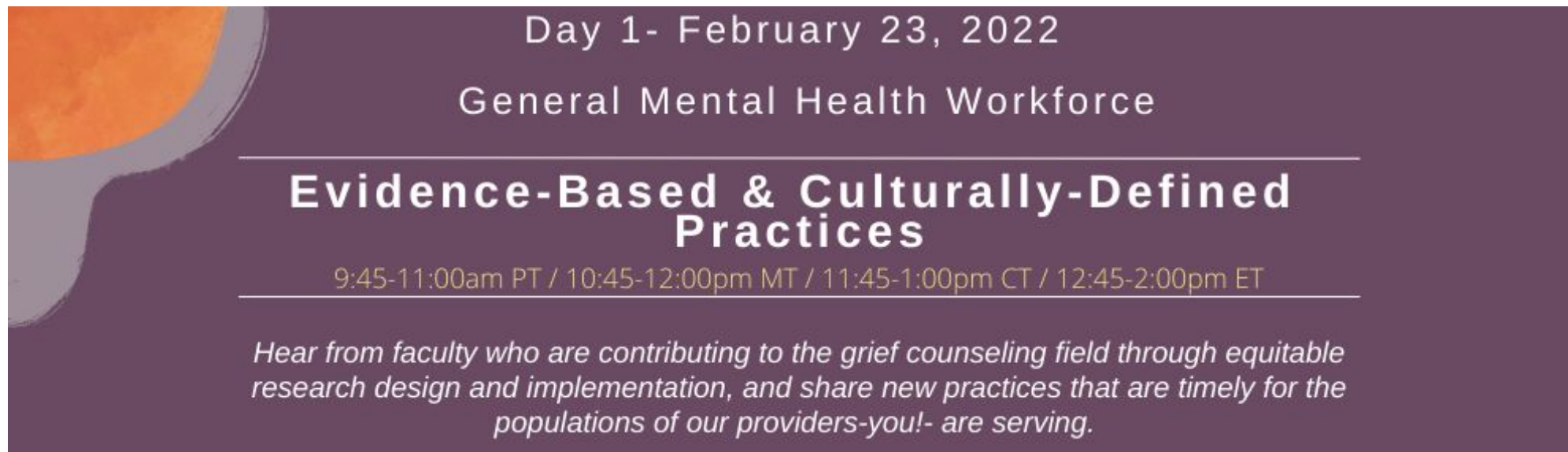
What do I believe about grief?

Questions to carry with you:

What do I believe about grief?

Can I expand my ideas on grief?

Coming up next...



Day 1- February 23, 2022
 General Mental Health Workforce

Evidence-Based & Culturally-Defined Practices

9:45-11:00am PT / 10:45-12:00pm MT / 11:45-1:00pm CT / 12:45-2:00pm ET

Hear from faculty who are contributing to the grief counseling field through equitable research design and implementation, and share new practices that are timely for the populations of our providers-you!- are serving.

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Robyn Douglas, MA



Julie Kaplow, PhD, ABPP



Sherman Lee, PhD

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FOUR PILLARS OF
The Trauma and Grief (TAG) Center
at the Hackett Center for Mental Health

Development

of evidence-based assessments and interventions for youth, ages 7-21, who have experienced traumas and/or losses

Training

and professional education in trauma and bereavement-related topics and interventions

Research

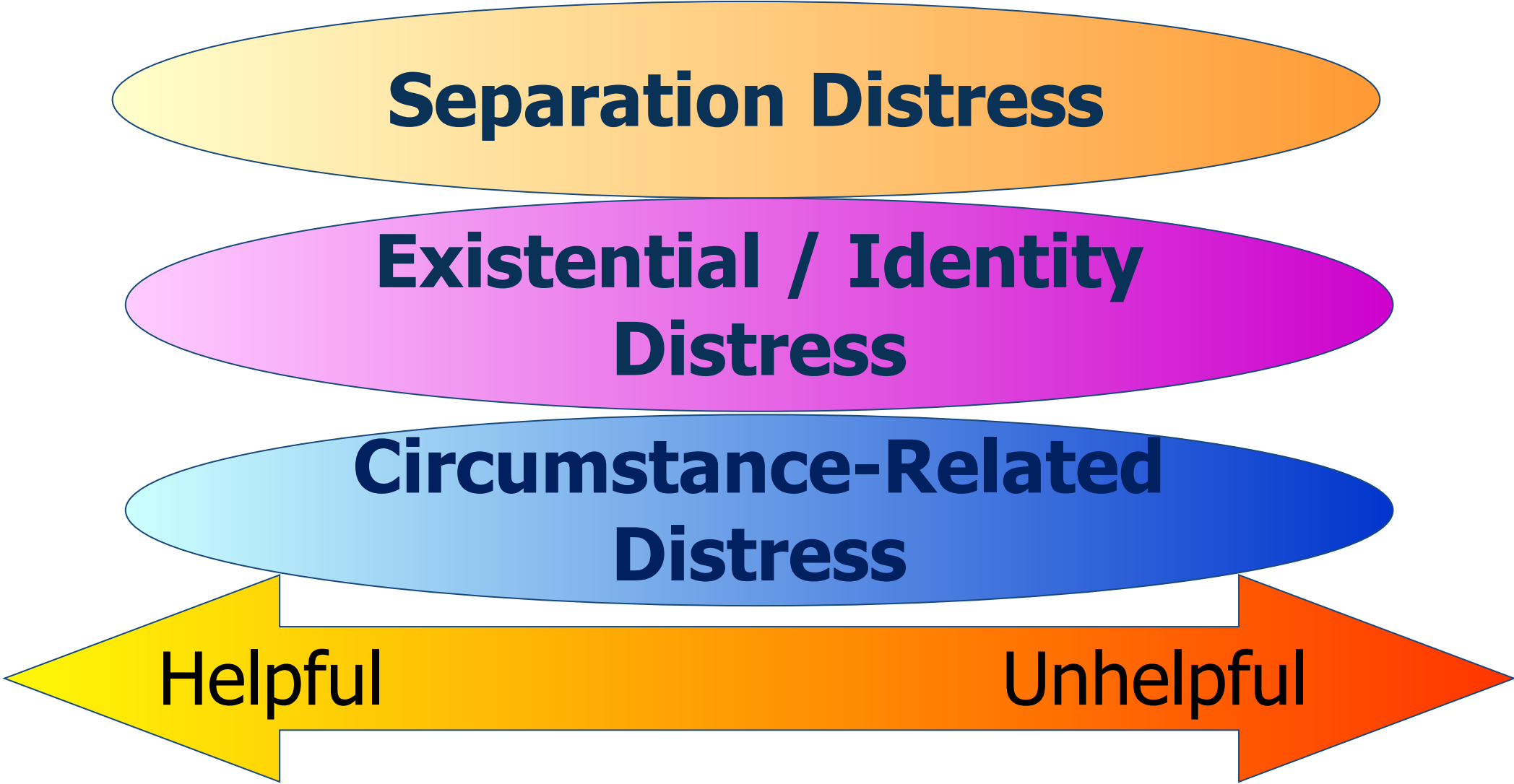
on children's needs and strengths in response to trauma and loss, as well as treatment effectiveness

Policy

recommendations based upon trauma-and bereavement-informed best practices

Multidimensional Grief Theory

Layne, Kaplow, & Pynoos (2011) & Kaplow, Layne, Saltzman, Cozza, & Pynoos (2013)



Continuing Bonds



Legacy-Building

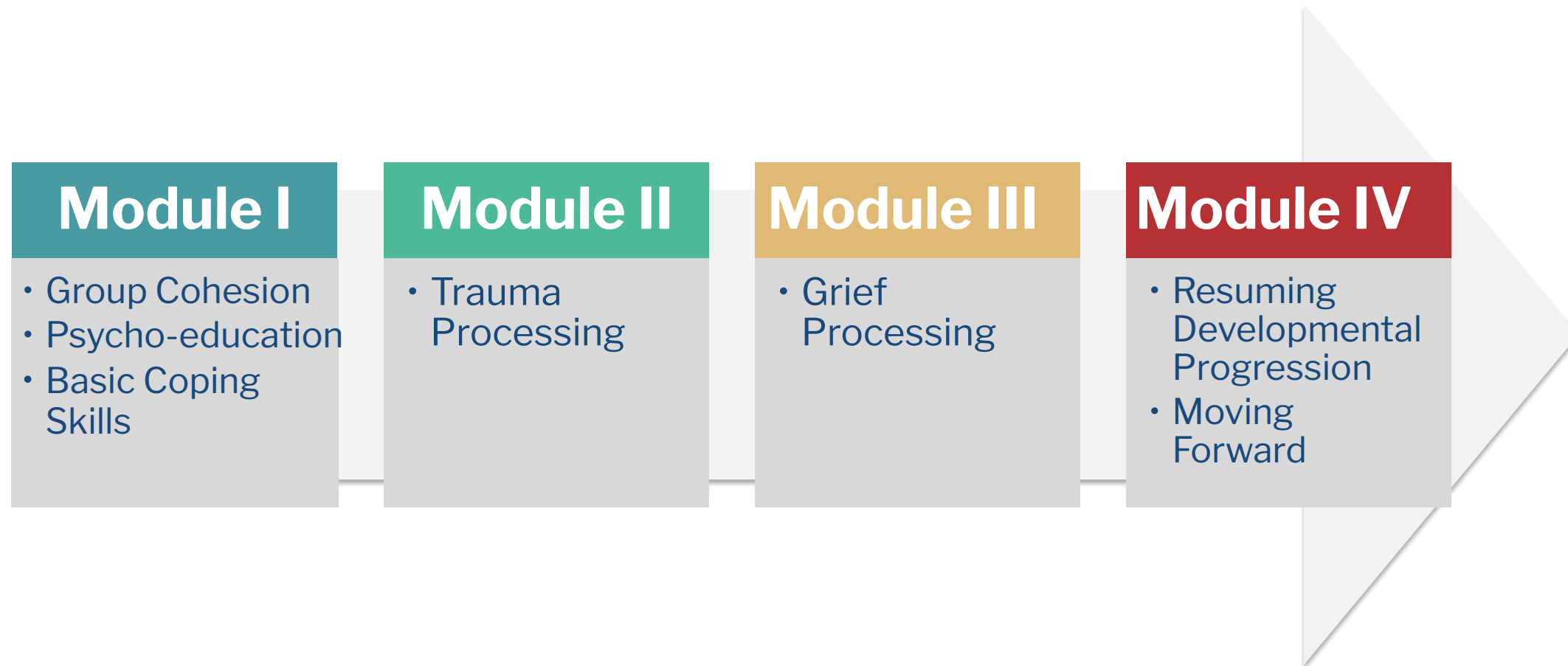


Meaning-Making



Trauma and Grief Component Therapy

© 2017 Saltzman, Layne, Pynoos, Olafson, Kaplow, & Boat. Trauma and Grief Component Therapy.



To learn about upcoming TAG Center trainings:



For more information:

jkaplow@mmhpi.org

www.tagcenter.org



Evidence-Based Cultural Considerations for Grief and Loss

Robyn Douglas, MA
Texas A & M University
**Department of Psychological
and Brain Sciences**



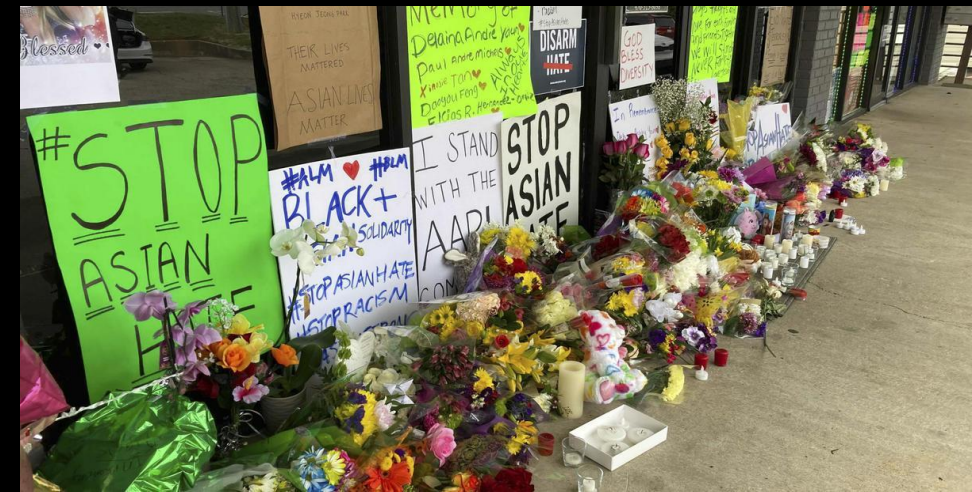
Culture and Class Disparities in Early Bereavement and Grief Experiences

- Systemic Oppression and Grief Symptoms (Douglas et al. 2021)
 - Black Youth/Families
 - Latinx Youth/Families
 - Youth/Families in Disadvantaged Neighborhoods
- Demands for culturally and class-conscious grief resources
 - Community-accepted first responders
 - Community-based organizations
 - Assessments for community-specific stressors



Considerations for Media Induced Secondary Traumatic Stress and Grief: (Comstock & Plantania, 2017)

- Circumstances of Death
- Identity/Cultural Factors
- Community Resources
- Social Media as outlet for mourning
 - Meaning making, written condolences, memory sharing





ZACKSMITH
PHOTOGRAPHY



Cultural Responsiveness to Death and Dying Practices

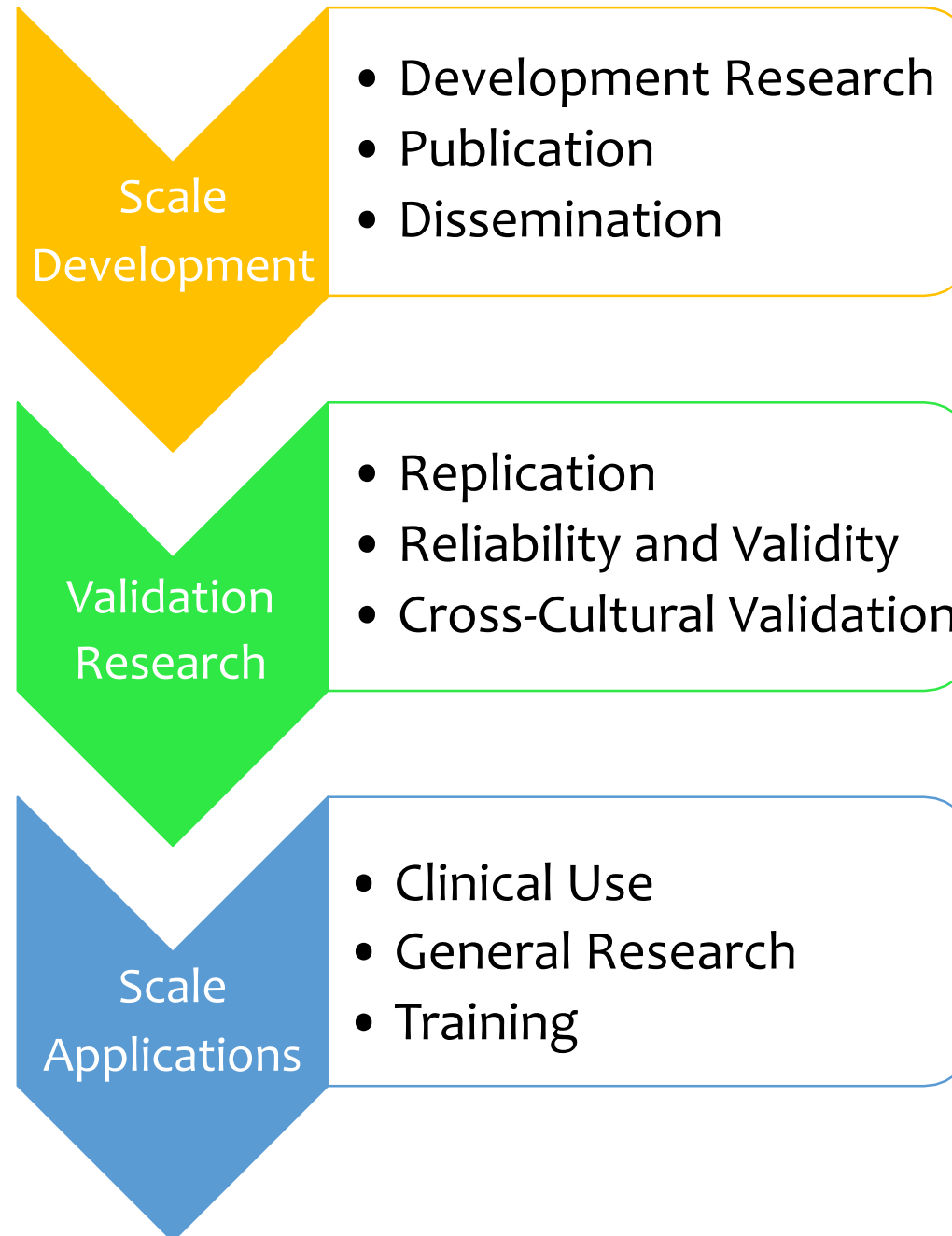


Thank You

Contact Me for References
Email: Douglard@tamu.edu
Website: Robynddouglas.com

Sherman A. Lee, PhD.

Christopher Newport University



Pandemic Grief Scale

PGS					
Over the last 2 weeks, how often have you experienced the following thoughts, feelings, or behaviors related to your loss?		<i>Not at all</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly everyday</i>
1.	I wished to die in order to be with the deceased.	0	1	2	3
2.	I experienced confusion over my role in life or felt like my identity was diminished because of the loss.	0	1	2	3
3.	Nothing seemed to matter much to me because of this loss.	0	1	2	3
4.	I found it difficult to have positive memories about the deceased.	0	1	2	3
5.	I believed that without the deceased, life was either meaningless, empty, or could not go on.	0	1	2	3

Cut-Score of ≥ 7

Resources

The Coronavirus Anxiety Project

<https://sites.google.com/cnu.edu/coronavirusanxietyproject/home>

The Pandemic Grief Project

<https://sites.google.com/cnu.edu/the-pandemic-grief-project>

National COVID-19 by the Humanitarian Disaster Institute

<https://nationalcovid19day.com/partners/>

Portland Institute for Loss and Transition

<https://www.portlandinstitute.org/>

Sherman A. Lee, PhD.

Associate Professor of Psychology, Christopher Newport University

Director of the Coronavirus Anxiety Project and the Pandemic Grief

Project sherman.lee@cnu.edu

Coming up next...

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 General Mental Health Workforce

New Directions

11:10-12:25pm PT / 12:10-1:25pm MT / 1:10-2:25pm CT / 2:10-3:25pm ET

Faculty share how they are expanding the grief and bereavement fields, new ways of understanding grief sensitivity, new language, and invitations for the traditional field's expansion; the sessions also include what we have learned and are learning from COVID-19 and pan/syndemic grief sensitivity.

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Erin Emery-Tiburcio,
PhD, ABPP



Erica Srinivasan, PhD



Noni K. Gaylord-Harden,
PhD



Lise Van Susteren, MD

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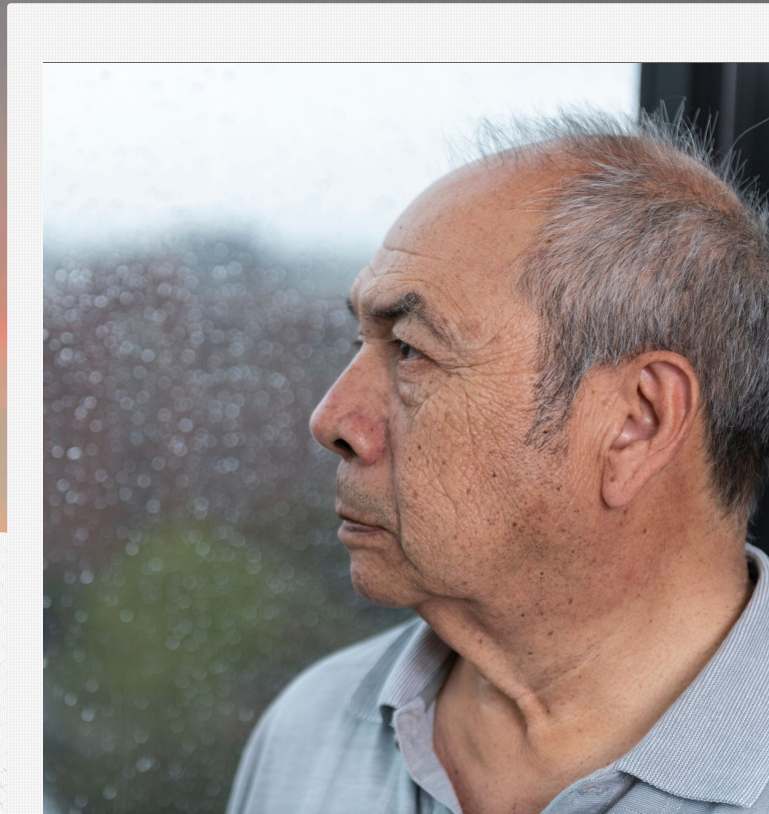
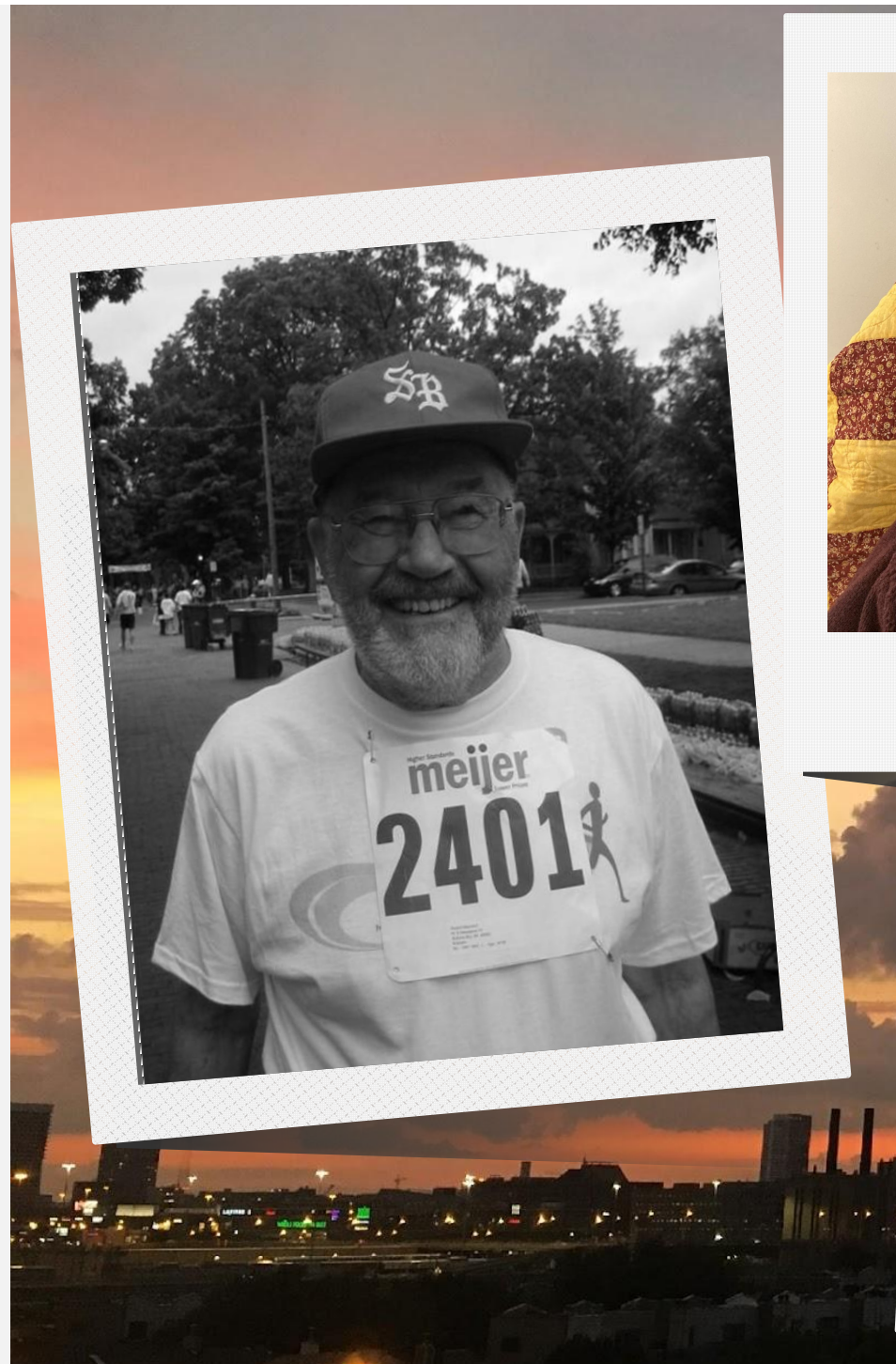


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What brings me to grief work



Who am I

How did I get involved in this work.

What gets me moving in the morning (and keeps me up at night)

What advice do I have to give...(at the end)

What am I doing currently

Revise the DSM

Return to a revised Axis formulation which includes social determinants of mental health

Axis C (formerly Axis III) which identifies the critical reality - that humans are exposed to multiple external forces and challenges that affect our psychological well being. Bringing back the psychosocial aspects of our lives - including the social determinants of mental health - helps policy makers and everyone else realize that the health of humanity must be a holistic consideration. You can't have healthy people on an unhealthy planet (Gary Cohen) And you can't have empathy in policy makers and leaders if what it is like to walk in someone else shoes is not considered.

Chief among the social determinants of mental health to be included and expanded are related to

- 1. Climate**
- 2. Gender Issues**
- 3. Systemic Racism**

Calling for a subspecialty in climate and mental health for all disciplines:
Psychiatrists, Psychologists, Social Workers

**Infused with the special features of each of our disciplines,
It will call upon us to be trained in**


- **climate science 101**
- **energy policy 101**
- **community organizing (all sector participation)**
- **cross cultural expertise and sensitivity**
- **mitigation/adaptation**
- **resilience building - individual and community**
- **conflict resolution skills**
- **advocacy and speaking skills**
- **early intervention (not just prevention)**
- **movement building**

The Climate Crisis is a Child's Rights crisis
The next decade must be the era to address
climate distress in young people

A national survey measuring the climate distress of 10,000 young people will begin this Spring. Our children are suffering; they need to be heard by policy makers, their parents, their teachers, the health care community. Their fears, anger and despair must be turned into actions that restore their safety and heal the planet.

Young people are taking their rights to life and a healthy planet to court: Ask me about:

- Juliana vs the US Government**
- Held vs the State of Montana**



Intersections of Grief and Trauma

GSVLI 2022

NONI GAYLORD-HARDEN

TEXAS A&M UNIVERSITY

Positionality: Who am I?

- Child clinical psychologist
- Professor and researcher of clinical psychology
- Black woman, mother, wife, daughter, sister, psychologist, researcher, instructor, mentor, mentee, lifelong learner, runner, friend
- Lived experiences different from my research program

What brings me to my grief work?

- Community violence exposure among Black adolescents in disinvested, urban communities



The Toll of Violence

Homicide is leading cause of death for Black boys and men from ages 15 to 30.

More Black men aged 15 to 24 die of homicide than the next 19 causes of death combined.

Homicide is the leading cause of YPLL for Black boys and men.

Black youth die from homicide at a rate of 8 times greater their white counterparts.

What brings me to my grief work?

- Prevalence of traumatic loss among youth
 - Homicide loss peaks ages 15-17
- Lack of awareness of traumatic loss among youth
 - Impact of traumatic loss on well-being

How does the 2022 GSVLI theme resonate with me?

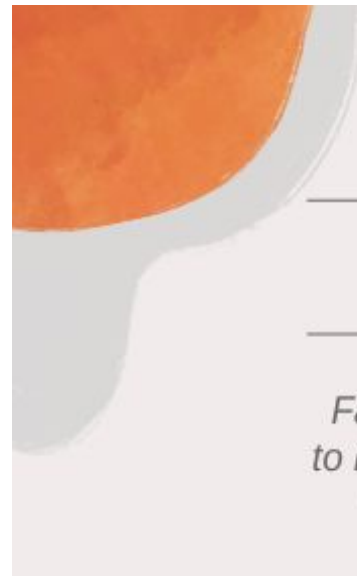


Hope



Apprehension

Coming up next...



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Lived Experience, Culture & Grief

12:35-1:55pm PT / 1:35-2:55pm MT / 2:35-3:55pm CT / 3:35-4:55pm ET

Faculty might be grievors themselves with stories and wisdom to share to providers to inform their practices; faculty will also share what and how we can learn from those with lived experience, different cultural grief narratives, and needs to inform our practice.

Session 3: Lived Experience, Culture & Grief	Monique Minahan, Roshni Kavate, & Monique Castro	12:35 pm- 1:55 pm PT // 1:35 pm - 2:55 pm MT // 2:35 pm - 3:55 pm CT // 3:35 pm - 4:55 pm ET
Closing	Megan Devine	1:55 pm - 2:15 pm PT // 2:55 pm - 3: 15 pm MT // 3:55 pm - 4:15 pm CT // 4:55 pm - 5:15 pm ET
Optional practice: Somatic integration & regulation	Monique Minahan	2:20 pm - 2:45 pm PT // 3:20 pm - 3:45 MT // 4:20 pm - 4:45 CT // 5:20 pm - 5:45 pm ET

Day 1- February 23, 2022

General Mental Health Workforce

Lived Experience, Culture & Grief

12:35-1:55pm PT / 1:35-2:55pm MT / 2:35-3:55pm CT / 3:35-4:55pm ET

Faculty might be grievors themselves with stories and wisdom to share to providers to inform their practices; faculty will also share what and how we can learn from those with lived experience, different cultural grief narratives, and needs to inform our practice.



Monique Minahan



Roshni Kavate, BSN



Monique Castro, LMFT

When we can't feel better

we can feel accompanied

we can feel understood

we can feel connected

we can feel heard

we can feel held

we can feel.

We cannot grieve
when our bodies are in shock.

Our sense of well-being
is not dependent on things being well.

Housekeeping Items

- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
- Have a question for the session's GSVLI faculty? Use the Q & A button
- Have a comment or link for all attendees? Use the chat and write to "all attendees"
- At the end of today's training please complete a **brief** survey about today's training.
- You will receive an email on how to access a certificate of attendance; must attend at least half of today's event (2hrs).

- This event is closed captioned!



- Follow us on social media:



@MHTTCNetwork

Please Note:
Session recordings and slides will be posted on our website within 2 weeks.

Closing Speaker

Megan Devine, LPC

Refuge in Grief

1:55 pm PT - 2:15 am PT / 2:55 pm - 3:15 pm MT / 3:55 pm - 4:15 pm CT / 4:55 pm - 5:15 pm ET



Megan Devine, LPC

Megan Devine is a best-selling author, psychotherapist, and grief advocate. With over 20 years in the field - and deep personal experience of grief - she is the go-to authority for griever, supporters, and industry professionals. Her pioneering work provides a professional, inclusive, and realistic approach to grief, one that goes beyond pathology-based, reductive models. New York Magazine's *The Strategist* named the book in their "Top 16 Grief Books Recommended by Psychologists in 2021." With engagement in the millions, Megan's original grassroots movement, REFUGE IN GRIEF, houses a committed and rapidly growing community of griever drawn to her direct and validating approach. Her animated short, "How to Help a Grieving Friend," has been viewed over 70 million times and is used in training programs around the world. She has been published in *Psychology Today*, *The New York Times*, and *The Washington Post*, and has served as a grief expert for major media outlets including NPR, iHeartRadio, and the PBS documentary, *Speaking Grief*. In 2021, Megan launched her highly-anticipated, weekly podcast *HERE AFTER* (from iHeartMedia). The show aims to change how we talk about mental health by radically changing how we talk about grief.

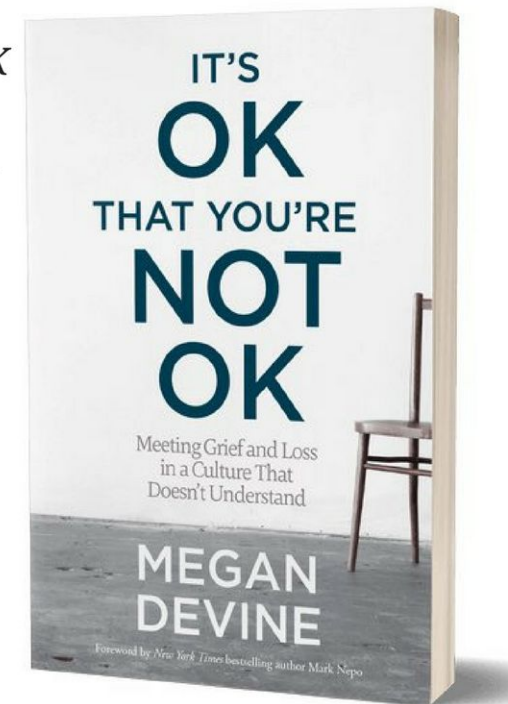


@refugeingrief
megandevine.co



"It's OK That You're Not OK is the book I've been waiting for for 30 years—the one I can recommend to any newly bereaved parent, widow, widower, or adult grieving a death."

—**Donna Schuurman**,
senior director of advocacy
and training at The Dougy
Center for Grieving
Children & Families



Emotionally intelligent grief support



THANK
YOU

Next Steps

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

Please take a moment to complete a **brief** survey about today's training.

- *2 parts to the survey, please complete both*

Day 1 Survey:

ttcgpra.org/GPRAOnline/PCS?e=0088220155&n=M



Coming up next...

Optional practice: Somatic integration & regulation

Monique Minahan

2:20 pm - 2:45 pm PT // 3:20 pm - 3:45 MT // 4:20 pm - 4:45 CT // 5:20 pm - 5:45 pm ET

A HUGE GSVLI thank you to

Each regional MHTTC for funding speakers and ensuring this learning experience was possible

To all the GSVLI faculty whose wisdom, experience, and guidance contributed to our collective grief sensitivity learning

To the MHTTC Grief Coordination Group who planned this GSVLI

- Leora Wolf-Prusan, Pacific Southwest MHTTC
- Teresa Brewington, American Indian & Alaska Native MHTTC
- Erin Briley, Mountain Plains MHTTC
- Jennifer Baran-Prall, South Southwest MHTTC
- Felicia Benson & Jessica Gonzalez, MHTTC Network Coordinating Office
- Erika Franta & Shelbie Johnson, Mid-America MHTTC

To our session hosts, moderators & tech support

- Leora Wolf-Prusan, Pacific Southwest MHTTC
- Christina Clayton, Northwest MHTTC
- Teresa Brewington, American Indian & Alaska Native MHTTC
- Martha Staeheli, New England MHTTC
- Oriana Ides, Pacific Southwest MHTTC
- Jessica Gonzalez, the Network Coordinating Office
- Erin Briley, Mountain Plains MHTTC
- Jennifer Baran-Prall, South Southwest MHTTC
- Felicia Benson, Network Coordinating Office
- Heather Gotham, Network Coordinating Office



MHTTC

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

SAMHSA

Substance Abuse and Mental Health
Services Administration



Optional extension practice:
Moving with and through our GSVLI experience
Somatic integration work with Monique Minahan
of The Grief Practice

2:20 pm - 2:45 pm PT // 3:20 pm - 3:45 MT // 4:20 pm - 4:45 CT // 5:20 pm - 5:45 pm ET

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