

Prime Time Palm Beach County

Afterschool Symposium 2023



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Embracing the present to offer youth meaningful out-of-school time experiences



Understanding Grief & Childhood Bereavement

Léi Levinsky-Sun. M.S.Ed. #AfterschoolSYM2023

Children's Bereavement Center



Dedicated to Quality Out-of-School Time

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Learning Objectives

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- Participants will understand general grieving process.
- Participants will learn how grief is expressed in different age groups.
- Participants will understand different ways to support grievers in a culturally and developmentally sensitive way.
- Participants will learn about the Children's Bereavement Centre Grief Resource.



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Did You Know...?

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Did you know that for every person who dies from COVID19, nine (9) bereaved loved ones are left behind?

Did you know that 1 out of every 12 children in Florida will lose a parent or sibling by the time they are 18?

Did you know that peer group support is an effective intervention for grieving children?

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The Power of the Support Group

Support groups are an effective model for grief for the following reasons:

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Terminology

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DEAD



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What is Grief?

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Factors/ Variables That Influence Grief

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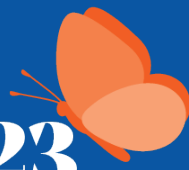


Primary and Secondary Loss

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Stages, Tasks, & Healthful Grieving

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Anticipatory Grief

- Grief feelings and reactions before a loved one dies

Stage Theory of Dying (Kubler-Ross)

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

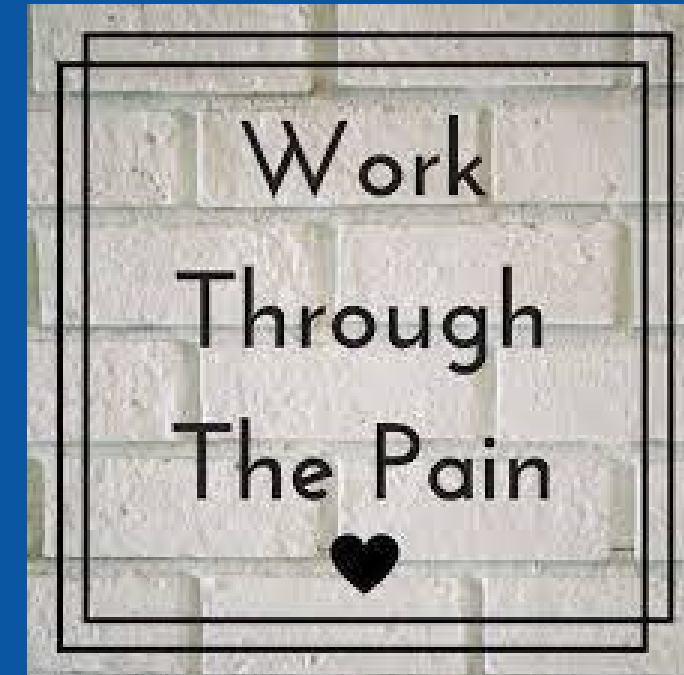


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Stages, Tasks, & Healthful Grieving

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Developmental Stages and Children's Responses to Grief

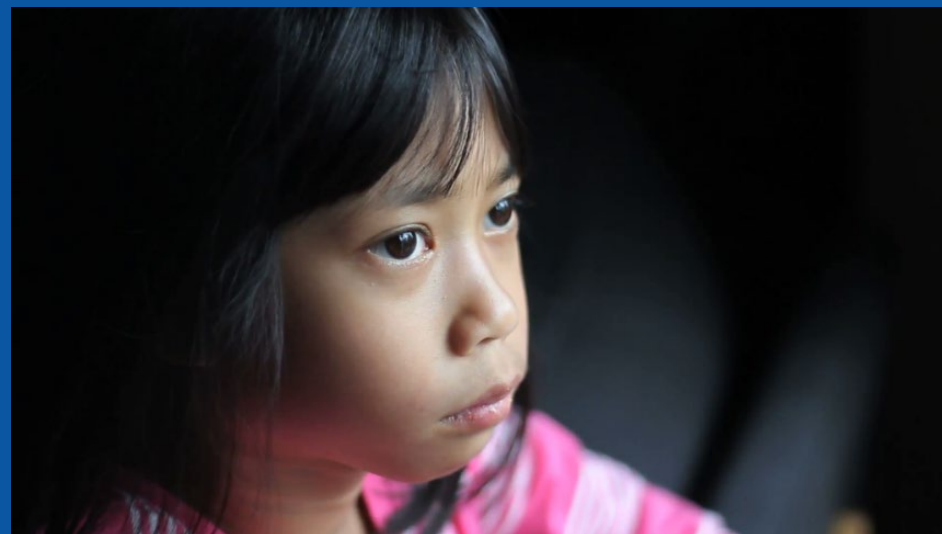
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- Ages 3 to 5
- Ages 6 to 9
- Ages 10 to 12
- Ages 13 to 18



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Question?

Can you name a show or movie that deals with loss?



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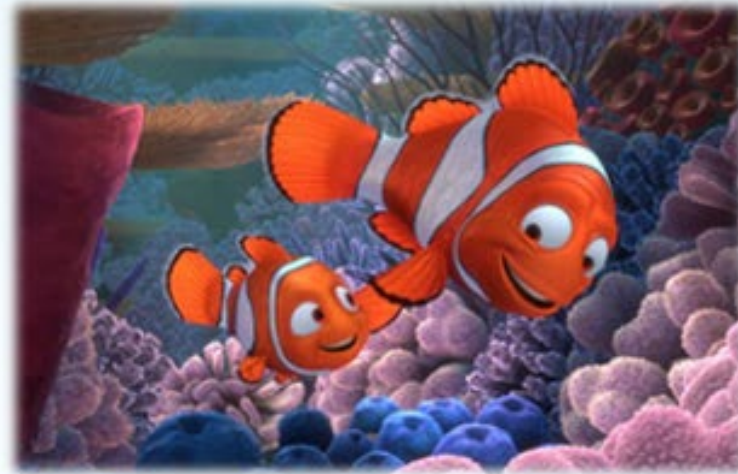
Children Are Familiar With Loss

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Helpful Behaviors for Grief



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- Be present and authentic
- Listen more, talk less
- Avoid trying to “cheer up” a child
- Accept expressions of emotion
- Maintain contact
- Be genuine
- Invite the conversation
- Limit personal sharing
- Offer practical advice
- Offer reassurance



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What to Say and What Not to Say

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Don't Say This	Say This Instead
<p>"I know what you are going through."</p> <p>You cannot know this. Everyone's experience of grief is unique.</p>	<p>"Can you tell me more about what this has been like for you?"</p>
<p>"You must be incredibly angry."</p> <p>It is not helpful to tell people how they are feeling or ought to feel. It is better to ask. People in grief often feel many different things at different times.</p>	<p>"Most people have strong feelings when something like this happens to them. What has this been like for you?"</p>
<p>"This is hard, but it's important to remember the good things in life too."</p> <p>This statement can quiet down true expressions of grief. When people are grieving, it's important they be allowed to experience and express whatever feelings, memories, or wishes they're having.</p>	<p>"What kinds of memories do you have about the person who died?"</p>
<p>"At least he is no longer in pain."</p> <p>Focusing on the 'good things' can minimize the grief experience. Typically avoid statements that begin with 'At least'.</p>	<p>"What types of things have you been thinking about since your loved one died?"</p>

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Cultural Sensitivity

Steps for understanding cultural differences in grief and bereavement



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A Reflective Question...

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Neurodivergence



Neurodivergence- brains that function differently in one or more ways than is considered standard or typical

Common types of neurodivergence:

- Autism
- ADHD
- Dyslexia
- Dyspraxia
- Down syndrome
- Epilepsy
- Some chronic mental health illnesses



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Cultural Sensitivity and the Autism Spectrum

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Gender and Autism

- Different presentation in girls and women

Race, ethnicity and Autism

- More white children are identified with ASD than black or Hispanic children (CDC, 2021).
- Potential barriers in diagnosis: stigma, lack of access to healthcare services, language
- Differences are narrowing.



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**Children's
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**FREE GRIEF SUPPORT GROUPS
FOR CHILDREN, TEENS & ADULTS**

CHILDBEREAVEMENT.ORG | @MIAMICBC

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About the CBC



The Children's Bereavement Center "CBC" is a 501 (c)3 nonprofit organization providing FREE grief support groups for all ages (4+). Lift From Loss® is a division of CBC providing support for young adults and adults.

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- Founded in 1999
- Clinical team includes National grief experts, Thanatologists and mental health professionals as group facilitators
- Service MiamiDade, Broward and Palm Beach counties and nationwide
- Free resource articles available for the community

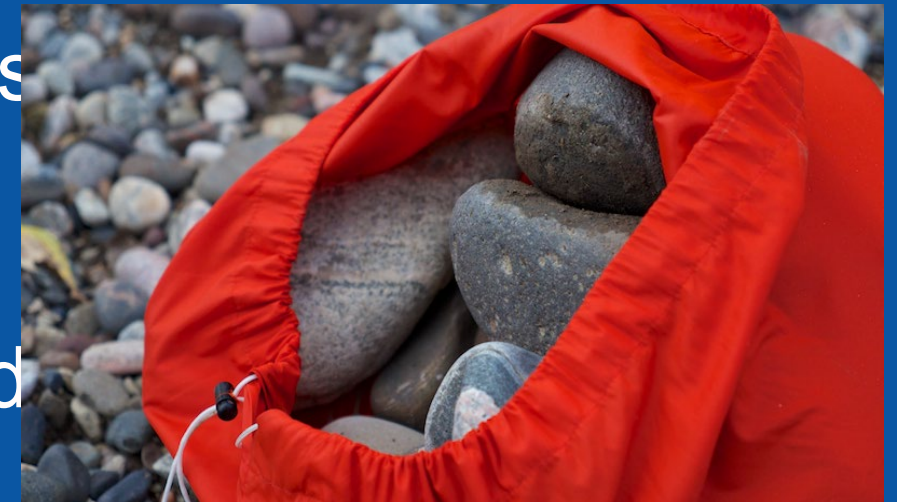


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CBC Beliefs Regarding Grief

- Grief is a natural, healthy reaction to loss
- Each individual has the capacity to heal
- The intensity, duration, and expression of grief is unique for each individual
- Relationships continue after the person has died
- Children and adults benefit from the camaraderie of others who are also grieving
- Grief is transformative and can lead to positive growth



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CBC Support Group Information

About CBC Grief Support Groups:

- Groups are FREE for all ages (4+)
- Open to anyone who has lost a loved one as a result of illness, accident, suicide or homicide
- Orientations are held weekly
- There is never a waitlist to join group
- Music and art activities
- Candle lighting ceremonies
- Spanish groups are available for adults
- Creole groups will be available for adults
- Groups are therapeutic not therapy!

FREE PEER GRIEF SUPPORT GROUPS
Join us online every week!

Groups for:

- Elementary School Children
- Middle School Youth
- High School Teens
- Young Adults
- Adults (English, Spanish, Creole)

CALL 888-988-5438

The Children's Bereavement Center logo is located at the bottom right of the graphic.

FREE VIRTUAL PERINATAL & INFANT LOSS GRIEF SUPPORT GROUPS

Children's Bereavement Center
CALL 888-988-5438
For Mothers, Fathers & Couples

SUPPORT FOR SURFSIDE
GRIEF SUPPORT AND RESOURCES AVAILABLE FOR IMPACTED RELATIVES AND FRIENDS

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CBC Support Group Information

Consistent & Open Ended

- Peer support groups occur at the same time each week
- Groups run yearround
- We do not have a curriculum



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Accessible

- Peer support groups occur online
- Free to participate



Comprehensive

- Whole family participation is encouraged and recommended
- Loss can be recent or in past years
- No session limits



Inclusive

- Groups welcome all those touched by the loss of a loved one
- Groups are non-denominational, culturally diverse and welcoming of all identities



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Support Group Information



Group Schedule

On Zoom

Mondays, Tuesdays, Wednesdays
(grouped based on age and location)

5:30 - 6:30pm Elementary only
7:00 - 8:30pm for all groups



CBC Support Group Rules

- All new group members are required to attend an orientation
- All people who attend group are participants; no guests at group
- Group confidentiality (safety exceptions)
- Attendance and timeliness
- "I Pass" Rule

Based in South Florida
Support available nationwide

"Although the loss and the impact on our lives are different, the grief and recovery process were remarkably similar."

- CBC Participant



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How to Join a Group

HOW TO ATTEND YOUR FIRST GROUP

01 CALL 888-988-5438
OR E-MAIL
SUPPORT@CHILDBEREAVEMENT.ORG



ATTEND AN
ORIENTATION

02

03 WELCOME TO YOUR
FIRST GROUP



- No referral required
- Participant can self-enroll when ready



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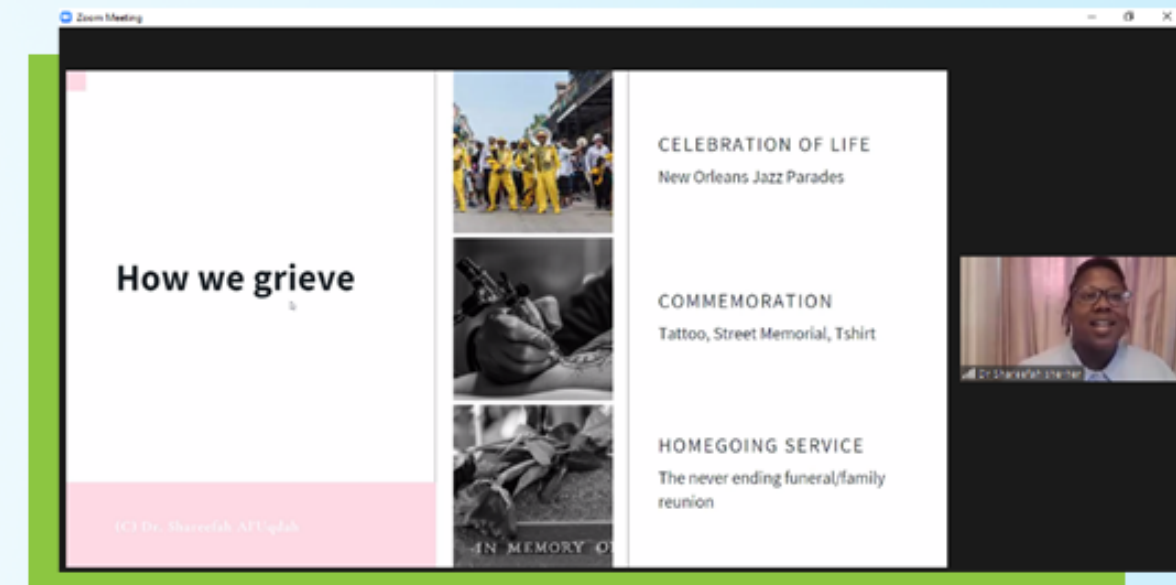


CBC Grief Training

- The CBC Training Institute may be contracted for customized education and consultation services for healthcare professionals at schools, hospitals, community agencies and first responders
- Offer referral services and comprehensive materials on grief
- 10,000+ professionals trained each year
- Training topics include grief symptoms, grief at different developmental stages, self care, etc.



Research: CBC engages in ongoing program evaluation of our grief support services. CBC participants' grief symptoms, personal growth, social support, and connection to the deceased loved one(s) are measured and reviewed. Our research is used to improve CBC services and share knowledge at National Grief Conferences.



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ATTEND CBC EVENTS!

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In-Person at Zoo Miami
Virtual Race option
November 18, 2023
StepsforHealing.org



SPRING 2023 FUNDRAISER
CBCRockin.org



LUNCH & LEARN'S

Renowned expert speakers
Held quarterly on Zoom

CONVERATIONS WITH CBC

Q&A addressing grief-related topics
Held quarterly on Zoom

CBC COMMUNITY POP UP!

Meet CBC in your community
Hosted across South Florida, time varies



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CBC Calendar and Newsletter

Scan here for the full CBC Calendar

Scan here to subscribe to the
CBC's free newsletter
and stay tuned with our events

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presentation



The Children's Services Council of Palm Beach County provides significant funding for Prime Time's overall operations. The Palm Beach County Youth Services Department provides support for Prime Time's Middle School Out-of-School Time Initiative.





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