

What is Grief? <https://www.griefrecoverymethod.com>

“Grief is the natural and normal reaction to a loss—an end in a familiar pattern or behavior. Grief is unique and emotional. Of itself, grief is neither a pathological condition nor a personality disorder. You can’t compare or compete. Everyone handles grief in their own unique way. There is no timeline or method in how one deals with grief or loss”

Grief can occur from the following:

- Death
- Divorce
- Relationship
- Loss of Trust
- Loss of Safety
- Pet Loss
- Illness
- Move
- Natural Disasters
- Job
- Trauma

The Truth About the “5 Stages” of Grief

Elisabeth Kubler-Ross studied how the terminally ill people dealt with their own mortality (denial, anger, bargaining, depression and acceptance)

- Death & Dying Not Grief
- Grief Cannot Be Neatly Categorized
- There are No Stages
- Misinformation is Confusing
- Media version of Grief
- Stages Don’t Relate to How Survivors Feel
- Yale Medical School Proved: Lack of Value to Those Grieving

When speaking to someone who has experienced a loss

DON’T SAY:

- Stay Strong
- At least they did not suffer
- They led a good life
- They are in a better place
- Keep Busy
- Be grateful you had him/her for so long
- Don’t feel bad
- Replace the loss

DO SAY:

- Do you want to talk about your significant emotional loss?
- What was your relationship like?
- I can’t imagine how painful, devastating...
- Be empathic
- “I can’t imagine how you feel”
- It’s OK if you enjoy talking about your child
- Don’t always talk just listen

Simple DON'T's when talking with kids about grief or loss

- DON'T-Say: “Don’t Feel Scared.”
- DON'T Say “Be strong for your parents”
- DON'T Compare their lives to others
- DON'T Make promises you can’t keep
- DON'T-Say: “Don’t Feel Sad”
- DON'T-Ask: “How are you feeling?”
- DON'T forget they are very smart

What is Recovery?

- Finding new meaning for living without fear
- Talk about your feelings regardless
- Use skills we should have been taught as a child
- Open-mindedness, Willingness, Courage
- Enjoy fond memories without turning painful
- It’s ok to be sad from time to time
- You never get over an emotional loss but you can learn to survive in spite of it

Resources:

<https://www.griefrecoverymethod.com>

The Grief Recovery Method

<https://www.griefrecoverymethod.com/books/grief-recovery-handbook>

When Children Grieve

<https://www.griefrecoverymethod.com/books/when-children-grieve>

Moving Beyond Loss

<https://www.griefrecoverymethod.com/books/moving-beyond-loss>

Tear Soup <https://griefwatch.com/tear-soup-home.html>

Videos

"Starr Carter is constantly switching between two worlds -- the poor, mostly black neighborhood where she lives and the wealthy, mostly white prep school that she attends. The uneasy balance between these worlds is soon shattered when she witnesses the fatal shooting of her childhood best friend at the hands of a police officer. Facing pressure from all sides of the community, Starr must find her voice and decide to stand up for what's right."

<https://youtu.be/ZuSFlrWmgAg>

Being Latina on a college campus

<https://youtu.be/385EzrLq6pE>

Looking for Luke

<https://youtu.be/qipDNvyHn-8>

Blue Whale Challenge

<https://youtu.be/nnCy2ydoldY>


Suicide

<http://www.adweek.com/creativity/logic-narrated-a-powerful-google-ad-about-suicide-prevention-after-his-grammys-performance>

Tools & Resources


Healthy Mind Network
<http://healthymindsnetwork.org/>

STUDENTS OF COLOR CARRY EXTRA WEIGHT




Images Created by Susan Carr
© Justin Carr Wants World Peace 2018

- More Overwhelmed & Hopeless
- Don't Report feeling unprepared academically or emotionally
- 25 % Report MH issues vs 40% White Students



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HISTORICAL STEREOTYPES
MICRO AGGRESSIONS
NO MONEY
LIMITED EDUCATION
HOPELESS
EXCLUDED
RACIAL VIOLENCE
INJUSTICES
STIGMAS

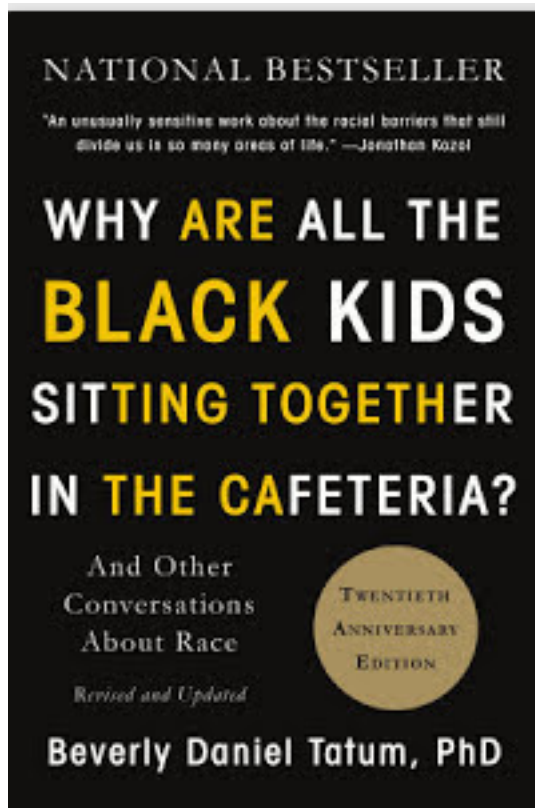


WACAC SLC 2019 Chapman University

“Good Grief; It’s Important. Prioritize Student Wellbeing vs. Academics”

Presented by: Susan Toler Carr, PE Justin Carr Wants World Peace Foundation

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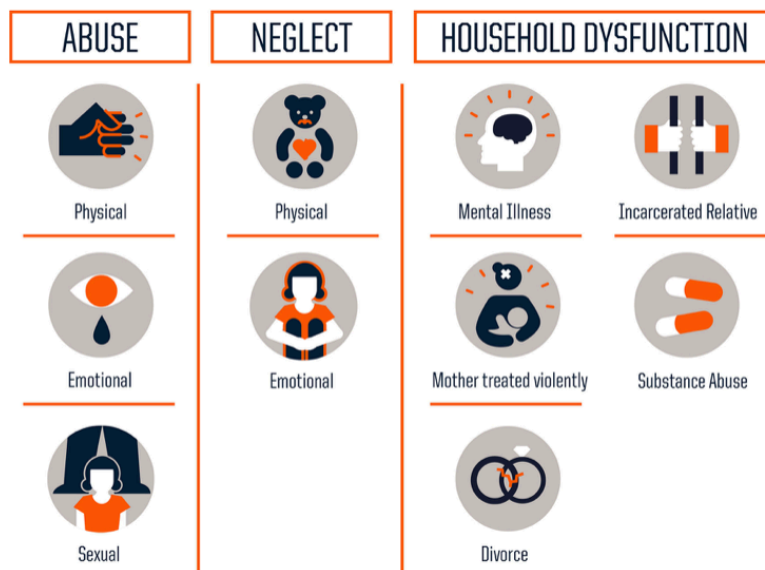


“Students need to learn to communicate about cultural differences in the broadest possible sense, including those usually grouped together as “diversity” issues like gender, race and power relationships. They must be prepared to have challenging conversations with people different from themselves in order to achieve cooperation. Intercultural competence, in its widest sense, is a vital key for success in the future.”

White Privilege: Unpacking the Invisible Knapsack Peggy McIntosh, 1990

"I was taught to see racism only in individual acts of meanness, not in invisible systems conferring dominance on my group.
I have daily effects of white privilege and my African American friends don't."

- I can move pretty much where I want to...
- My neighbors will be neutral or pleasant to me.
- My skin color will NOT work against me in life, schools, social settings, stores
- Go shopping or travel w/o being followed or harassed
- Asking for the person in charge and they look like me...
- Teachers & Administrators look like me
- Can protect kids most of the time... AA parents talk to their kids about dealing with the police... White parents talk to theirs about automatic privilege and not to forget their phones...



Source: Centers for Disease Control and Prevention
Credit: Robert Wood Johnson Foundation

Adverse Childhood Experience (ACE) Questionnaire
Finding your ACE Score as hbe 10 24 06

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

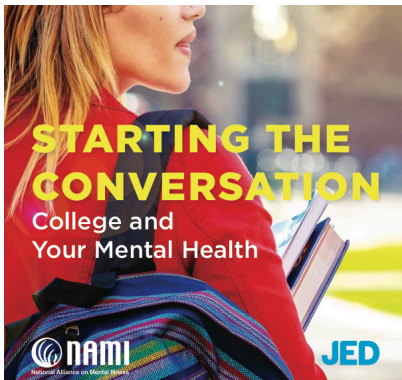
Now add up your "Yes" answers: _____ This is your ACE Score

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A **power of attorney** is a legal document that gives someone you choose the **power** to act in your place. In case you ever become mentally incapacitated, you'll need what are known as "**durable**" powers of **attorney** for medical care and finances.

The Durable Power of Attorney: Health Care and Finances ...

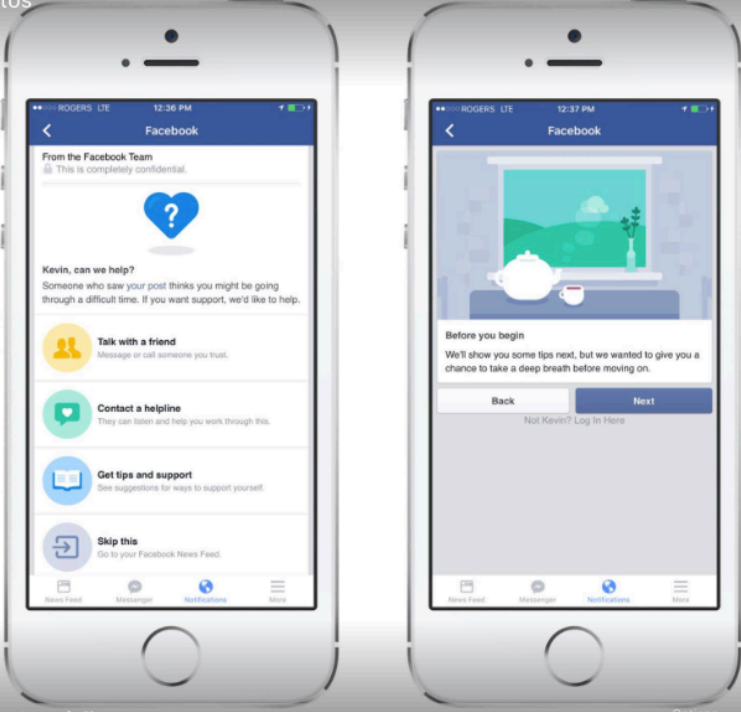
www.nolo.com/.../durable-power-of-attorney-health-finances-29... Nolo.com ▼



Get Involved and Make a Difference

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Timeline Photos
23 of 66



Facebook Safety

Like This Page · June 14, 2016 · Edited ·

Today we're updating the resources we offer to people around the world who may be experiencing self-injury or suicidal thoughts, as well as the support we offer to their concerned friends and family members.

Developed in collaboration with mental health organizations and with input from people who have personal experience with self-injury and suicide, these tools first launched in the US with t... See More

Like Comment Share

937 Top Comments

251 shares 168 Comments

Larry Magid · Congratulations. This is a great development.
Like · Reply · 15 · June 15, 2016 at 3:48pm
2 Replies

Matt J. Maso Ya know there is a ton of dirty sights on Facebook that people make and My face bookpage won't let me block them and everytime I write a report that it's content should not be on Facebook and it should be removed , Facebook always replays back to me that... See More
Like · Reply · 17 · June 15, 2016 at 9:59am
2 Replies

Raquel Castro Hello , I'm trying for days to set up the name of my page and I can not . I keep getting

Write a comment...

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EMERGENCY CONTACTS

Crisis Text Line: Text "start" to 741-741

Lifeline Crisis Chat: www.crisischat.org

National Help Line for Substance Abuse: 1-800-662-4357

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Online Crisis Network: www.imalive.org

Poison Control: 1-800-222-1222

Rape, Abuse, and Incest National Network: www.rainn.org

Trevor Lifeline for LGBT Youth: 1-866-488-7386

AnxietyHelper App Helps People Through Panic Attacks

After battling anxiety and depression for much of her life, this teen decided to help others with technology.



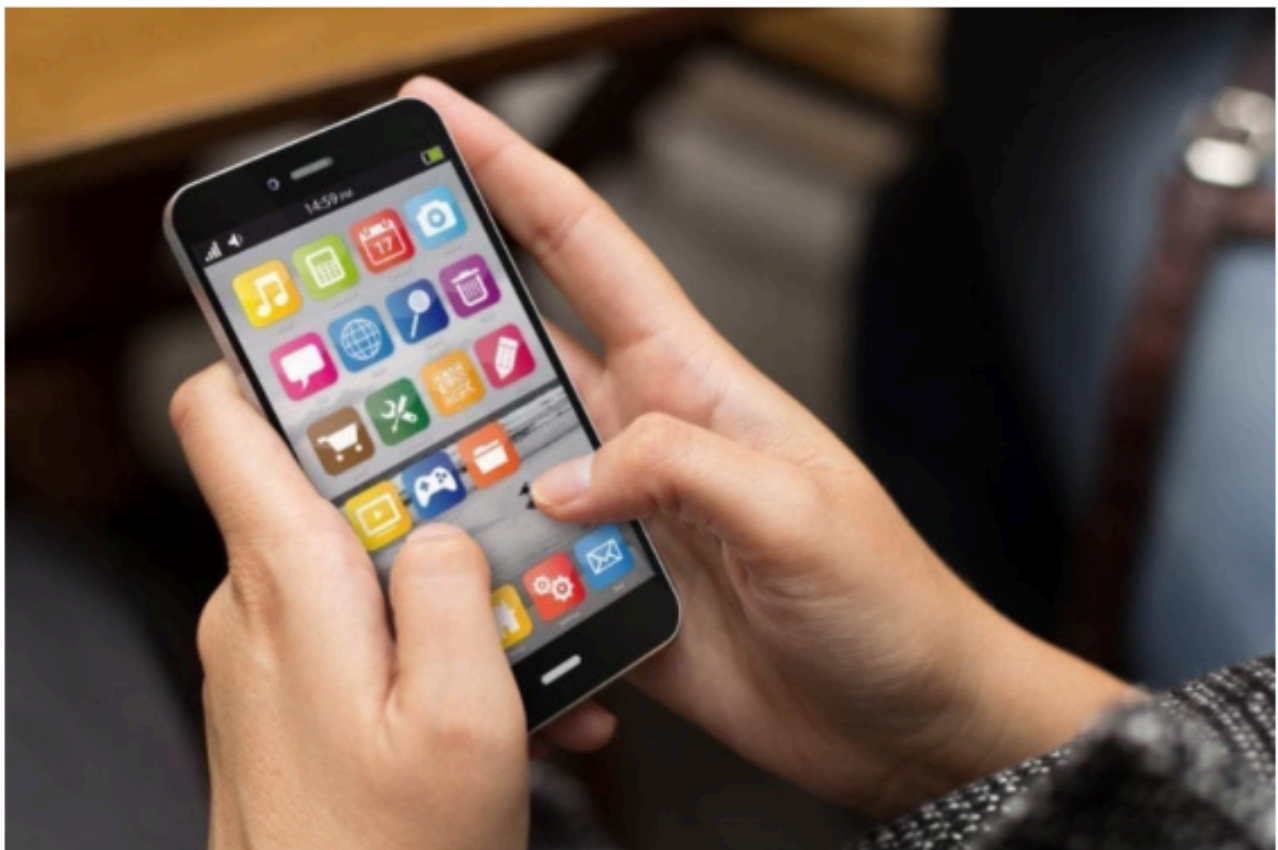
CNN • JUNE 15, 2018



SHARE



PIN IT



INSTAGRAM PHOTOS

Can Your Instagram Photos Reveal That You're Depressed?

A computer program was able to spot depressed people just by scanning their Instagram photos. Do your pictures fit the profile?



Researchers found depressed individuals posted photos that were bluer, darker and grayer than images posted by others.

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MentalHealthKC.org Presents:

MENTAL ILLNESS MYTH-BUSTING

<p><u>MYTH:</u></p> <p>Mental disorders are signs of weakness or personality flaws.</p>	<p><u>FACT:</u></p> <p>Mental disorders cannot be willed away. Professional help is needed.</p>
<p><u>MYTH:</u></p> <p>People with mental disorders are violent.</p>	<p><u>FACT:</u></p> <p>Most people with mental illness are not violent. Less than 5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are more likely to be victims of violent crime than the general population.</p>
<p><u>MYTH:</u></p> <p>“Healthy” people aren’t affected by traumatic events. If they are, it’s because they really do have a mental health problem.</p>	<p><u>FACT:</u></p> <p>Trauma can affect anyone, regardless of how strong or psychologically healthy.</p>



For more information on mental health and services available in Greater Kansas City, visit mentalhealthkc.org.