

WELCOME
Day 1

**Grief Sensitivity
Virtual Learning
Institute**

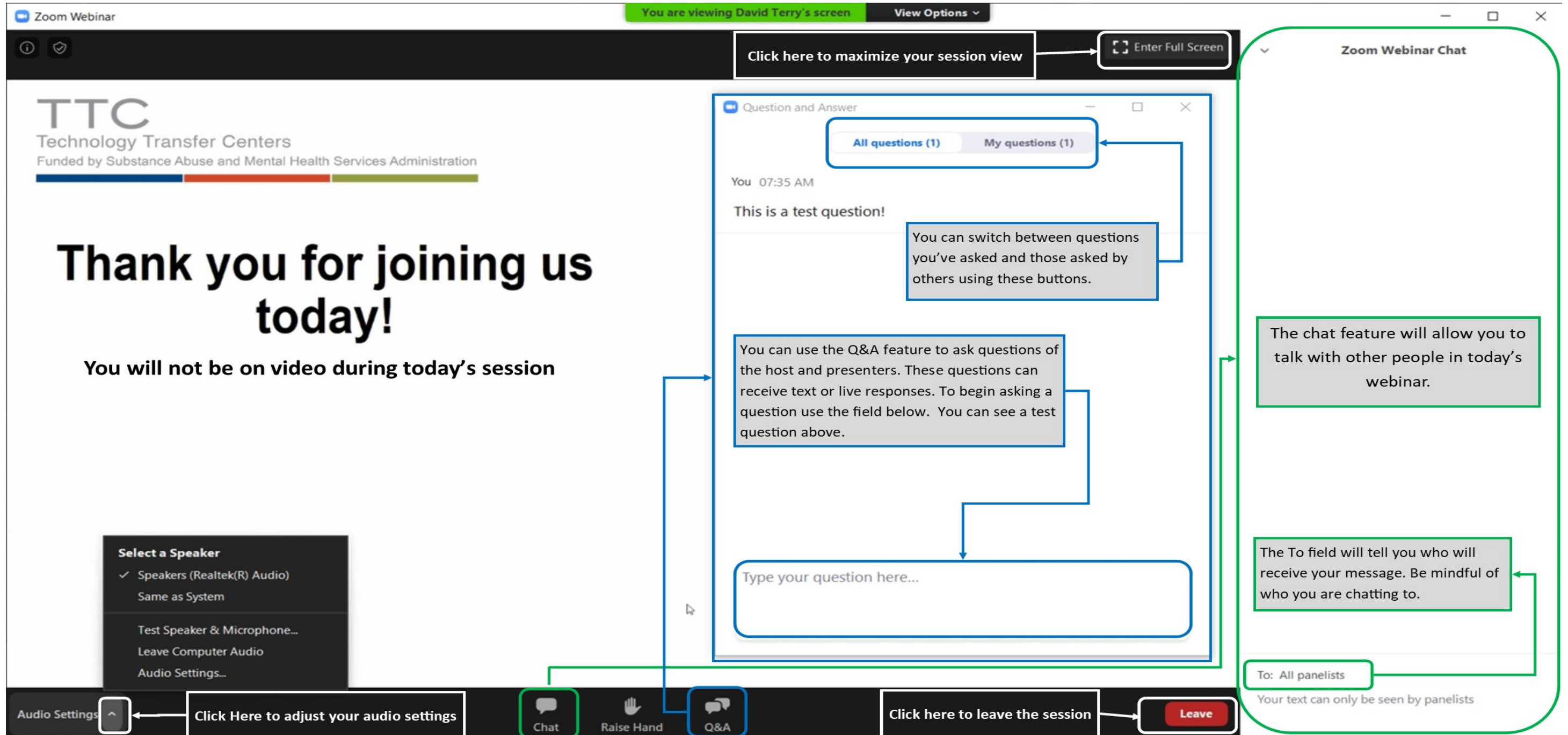
November 1, 2023

**GENERAL MENTAL HEALTH
WORKFORCE SESSIONS**

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
Funded by Substance Abuse and Mental Health Services Administration

Thank you for joining us today!

You will not be on video during today's session

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

Select a Speaker

- ✓ Speakers (Realtek(R) Audio)
- Same as System
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- Audio Settings...

Audio Settings Click Here to adjust your audio settings

Chat Raise Hand Q&A

Click here to leave the session Leave

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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.

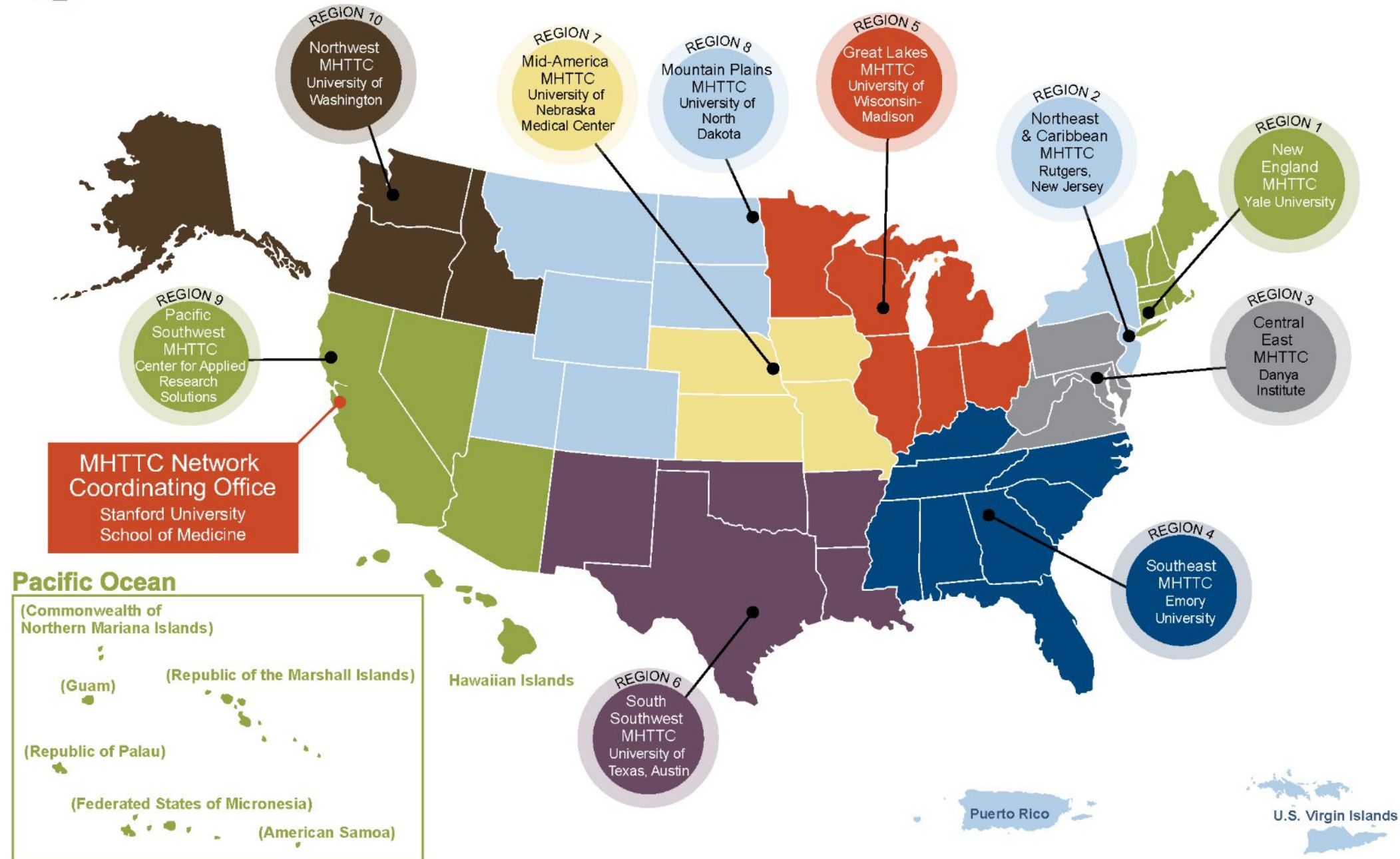
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MHTTC

Mental Health Technology Transfer Center Network
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MHTTC Network



Welcome to the MHTTC Grief Sensitivity Virtual Learning Institute 2023!

This Year's Theme:

***“Working with grief in the context of violence:
Strengthening our skills to strengthen
ourselves”***



*“During this time, traditions have helped my family. November 1st we celebrate Dia de los muertos, a day to celebrate the kids who have passed on, November 2nd is the day to celebrate the adults who have passed on...Our altar helps us bring us together and helps us to remember our family members who have passed on. We put offerings for them, stuff that they liked. We believe it's a time that they come to visit us here...**I'm blessed to have traditions like putting up an altar, an ofrenda as we call it, to be able to heal together and celebrate together.**”*

Image and words from Monica Tello, a youth leader at [RYSE Center](#), who shared in the [Listening & Loving - A Conversation with Youth Leaders about Grief and Healing](#) panel at the 2020 MHTTC Grief Sensitive Virtual Learning Institute.



GRIEF:

An ongoing and evolving experience involving cognitive, emotional, physical, and behavioral responses to a loss.

Responses may be related to the object of loss, secondary losses and stressors, the self, others, and the world (i.e., beliefs about safety, security, worldview, etc.).

GSVLI Day 1: Special focus on gender-based violence, institutional violence, community violence and grief



GSVLI Day 1- What might today feel like?

Opening & Welcome	MHTTC Staff	9:00 am- 9:15 am PT // 12:00 pm-12:15 pm ET
Keynote	Nelba Márquez-Greene	9:15 am - 9:45 am PT // 12:15 pm -12:45 pm ET
Overview of Day	MHTTC Staff	9:45 am - 10:00 am PT // 12:45 pm -1:00 pm ET
Panel 1: Grieving through and due to Institutional and Community Violence	Anitra Warrior, Lisa Good & Mark Sanders	10:00 am - 11:15 am PT // /1:00 pm -2:15 pm ET
Break		11:15 am-11:30 pm PT // 2:15 pm -2:30 pm ET
Panel 2: Grieving through and due to Gender Based Violence (GBV) and Interpersonal Violence (IPV)	Jennifer Khalifa, Leontyne Evans & Lisa Zoll	11:30 am- 12:45 pm PT // 2:30 pm - 3:45 pm ET
Break		12:45 pm PT- 1:00 pm PT //3:45 pm - 4:00 pm ET
Workshop Practice Session: Supporting Youth, Families and Communities Grieving a Homicide Death	Samantha Anthony, Uplift Center for Grieving Children	1:10 pm- 2:40 pm PT // 4:10 pm - 5:40 pm ET
Closing	MHTTC Staff	2:45 pm - 3:00 pm PT // 5:45 pm - 6:00 pm ET

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

La Red de los Centros de Transferencia de Tecnología sobre Salud Mental (MHTTC, por sus siglas en inglés) utiliza un lenguaje afirmativo, respetuoso y orientado a la recuperación de las personas, en todas sus actividades.

Este lenguaje es:

BASADO EN LAS FORTALEZAS Y EN LA ESPERANZA

INCLUSIVO Y DE ACEPTACIÓN A DIVERSAS CULTURAS, GÉNEROS, PERSPECTIVAS Y EXPERIENCIAS

CENTRADO EN LA SANACIÓN Y SENSIBLE AL TRAUMA

MOTIVA A QUE LAS PERSONAS DECIDAN SU CAMINO

CENTRADO EN LA PERSONA Y LIBRE DE ETIQUETAS

LIBRE DE SUPOSICIONES Y JUICIOS

RESPECTUOSO, CLARO Y COMPRENSIBLE

CONSISTENTE CON NUESTRAS ACCIONES, POLÍTICAS Y PRODUCTOS

Resourcing yourself

- Be sensitive to your own grief and reactions throughout the Learning Institute. Take breaks, stretch, drink lots of water...
- **Helplines and Support**
 - **988 Suicide and Crisis Lifeline** - 988
 - **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
 - [Help Texts](#)
 - <https://letsreimagine.org/resources>

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 2023 Faculty Curriculum Vitae

Keynote Speaker

Nelba Márquez-Greene, *This Grieving Life*

When Grief meets Injustice: Moving Forward without Causing Further Harm

9:15 am PT - 9:45 am PT / 10:15 am -10:45 pm MT / 11:15 am - 11:45 am CT / 12:15 pm -12:45 pm ET

Nelba L. Márquez-Greene (*This Grieving Life*) explores the intersection of grief and injustice and the many systemic barriers to care that fully encompasses this space and the core tenets of resilience: how we misapply them and how we can better understand grief resilience in our practice to support survivors and surviving.



Nelba Márquez-Greene, LMFT...
@Nelba_MG

We gotta have more for grieving people than “I’m sorry for your loss”.

I want:

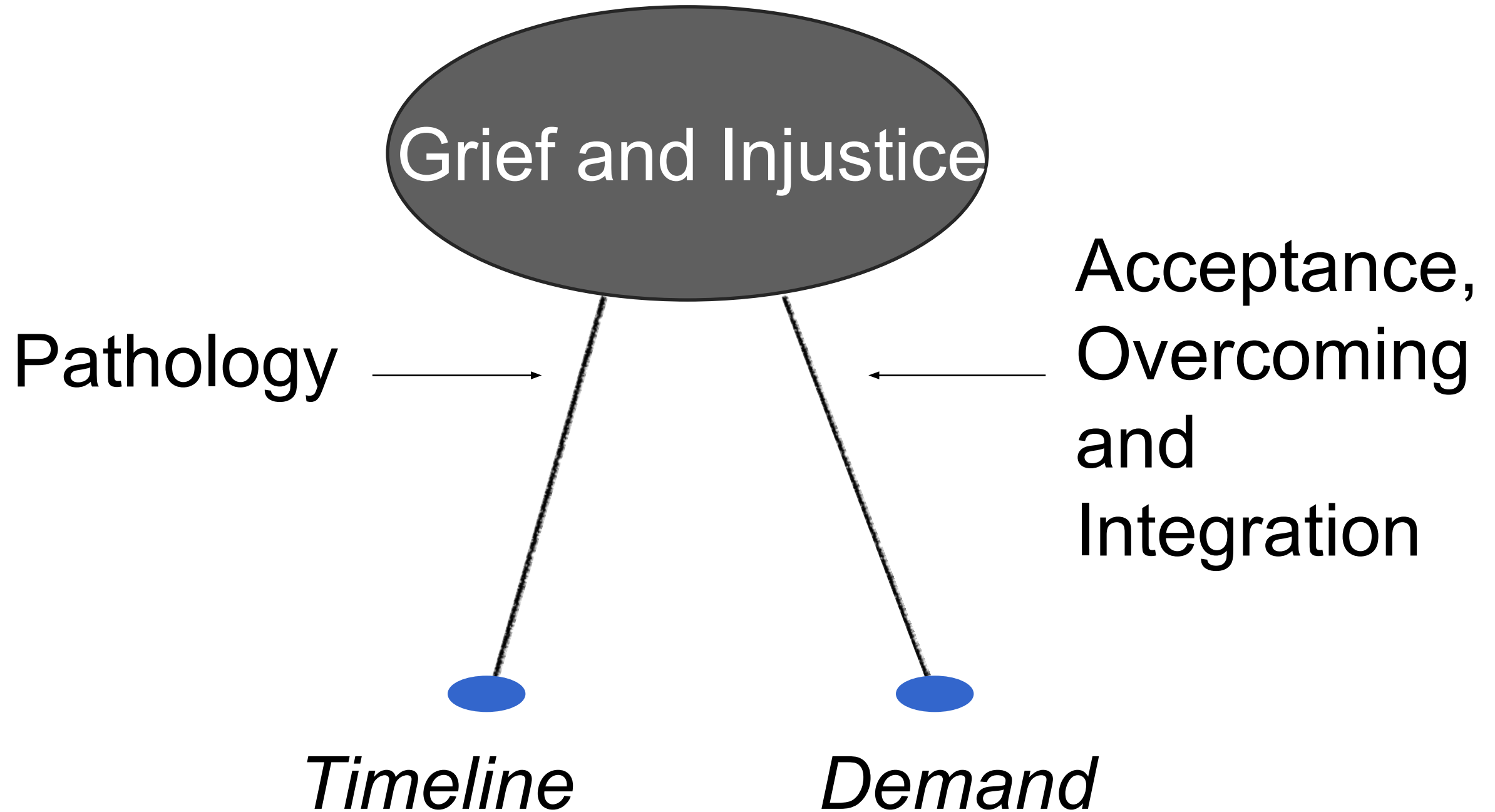
“Here is how I am actively working to obliterate the injustice that got you here.”

AT THE INTERSECTION OF GRIEF AND INJUSTICE : Helping Without Causing Further Harm

**NELBA MÁRQUEZ-GREENE,
LMFT
NOVEMBER 1, 2023**



THE TWO-LEGGED STOOL



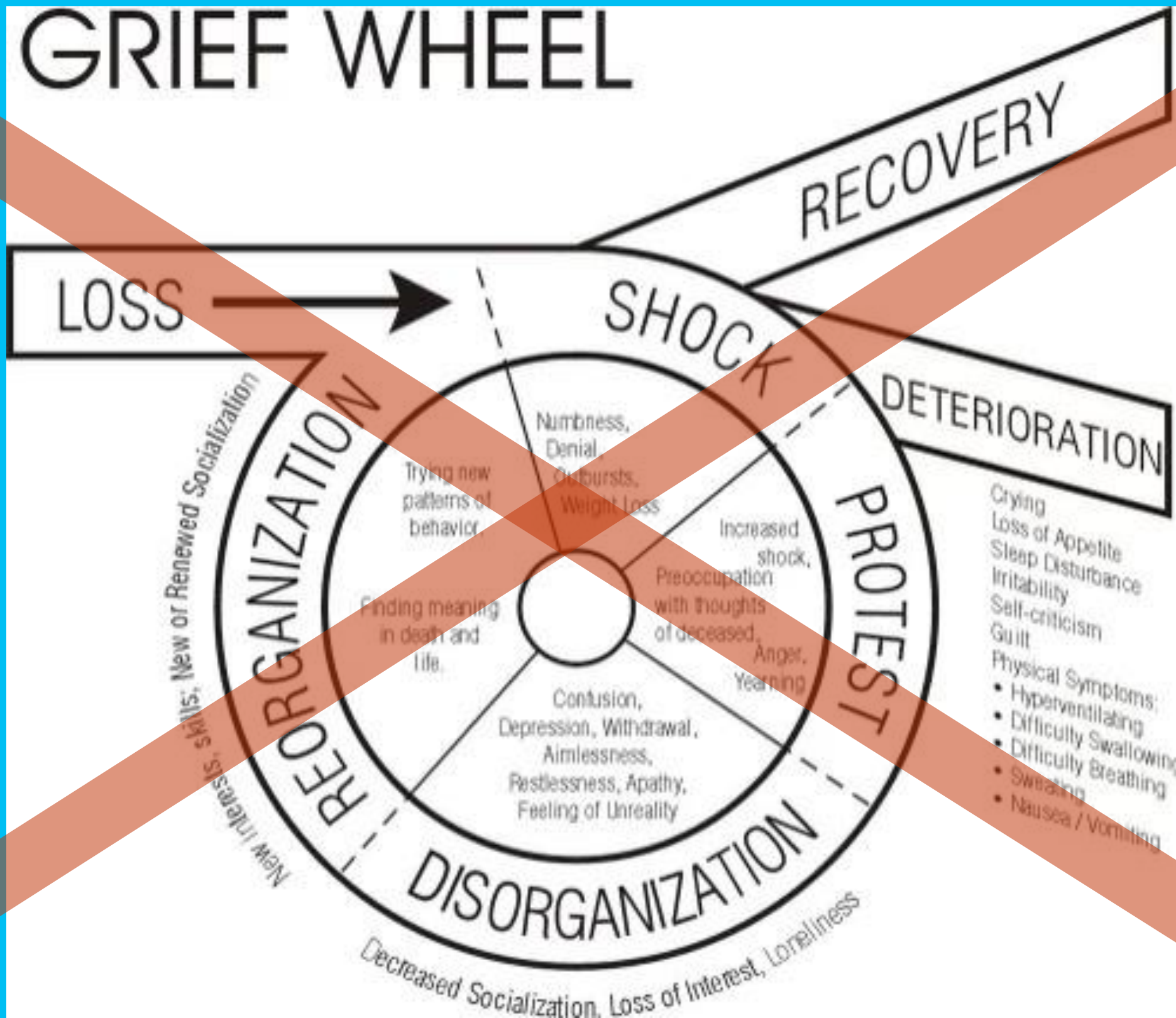
WHERE DO WE GO FROM HERE?

**CLINICAL CONSIDERATIONS
FOR THERAPISTS AND HELPERS**

“We were forced to put down childhoods and pick up a nation.”

-Survivor, Trevon Bosley (Chicago and MSD) @trevonbosley1

GRIEF WHEEL

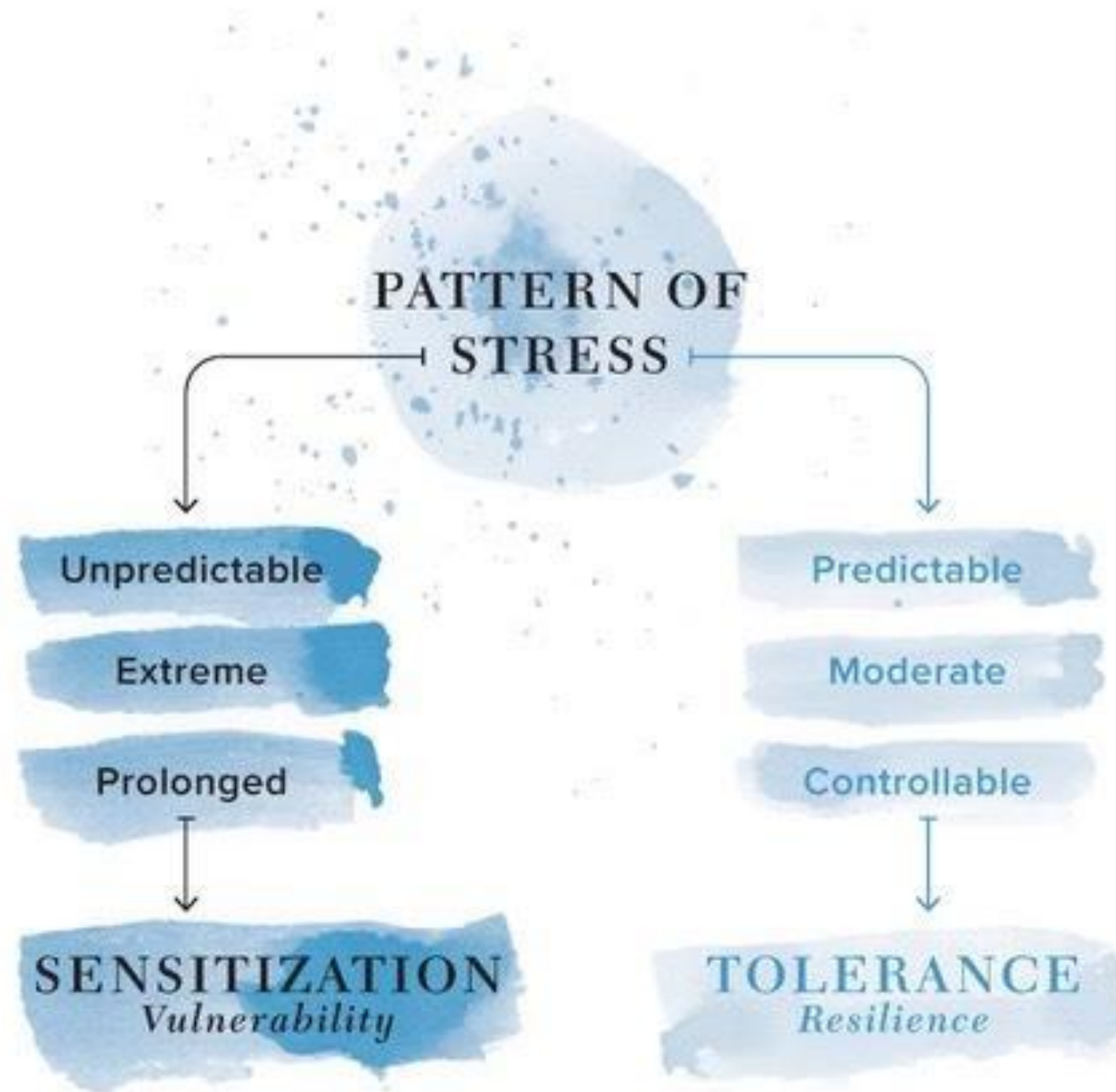


An aerial photograph of a coastline. The left side shows clear turquoise water with white waves crashing onto a dark, narrow beach. The right side is dominated by a dense, dark forest with some lighter patches, possibly trees with autumn foliage or a different type of vegetation.

WICKED PROBLEMS

Exploring Reflexive
/
Reflective Solutions

PATTERNS OF STRESS ACTIVATION

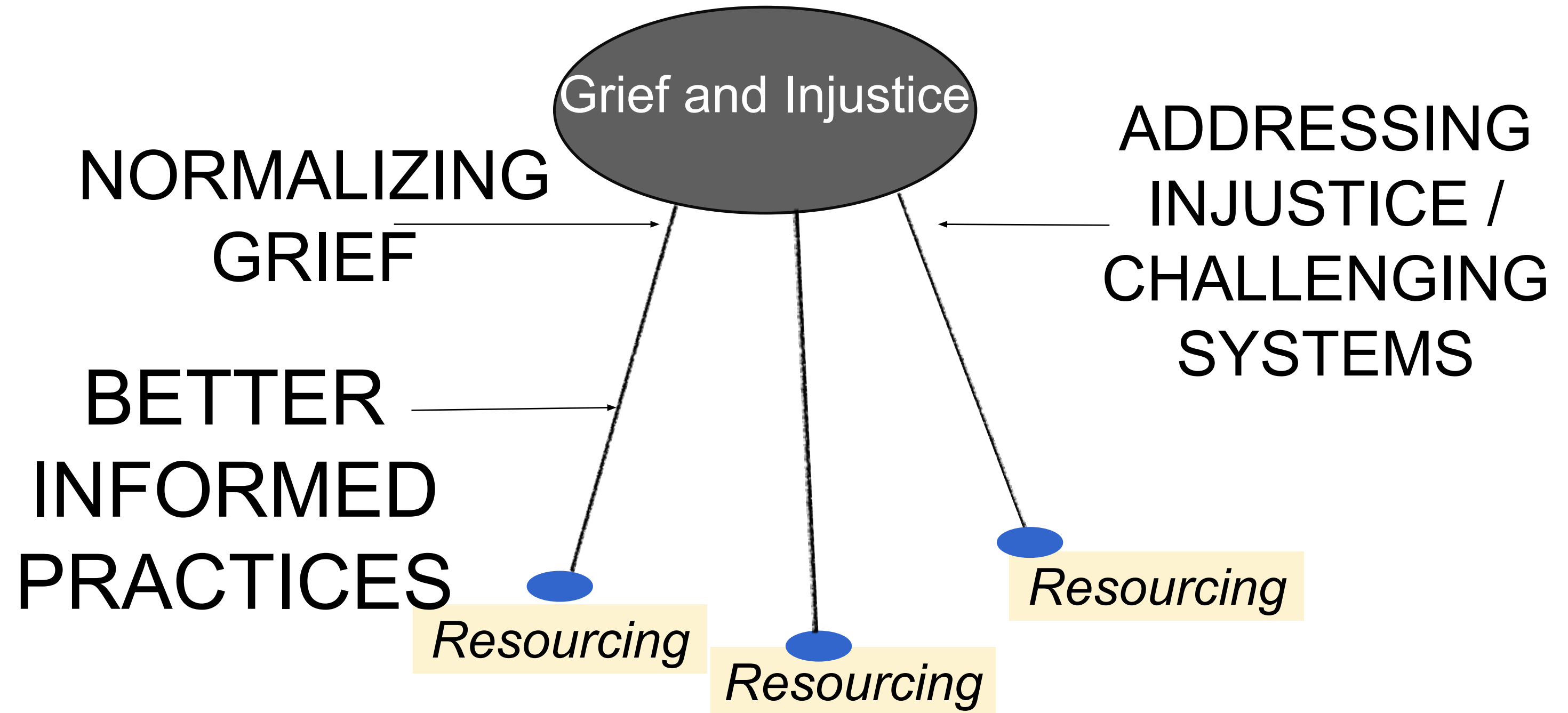


[What Happened to You :
Conversations on Trauma,
Resilience, and Healing](#)
(Bruce Perry and Oprah Winfrey,
2021)

MORAL INJURY



THE TWO-LEGGED STOOL *REIMAGINED*



Reflecting on Nelba's words...

What might you integrate into your practice and work?

What might you need to study further?

What might need strengthening?

Coming up next...

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Panel 1: Grieving through and due to Institutional and Community Violence



IMAGE from "Creating an Altar for Black Lives by KT Kennedy, Black Education Matters

"Violent events shake our sense of normalcy, and so it's common to grieve the loss of what our reality was moments before this event happened. We grieve the loss of safety, control, and trust.

Those things may be intangible, but they are very real and the loss of them can have significant impacts on how we experience everyday life... that grief is normal, and honoring or grieving those losses can be a very healthy part of figuring out how we will move forward from these events."

-Stephanie Johnson, LCSW, LAC

From [How Do We Deal with Trauma and Grief After Violence?](#) (2021)

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DAY 1- General Mental Health Workforce

Panel 1: Grieving Through and Due to Institutional and Community Violence



Lisa Good
MSW



Mark Sanders
LCSW, CADAC



Anitra Warrior
PhD

Urban Grief

Lisa Good, MSW



What is Urban Grief?

The identification, naming and response to grief, specific to Black urban populations who disproportionately experience losses due to systemic injustices, racial discrimination, and violence.

Lisa Good

About Urban Grief

- ✓ Urban Grief is trauma informed and healing centered community-based organization.
- ✓ Urban Grief responds to the traumatic impact of community violence, death and loss through community education, crisis response, victim advocacy and grief support.
- ✓ Urban Grief provides relevant and relatable information about trauma, grief, self-care, resiliency, and victim services.
- ✓ UG acknowledges the prevalence of Adverse Childhood Experiences (ACEs), along with chronic exposure to traumatic events, and strives to avoid further re-traumatization.



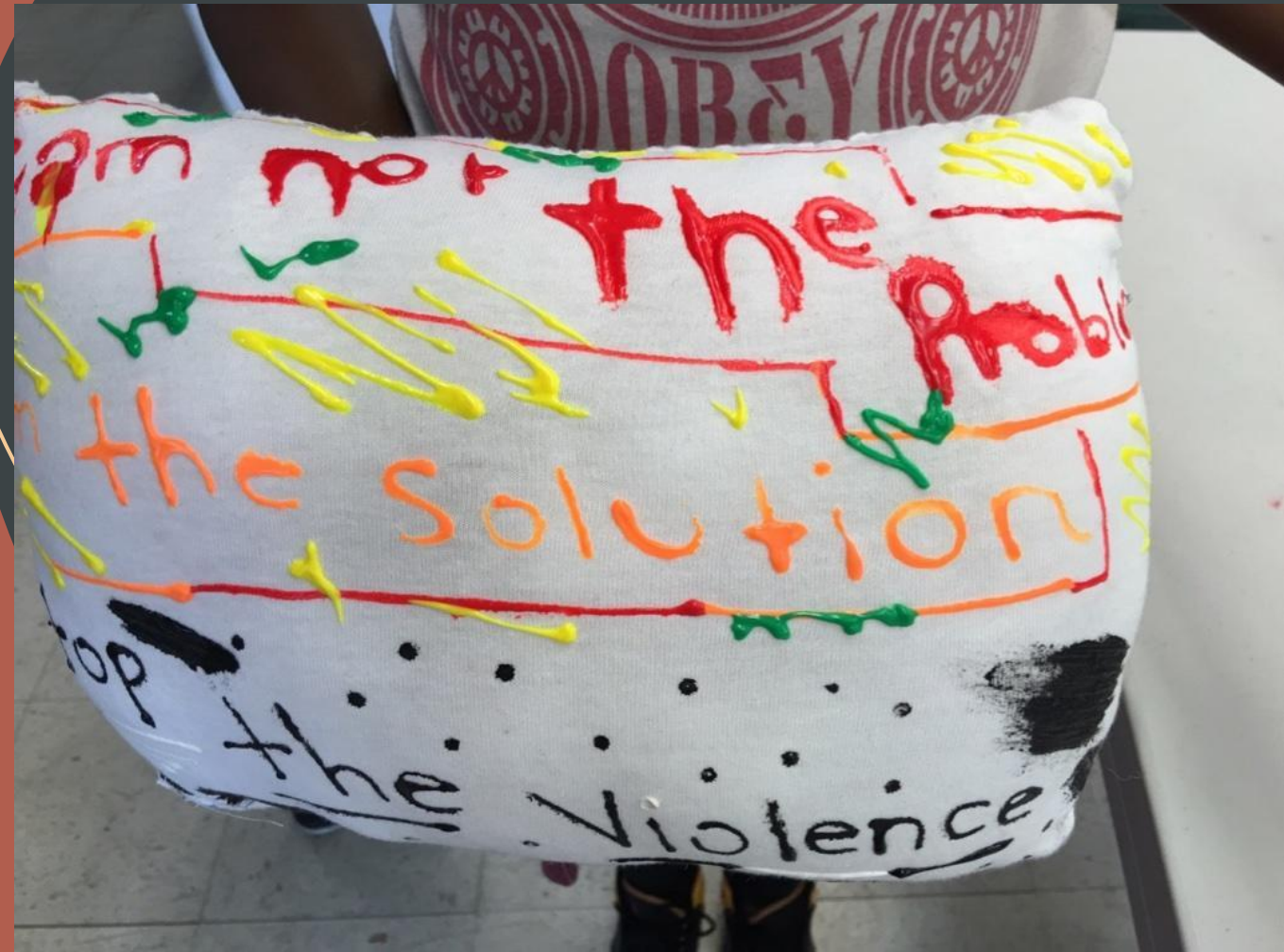


Specific Considerations for Grief

- Community violence- Space +Time+ People= Loss. Marginalization as a source of grief.
- Stigma and stereotypes: Blame, shame, lack authentic empathy.
- Relationship Proximity matters: Who is connected to who?
- Lack of mediating person: Where is the support?
- Potential to reoccur: The losses never end, colliding between the past and present. Anticipatory losses for the future.
- Forced silence: Don't Talk, punishment for emotional expression, denied humanity.

The Layers

- Emotional
- Psychological
- Economic
- Physical
- Social
- Traumatic



Ending Isolation

- Where are the walls?
- Who built the walls?
- What does care look like?
- Worthy of support?
- Mobilizing collective resources
- Fostering connections



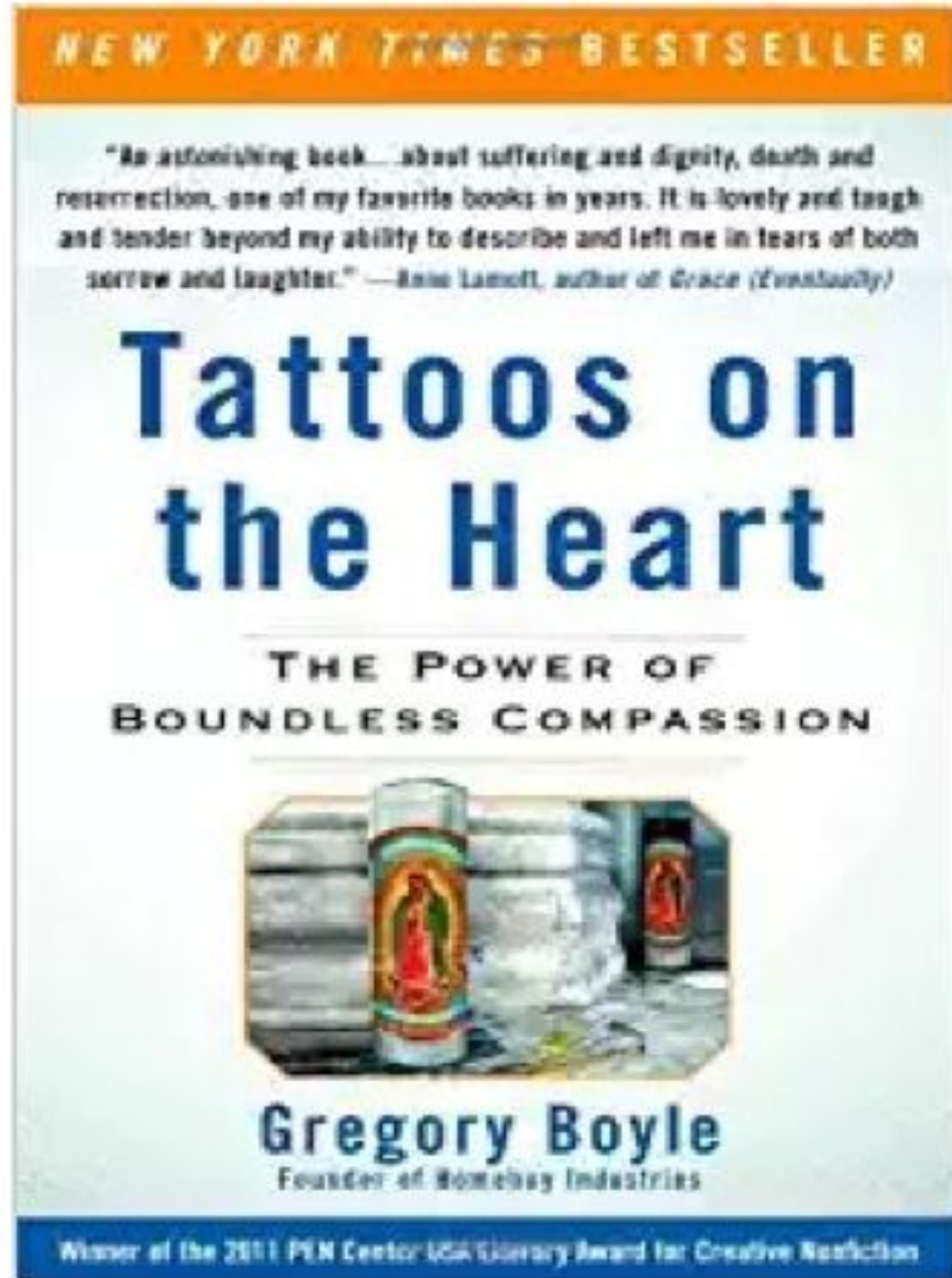
MHTTC Grief Sensitivity Virtual Learning Institute

Presents

Dehumanization, Ignored Losses and Rage Among Men of Color: Substance Use Disorders and Violence Prevention Strategies

Presenter

Mark Sanders, LCSW, CADAC



Program Components

- Employment
- Existential Concerns-A belief that it's possible to live a long life!
- Reasons to want to live.
- Grief work
- Culturally responsive trauma informed curriculum to prevent gun violence.

Source: Amazon Books

Trauma Informed CBT with Young Men of Color Who Are Most at Risk for Gun Violence

Dehumanizing experiences + Ignored Losses = Rage
(which can lead to heavy substance use which increases the risk of violence)

Dehumanizing Experiences

- Stop and Frisk
- Police Brutality
- Police murder
- Shot in the back
- Left lying in the streets while deceased
- Paramedics refusing to offer services
- Your partner leaves you for a 'rival'
- Gang humiliation
- Poor customer service
- No customer service
- Being followed while shopping
- Social media humiliation

Ignored Losses

- Father Hunger
- Mother Hunger
- Parents deported
- Death of friends
- Expelled from school
- Friends murdered
- Loss of significant relationships

Culturally Responsive Treatment

- CBT to practice dealing with high risk situations which can trigger violence
- Meditation, somatic trauma therapy, visualizations and mindfulness practices
- Discuss dehumanizing experiences, losses and create rituals to acknowledge ignored losses
- Assess and address substance use disorders
- Create Clinical models

Historical Trauma, Community Violence & Healing Collective Grief

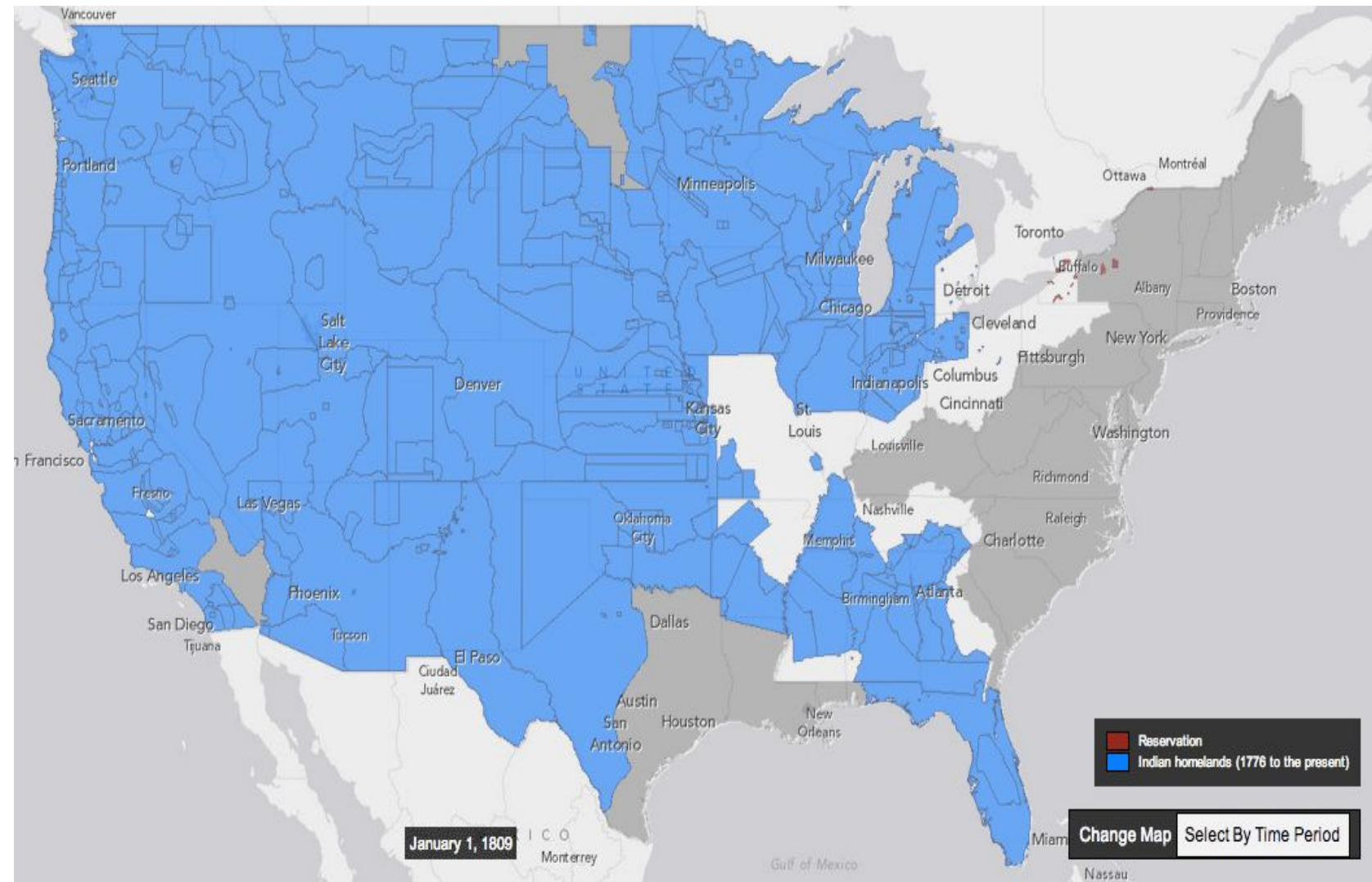
Anitra Warrior, PhD

Morningstar Counseling & Consultation, PC

Historical Trauma

“Historical trauma is the cumulative, multigenerational, collective experience of emotional and psychological injury in communities and in descendants.”

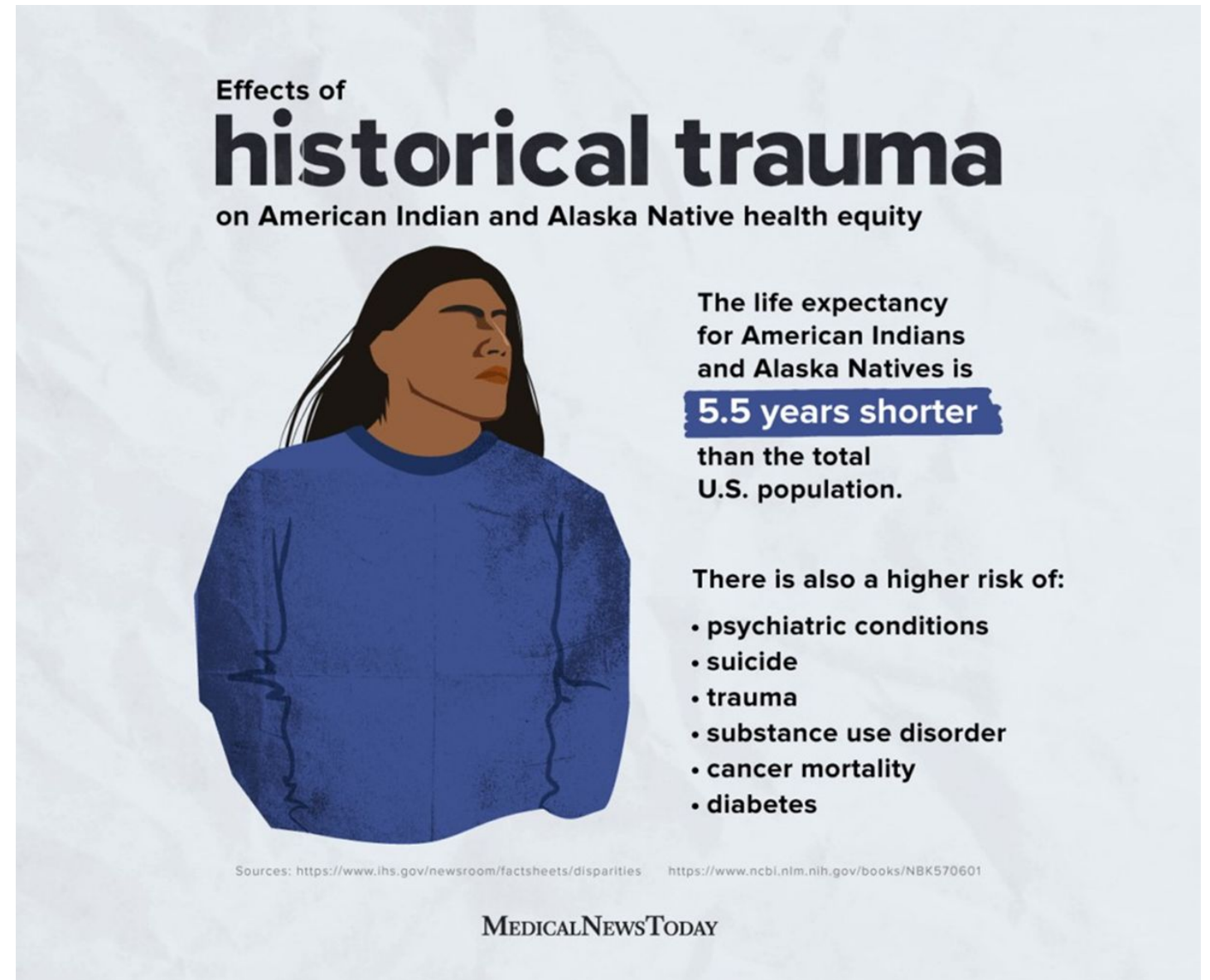
Brave Heart, Elkins, Tafoya, Bird, Salvador (2012, 2003)



Rooted in Community Violence

Through European contact indigenous populations were annihilated through waves of disease, forced relocation to other lands, creation of reservation systems, betrayal of agreements and treaties, bleak living and traveling conditions (Heart, B., & DeBruyn, L. M. (1998)).

- Forced removal
- Boarding Schools
- Assimilation
- Sterilization
- Dehumanizing



Effects of
historical trauma
on American Indian and Alaska Native health equity

The life expectancy for American Indians and Alaska Natives is **5.5 years shorter** than the total U.S. population.

There is also a higher risk of:

- psychiatric conditions
- suicide
- trauma
- substance use disorder
- cancer mortality
- diabetes

Sources: <https://www.ihs.gov/newsroom/factsheets/disparities> <https://www.ncbi.nlm.nih.gov/books/NBK570601>

MEDICALNEWS TODAY

What is being/has been normalized?

Remember our Youth:

- Increase in gun violence (Larbi, et. Al, 2022)
- Increased risk of PTSD (Larbi, et al, 2022)
- Disruptions in life due to loss
- Hypervigilance
- Emotional and physical reactivity (Douglas, Alvis, Kaplow, nd)
- Violence is more normalized than asking for help

Collective Grief

- In Indigenous communities, communal grief is a shared experience. (Dennis, 2021)
- Native people have suffered from systemic policies of discrimination and violence. (Brave Heart & DeBruyn, 1998; Brave Heart-Jordan & DeBruyn, 1995).
- Strategies for caring and protecting are in place for collective survival. (McLafferty Bell, Dennis, & Krings, 2019)

Critical Support Needs

- A communal response to grief is necessary for healing. This includes clients, providers, communities and systems.
 - Trauma informed approach
 - Cultural responsiveness
 - Collective healing
 - Address systemic issues
 - Accessibility to support

Context and Environment

- An integration of the knowledge and strengths of the individual and community need to be included in the processing of grief.
 - History of community
 - History of people in the community
 - Systems and their responses to community members
 - Available support systems
 - Healing Practices
 - Strengths

Resources

- Talking to Teens When Violence Happens:
<https://www.nctsn.org/resources/talking-to-teens-when-violence-happens>
- Coping with Grief after Community violence:
<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4888.pdf>

References

Gameon JA, Skewes MC. A Systematic Review of Trauma Interventions in Native Communities. *Am J Community Psychol*. 2020 Mar;65(1-2):223-241. doi: 10.1002/ajcp.12396. Epub 2019 Sep 13. PMID: 31518009; PMCID: PMC7243818.

<https://www.alicetraining.com/resources-posts/resources-post-event-tools/survivors-ways-to-cope-with-grief-after-community-violence/>

<https://www.samhsa.gov/blog/coping-community-violence-together>

McLafferty Bell, F., Dennis M. K., & Krings, A (2019). Collective survival strategies and anti-colonial practice in ecosocial work, *Journal of Community Practice*, 27: 3-4, 279-295, DOI: [10.1080/10705422.2019.1652947](https://doi.org/10.1080/10705422.2019.1652947)

We're not supposed to spend our time living to heal,
we're supposed to heal to live.

- Nkem Ndefo

I'm not the great healer and that gang member over there is in need of my exquisite healing. The truth is, it's mutual and that, as much as we are called to bridge the distance that exists between us, we have to acknowledge that there's a distance even in service. A service provider, you're the service recipient and you want to bridge even that so that you can get to this place of utter mutuality. And I think that's where the place of delight is, that I've learned everything of value really in the last 25 years from precisely the people who you think are on the receiving end of my gifts and talent and wisdom, but quite the opposite. It's mutual.

- Father Greg Boyle

Panel discussion

&

Q + A

Closing Panel 1

From what you heard during this session...

What might you integrate into your practice and work?

What might you need to study further?

What might need strengthening?

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BREAK

there's no such thing as a safe space
we exist in the real world and we all carry
scars

and have cause wounds this space seeks to
to turn down the volume of the world outside

and amplify the voices that have to fight to be
heard elsewhere this space will not be perfect.

it will not always be what we wish it to be.

but it will be ours together and we will work on
it side by side.

-Beth Strano

1



PLACE HANDS
gently where you feel pain
or tension.

2



INHALE
through nose for
5 counts



UNFELT GRIEF | SADNESS

3



EXHALE
through the mouth slowly for
7-10 counts

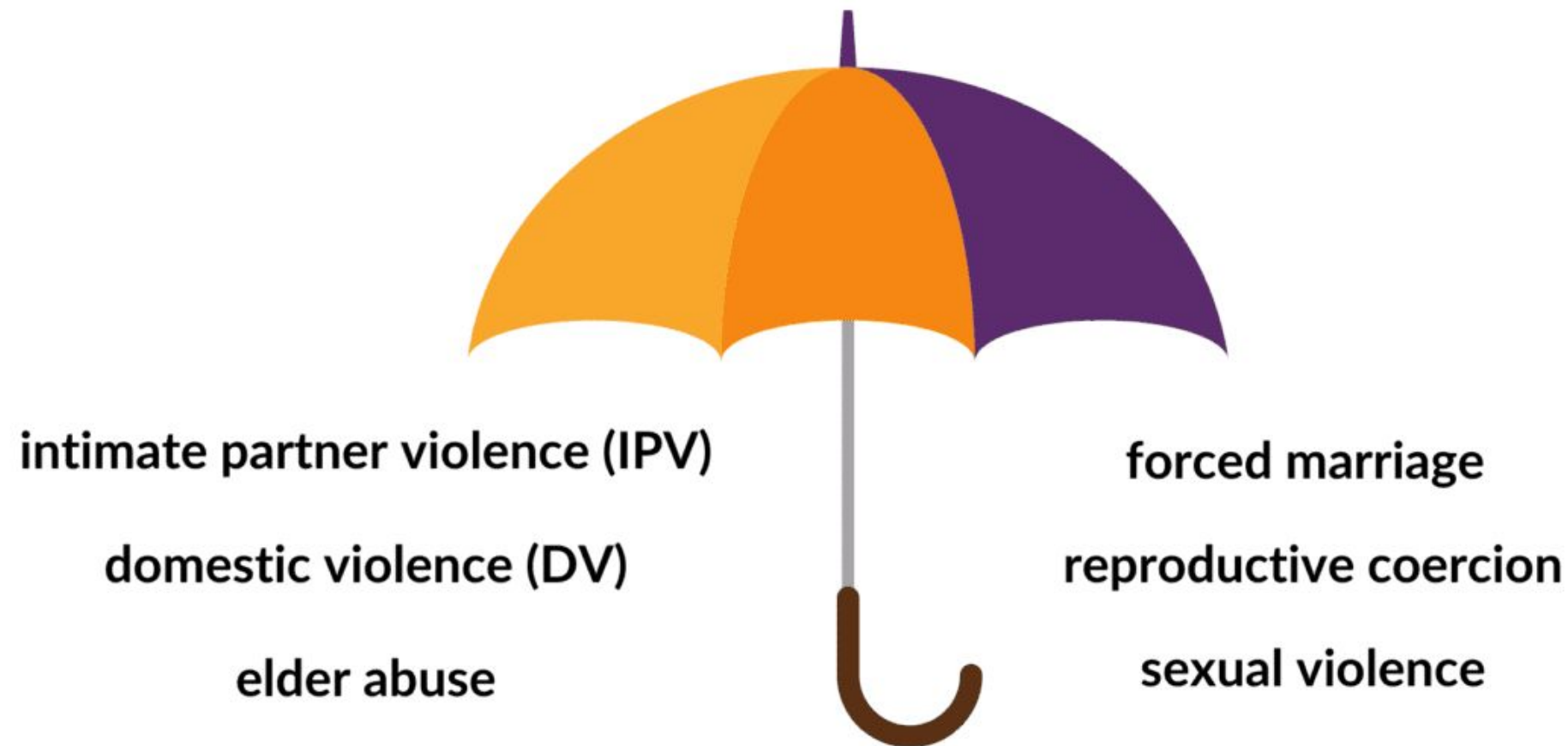
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REPEAT
while reminding yourself you
are safely held as you process.

Panel 2: Grieving through and due to Gender Based Violence (GBV) and Interpersonal Violence (IPV)

Understanding Gender-based Violence (GBV)



“...Survivors of domestic violence are grieving for multiple losses, many of which still go unrecognized and unacknowledged. Losses which are grieved may include any, or all of the following:

The parent you were supposed to be

The life your children were supposed to live

The future you expected to have

The way it was

The way you wish it had been

The person you thought they were

The career or house you had

The person you expected them to be

The relationship you deserved to have

The life you were supposed to lead

The person that you were before the abuse

The person you wish you had been the first time the abuse happened

The loss of family and friends...”

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DAY 1- General Mental Health Workforce

Panel 2: Grieving Through and Due to Institutional and Community Violence



Leontyne Evans
PLMHP, PLADC,
MFT



Jennifer Khalifa
MSW, CHES

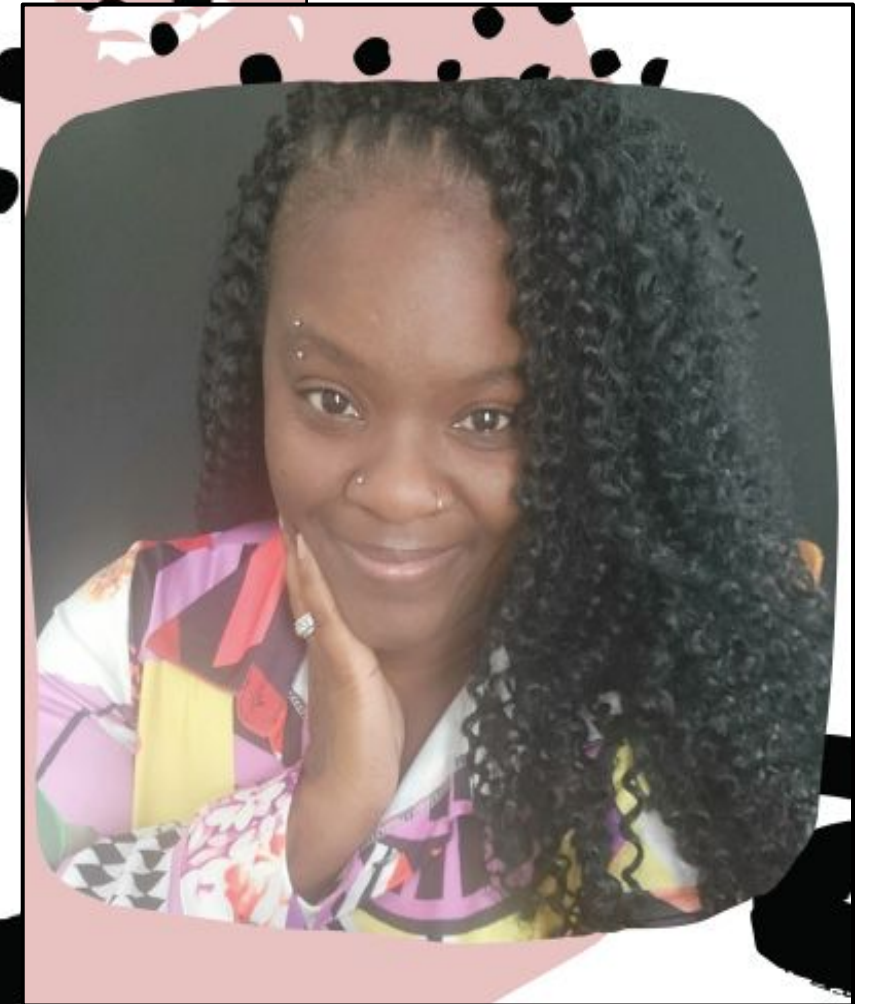


Lisa Zoll
LCSW

THE RELATIONSHIP CORNER PRESENTS

Survivor
GRIEF

Presented by Leontyne Evans





THE ROLLERCOASTER OF LOVE

Understanding
THE CYCLE



Tension



Incident



Reconciliation



Calm



Trust Building



WHAT AM I SUPPOSED TO DO?

What
WORKS

BREAK THE CYCLE

Survivors of IPV have been groomed to accept abuse because of supposed deficits in their own behavior. If they don't understand their thoughts are distorted, they may never be able to break the cycle.

FOCUS ON THE FOCUS

CBT isn't about "feeling better" as much as learning new behaviors. CBT helps survivors to identify unhealthy relational cycles instead of focusing on the abuse.

IDENTIFY THOUGHTS, FEELINGS, AND BEHAVIORS

Because survivors can become consumed by their abusers thoughts, feelings and behaviors, it's important that they learn to define their own.

Why CBT works best





THE FIVE STAGES OF GRIEF

Survivor
EDITION



DEPRESSION

- Filling the Gap
- Avoidance
- Nonchalant

"I'm nothing without them"

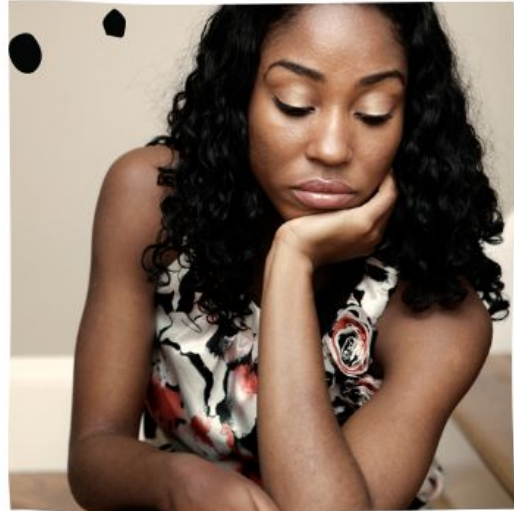
"I just need someone to make me feel better"



ACCEPTANCE

- Loneliness
- Considers reconnection
- Trouble finding sense of self

"If I didn't do that, we would still be together"

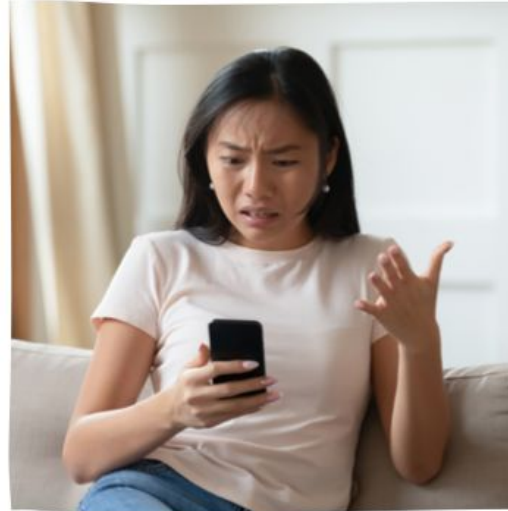


DENIAL

- Confusion
- Avoidance
- Shock/Fear
- Excitement

"I'm sure they will call"

"Is it really over?"



ANGER

- Frustration
- Irritability
- Anxiety
- Regret

"I've wasted my time."

"What am I supposed to do now?"



BARGAINING

- Loneliness
- Considers reconnection
- Trouble finding sense of self

"If I didn't do that, we would"

WHAT DID YOU DO?

Victim blaming is not ok. No matter what someone did, no one deserves to be abused.

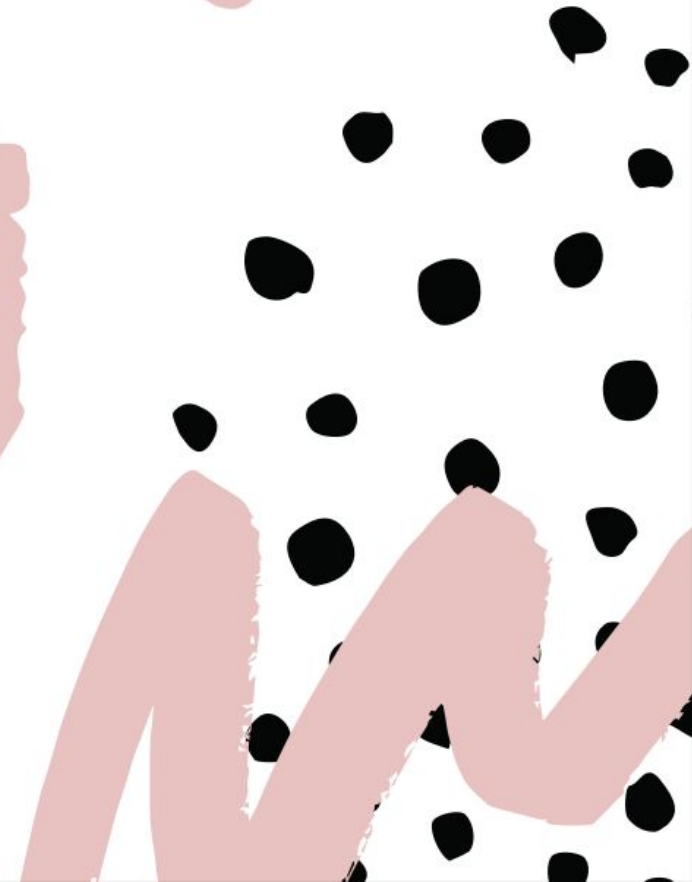
WHY DIDN'T YOU LEAVE?

Remember, up to 75% of deaths related to domestic violence occur while the victim is attempting to leave or afterward.

IF I WERE YOU I WOULD'VE...

No one cares what you would do because it's NOT you!

What Not to Say



CHANGING THE NARRATIVE

Creating Brave Spaces
It's not always about you



Proper self-disclosure



Remain non-judgmental



Collaborate

INTIMATE PARTNER VIOLENCE AND GRIEF

Passion for Social Justice & Human Rights. Witnessing Gender Inequality & the Impact of Violence

My passion for addressing gender-based violence and trauma stems from a deep-rooted commitment to social justice and human rights. Growing up, I witnessed the pervasive nature of gender inequality and the devastating impact of violence on individuals and communities. This ignited a profound desire to contribute to creating a world where everyone feels safe, respected, and empowered.



Jennifer Khalifa Ponce, MSW, CHES
She/Her/Hers

There is a need for Support Systems for Survivor Healing

Loss is a large and normal part of the impacted individual finding safety, therefore all of the following are needed to create space for **grief**.

- **Survivor-Centered Care:** Tailored support to address individual needs and experiences.
- **Clinical Support on the Individuals Terms:** Counseling, therapy, and mental health services to aid healing.
- **Restorative Justice Practice:** Empowering the individual to utilize and navigating systemic processes and securing justice, however that is defined by them.
- **Short and Long-Term Support:** Continued care for sustained recovery and healing.
- **Culturally Responsive Support:** Addressing the needs of diverse cultural backgrounds in healing approaches. Connecting survivors for shared experiences and mutual aid.
- **Holistic Approaches:** Pairing prevention, post-vention, and intervention practices to address the physical, emotional, and social well-being for comprehensive healing. There is not a one size fits all approach.

Complexities Explored

Understanding Trauma in Context of Gender-Based Violence (GBV) Context

Trauma is the opposite of choice, and is often times the direct result of being impacted by GBV and other forms of violence, including systemic

Healing from Trauma and Grief are distinct processes, someone may experience grief following a traumatic event, or the healing process may involve addressing both trauma and grief simultaneously. There are key differences in:

- The Nature of the Experience
- Response to the Experience
- Recovery
- The Goals of the Individual

Advocacy for Change **Building a More Just and Compassionate** **Services for Survivors**

As we advocate for change in both grief support and the fight against gender-based violence, we contribute to a world that is more empathetic, just, and supportive.

Let's unite in our efforts to create safer, more compassionate spaces for all individuals, regardless of their experiences.

As we heal together, we can drive meaningful change and build a society where every individual feels respected, heard, and empowered.

Thank you!

Jennifer Khalifa, MSW, CHES

jenponce@fullerton.edu

Intimate Partner Violence & [Disenfranchised] Grief

- I believe that when griever tell their stories, they are often struggling to make sense of the event. Grievers, telling and retelling their stories, are an integral part of the grieving process. I developed an approach for how we look at the journey of grief that removed the stages, expectations, timeframes, and banishes the word closure. The approach (the event, the work, the forever) is more about weaving your loss into your life and honoring your journey instead of treating it like a problem to be solved.
- Lisa Zoll, LCSW
 - Founder and owner of Grief Relief, LLC (2019)
 - Grief & Trauma Specialists



What is Disenfranchised Grief?

- Disenfranchised grief is the term used to define grief that is not openly acknowledged, socially validated, or publicly supported (Doka, 2002).
- In other words, one has a loss but there is no right to grieve that loss (Doka, 2018).
 - Minimized - cliches
 - Invisible - avoid talking about painful losses



Disenfranchised
Grief is:

Unsupported

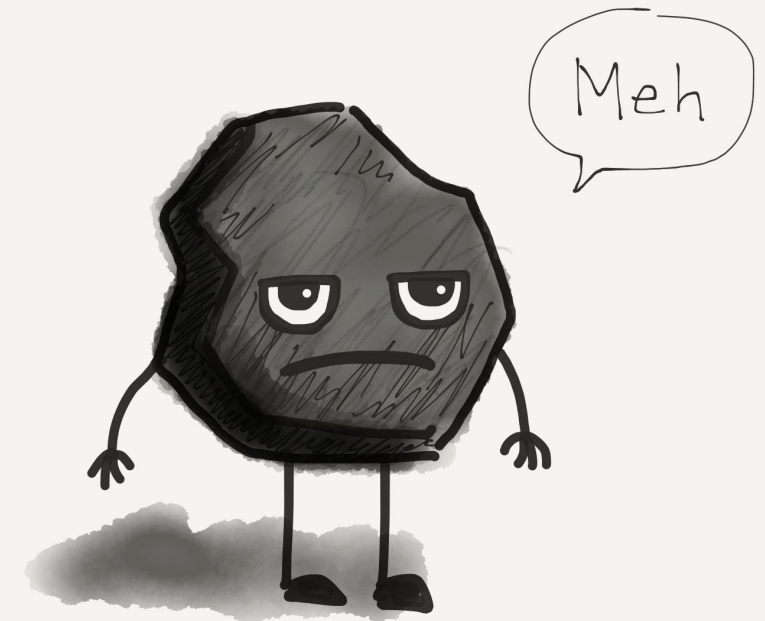
Unacknowledged

Unvalidated

Unrecognized

There are three primary levels of grief that tend to be ignored and denied public support:

- 1) The relationship between the griever and the loss is not acknowledged;
- 2) The loss is not recognized as legitimate;
- 3) The griever is not acknowledged (i.e., children, the developmentally/intellectually disabled, the elderly)



Categories of Disenfranchised Grief

75

- The loss isn't seen as worthy of grief (ex. non-death losses)
- The relationship is stigmatized (ex. partner in an extramarital affair)
- The mechanism of death is stigmatized (ex. suicide, overdose death, motorcycle accidents)
- The person grieving is not recognized as a griever (ex. co-workers or ex-partners)
- The way someone is grieving is stigmatized. (ex. the absence of an outward grief response or extreme grief responses)



Disenfranchised Grief & IPV

- As defined, disenfranchised grief can be closely linked to the losses related to intimate partner violence (IPV) that go largely **unrecognized, unsupported, unvalidated, and unacknowledged...** Victims' grief is often kept **invisible** as they try to keep the abuse hidden. If we want to transform the social norms at the root of violence, we need to talk about it.
- “Society as a whole has a fear of addressing our worst secrets ...we don't acknowledge the reality of abuse.” If the reality of IPV is not publicly supported, **any losses created by the abuse are certainly not being acknowledged** at the micro, mezzo, or macro levels of **society** (Hugstad, 2017; Willoughby, 2018).

Losses Related to IPV

Loss of support
of family &
friends

Loss of
self-esteem

Loss of hope
for the future

Loss of
beliefs

Loss of sense of
safety & security

Loss of
independence

Loss of ability to
trust yourself &
others

Loss of
financial
security

Loss of
home

Loss of the
family you
envisioned

Loss of dignity

Loss of identity

Loss of
control

Loss of
job

Loss of hope

**Sometimes we grieve things that others
can't understand.**



“Grief is a natural and predictable experience in the face of loss, but for survivors of domestic violence, there is often a stigma placed upon their grief and sense of loss of the relationship with their abuser and the life they had before seeking freedom.

Acknowledging this grief is crucial, however, to creating healing and closure for survivors.”

- <https://womensafe.org/blog/grief-and-domestic-violence>

Panel discussion

&

Q + A

Closing Panel 2

From what you heard during this session...

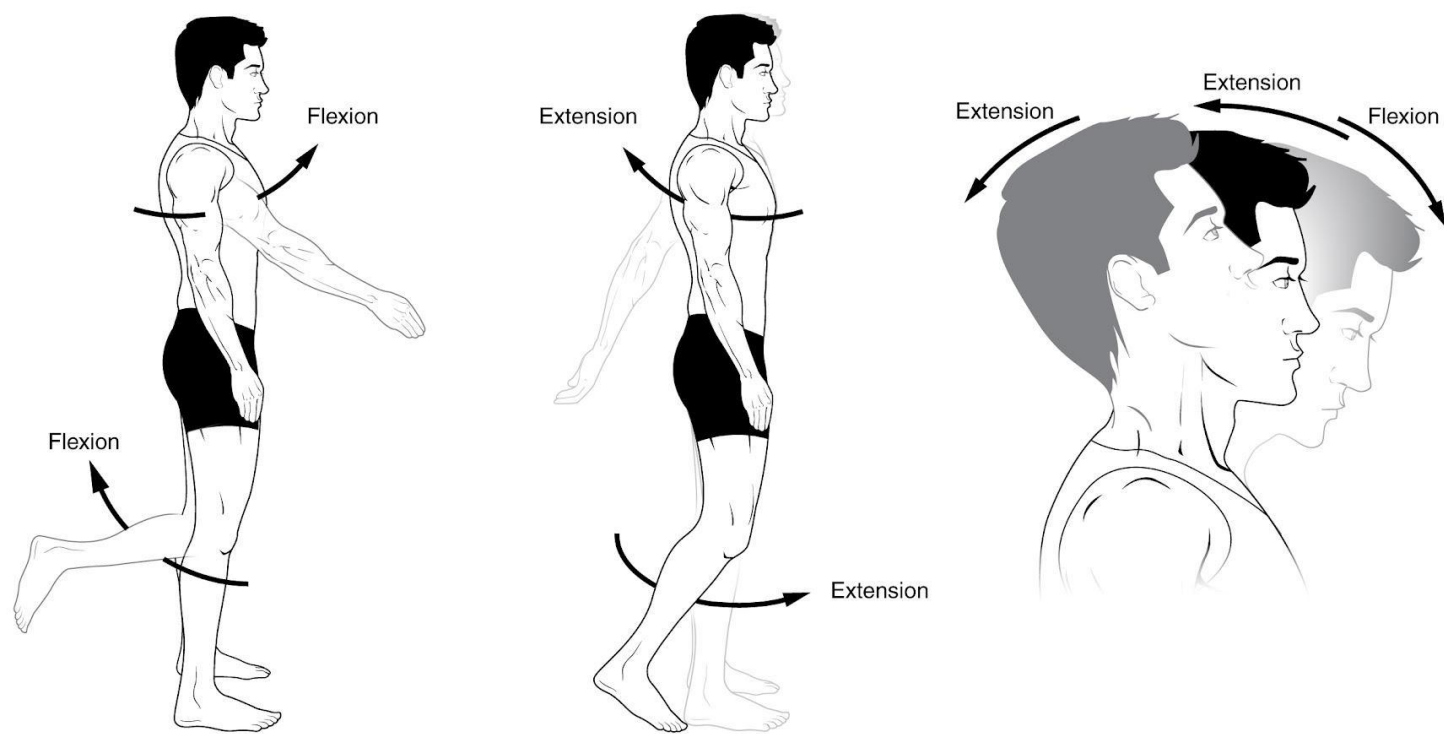
What might you integrate into your practice and work?

What might you need to study further?

What might need strengthening?

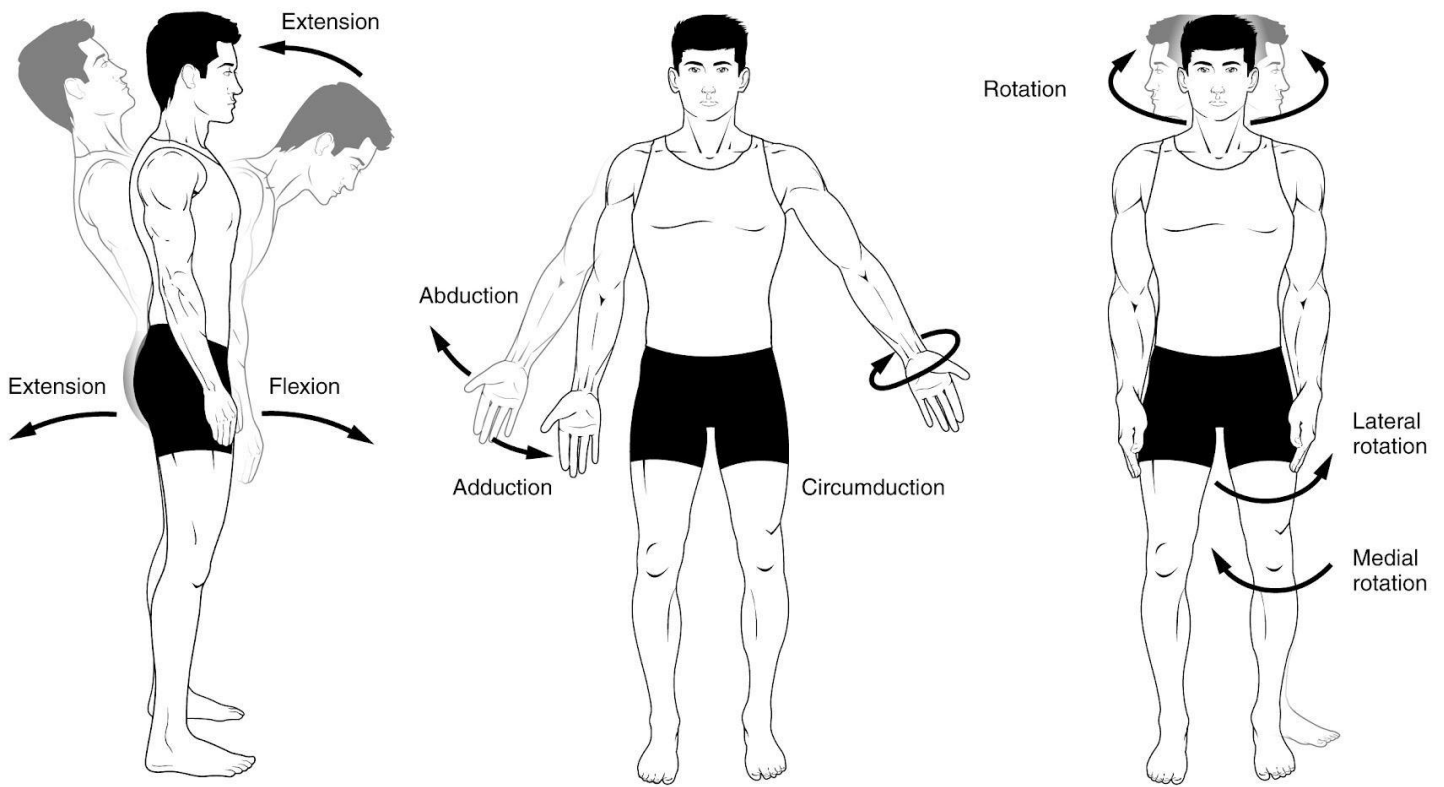
Coming up next...

Break		12:45-1:10 pm PT / 3:45-4:10 pm ET (view your time zone)
Workshop Practice Session: Supporting Youth, Families and Communities Grieving a Homicide Death	Samantha Anthony, Uplift Center for Grieving Children	1:10-2:40 pm PT / 4:10-5:40 pm ET (view your time zone)
Closing	MHTTC Staff	2:45-3:00 pm PT / 5:45 - 6:00 pm ET (view your time zone)



(a) and (b) Angular movements: flexion and extension at the shoulder and knees

(c) Angular movements: flexion and extension of the neck



(d) Angular movements: flexion and extension of the vertebral column

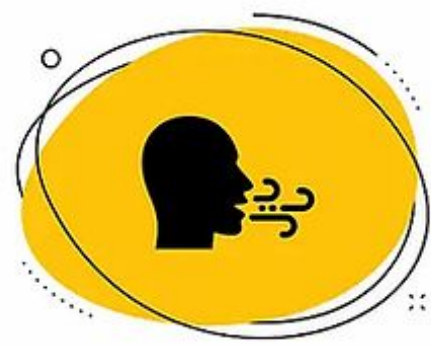
(e) Angular movements: abduction, adduction, and circumduction of the upper limb at the shoulder

(f) Rotation of the head, neck, and lower limb

B R E A K

3 Breathing Exercises for Stress Management

Deep breathing is beneficial to stay calm during a stressful situation.



Pursed Lips Breathing

- Inhale through the nose for 2 seconds.
- Pucker your lips, then exhale for 4-6 seconds.
- Repeat several times until you feel a slowed rate of breathing.

Square Breathing

- Sit upright with your back straight.
- Inhale for 4 seconds, then hold your breath for 4 seconds.
- Exhale for 4 seconds, then hold your breath for 4 seconds.
- Repeat.



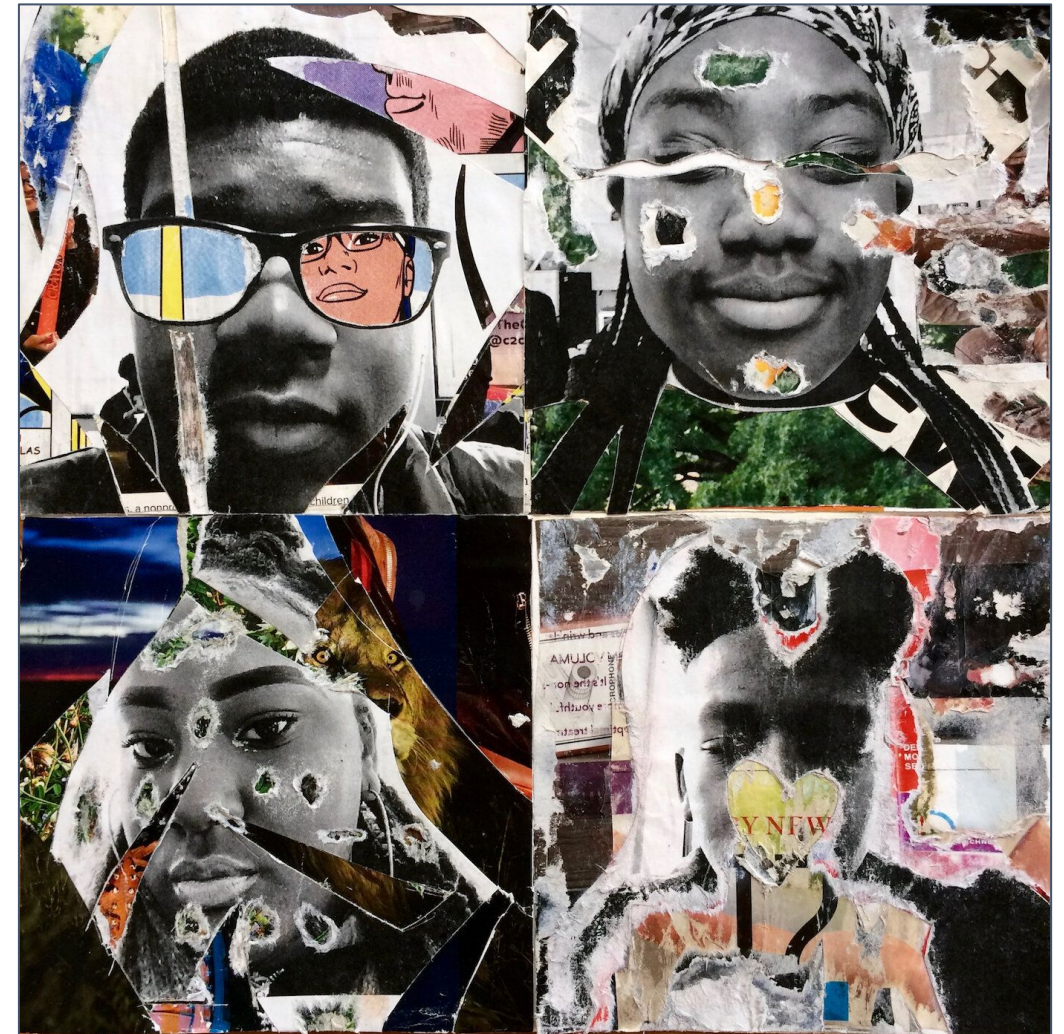
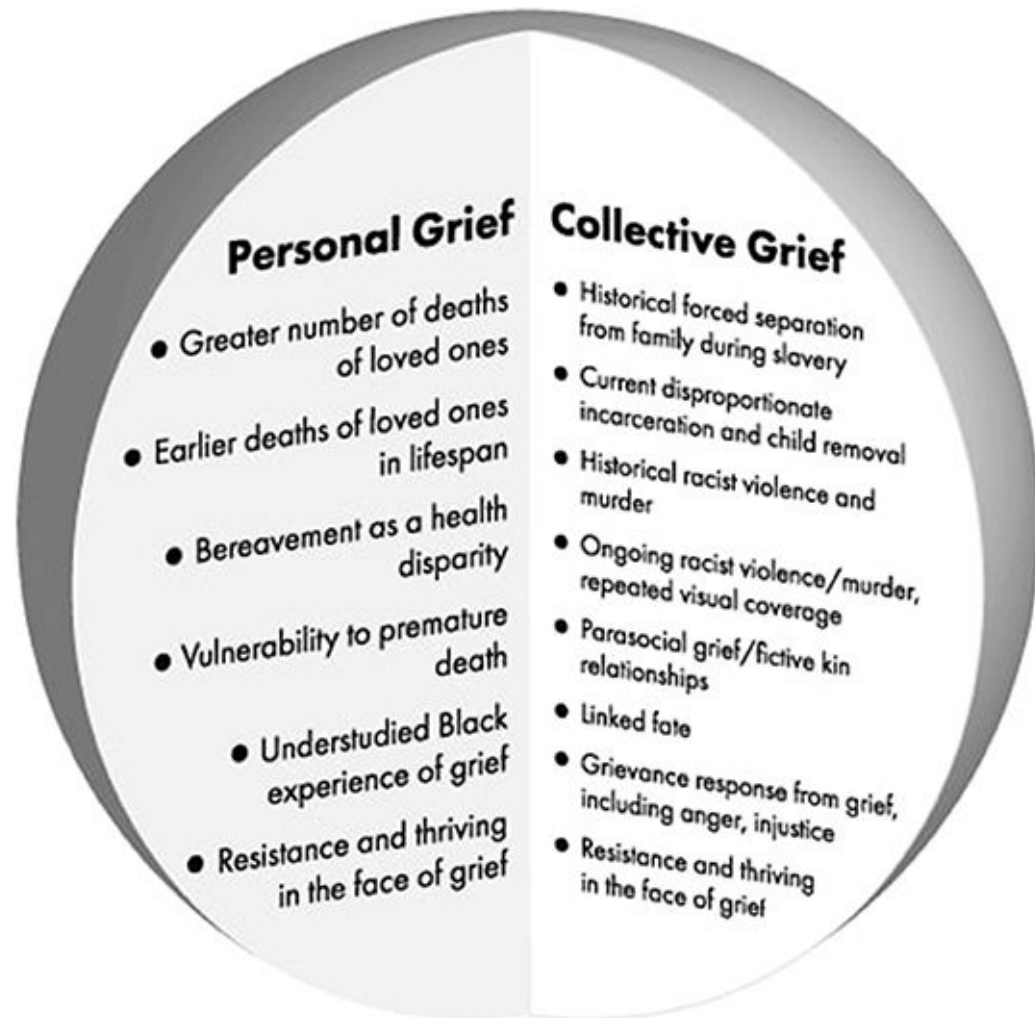
4-7-8 Breathing

- Sit upright.
- Put your tongue on the roof of your mouth near your teeth.
- Close your mouth, then inhale through the nose for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale completely through pursed lips for 8 seconds.
- Repeat.



Workshop Practice Session:

Supporting Youth, Families and Communities Grieving a Homicide Death



[From Grief to Grievance: Combined Axes of Personal and Collective Grief Among Black Americans \(2022\)](#)

Collaborative Art Piece by Quintaz Owens, Donnieka Jones, Charlene Morris, and Roosevelt Ferrell, Grade 11, from [Poems for Black Lives Matter at School](#)

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 sessions, 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 (3hrs).

- This event is closed captioned!



- Follow us on social media:



@MHTTCNetwork

Please Note:
**Session recordings, slides,
and materials will be posted
on our website within 1
week.**

Working Agreements for Our Time Together

Safety and self-preservation first. You know yourself best. If you need to shake it out, find something green in the room, hydrate - please do.

We are each our own best expert. Stick with “I” statements and avoid advice-giving. Your experience is yours and please honor and respect that others’ experiences are theirs. If you’d like to hear specific advice or insight about other’s strategies and practices during this time, just ask.

Be as present as possible: We’ve all got a lot going on. And this time is for us and our growth and learning.

Sharing isn’t mandatory: We will offer a couple moments to free write and reflect, referring to personal and professional experiences. While we invite you to share in the chat, there’s not requirement to share.

Recognize that no two grief experiences are the same and that grief isn’t held equally (in our culture nor in our workforces). **Let’s listen to each other with care, respect and dignity.**

Expect and accept a lack of closure. This workshop will not be able to speak to everything, but it will speak to some things. Take what feels resonant and translate what might not feel central but could be impactful. Know that there is always room for more learning, listening and leading.

DAY 1- General Mental Health Workforce

**Workshop Practice Session:
Supporting Youth, Families and
Communities Grieving a Homicide Death**



Samantha Anthony

MS, LPC



Supporting Youth, Families and Communities Grieving Homicide Deaths

Samantha Anthony, Ms, LPC

Objectives

Identify	Identify 3 Potential Indicators of Homicide death related grief
Describe	Describe ways to discuss homicide with young people and their caregivers
Explore	Explore 3 reliable interventions for supporting youth, caregivers and communities who are grieving a homicide related death

Take a moment
to ground
yourself before
we begin.



Breathe



Hydrate



Move your body

Ice Breaker- Grounding

- Where are you logging in from?



- What is your profession?



- What's one fun fact or personal characteristic that makes you perfect for the job you do?



[Mentimeter link for responses](#)

What is Grief ?

- Grief is a response to a death, change or loss.

(APA, 2023)

- It is the way we think, the way we feel and the things we do after we have been impacted by a death, a loss, or a significant change in our lives.

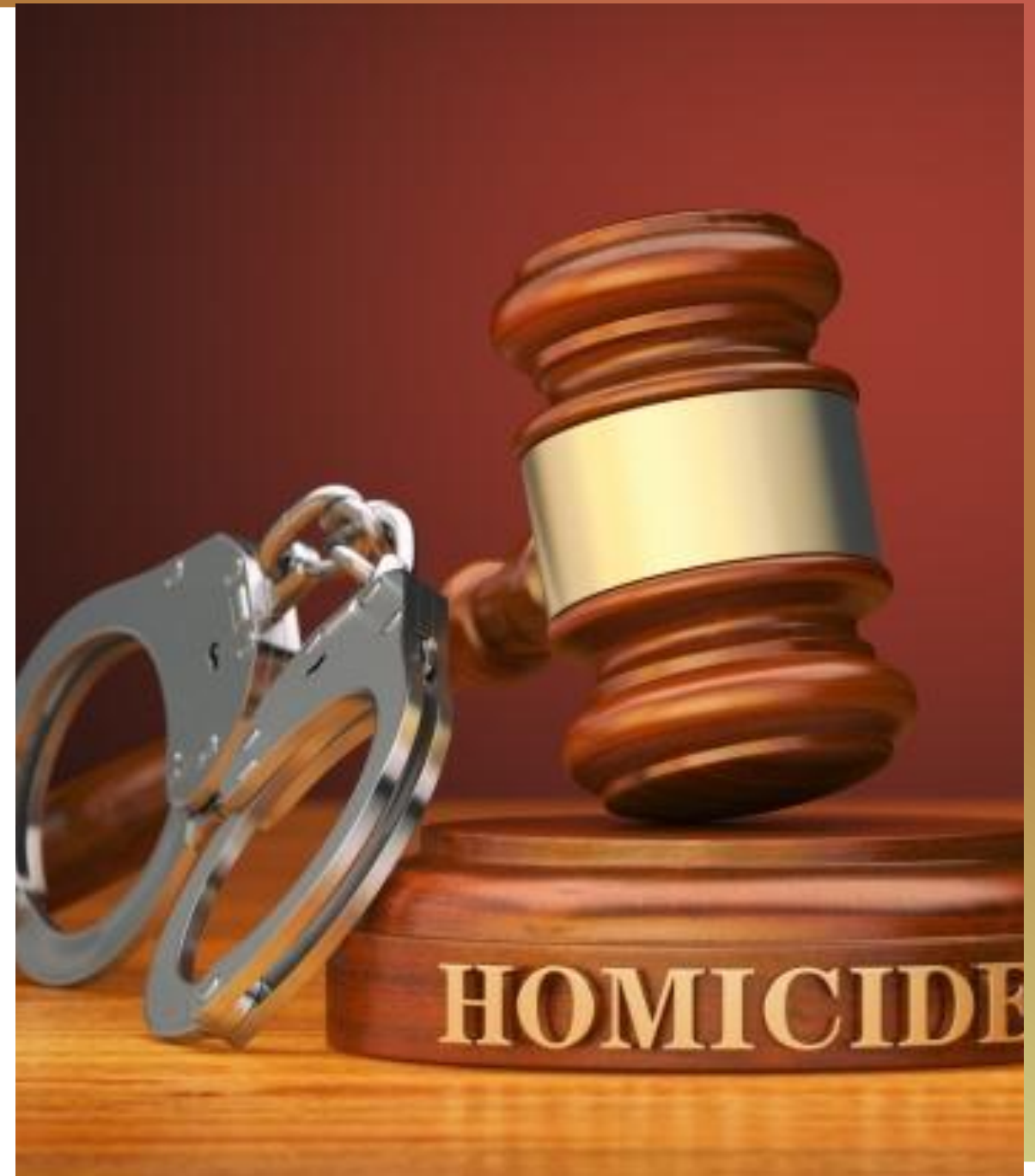
What is grief? If not love
persevering
- Wandavision, 2021



What is Homicide?

Homicide: The act of one person killing another.
Includes murder, vehicular manslaughter, negligent homicide

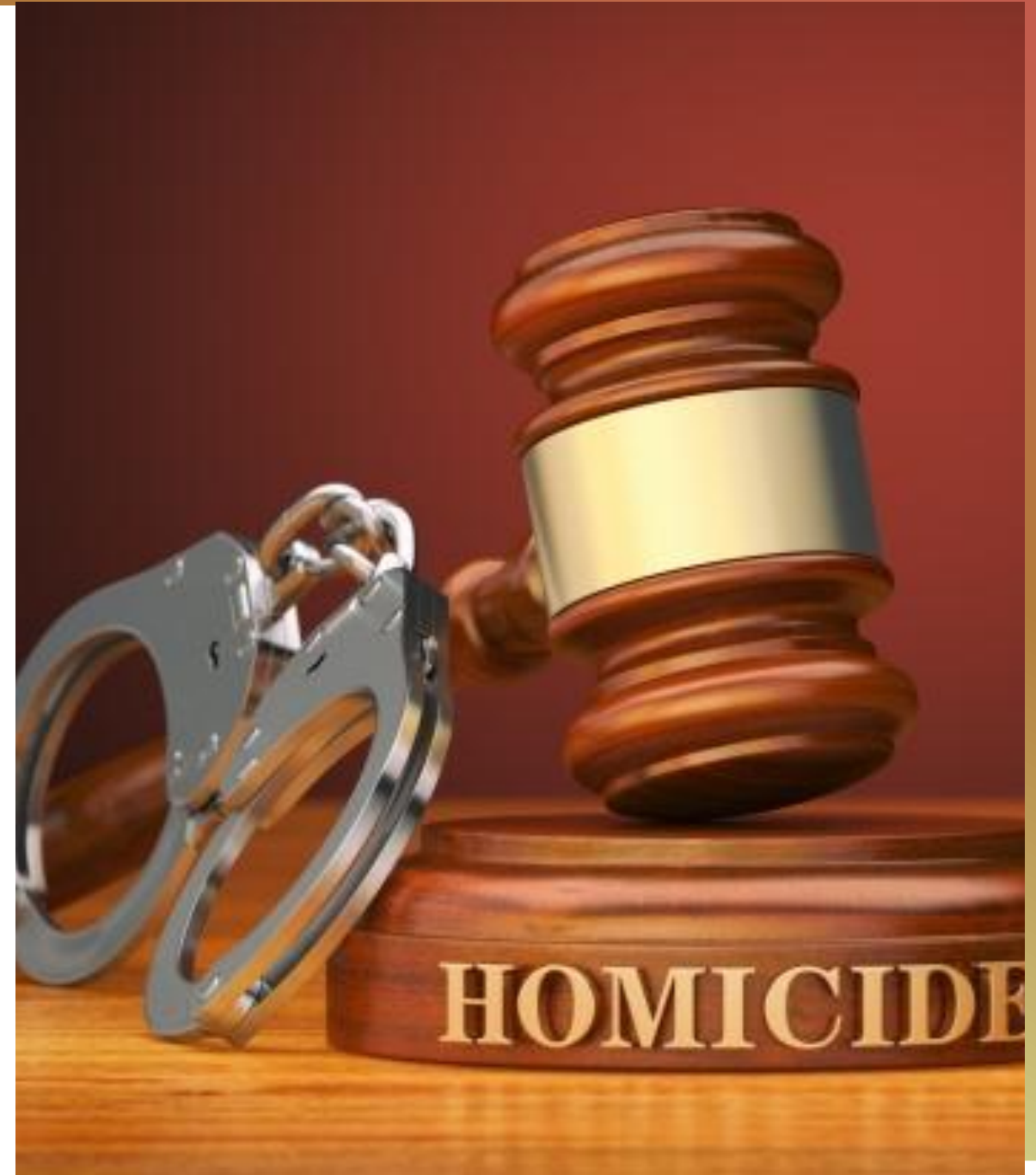
Cornell Law (2023)



Homicide Statistics

- 3,464,231 total deaths in the United States in 2021
- 26,021 homicides
- 7.8 per 100,000 died by homicide

(CDC, 2023)



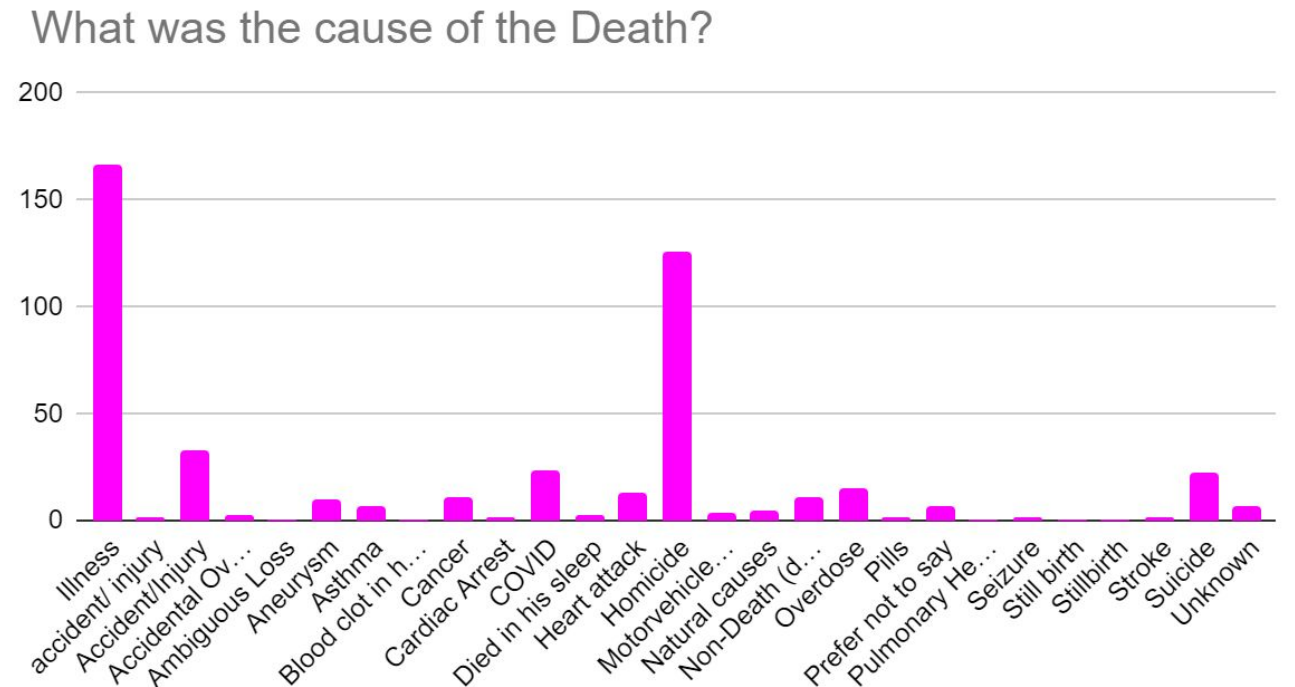
Impact of Homicide

Case Specific:

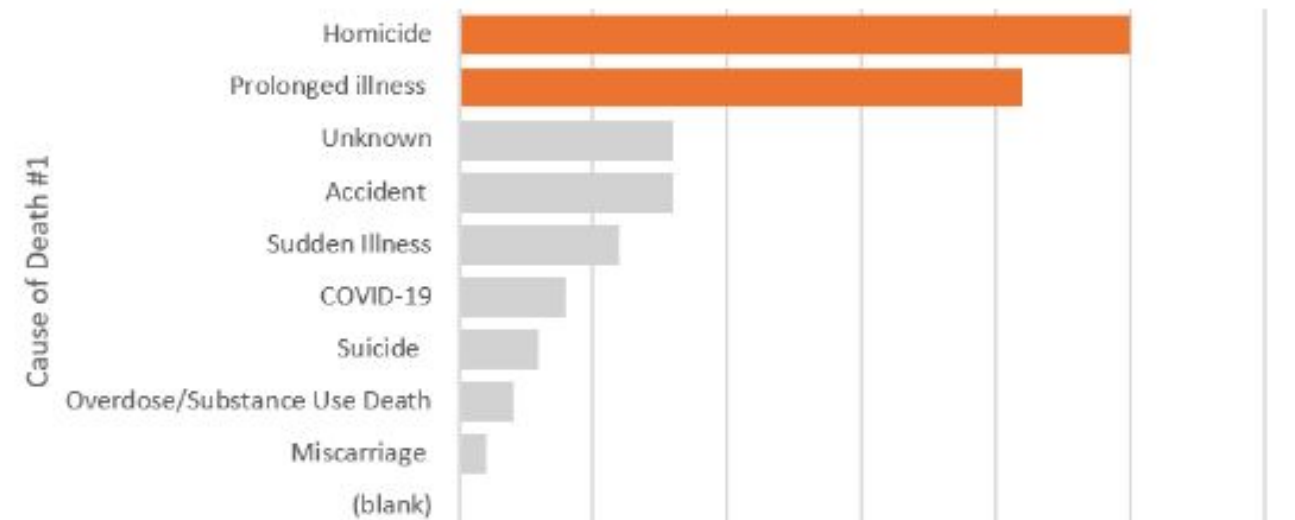
Uplift Center for Grieving Children
- Philadelphia

- Homicide was the most reported cause of death for grieving youth that were supported in the 2022- 2023 program year.

(Data from Uplift Center for Grieving Children, Philadelphia, PA, 2023)



'Cause of Death #1': Homicide and Prolonged illness appear most often.

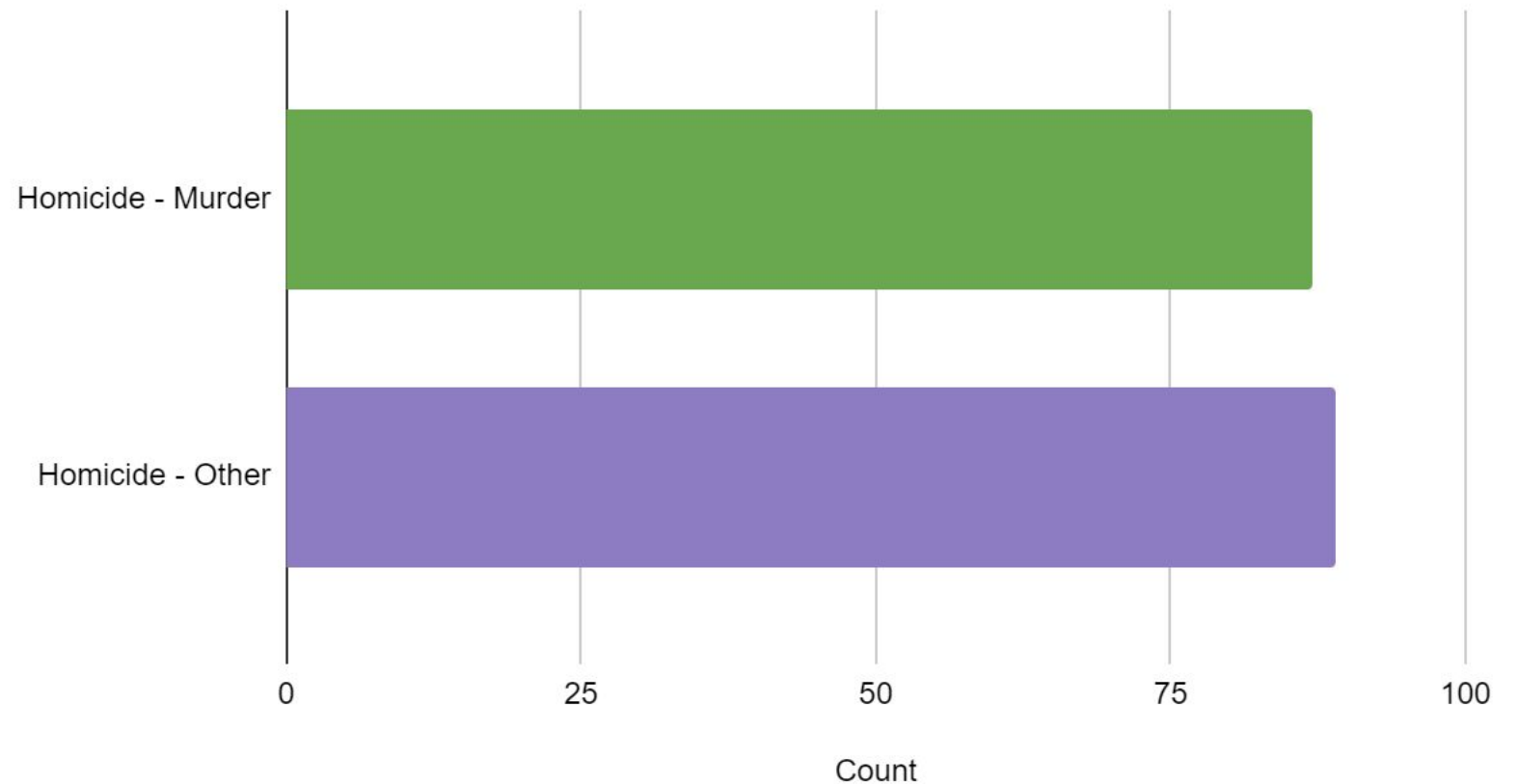


Types of Homicide: Case Specific

2022-2023: Murder accounted for about half of all homicides at Uplift

(data from Uplift Center for Grieving Children, Philadelphia PA, 2023)

Homicide: Murder vs Other Types of Murder



Impact of Homicide

- Every homicide impacts anywhere from 3-10 co-victims (Bastomski, 2018)
- Every homicide impacts anywhere from 7-10 co-victims (Zinzow, 2009)
- **78000 to 260 000** people impacted by the 26 021 homicides of 2021.
- For comparison:
 - Pittsburgh PA- population 302,898
 - Rochester, NY - Population 209, 352
 - Baton Rouge, LA - Population 221, 435



Question

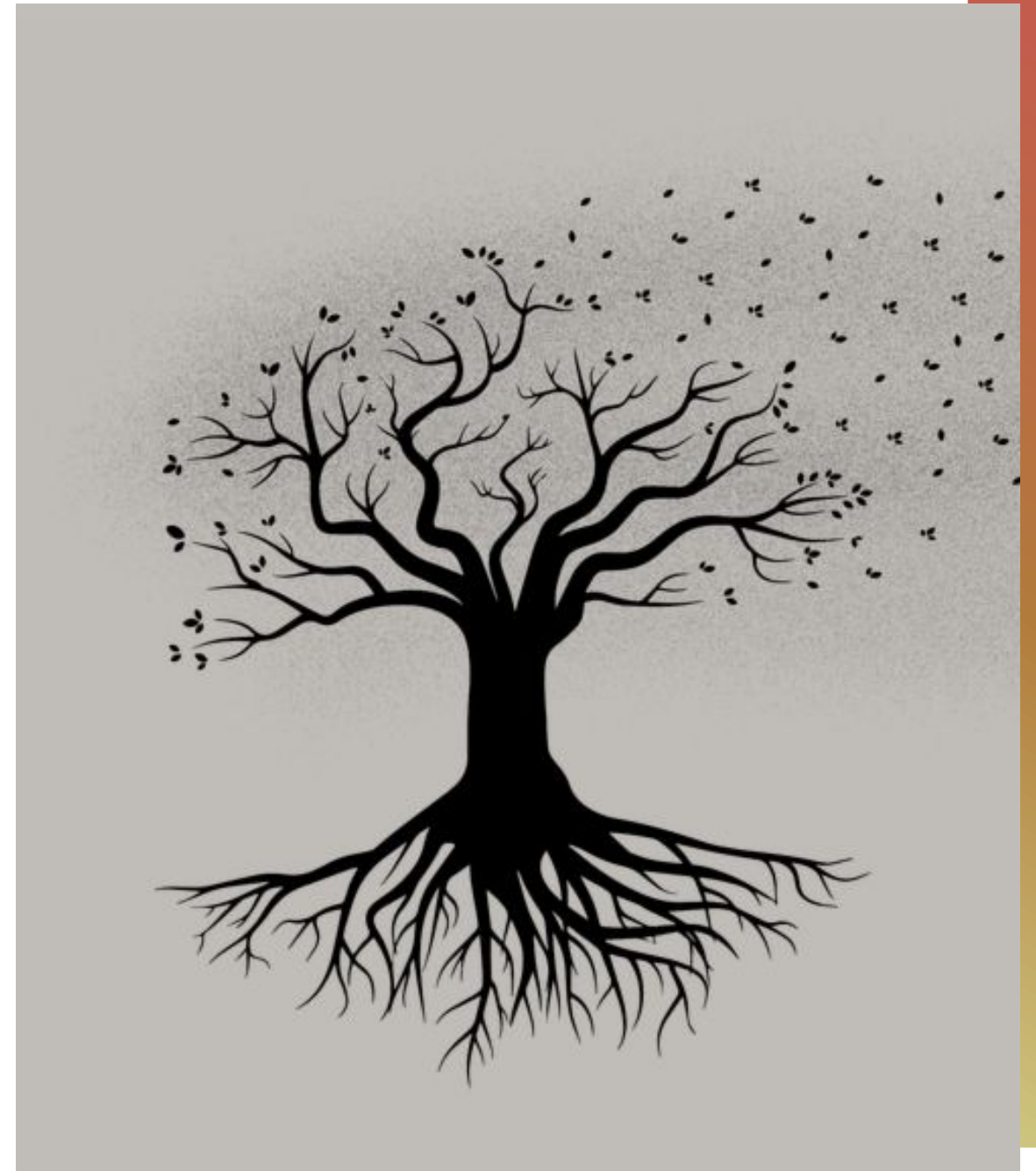
How does homicide
show up in your
communities?

Mentimeter link for
responses



Grief Responses

- **Sleep disturbance:** insomnia, nightmares etc
- **Anxiety:** worry, need validation, extra clingy etc
- **Mood:** temper tantrums, unpredictable/intense emotions etc
- **Physical complaints:** stomach/headache, digestive issues etc
- **Behavior:** behavior regression, risk taking etc
- **Thoughts:** intrusive thoughts, avoidance etc
- **Sensitivity:** hypervigilance, sensitivity to light and sound etc
- **Focus:** struggle to focus, easily distracted etc
(Dougy Center, 2021)



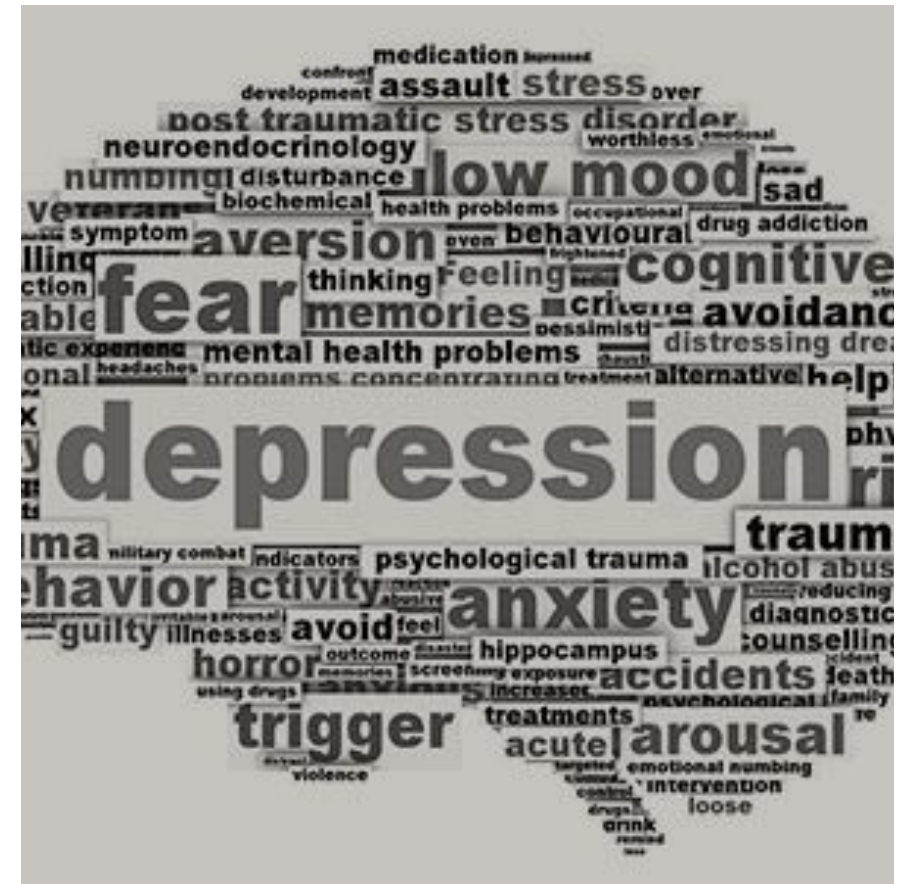
Grief and Trauma

Trauma Definition: an emotional, psychological or physical response to an event that the brain deems as "too much" (i.e - witnessing a murder, sexual abuse, surviving a car accident etc)

DSM-5: To be considered for a diagnosis of either PTSD or Acute Stress Disorder the DSM 5 offers the following:

"As a psychological and/or somatic response to an exposure to actual or threatened death, serious injury or sexual violence. This applies whether the event was personally experienced, witnessed as it happened to someone else or if the event was learned about in other ways (i.e learning that a loved one has been murdered by seeing it on the news)"

DSM-5 2013



Homicide and Trauma Defined-Cultural Considerations

A cultural consideration not explicitly listed in the DSM- 5 is the significance of cultural and collective identity in understanding grief.

- **Collective trauma:** A traumatic event that impacts a collective/society of people, in which trauma responses will be seen in the people across that collective (i.e natural disaster, war, school shooting, mass shootings, slavery etc)

(Hirschberger, 2018)

- **Collective grief:** Grief responses that are felt by a group of people with a shared identity following the death (or multiple deaths) of a person with whom that collective identifies

(British Psychological Society, 2022)



Question

Where do you see culture, trauma and homicide intersect in your communities?

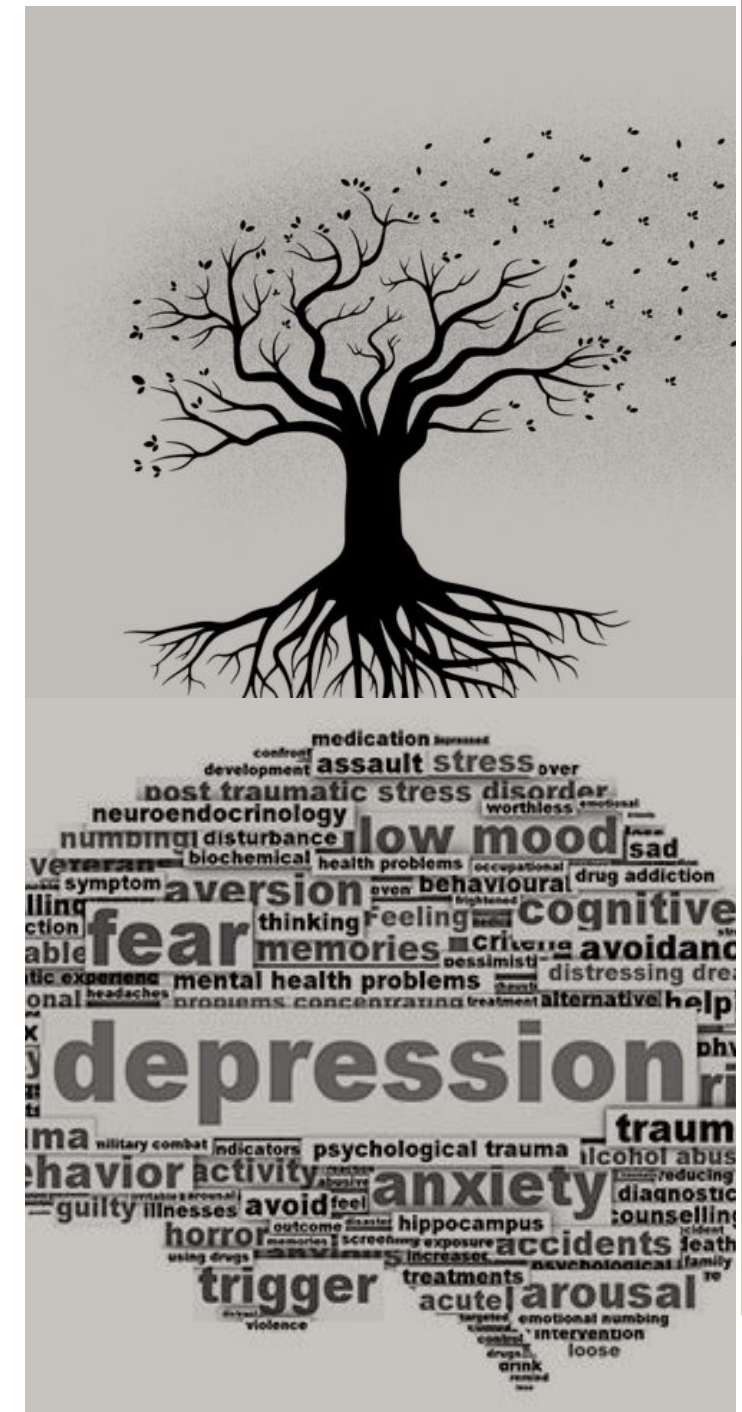
[Mentimeter link for responses](#)



Indicators of Homicide related grief

- Sleep disturbance
- Hypervigilance
- Feelings of guilt and responsibility that are inappropriate
- Thoughts of revenge
- Inability to focus
- Confusion/forgetfulness
- Somatic complaints: headaches, body aches etc

(Cambridge Health Alliance, Center for Homicide Bereavement, 2023)



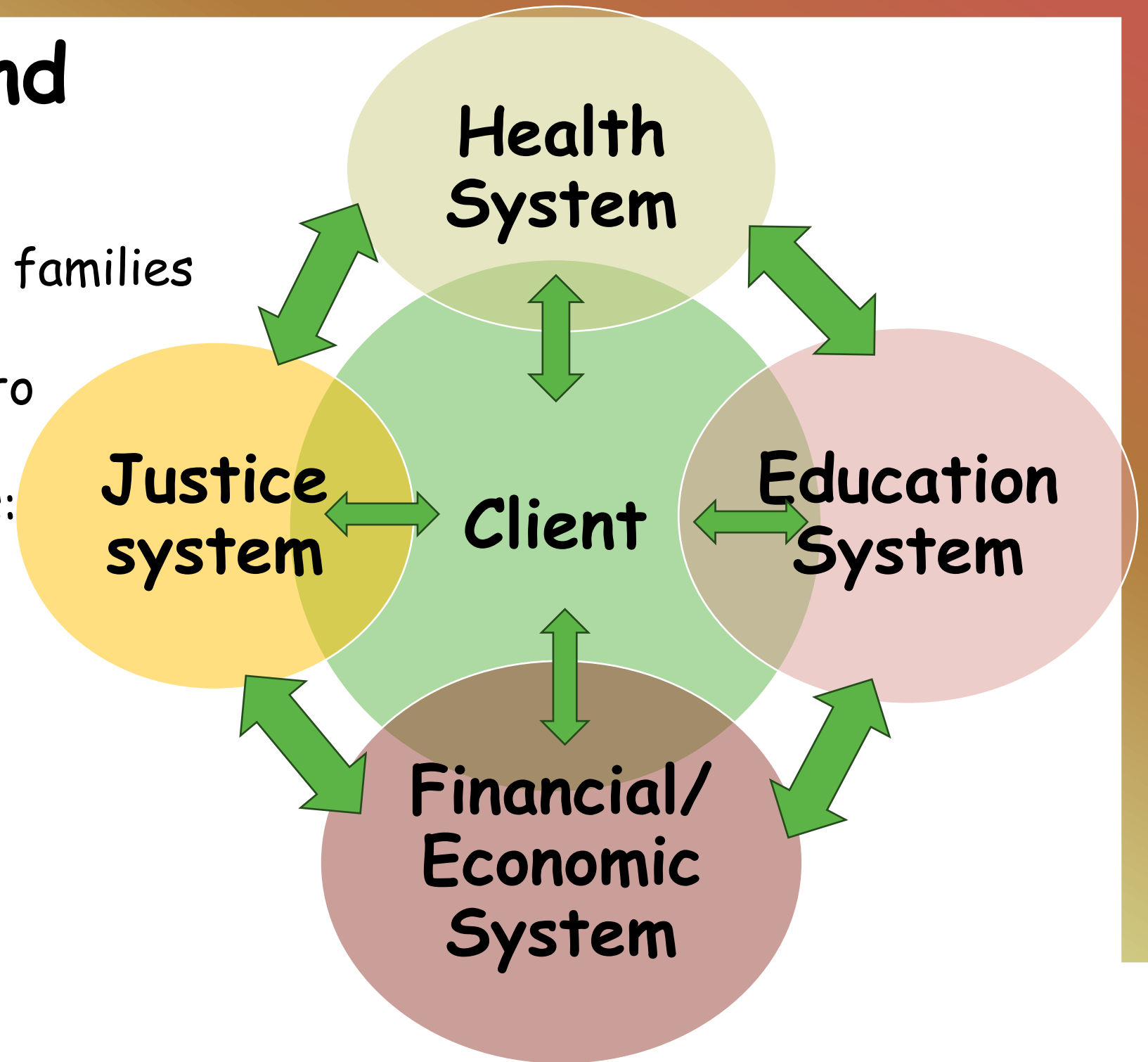
Grief, Trauma and Depression Symptoms: Cultural Considerations

- African-Americans had the highest reported rates of firearm related homicides (CDC, 2023) African-Americans and Asians reported as having the low prevalence of alcohol abuse (American Addiction Centers, 2023).
- Black Males had the highest rate of reported firearm related homicides (CDC, 2023)
- Prevalence of Depression higher in (non-Hispanic black) women than in men (CDC, 2018)



Systems in grief and homicide

- Social systems impact the way families and communities grieve
- Social systems impact access to services and support
- There are many social systems:
 - Education
 - Health
 - Justice
 - Financial
 - Religious
 - Media
 - etc



Supporting Grieving Homicide Co-Victims

- Media and Social Media
 - Safety and coping plans
- Community Resources
 - County victims' assistance
 - County crisis response
 - **Case example:** Network of Neighbours, Philadelphia
- Systematic de-stigmatization
- Advocacy and partnership
- Trauma informed therapeutic interventions
 - Psychological First aid
 - Post Traumatic Stress Management



Therapeutic Interventions for Youth Grieving a Homicide Death

Grief and Trauma focused
School based interventions

8-10 sessions

Age-appropriate Trauma
processing techniques

In practice: Case Example (Uplift)

Legacy groups (5 weeks)

Culturally responsive and/or
culture bound music & literature
for trauma processing.

(Alves-Costa, 2021)



Question

What are some examples of culture bound media that would be appropriate or relatable for your communities?

[Mentimeter Link for responses](#)



Supporting Homicide Co-victims- Systems Approach: Vignettes

Community: 5th and Red St

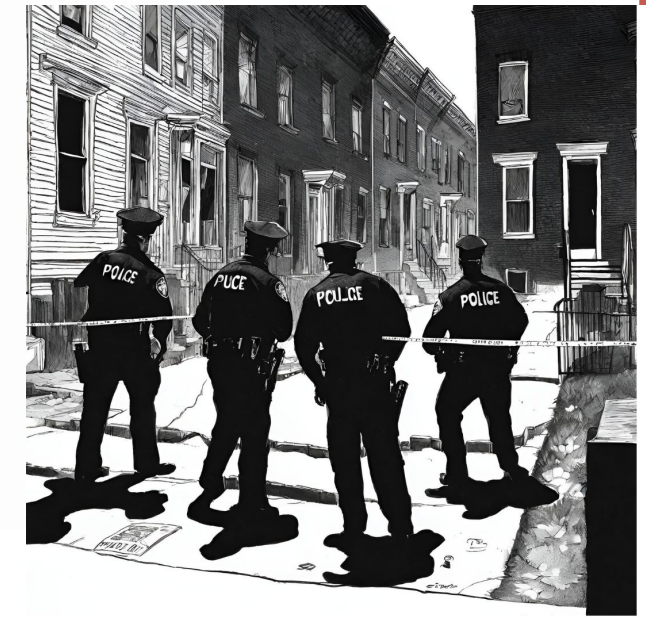
2 days ago, a shooting took place on the corner of 5th and Red street. A 32-year-old man who was returning home from a friend's house, was shot and subsequently died as a result of the shooting.

This young man was an uncle, a cousin, a son, a grandson, and a husband.

He lived and grew up two streets over from the street where he died. He has had familial and relational ties to this community for his whole life, and his family has been a part of this community for more than 50 years.

Research suggests that every homicide impacts 3-10 additional people.

Question: Who would be your client in this particular case example and how might you begin to support them?



Supporting Homicide Co-victims- Systems Approach: Vignettes



Tyra

Tyra is a 7-year-old girl who is grieving the death of an uncle. Tyra attends a weekly therapeutic grief support group with peers in her age range. During one session Tyra shares "it's my fault my uncle died."

Tyra's caregiver has shared that Tyra has been throwing temper tantrums at school, not listening to her teachers and crying a lot in recent weeks.

Questions:

- Using a systems approach, how might you approach this particular situation with Tyra?



Supporting Homicide Co-victims- Systems Approach: Vignettes



Mr. Lou and Eddy

Eddy is a 13yr old student in Mr. Lou's 8th grade math class. In recent weeks Mr. Lou has observed that Eddy is struggling to keep up with the work, which is not normal for Eddy because math is his favorite subject, and he is always excited to be in the class and learn what he jokingly calls "the math we'll probably never use". Mr. Lou has also noticed that Eddy has been getting in a lot of fights with his peers. One afternoon Mr. Lou overhears some students talking and saying "yeah, the shooting on 5th and Red, that was his cousin". Mr. Lou suspects that the students are speaking about Eddy.

Question: What systems do you see at play in Eddy's grief experience?



In Conclusion

- Homicide as a **cause** of death was not statistically significant
- Each Homicide impacts anywhere from 3-10 people, making **the impact** statistically significant
- Homicide related grief responses share a closeness with Trauma related and Depression related symptomatology
- Cultural considerations have a role in understanding Homicide related Grief
- Grief is a social justice and social systems issue
- **ALL** grieving children, adults and communities, deserve to Have their Grief Acknowledged and Supported.



Questions



Self-Care Reminder

Hydrate

Escape
(read/ write/
Tv/ music
etc)

Breathe

Professional
Check- ins
(supervision)

Move
your
body

Personal
Check -in
(Therapy)

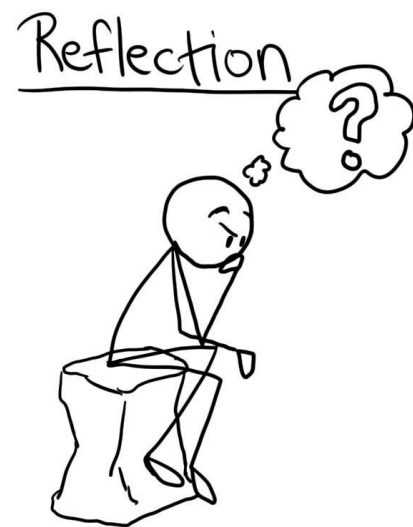
[Mentimeter link for responses](#)



Self-Care Reminder

Reflections:

- What are you taking with you from this presentation?
- What are you leaving behind after this presentation?
- Who are you connecting with after this presentation?



Hydrate

Escape
(read/ write/
Tv/ music
etc)

Breathe

Professional
Check- ins
(supervision)

Move
your
body

Personal
Check -in
(Therapy)

[Mentimeter link for responses](#)

It takes a
village, and it
would my
privilege to
be a part of
yours.



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Upliftphilly.org



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Thank you!
May the rest of your week
be whatever you need it to
be.

Closing GSVLI Day 1

INHALE

This is too much to hold.

EXHALE

So we hold it together.

B L A C K L I T U R G I E S

“What becomes possible when movements are brought more healthfully to grief, and what can we do to support leaders, organizations and movements to get there?”

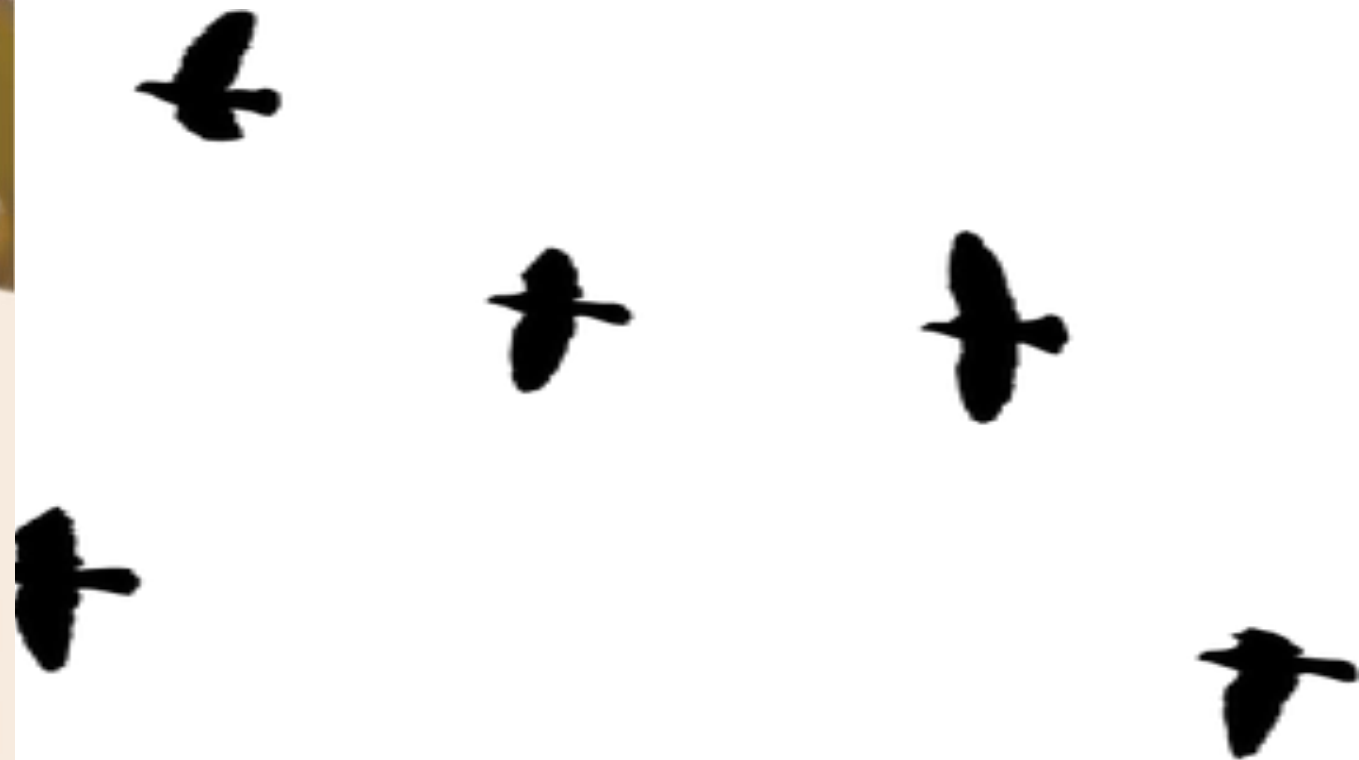
Becoming aware of grief gives us more choices about how to respond to grief and opens up possibilities to approach grief not only with compassion for self and others, but also with joy.

Joy is not the opposite of grief. Grief is the opposite of indifference.”

-MALKIA DEVICH-CYRIL



THANK
YOU



What I received / What I
learned...

What I valued in this space...

What I'm still wondering...

What I can offer for tomorrow...

GSVLI Day 2- What might tomorrow feel like?

Opening & Welcome	MHTTC Staff	9:00-9:15am PT (view your time zone)
Keynote	Roberto Rivera	9:15am-9:45am PT (view your time zone)
Panel 1: Grief Sensitive School Crisis Response	Hannah West, Saun-Toy Trotter, & Tuyl Mogabgab	9:45-10am PT (view your time zone)
Break		10:00-11:15am PT (view your time zone)
Panel 2: Unpacking the Uncomfortable - Cultural Humility's Role in Our School-Based Grief Work	Canada Taylor Parker, Nicole Barnes & Samira Moosavi	11:15-11:30am PT (view your time zone)
Break		11:30-12:45pm PT (view your time zone)
Workshop Practice Session: Growing through Grief: Understanding and Supporting Students Exposed to Loss	Marisa Nowitz and Oscar Widales-Benitez, Trauma and Grief Center at the Hackett Center for Mental Health	12:45-1:00pm PT (view your time zone)
Closing	MHTTC Staff	1:10-2:40pm PT (view your time zone)

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 Institute.

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

Day 1 Survey:

<http://ttc-gpra.org/GPRAOnline/PCS?e=0088240104&n=M>



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
- Erin Briley & Casey Morton, Mountain Plains MHTTC
- Dave Brown, Danya Institute
- Felicia Benson & Jessica Gonzalez, MHTTC Network Coordinating Office
- Shelbie Johnson, Mid-America MHTTC
- Gabrielle Orsi, Northwest MHTTC

To our session hosts, moderators & tech support

- Leora Wolf-Prusan, Pacific Southwest MHTTC
- Oriana Ides, Pacific Southwest MHTTC
- Jessica Gonzalez, Network Coordinating Office
- Erin Briley, Mountain Plains MHTTC
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- Heather Gotham, Network Coordinating Office
- Shelbie Johnson, Mid-America MHTTC
- Gabrielle Orsi, Northwest MHTTC
- Ricky Canelo, 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

Extended reading & learning

- Michelle C. Johnson. *Finding Refuge: Heart Work for Healing Collective Grief*. Boulder, Colorado: Shambala Publications, Inc. (2021: 10).
- Harris, & Bordere, T. C. (Eds.). (2016). *Handbook of social justice in loss and grief: exploring diversity, equity, and inclusion*. Routledge.
- [GUIDEBOOK: Creating an Altar for Black Lives by KT Kennedy, Black Education Matters](#)
- [Tips for Survivors: Coping With Grief After Community Violence](#)
- [Healing in Community Summit — Michelle Cassandra Johnson](#)
- [Grieving While Black: An Antiracist Take on Oppression and Sorrow](#) By Breeshia Wade
- [Healing Trauma, Attending To Grief - Native Wellness Institute & Jillene Joseph](#)
- [Anishinaabek Grief and Loss Healing Tool | SAY Magazine](#)
- [Healing Indigenous Hearts Facilitators Guidebook](#)