

FACILITATING SUICIDE BEREAVEMENT SUPPORT GROUPS FOR CHILDREN AND TEENS



Rethink The Conversation®
Let's Start Talking

FACILITATING SUICIDE BEREAVEMENT SUPPORT GROUPS FOR CHILDREN AND TEENS TRAINING WORKSHOP 4: NUTS AND BOLTS OF STARTING A GROUP



Rethink The Conversation®
Let's Start Talking

Review of Training

- Basic skills
- Children's groups
- Teen Groups
- Questions

Group Essentials

- Time-limited vs Ongoing
- Curriculum vs. Non-directive
- Frequency: weekly, bi-monthly, monthly
- Size and ages of group participants
- Number of Facilitators: ratio of 1 facilitator for each 3 children
 - 2 facilitators in teen groups
 - Training for facilitators
- Room Set up:
 - Sit in circle on floor or in chairs, no tables
 - Toys and supplies

Group Essentials Continued

- Parent Role
- Location
- Liability
- Toys and supplies
- Intake/Screening, open house session
- Getting the word out
- When they don't come
- Zoom vs in person groups

Starting a Group: Planning Session

- 4-5 person break out groups – same agency or organizations
- Develop a plan for the group you plan to start
 - Who you will serve - ages
 - Size of group
 - Frequency
 - Time limited (how many groups) or ongoing
 - Where it will be held
 - Number of facilitators needed, training?
 - How you will advertise, getting the word out
 - Role of parent

Questions/ Discussion

- What else do you need to know to start your group?
- What might get in the way of starting a group?

Resources for Children and Teens

- The Dougy Center: National Center for Grieving Children and Families www.dougy.org
 - Children, Teens, and Suicide Loss: A guidebook in conjunction with AFSP
 - Understanding Suicide/Supporting Children: DVD
 - After a Suicide Death: An Activity Book for Children
 - Tip Sheets and information about suicide death
 - Grief Out Loud Podcasts
 - Toolkit for schools
- National Alliance for Children's Grief: www.childrengrieve.org
 - National directory of groups and resources for children and teens
 - Resources and materials
- American Foundation for Suicide Prevention: www.afsp.org/suicideloss
 - Facilitator Training: Facilitating Suicide Loss Support Groups for Children/Teen
 - Suicide Bereavement Support Group Directory
 - Tool Kit for schools
- Coping After Suicide: www.copingaftersuicide.org
 - Suicide bereavement support groups for teens (and parents)
 - Virtual Summer Grief "Camp" for Kids 6-12
 - Ask The Experts: Helping Our Kids Cope with Suicide Loss

Resources for Supporting Children & Teens

- Grief Camps
 - Camp Kita: www.campkita.org
 - TAPS: www.taps.org (for children/teens of military families)
- Resources for Schools
 - After a Suicide: A Tool Kit for Schools: www.afsp.org/our-work/education/after-a-suicide-a-tool-kit-for-schools
 - National Center for School Crisis and Bereavement: www.sowkweb.usc.edu
- Books for Supporting Grieving Children and Teens
 - After a Parent's Suicide: Helping Children Heal. Margo Requarth
 - But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors. Barbara Rubel
 - Understanding and Supporting Bereaved Children. Andy McNeil, Pamela Gabbay
 - A Kids Book about Suicide. Angela Frazier

Books for Children and Teens

- After a Suicide: Young People Speak up. Susan Kuklin
- After. Francis Chalfour
- Gizmo's Pawsome Guide to Mental Health. Gizmo4mentalhealth.org
- My Favorite Color Is Blue. Sometimes: A journey through Loss with Art and Color. Roger Hutchison
- Lifetimes: The Beautiful Way To Explain Death to Children. Bryan Mellonie & Robert Ingpen
- Grief is a Mess. Jackie Schuld
- Someone I Love Died by Suicide: A Story for Child Survivors and Those who Care For Them. Doreen Cammarata
- The Invisible String. Patrice Karst
- The Badger's Parting Gift. Susan Varley
- My Uncle Keith Died. Carol Ann Loehr

FACILITATING SUICIDE BEREAVEMENT SUPPORT GROUPS FOR CHILDREN AND TEENS



Rethink The Conversation®
Let's Start Talking