



# Children and Bereavement: Your Role as a Provider

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**The Cutting Edge of Pediatrics**

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# Adverse Childhood Experiences (ACE)

- Witnessing traumatic experiences in the home
  - Mental illness, substance abuse, violence
- Compromised development of healthy coping skills
- Intervention when prevention is impossible



# Childhood Bereavement Estimation Model







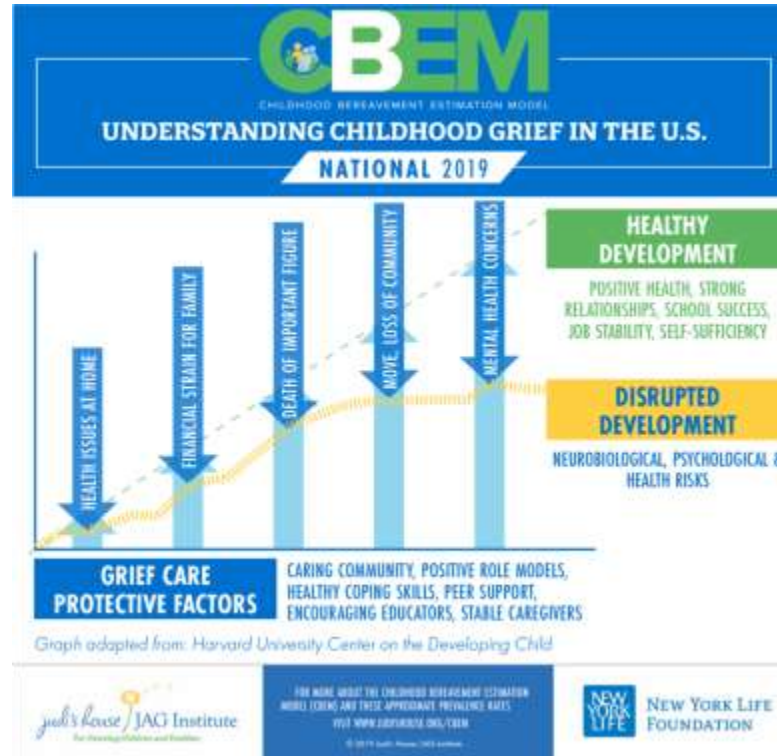
# Childhood Bereavement in Houston







# Cost of Inaction





# About Bo's Place

Bo's Place is a non-profit organization offering grief support services at no charge for children, families and adults.





# Bo's Place Services

- Information & referral line
- Grief support groups and family camps, retreats, summer programs for support group participants
- Community education and training



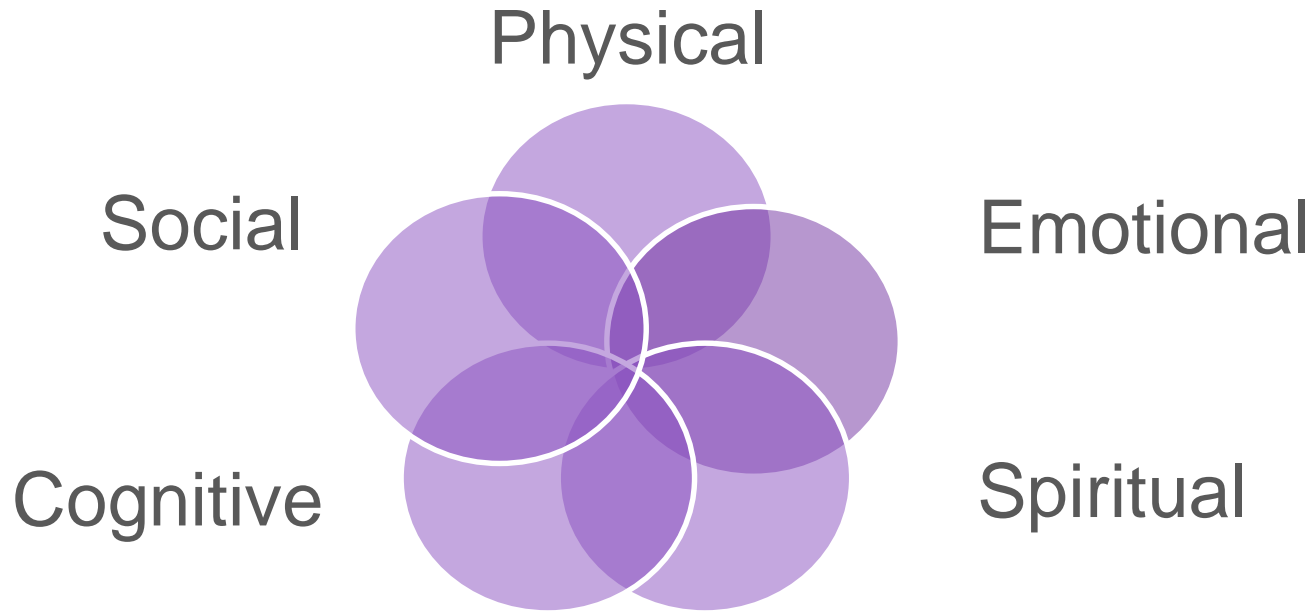


# Screening

- Tools you may be using
  - PHQ-9 or PHQ-A
  - PSC-17
- Potential dangers when used with grieving children/adolescents
- Identification of common grief indicators



# Grief is a Full-body Experience





# Grief Indicators

- Cognitive
  - Confusion
  - Difficulty concentrating
  - Memory loss
- Emotional
  - Anxiety
  - Irritability
  - Loss of self-esteem
- Physical
  - Fatigue/Weakness
  - Heartache/rapid heartbeat
  - Headaches
  - Insomnia
- Social
  - Aggressive behavior
  - Trouble relating to peers



# Impact on Sleep

- Common issues
  - Insomnia
  - Vivid dreams
  - Co-sleeping
- Parent handout





# Impact on Behavior

- Heightened emotions often lead to negative or uncharacteristic behavior
- Role changes in the family
  - Disciplinarian
- Kids need connection and clear boundaries
- Parent handout





# Supporting Bereaved Patients



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# Not Helpful

- He is in a better place.
- God relieved her pain.
- You need to be strong.
- I know how you feel.
- Everything is going to be OK.
- It could have been worse if...
- Something good always comes out of tragedy.
- God has a reason for this.



People  
Ignoring  
me. ?

Not - Helpful

"Everybody dies."

"I know how  
you feel"

"you'll move on"

My School told  
my grade  
without  
asking  
me

"go die like your  
brother."

"Get over it"

"nobody cares"

laughing at me

"it should have been  
you"

"I've been  
through worse"

AREN'T YOU OVER IT YET ?



# Helpful

- Thank you for telling me.
- Can you tell me what this has been like for you?
- What kinds of memories do you have of (name)?
- What kinds of worries/concerns have you had lately?
- Tell me about (deceased's name)...



A loving silence often has more power to heal and to connect than the most well-intentioned words.

Rachel Naomi Remen

@quillancy



# Referring to Bo's Place

- No cost to enrolled families or individuals
- Main campus: near NRG stadium (all groups)
- Katy satellite: twice monthly family groups
- Peer support groups, not therapy/counseling
- English and Spanish programs available
- Children: death of a parent, sibling, or other caregiver/household member





# Resources

- Bo's Place
  - Online resource library
- National Alliance for Grieving Children
  - Directory of support programs nationally
- New York Life
  - *After a Loved One Dies* booklet







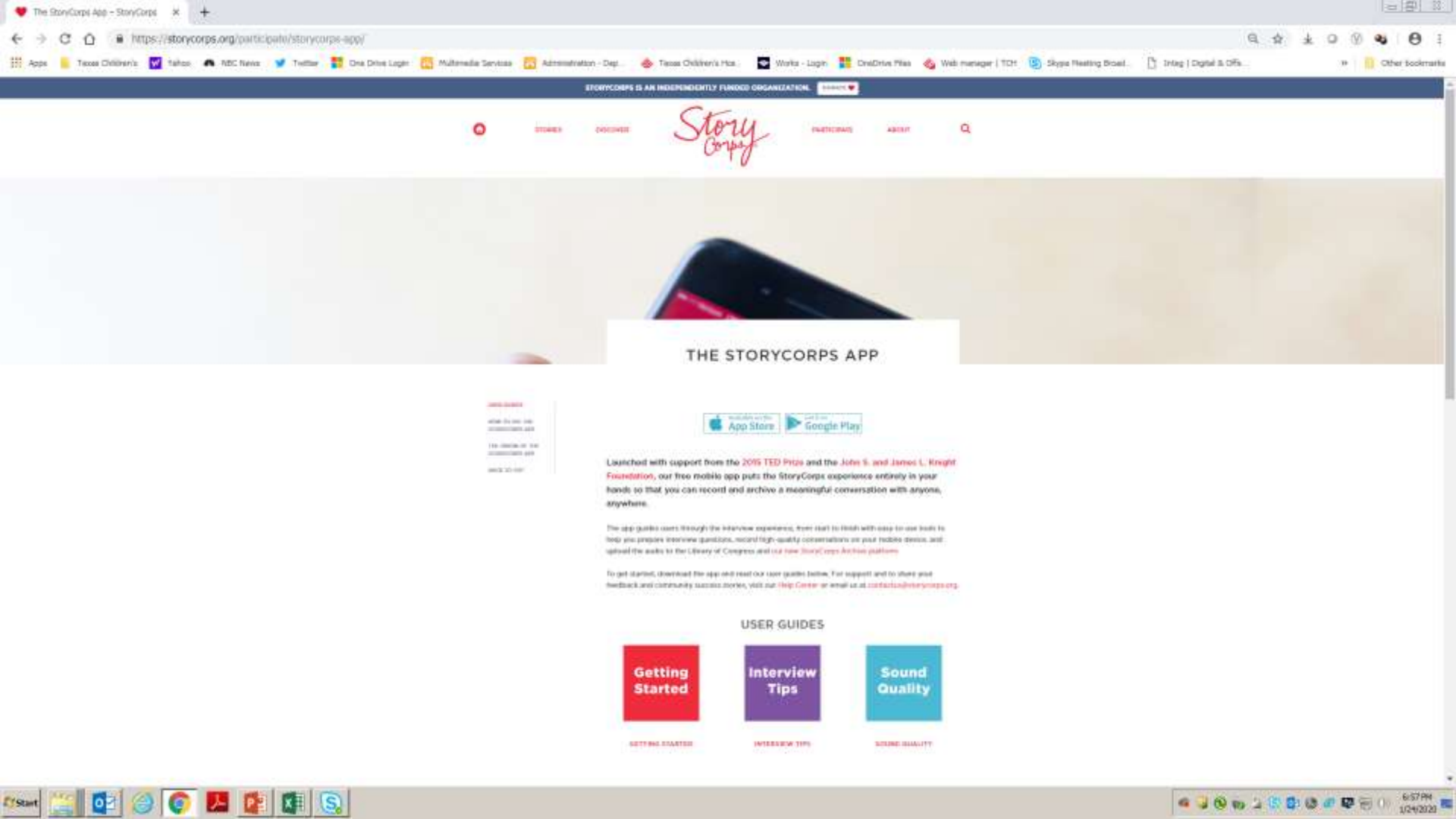


# Supporting Yourself



# Self-awareness

- Acknowledge your personal grief history when working with bereaved patients.
- Assess which situations trigger emotional responses for you.
- Consider the impact a patient's death has had on you in the past (*or might in the future*).



## THE STORYCORPS APP

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To get started, download the app and read our user guides below. For support and to share your feedback and community success stories, visit our [Help Center](#) or email us at [contact@storycorps.org](mailto:contact@storycorps.org).

### USER GUIDES



GETTING STARTED



INTERVIEW TIPS



SOUND QUALITY



# The Road to Resilience

Asia Khan | Carmichael Khan



# Questions







# Interested in becoming a Bo's Place volunteer?

Contact our Volunteer Manager to schedule an interview:  
[volunteer@bosplace.org](mailto:volunteer@bosplace.org)



# References

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