



# Partners in *grief*

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## OUR MISSION

*Hospice of the Western Reserve provides palliative and end-of-life care, caregiver support, and bereavement services throughout Northern Ohio.*

*In celebration of the individual worth of each life, we strive to relieve suffering, enhance comfort, promote quality of life, foster choice in end-of-life care, and support effective grieving.*

*Western Reserve Grief Services is a community-based grief support program that provide services throughout Northern Ohio. We offer support to anyone who has experienced a loss due to death.*



## Grief in the *Digital Age*

Jane Arnoff Logsdon,  
 MSSA, LSW  
 School Liaison

It's a brave new world. And technology is perhaps the biggest change that has influenced our society at all levels over the last 10-15 years. Technology influences everything we do now, from the minute (ordering food) to the significant (how we communicate). We won't fully realize the implications of technology for years to come.

Naturally we see the impact of technology among children and adolescents in significant ways. In particular, kids as young as 8 or 9 have phones and by their teenage years, a phone becomes a main means of communication, replacing talking with texting or Instagramming, even finding teens texting one another in the same room!

So how does this impact grief and loss in this population? In their article "Grieving Adolescents: The Paradox of Using Technology for Support", James, Oltjenbruns, and Whiting point out a couple of key ideas.

- There is much work and research yet to be done on this topic. But we can't ignore it. It's here to stay.
- There are numerous pros and cons for online bereavement support. (*see reverse*)
- Technology can impact an adolescent's development negatively.
- Technology is compatible with teens' need to establish autonomy and privacy as well as their more sophisticated thinking and thirst for knowledge.

We have all seen how technology impacts our work; online communication is often the first place where information about a death is communicated. As the adults in their lives, we need to stay informed about the technology that is ever evolving and impacting students in all parts of their lives. Their devices are life lines for them and technology will likely influence the way they experience grief and loss. Our difficult but crucial task is to learn alongside them and guide them through these strange, new waters.

# Technology

## PROS

Provides **"instant" support**

An opportunity to **express feelings without the intensity or scrutiny** that may come with face to face interactions

Social media suits an adolescent's need to **establish autonomy and privacy**

## CONS

They are unable to **process their feelings** with a trusted adult

**Difficult to regulate** and supervise interactions

Many young people "collect" internet "friends" rather than developing in person social connections which **limits the development of in-person social connections**

From *Pros and Cons of Technology* (James, Oltjenbruns, and Whiting, 2008).

# Together We Can



## Grief Camp Information

**WE OFFER A VARIETY OF CAMPS** to meet the grieving needs of children and adolescents. Camps provide the opportunity to be with others who are also grieving the death of a loved one. Camps are expressive in nature and led by experienced facilitators in art, music, play and nature activities. For more information or a registration packet, please contact us at **216.486.6838** or visit [hospicewr.org/camps](http://hospicewr.org/camps).

### One-Day

#### **Common Ground**

Saturday, July 14, 9 a.m. - 3 p.m.  
14240 Baird Rd., Oberlin, OH

A one day bereavement camp for children ages 8-14 who have experienced the death of a loved one.

### Three-Day

#### **Red Oak**

August 7-9, 9 a.m. - 3 p.m.  
Red Oak Camp, Kirtland, OH

A bereavement day camp for children ages 8-14 who have experienced the death of a loved one. *Pick up and drop off times to be determined.*

### Five-Day

#### **Riding Through Grief**

June 18-22, 9 a.m. - Noon  
Supported by trained counselors, campers ages 8-12 explore grief issues through riding and working with horses. Offered in collaboration with Fieldstone Farm Therapeutic Riding Center.

### Family Event

#### **Family Day at the Beach (all ages)**

Saturday, July 28, 3 - 5 p.m.  
Mentor Headlands, Mentor, OH  
Join us for fun and festivities as we honor the life of your special person.

**216.486.6838 ♦ [HOSPICEWR.ORG/CAMPS](http://HOSPICEWR.ORG/CAMPS)**



300 East 185th Street | Cleveland, OH 44119-1330  
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Serving the Northern Ohio counties of Ashtabula, Cuyahoga, Geauga, Lake, Lorain, Medina, Portage, Stark and Summit.

## School Resources

**AS A COMMUNITY PARTNER**, Western Reserve Grief Services offers schools, faculty and staff members resources to navigate the painful experience of grief and loss.

### **Grief Support in Schools**

For students and staff before or after the death of a student, staff or community member. This may include administrative consultation, staff support and facilitation of 8-10 week support groups (S.T.A.R.S.)

for students in grades 1-12. These groups can be tailored to specific school needs.

### **Classroom Presentations**

Interactive classroom presentations, often integrated into a health class curriculum, can be provided to all grade levels with age-appropriate information focusing on natural life spans of all living things, end of life, anticipating a death, common grief reactions, coping, traumatic death and supporting a grieving friend.

### **Crisis Response**

Immediate on-site crisis response is available when a school-related death occurs. All staff are trained and prepared to respond. This service is available to the general school community and provides licensed grief counselors to support school administration, staff, parents and students. This includes strategic planning, large and small group interventions, education and follow-up support.

### **Staff Training**

Professional development opportunities can be tailored to a school's specific needs. Topics include an overview of grief and loss, anticipatory grief, children and teen grief, traumatic grief, supporting students through loss, grief activities for the classroom and school crisis response.

To set up a S.T.A.R.S. group, classroom presentation, staff training or to access crisis response, please contact **Jane Arnoff Logsdon, School Liaison** at [jarnoff-logsdon@hospicewr.org](mailto:jarnoff-logsdon@hospicewr.org) or **216.486.6287**.