



Partners in *grief*

A PUBLICATION OF HOSPICE OF THE WESTERN RESERVE

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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.

School Update

by Jane Arnoff Logsdon, MSSA, LSW, School Liaison

Greetings and here's hoping you had a fun and relaxing summer! As you settle back into your routines, I wanted to briefly recap wo of our services.

S.T.A.R.S. (Supporting Tears, Anger, Remembrance and Sadness)

In a statement about the efficacy of grief support groups for bereaved children and adolescents, the Hospice Foundation of America states: "...children hate to be different from their peers; in a group, they discover they are not alone." Additionally, in an article titled About Childhood Grief, the National Alliance for Grieving Children states, "...greater than any education, information or advice we can give to children who are grieving is to allow them to connect with other children going through a similar experience." In looking over some of our post-tests of students who participated in S.T.A.R.S. last year, I found the same sentiments. Several students stated, "it's okay to cry and be sad and {I also learned that I} don't need be only sad." We frequently hear from guidance counselors and other staff how S.T.A.R.S. really helps grieving students. Because of this, many schools invite us back year after year as new students in need of support are identified.

But No One Ever Told Me: Teen Talk About Grief and Loss

One of our key programs is often presented in conjunction with a health class but can be plugged into other classes as well. Our goal is to take some of the taboo out of death and dying for young people and give them a safe space to explore this most essential area. We receive positive feedback on these groups. As one of the teachers who has scheduled the classes for the last 12 years states, "for students who have suffered loss, the program is beneficial because it helps them to understand they aren't going crazy, that others go through grief and gives them an understanding of positive and negative coping."

For more information about any of these services, contact School Liaison Jane Arnoff Logsdon at jarnoff-logsdon@hospicewr.org or 216-486-6287. We look forward to working with you this year!

S.T.A.R.S. Group Guidelines

- Groups are minimum of 5 students, maximum of 11.
- Students must be close in age (i.e. within a grade or two of one another).
- If siblings enroll, they need to be in a group of several other students.
- Parents/guardians must fill out a permission slip and short bereavement history before the group begins, which can be done as writeable PDF or on paper.
- A private space is required and the same one isoptimal for all sessions.
- Sessions are weekly and generally 40-45 minutes.

Program Highlights

- An overview of death and dying as well as grief and loss.
- Discussion and interactive activities
- For grades 6-12 (modified content for younger students).
- Can be presented in 1 or 2 class sessions

Save the Dates

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-logston@hospicewr.org or **216.486.6287**.



NEOEA DAY

October 12, 2018, 9-12pm

300 E. 185th Street
Cleveland, OH 44119



Pack Your Grief Bag: Information and Tools for Grieving Youth

This workshop will explore age specific grief reactions. Participants will learn and see demonstrated activities that can be used to support grieving youth.

www.hospicewr.org/neoea



November 18, 2018

CHILDREN'S GRIEF AWARENESS DAY is designed to help us all become more aware of the needs of grieving children — and of the benefits they obtain through the support of others. Children's Grief Awareness Day is an opportunity to make sure that grieving children receive the support they need.

How can YOU participate?

- **TAKE GROUP PICTURES** and upload them to your school's social media pages, with the hashtag **#CGADhope**
- **WEAR BLUE**
- **HAVE WESTERN RESERVE GRIEF SERVICES PRESENT** at your next staff meeting/event about our services
- **USE HOPE THE BUTTERFLY** on your social media profiles



FOR MORE IDEAS: www.childrensgriefawarenessday.org

Watch your emails and check our website for updates!

www.hospicewr.org/griefandloss



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Serving the Northern Ohio counties of Ashtabula, Cuyahoga, Geauga, Lake, Lorain, Medina, Portage, Stark and Summit.