Setting the Stage:
Grief on College Campuses (Part 1)

Inner Harbor

February 3, 2022
11:00 am - 1:00 pm PST / 4:00 – 6:00 pm EST

SCHOOL CRISIS RECOVERY and RENEWAL

SAMHSA

DISCLAIMER

This training is offered through the National Child Traumatic Stress Network (NCTSN) and The School Crisis Recovery and Renewal (SCRR) and is funded by the Center for Mental Health Services (CMHS), Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services and jointly coordinated by the University of California, Los Angeles, and Duke University, and is administered by the Center for Applied Research Solutions (CARS). The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of SAMHSA.

SCHOOL CRISIS RECOVERY and RENEWAL

WHAT IS SCRR?

Promoting effective and sustainable change in the ways school communities and school leadership builds the skills, knowledge, and attributes necessary to recover and renew after a crisis.

www.schoolcrisishealing.org

School crisis readiness is essential. Response is critical.

And: what happens after matters, too.

CARS
CENTER FOR APPLIED RESEARCH SOLUTIONS

A PARTNER IN NCTSN
The National Child Traumatic Stress Network

trauma TRANSFORMED

Mental Health Resources

SAMHSA Helpline (call or text)
1-800-985-5990

National Crisis Line (for youth and adults)
1-800-273-8255

LGBT National Hotline
1-866-488-7386

Trevor Project LGBTQ Youth Hotline
1-888-488-4564

Trans Lifeline Transgender Peer Support
1-877-565-8860

National Suicide Prevention Lifeline (Link)
call 800-273-8255 or chat with Lifeline

Post Secondary Grief Student Support:
A Three-Part Training with Inner Harbor

Setting the Stage: Grief on College Campuses (Part 1)

February 3, 2022

11:00 a.m. – 1:00 p.m.
PT / 2:00 – 4:00 p.m. ET

A Deeper Dive: Meaning Making of Grief with College Students (Part 2)

February 10, 2022

11:00 a.m. – 1:00 p.m.
PT / 2:00 – 4:00 p.m. ET

Connecting Student and Systems: Supporting Middle and High School Teachers and Staff to Prepare Grieving Students for College (Part 3)

March 25, 2022

11:00 a.m. – 1:00 p.m.
PT / 2:00 – 4:00 p.m. ET

https://schoolcrisishealing.org/post-secondary-grief-student-support/

INNER HARBOR

A Transition Program for Grieving College Students

Workshops

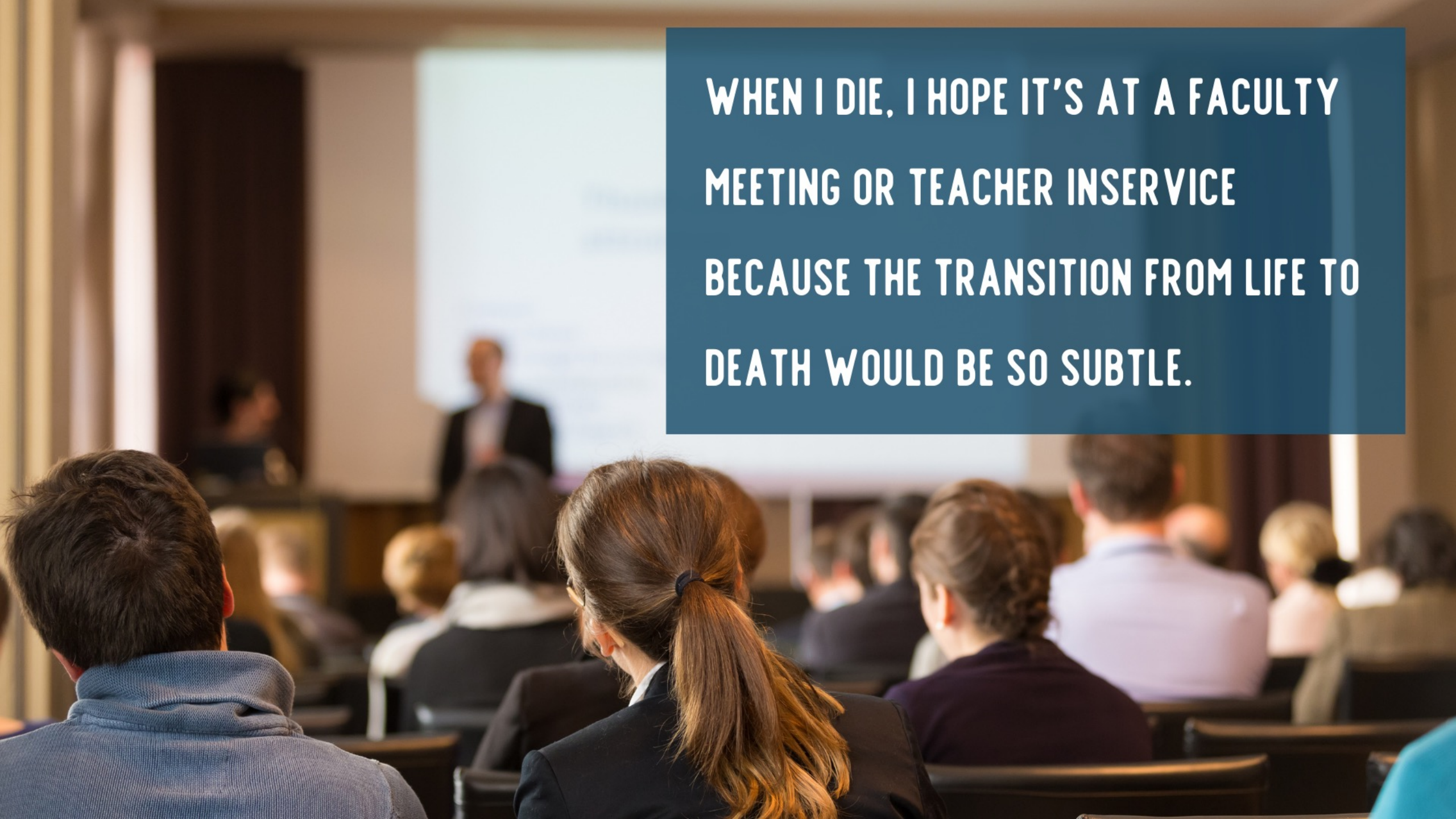
MANDI ZUCKER, MSW, CT

Founder and President of Inner Harbor. With over 20 years of experience in hospice, end of life care, and grief support, my focus is on supporting and educating about young adult grief.

Workshops

MAIREAD PETERS

Program Coordinator for The Cove Center for Grieving Children in CT. With a background in Social Work and personal experiences with loss, trauma, and grief, my passion is providing support to those grieving and encouraging growth and healing in the process.


WHEN I DIE, I HOPE IT'S AT A FACULTY MEETING OR TEACHER INSERVICE BECAUSE THE TRANSITION FROM LIFE TO DEATH WOULD BE SO SUBTLE.

GOALS AND OBJECTIVES

HOW GRIEF MANIFESTS IN COLLEGE

How do young adults experience grief physically, emotionally and cognitively?

STRATEGIES TO SUPPORT GRIEVERS

What are some strategies to support grievers both in and out of the classroom?

LISTENING SKILLS

How can we listen to students so they feel comfortable sharing?

WHAT IS LOSS, GRIEF AND MOURNING?

LOSS

Loss is the experience of not having something that was meaningful in your life any longer.

GRIEF

Grief is the normal, natural reaction we experience after a loss.

MOURNING

Mourning is the expression of grief. Typically done through rituals.

COVID LOSS IN COLLEGE

COVID LOSS IN COLLEGE

In person learning

COVID LOSS IN COLLEGE

In person learning

Internships

COVID LOSS IN COLLEGE

In person learning

Unemployment

Internships

COVID LOSS IN COLLEGE

In person learning

Unemployment

Internships

Relationships

COVID LOSS IN COLLEGE

In person learning

Loss of rituals

Unemployment

Internships

Relationships

COVID LOSS IN COLLEGE

In person learning

Loss of rituals

Unemployment

Internships

Isolation

Relationships

COVID LOSS IN COLLEGE

In person learning

College tours

Loss of rituals

Unemployment

Internships

Isolation

Relationships

COVID LOSS IN COLLEGE

In person learning

College tours

Loss of rituals

Unemployment

Internships

Isolation

Vacations

Relationships

COVID LOSS IN COLLEGE

In person learning

College tours

Loss of rituals

Unemployment

Sports

Internships

Isolation

Vacations

Relationships

COVID LOSS IN COLLEGE

In person learning

College tours

Loss of rituals

Unemployment

Mental health concerns

Internships

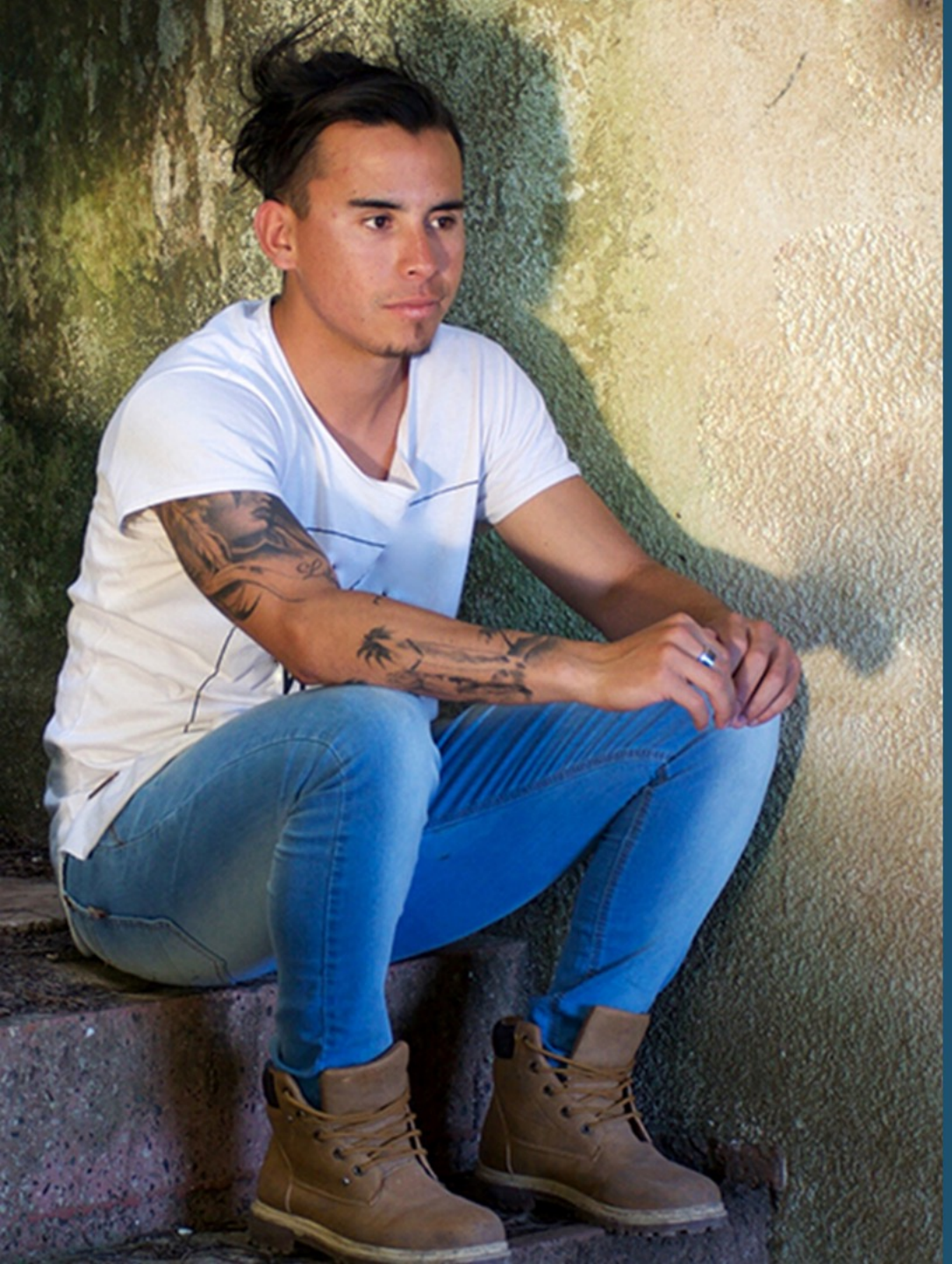
Sports

Isolation

Vacations

Relationships

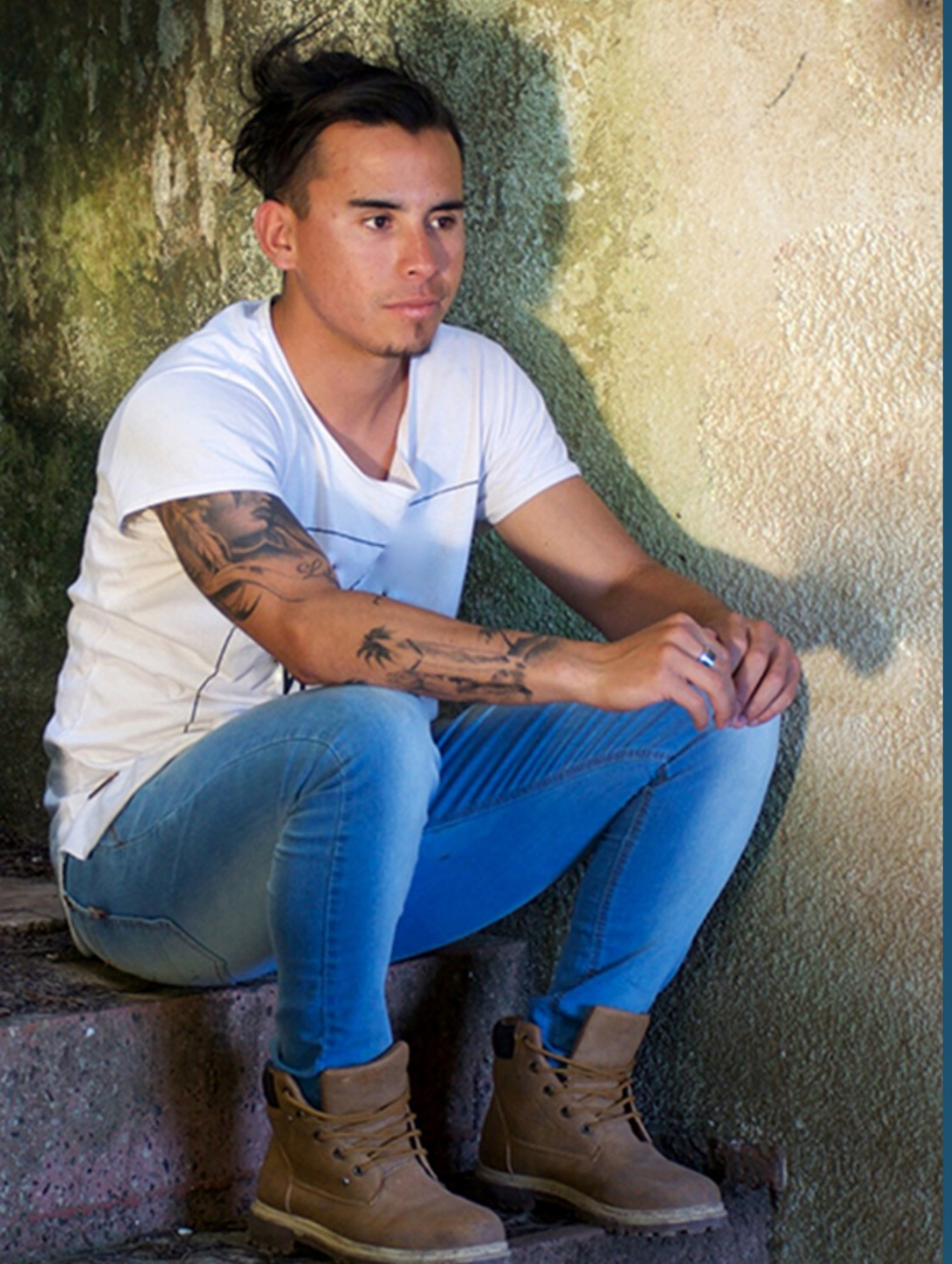
LIFE IS LIKE A BOX OF DOMINOES



GRIEF REACTIONS IN YOUNG ADULTS

Cognitive Responses

- Able to understand abstract concept such a death.
- Understands the universality and permanence of death.
- Capable of independent thoughts
- Concentration and focus can become significant difficulties.
- Concerns about identity and purpose may emerge.
- Ability to focus on grief and then take "breaks" and focus on living.



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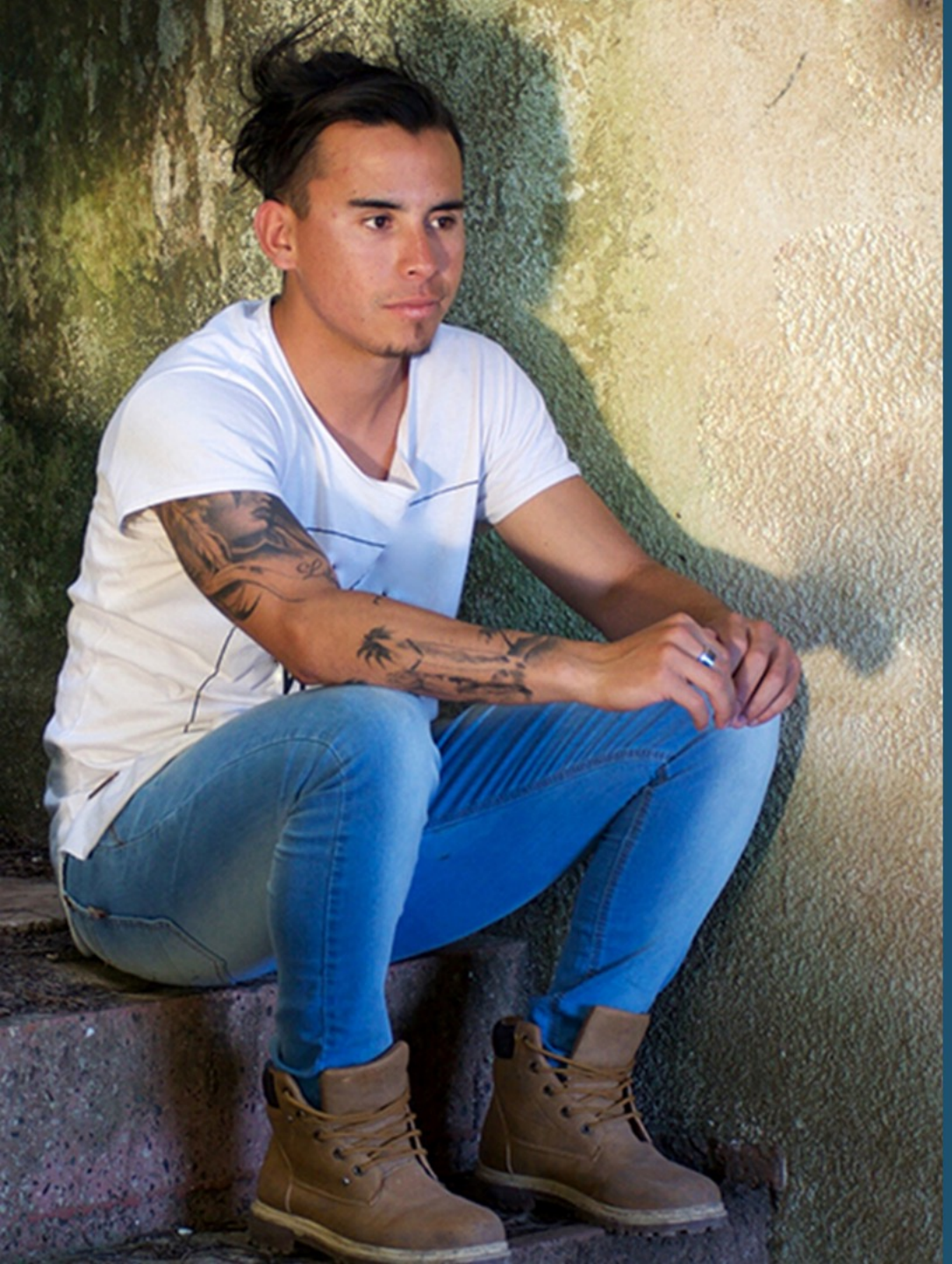
Emotional Responses

- Due to the complicated nature of relationships in adolescence, guilt may be more prominent.
- Teens and young adults also engage in magical thinking.
- Death may bring an awareness to their own lack of power, making them feel helpless.
- Relief after a prolonged illness may also complicate feelings of self worth and guilt.
- Anger



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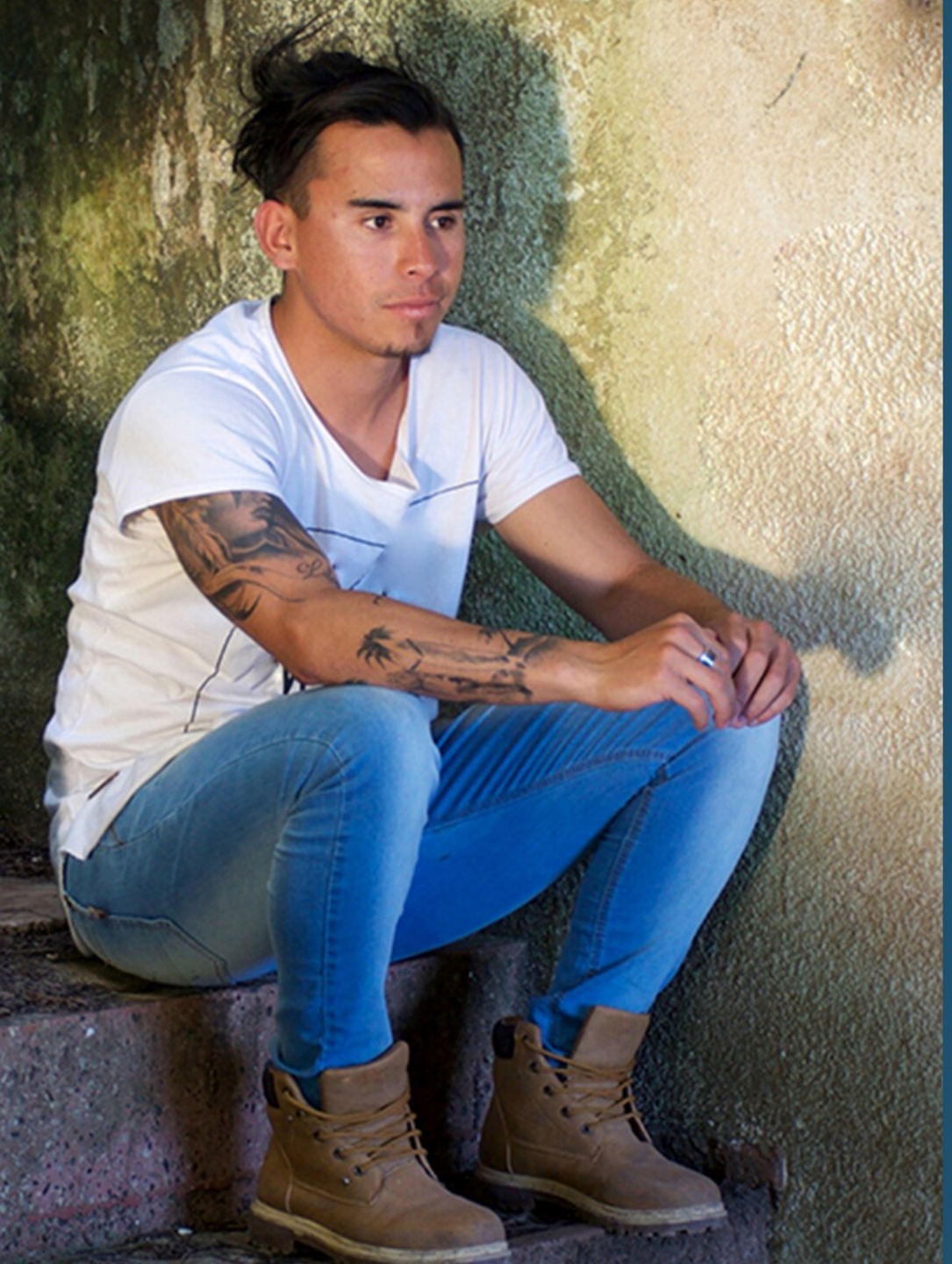
Physical Responses

- Fatigue
- Changes in appetite
- Body aches, including headaches, stomach aches and nausea



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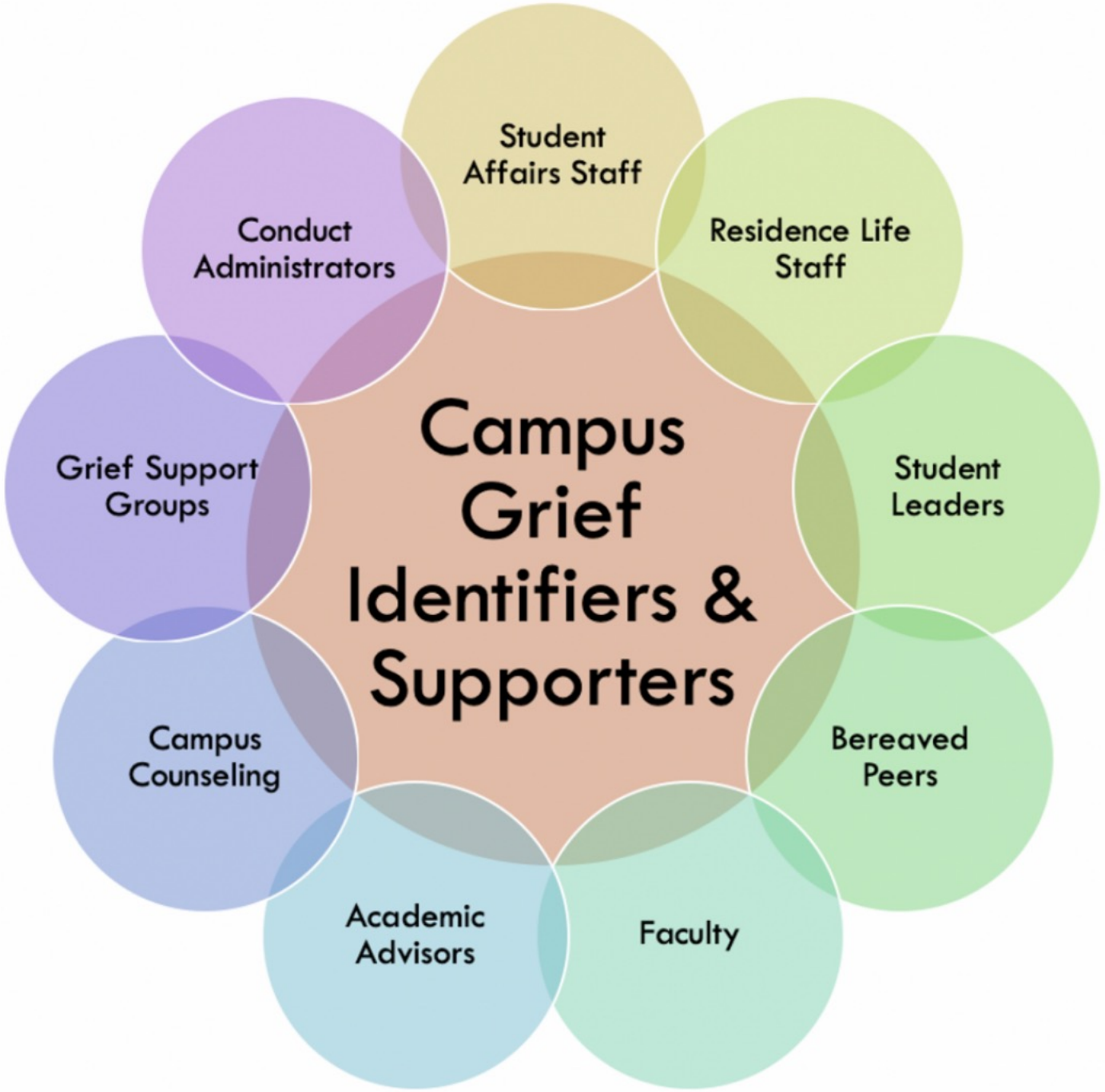
Behavioral Responses

- Changes in sleep patterns
- Increase in risk-taking behaviors
- Increased need to be close to family, including sleeping with parents, or the opposite.
- Acting as if nothing has happened and they are "fine."

REALITY
CHECK
AHEAD

WHAT DO I WANT WHEN I'M GRIEVING?

I want to be told how brave I am
I want to be hugged
I want someone to make me dinner
I want to be reminded that God only gives us what we can handle
I want to hear stories about the person that died
I want to be cheered up
I want to receive gifts/cards
I want to hear similar stories of loss
I want advice
I want someone to offer to do things for me (run errands, mow my lawn)
I want to be asked how I'm doing
I want to be kept busy
I want to be left alone
I want to be reminded to have faith
I want people to give me information about my loss
I want to be referred to a therapist



Varga, MA. (Winter, 2021). Holistically Identifying and Supporting College Student Grief and Trauma During a Global Pandemic and Beyond. Developments, https://www.citationmachine.net/apa/cite-a-journal/search?q=Holistically%20Identifying%20and%20Supporting%20College%20Student%20Grief%20and%20Trauma%20During%20a%20Global%20Pandemic%20and%20Beyond

HOW TO SUPPORT GRIEVERS ON CAMPUS

Anticipate at least some temporary academic changes.

- Sharing your policy/beliefs about accommodations
- Regular check-ins
- Adapt assignments
- Modify the weight of certain assignments
- Train student leaders on campus
- Believe in the potential for all students to care for themselves
- Know about resources on your campus
- Ensure access to clubs and other extra curricular activities

A NOTE ABOUT SUICIDE

- Do something!
- Treat deaths by suicide the same way other deaths are treated.
- Don't ask for specifics.
- Talk about it in small groups- teachers, coaches, club presidents, etc. should acknowledge it. Talking points can be helpful.
- Know about resources, including 800-273-TALK

After a Suicide: A Toolkit for Schools

TALKING ABOUT LOSS IN YOUR CLASSROOM

How much talking should a teacher do?

VALIDATE AND NORMALIZE

"That sounds very scary/sad/exciting... Does anyone else feel that way?"

LESS TALKING, MORE LISTENING!

Ask open-ended questions or "wonder" out loud how students are doing.

KNOW WHEN IS WHEN

Big feelings are just that. But sometimes they are more than you can handle. Know about additional supports/resources in your school.

SELF CARE

Supporting grieving students in the best of times can be difficult. We are not in the best of times.
--David Schonfeld

WHAT IS SELF CARE?

Self care is the ability to support your own emotional, physical, and mental health.

EMOTIONAL

Talking to friends and co-workers can validate feelings that we are all dealing with. Teletherapy also makes therapy more accessible for some. Try to avoid sharing your own stress with students.

PHYSICAL

Can you work outside? Walking meetings are a great way to get exercise and fresh air. Sleeping and eating also count for self care!

PYSCHOLOGICAL

Writing in a journal or trying something new unrelated to work can provide people with breaks from everyday stressors.

WHAT DID WE LEARN?

- We learned about some specific grief reactions of young adults.
- We learned about who can be supportive on a college campus
- We learned how our own grief histories may affect the way we treat others.
- We learned techniques to support students in and out of the classroom.
- We learned about the unique strategies that can be utilized after a suicide loss.

ADDITIONAL RESOURCES

Devine, Megan, How to Carry what Can't be Fixed, 2021
Gottlieb, Lori, Maybe you Should Talk to Someone, 2019

HealGrief.org

Grief Coach

LET'S TALK

INNER HARBOR

Mandi Zucker, MSW, CT

Founder and President

WWW.INNER-HARBOR.ORG

MZUCKER@INNER-HARBOR.ORG

908.292.8039

Post Secondary Grief Student Support:
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Thank you for attending!

We need to hear from you to keep bringing you these no cost resources!

Please take a few minutes to give us your feedback! We use it to plan our future events—and we are required to include it in our reports for our funder.

The feedback form will appear on your screen when the webinar ends and is also included in the follow-up email sent immediately following the webinar.

Supporting Resources

Inner Harbor
inner-harbor.org/services
training, consulting and direct support for high school and college students)

HealGrief's Actively Moving Forward
support for grieving college students, virtual support groups + more)
healgrief.org/actively-moving-forward/college-student-grief

Coalition to Support Grieving Students
grievingstudents.org

Grief Fact Sheets, trainings, and archived resources related to COVID 19, grief, loss, & bereavement
mhttcnetwork.org/centers/global-mhttc/responding-covid-19-grief-loss-and-bereavement

College contexts + suicide postvention
sprc.org/resources-programs/postvention-guide-response-suicide-college-campuses (SPRC, 2014)

What's Your Grief?
whatsyourgrief.com/resources

Grief Recovery Method
griefrecoverymethod.com

The Dinner Party
thedinnerparty.org/resources

Humanizing Grief in Higher Education- Narratives of Allyship and Hope (Shelton & Sieben, 2021)

Upcoming Opportunities

SCHOOL CRISIS RECOVERY and RENEWAL

Post Secondary Grief Student Support: A Three-Part Training with Inner Harbor

February 3, February 10, and March 25, 2022

Join this 3-part intensive training to learn practical suggestions for working with grieving students while in college and explore how we can all contribute to a culture that promotes the expression of grief as a normal, natural process.

Learn more and register

Listen, Learn, and Lead: Consultancy Chats for School Systems Leaders

February 11, February 25, March 11, and March 25, 2022

Every other Friday in February and March, bring your questions, your site's challenges, your leadership hurdles to listen, learn, and lead one another by engaging in consultancy protocols.

Learn more and register

Upcoming Opportunities

Grief Responsive Teaching: Supporting Students and Ourselves in Times of Loss (An Introduction) Workshop and Book Club

March 9 – May 25, 2022

Brittany R. Collins leads a training on grief-responsive teaching for educators and administrators and will lead a Learning from Loss book club.

Learn more and register

Re-writing Our Narratives: Cultivating Healing through Critical Literacy and Collective Care – A Critical Friends Group

March 23 – May 18, 2022

This five-part educator participatory action research experience is designed to guide educators through the process of exploring personal and collective barriers to mental health and wellness.

Learn more and register

Opportunities from our Network

MHTTC Network's Grief Sensitivity Virtual Learning Institute

February 23 and 24, 2022

A free, two-day learning space *for those supporting individuals (general mental health and school mental health populations) experiencing grief and loss through COVID-19 and beyond.*

Learn more and register

MHTTC Network's Healing School Communities: Shifting the Dominant Paradigm to Center Student Wellness

February 8 – March 22, 2022

This Community of Practice will be to explore the roles and responsibilities of school staff and systems in supporting a school's healing ecosystem within the context of racial violence.

Learn more and register

SCHOOL CRISIS RECOVERY and RENEWAL

Contact Info

Email: SCRR@cars-rp.org

Phone: (888) 597- 0995

Website: www.schoolcrisishealing.org

Get social with us!

Facebook: @scrr.project

Instagram: @scrr_project

Twitter: @scrr_project

SAMHSA's mission is to reduce
the impact of substance abuse and
mental illness on America's communities.

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) ● 1-800-487-4889 (TDD)

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