



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

The screenshot shows a Zoom Webinar interface with the following elements and annotations:

- Header:** "Zoom Webinar" and "You are viewing David Terry's screen".
- Maximize/Fullscreen:** "Click here to maximize your session view" and "Enter Full Screen" buttons.
- Main Content:** "TTC Technology Transfer Centers" logo and "Thank you for joining us today! You will not be on video during today's session".
- Q&A Panel:** "Question and Answer" window with "All questions (1)" and "My questions (1)" tabs. A text box contains "This is a test question!". Annotations explain: "You can switch between questions you've asked and those asked by others using these buttons." and "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." Below the text is a "Type your question here..." input field.
- Chat Panel:** "Zoom Webinar Chat" window. Annotations explain: "The chat feature will allow you to talk with other people in today's webinar." and "The To field will tell you who will receive your message. Be mindful of who you are chatting to." Below the chat area is a "To: All panelists" dropdown and the text "Your text can only be seen by panelists".
- Audio Settings:** "Select a Speaker" menu with options: "Speakers (Realtek(R) Audio)", "Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", and "Audio Settings...". Annotation: "Click Here to adjust your audio settings".
- Bottom Bar:** "Audio Settings", "Chat", "Raise Hand", "Q&A", "Click here to leave the session", and "Leave" buttons.



 MHTTC
*Grief Sensitivity
Virtual Learning Institute*

A two-part series for those supporting individuals experiencing grief and loss during COVID-19 and beyond

 bit.ly/mhttc-grief-sensitivity-training

Recordings for each session will be made available on our website:

<https://bit.ly/mhttc-grief-sensitivity-training>



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Grief Sensitivity Virtual Learning Institute: Beyond “Sorry for Your Loss” Supporting Students in Their Grief Recovery




Thursday, September 10, 2020

Rozlyn Kwong, LMFT

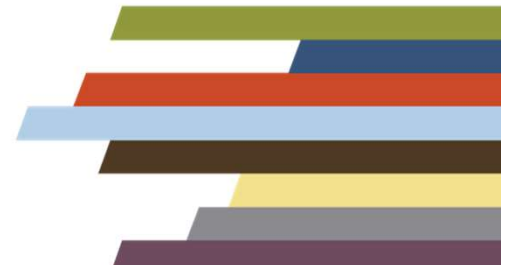
Hathaway Sycamore Child and Family Services



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.
- All attendees are muted and cannot share video.
- Have a question for the presenters? Use the Q&A
- Have a comment or link for all attendees? Use the Chat
- At the end of today's training please take a moment to 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 the session.
- This event is closed captioned! 
- Follow us on social media:   @MHTTCNetwork

Please Note:
**Session recording
and slide deck will
be posted on our
website within a
week.**



Additional Information on Grief

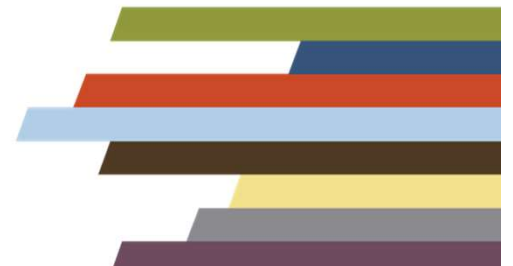
Fact Sheets

- Just released 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](#)



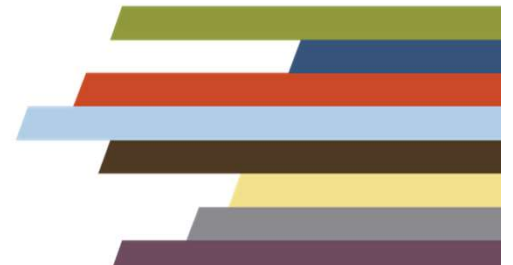
Webpage

- *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>



Grief and Self-Care

- 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



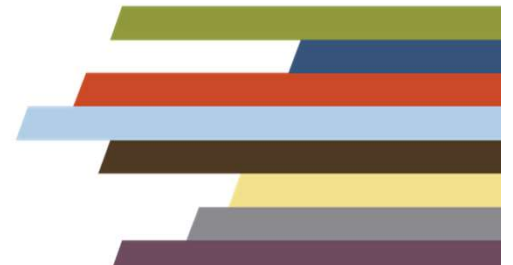


MHTTC

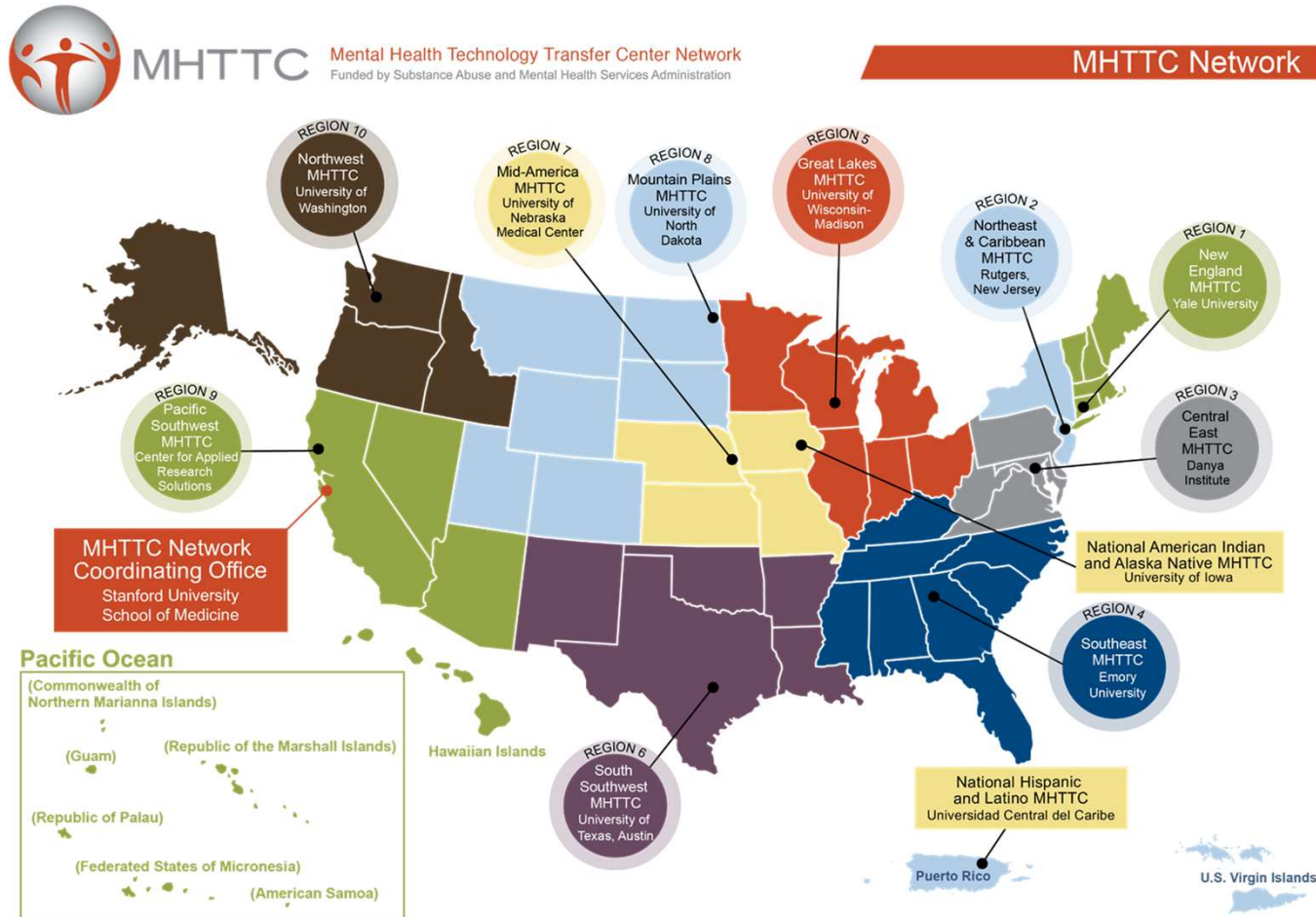
Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

- The MHTTC Network accelerates the adoption and implementation of mental health related evidence-based practices across the nation
 - Develops and disseminates resources
 - Provides free local and regional training and technical assistance
 - Heightens the awareness, knowledge, and skills of the mental health workforce
- 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office
- www.mhttcnetwork.org



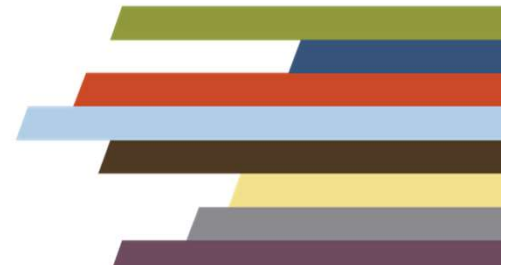
Connect with Your MHTTC at www.mhttcnetwork.org



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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 the speakers, and do not reflect the official position of the Department of Health and Human Services (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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Grief Sensitivity Virtual Learning Institute: Beyond “Sorry for Your Loss” Supporting Students in Their Grief Recovery

Thursday, September 10, 2020

Rozlyn Kwong, LMFT

Hathaway Sycamore Child and Family Services



Presenter



Rozlyn Kwong is a Licensed Marriage and Family Therapist and is currently the Clinical Trainer and Evidenced-Based Practice Coordinator at Hathaway-Sycamores Child and Family Services, a multi-service agency which provides services to children, youth, young adults and adults in the Los Angeles County. At Hathaway Sycamores, the largest program is school-based services where they have mental health providers on school campuses providing services to students and families. Rozlyn holds multiple certifications to provide treatment, supervision or training in different Evidenced-Based Practices including Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), Seeking Safety, Positive Parenting Program (Triple-P), Managing and Adapting Practices (MAP), and Parent-Child Interaction Therapy (PCIT) for Traumatized Children. She has also completed many trainings specifically in the topic of grief treatment, including Childhood Traumatic Grief (CTG) Treatment, a model using TF-CBT to treat childhood traumatic grief.



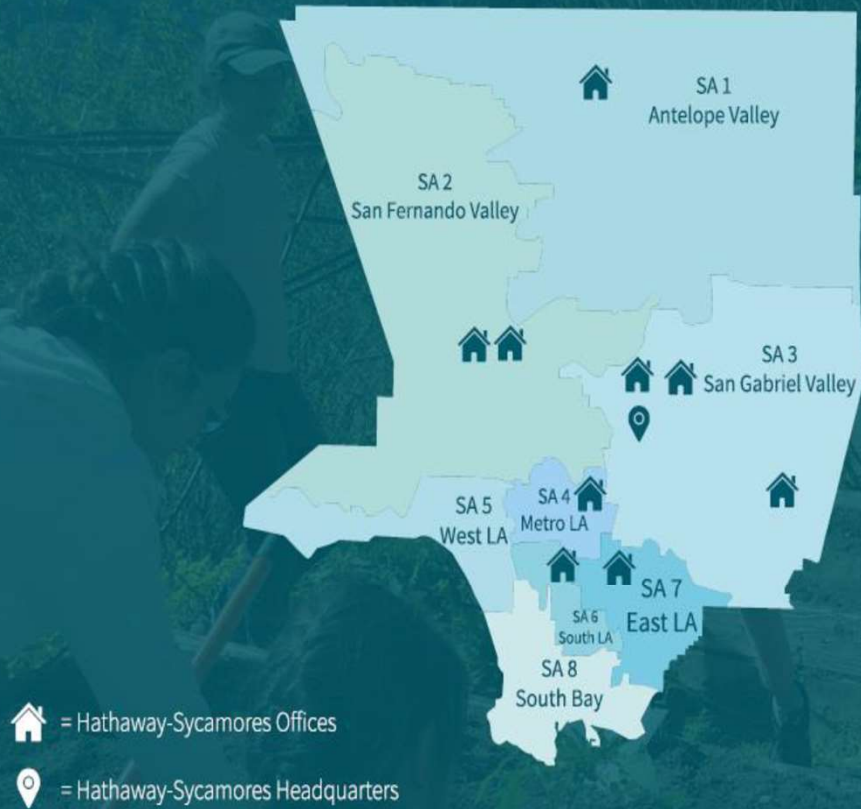
MHTTC GRIEF SENSITIVE VIRTUAL LEARNING INSTITUTE:

BEYOND “SORRY FOR YOUR LOSS”: SUPPORTING STUDENTS IN THEIR GRIEF RECOVERY PART 1

Rozlyn Kwong, LMFT
Clinical Trainer and EBP Coordinator
Hathaway Sycamores Child and
Family Services



Where We Serve

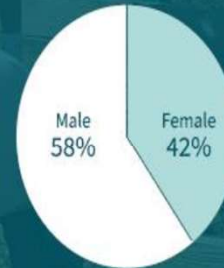


Who We Impact

More than **15,000** children, young adults and families impacted and **334,138** services delivered



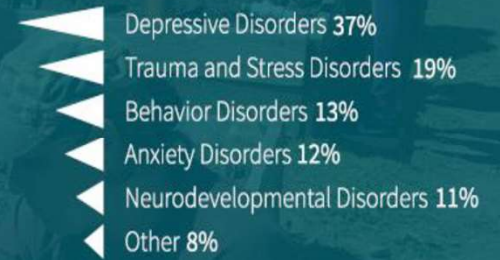
Gender



Ethnicity



Clinical Areas Treated



Age Range



Who We Are



680 Dedicated staff
399 Helpful volunteers



46 Community members trained in Mental Health First Aid and Applied Suicide Intervention Training



908 Professionals trained in Clinical and Evidence-Based Practice Trainings

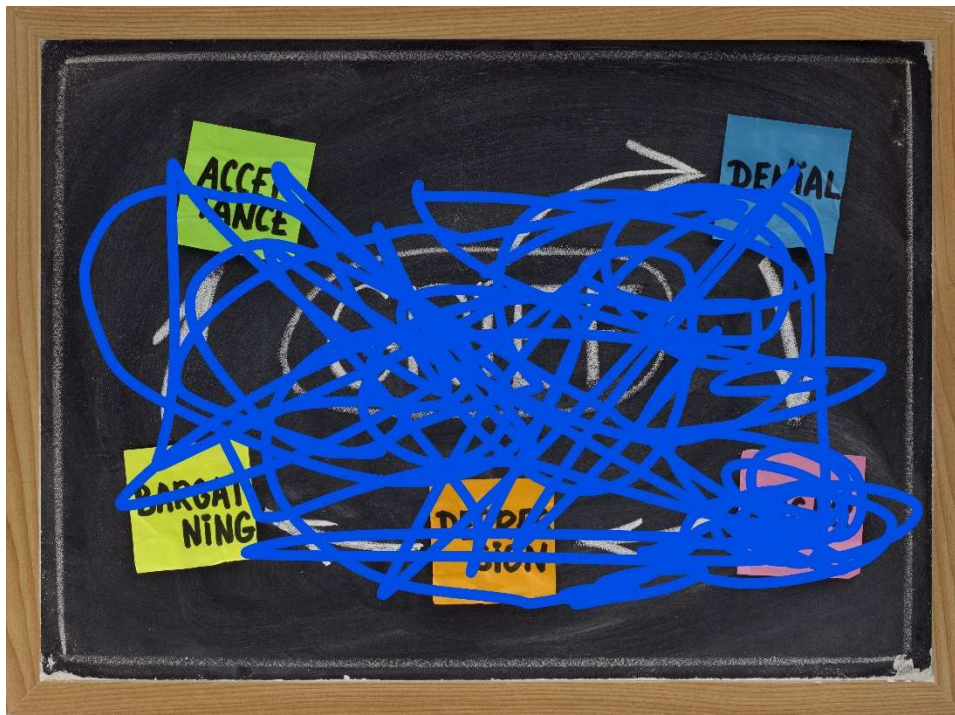


Learning Objectives

- Explain the foundational principles and Covid-19-specific considerations about grief and loss.
- Discuss grief indicators in students.
- Describe general strategies for communicating empathy and for supporting students in their grief recovery process.

Grief & Loss – Principles Rethink

Stages of Grief (Kubler-Ross)



Tasks of Grief (Worden)

Worden's Four Tasks of Mourning

To accept the reality of the loss.

TASK #1



TASK #2

To process the pain of the grief.

To adjust to a world without the deceased.

TASK #3



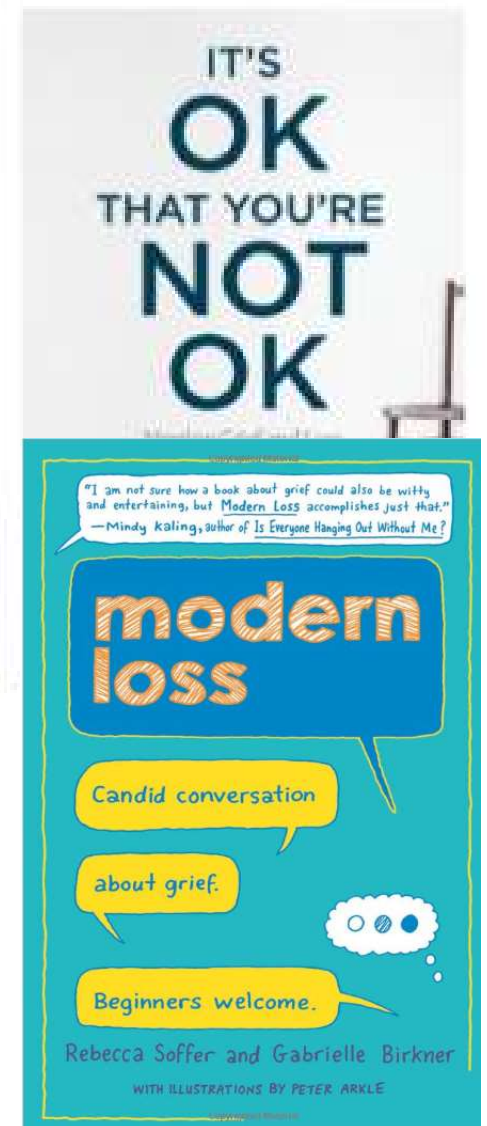
TASK #4

To find an enduring connection with the deceased while embarking on a new life.

Reference:
Worden, W. (2009). Grief Counselling and Grief Therapy - A Handbook for the Mental Health Practitioner. New York, USA: Springer Publishing Company.

Grief & Loss – Principles Rethink

- Rethinking our relationship with grief and looking at grief as a natural response to loss instead of a condition to be fixed (Devine)
- Cultural shifts from avoiding talking about grief, to seeing the storytelling as a part of the healing
 - Modern Loss (Soffer & Birkner)
 - #griefjourney



Grief & Loss – During Covid

- How is grief exacerbated during Covid?
 - When grief is mixed with fear and anxiety
 - When there are multiple losses
 - When grief is complicated by isolation
- Complicated / Traumatic Grief
 - Associations of the death with traumatic circumstances
 - When the trauma does not come to an end
 - When you cannot get back to your usual routine of activities
 - Some EBPs for treating Traumatic Grief:
 - CTG Web Course (using TF-CBT to treat traumatic grief)
 - TGCTA for teens



What does Grief look like?

- Poll: Self-assessment
- General Grief Indicators
 - Emotional or Social
 - Cognitive
 - Behavioral or Physical
- Bonnie (*Toy Story 4*)
 - “School is scary. I want to stay home with mommy.”
 - “I keep playing out the hospital scene over and over again.”
 - “I am wetting my bed again.”
 - “I will just visit him at the hospital tomorrow.”
 - “My grandma died because I didn’t tell her to take the medicine.” or “If I listen better, my daddy will come back.”



What does Grief look like?



- Simba (*The Lion King*), Nemo (*Finding Nemo*), Dash (*The Incredibles 2*)
 - “He will not come back.”
 - “I don’t know how to tell you I am grieving. I get mad and throw things.”
 - “My stomach hurts. I have a headache.”
 - “I am going to change the subject when other people talk about her.”
 - “My dad died last week, but I am feeling ok.”
 - “When I get older, I am going to have to talk about my loss again.”

What does Grief look like?

- Miguel (*Coco*), Riley (*Inside Out*)
 - “I don’t know how I am feeling...”
 - “I must be the only one going through this.”
 - “It is all my fault.”
 - “I don’t want to talk about it.”
 - “I can’t sleep... I don’t want to eat...”
 - “It is hard for me to pay attention at school.”
 - “I am either very indecisive, or I jump to quick decisions without thinking it through.”



What does Grief look like?

- Ian (*Onward*)

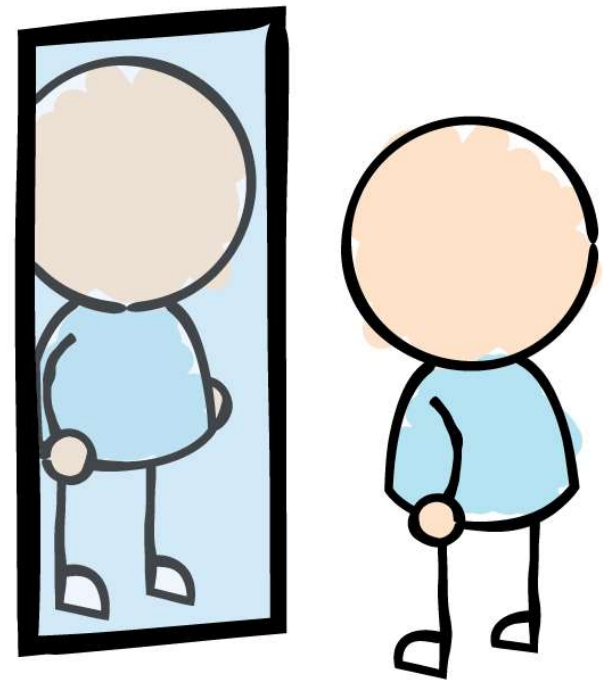
- “I am supposed to be having fun with my friends, but I don’t really want to...”
- “I am worried about the future.”
- “I cannot leave my dad home alone... he is too sad.”
- “I have to take care of my mother and my little sister, and be the man of the house now that my dad died.”
- “I need you to tell me that it is ok to have feelings and to grieve.”



Grief & Loss – Reflective Moment

Reflective Moment

- What does a student need from me in their journey of grief recovery?
- My Note-to-Self about supporting the grief recovery journey of a student



Communicating Empathy

- Why is “Empathy” so important for someone who is grieving?
- Brené Brown on Empathy:
 - <https://www.youtube.com/watch?v=1Evwgu369Jw>
 - “It sucks... I am here...”
 - Empathy is not Sympathy (“At least...”)
- The concept of “Cognitive Empathy”
 - Perspective-taking
 - Not “feeling exactly how you feel”
- Communication of compassion and acceptance
 - Giving / seeking permission and validating
 - Using a “Discovery” approach
 - Communicating that I am on this journey with you

Helping Students Grieve

- Establishing Safety: *“It sucks... And what you are feeling is normal...”*
 - Giving permission
 - Poll: Self-assessment
 - Talking about death
 - Honest and direct, simple and correct / real language, age-appropriate
 - Avoid euphemisms
 - Normalizing grief reactions
 - But acknowledging uniqueness of the grief
 - *“What did you love doing with your person who died?”* – Randi Pearlman Wolfson



Helping Students Grieve

- Dealing with the Emotions: *“Tell me what you missed most about him... Show me how you are feeling...”*
 - Identifying feelings
 - Where do you feel it in your body?
 - **“A Zoe Moment”** – Randi Pearlman Wolfson: Experiencing different feelings at the same time
 - Coping Strategies
 - Relaxation, Mindfulness, Breathing
 - If necessary, thought-stopping
 - Respecting how students grieve
 - “Let’s play with something else...”
 - **“Show me”** with your play... with your art... and if you want to, with words... - Heidi Kaduson



Helping Students Grieve

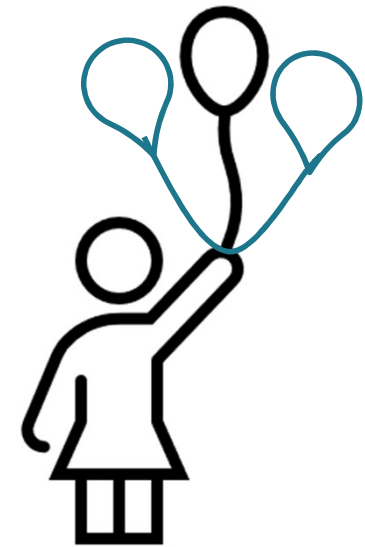
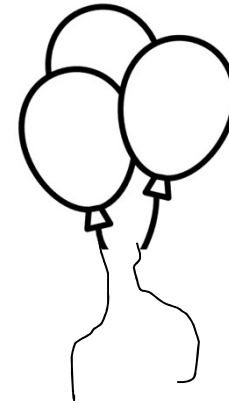


- Making sense of it: *“Can I help in figuring out how to go on without your person?”*
- Identifying distortions
 - Let’s go on a discovery journey for more helpful thoughts!
- Getting your needs met
- Preparing for hard days
- *“If you could see him/her one more time, what would you tell her?”* – Our House Grief Support Center



Helping Students Grieve

- Living with the loss beyond the loss: *“Things are never going to be the same... We will learn together to live with it...”*
 - Staying connected
 - Remembering...
 - Remembering doesn't always have to hurt!
 - Envisioning life without the person
 - Become more future-oriented over time
 - *“It's ok that you're not ok. Some things cannot be fixed. They can only be carried.”* – Megan Devine



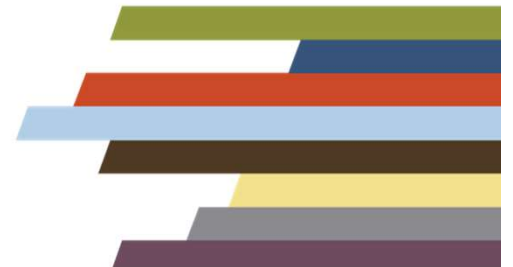
Additional Resources

- Sesame Street in Communities – Helping Kids Grieve
 - <https://sesamestreetincommunities.org/topics/grief/>
- Our House Grief Support Center
 - <https://www.ourhouse-grief.org/grief-pages/>
- The Dougy Center
 - <https://www.dougy.org>
- The National Child Traumatic Stress Network (NCTSN)
 - <https://www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief>
- Childhood Traumatic Grief (CTG) Web
 - <http://ctg.musc.edu/>
- Supporting children with traumatic grief – article for educators – Cohen
 - <https://tfcbt.org/wp-content/uploads/2014/07/SPI4008271.pdf>
- Other Books:
 - When Someone Very Special Dies: Children Can Learn to Cope with Grief (Drawing Out Feelings Series) – M. Heegaard
 - The Invisible String – Karst
 - The Memory Box: A Book about Grief – Rowland

References

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- Devine, M. (2017). *It's OK that you're not OK*. Sounds True.
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- Our House Grief Support Center (2015). “*Supporting Grieving Children*.” SA3 Birth-to-5 Collaborative Training. LAC DMH.
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Q&A with Presenters



Questions? Comments?



Poll: Self-assessment





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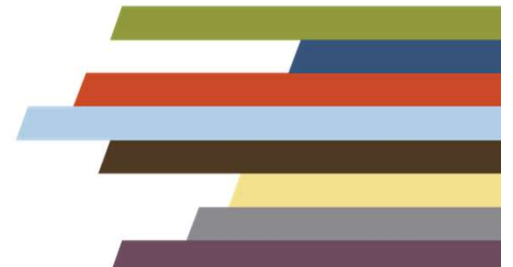
Evaluation Information

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.

At the end of today's training please take a moment to complete a **brief** survey about today's training.



<http://bit.ly/GSVLI-Kwong-Eval>





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Next Session

Grief Sensitivity Virtual Learning Institute: End of Day Optional Break Out

Thursday, September 10, 2020

Grief Sensitivity: <http://bit.ly/GSVLI-GS2>

School Mental Health: <http://bit.ly/GSVLI-SMH2>

Evidence Based Practices: <http://bit.ly/GSVLI-EBP2>

