



GRIEF, LOSS, AND BEREAVEMENT

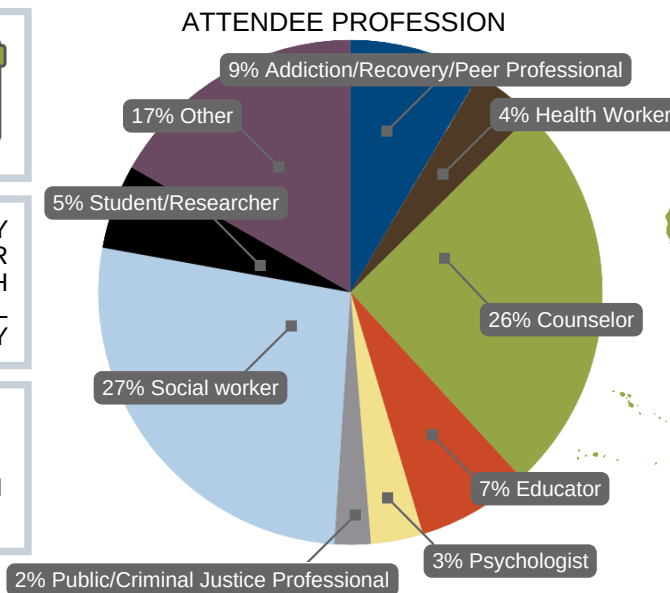
Responding to the rising numbers of COVID-related deaths in Spring 2020, SAMHSA invited the MHTTC Network to create programming and resources to help providers nationwide increase knowledge and cultivate skills to respond to acute grief and prepare for future needs. As such, the MHTTC Network established the MHTTC Grief, Loss, and Bereavement Coordination Group. Since 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 Fall 2020 (September and November). This summary describes the second GSVLI in February 2022.

GRIEF SENSITIVITY VIRTUAL LEARNING INSTITUTE FEBRUARY 2022

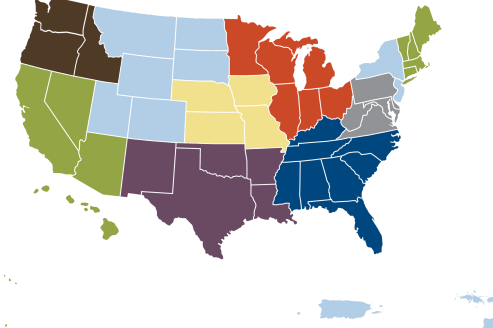
1157 UNIQUE PARTICIPANTS AND 2296 VIEWS ACROSS SESSIONS

97% WERE VERY SATISFIED OR SATISFIED WITH THE OVERALL QUALITY

86% INDICATED THEY WILL USE THE INFORMATION GAINED IN THEIR PRACTICE



ATTENDEES REPRESENTED 55 U.S. STATES AND TERRITORIES



GRIEF SENSITIVITY- WHERE ARE WE NOW & WHERE CAN WE GO WITH OUR PRACTICE?

2022's GSVLI was offered to community mental health practitioners, social workers, psychologists, therapists, school mental health personnel, school counselors, educators, school administrators, and anyone interested in enhancing their grief sensitivity. Both days were rich with faculty who offered grounding and foundations for grief sensitivity for the mental health and school mental health workforces; and who shared where we have been as a field, where we are now, and where we are going (new research, findings, and learnings to impact our practice). Themed sessions included: Evidence Based & Culturally Defined Practices, New Directions, and Lived Experience, Culture & Grief. To close each day, participants were invited to a trauma informed somatic practice

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



Thank you to each MHTTC for funding speakers and ensuring this learning experience was possible; to the 2022 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)- Megan Devine, Julie Kaplow, Robyn Douglas, Sherman Lee, Erica Srinivasan, Erin Emery-Tiburcio, Lise Van Susteren, Noni K. Gaylord-Harden, Monique Castro, Monique Minahan, Roshni Kavate; Day 2 (School Mental Health)- Candice Valenzuela, Jillian Blueford, Polly Gipson, Rozlyn Kwong, Saun-Toy Trotter, Sharim Hannegan-Martinez, Stephanie Cariaga, Justin Grinage, Michael Hannon, Paulina Almarosa.

WHAT PARTICIPANTS ARE SAYING ABOUT OUR GSVLI 2022

Selected Feedback and Reflections

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"The hearts of each speaker inspired mine to listen to the feelings."

"As a clinician, I am focused on helping and they made me realize I was missing the first step which is to hold space for my client."

"Every session was so engaging and made me understand not only my emotions, but how I can be present and bear witness with others."

"The information I've received was so powerful! Not only will I be able to use this in my work, but in my life and with my family and friends."

"My mind is blown with regard to how enlightened and on fire I am to share the knowledge and perspectives I have gained with others."

"Superior speakers. Excellent topics. Authentic sharing."

"I really loved the integration of cultural differences in relationship to grief and loss."

We have so many students in our school district who are experiencing grief and loss. I learned a lot today regarding how to be sensitive during those conversations and how I can bring grief sensitivity to my school district as a whole."

"Having speakers with the lived experience was the most valuable part. What you learn in college doesn't really prepare you to help people deal with grief."

"Every discussion was great and powerful which stemmed more discussion. Many of us have been talking about grief since the pandemic in order to meet the levels of loss in the community."

"Such thoughtful, personal and lifegiving information."

"All the presenters were compassionate, open and honest...."

"It was very informative and based from the heart which is how I learn. Honestly, I am a big multitasker online and I was riveted to all of the presentations, thank you."

"I was super impressed with the knowledge and high quality of the presenters' experiences, both professional and personal. To a person, they were relatable, vulnerable and wise."

"I would absolutely love more learning spaces like GSVLI. This was one of the most powerful learning experiences I have ever had during the course of my career"

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

"To me, grief sensitivity means connecting with students, communicating better. It also means how impactful grief is and how important it is to address grief in school."

"...Being present and providing safe places where students can process grief from where they are."

"Healing, love, support, and understanding."

"My greatest take away today was, 'To be sensitive to grief is to be submersive to schooling'...We have to address the grief our students are experiencing and help them navigate it at their pace in order for them to have the tools to focus on school and their education."

"Stop fixing the pain and hear it."

"Focus on schools, students and families was very helpful. Great stories and resources to access for our clients and ourselves."

"...It's okay to not be okay. It means not trying to rush someone through the grieving process and instead supporting them in ways that aren't centered around them feeling better."

"It has helped to clarify that our tribal practices are effective in grief support."

"Recognize the individual process that everyone goes through."

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QUESTIONS?

Contact your Regional Center or National Focus Area Center
Visit www.MHTTCnetwork.org and click on 'Your MHTTC'

You may also contact the MHTTC Network Coordinating Office
at networkoffice@mhttcnetwork.org



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