

Barberton City Schools

In the midst of the COVID-19 pandemic, Barberton City Schools' Coalition wants families to know WE ARE STILL HERE to serve you and those in need of behavioral health services.

#BHIsOpenForBusiness #InThisTogetherOhio #StayHomeOhio

Communication, Connection and Coping during COVID-19

COPING WITH GRIEF & LOSS

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be.

Coping with the loss of someone or something you love is one of life's biggest challenges. You may associate grieving with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief.

The Barberton City Schools Student Success and Wellness Coalition has some helpful tips to help you through this difficult time. Look through the following pages for helpful activities you can do with your family during this stay at home order.

Don't hesitate to reach out to us. We are here to help!

Managing Grief & Loss



Barberton City Schools

Information To Get Your Family Through This Time

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CHILD GUIDANCE & FAMILY SOLUTIONS



FAMILY GRAFFITI WALL

This activity is very helpful for children or young teens who struggle with having conversations with their family members regarding their thoughts and feelings. The Family Graffiti Wall promotes independence, communication, and open expression. It is a simple way to encourage your family to come together to express their emotions without using words. It allows children to recognize that everyone around them has feelings as well, and can open the door to conversations that parents can have with their children when they are struggling with understanding their own thoughts and feelings.

Supplies Needed:

- Tape
- Large Piece of paper
- Drawing/writing utensils

Directions:

1. Find a place in your house where you feel that provides the most privacy for someone who needs to process an emotion or feeling on the wall. If privacy is not an issue, then place it somewhere that is easily accessible.
2. Draw a line down the middle of the paper, creating two sections of the wall. One section is labeled good feelings, the other section is labeled bad feelings. You may also use pictures such as a smile or a frown.
3. Place a box with crayons, markers, colored pencils, tape, newspaper, magazines, etc. You want to be able to give everyone choices in what they want to use to express how they are feeling.
4. Throughout the day, monitor the wall to see if there are any pictures or words that you feel would be worth discussing with your child.
 - a. "I saw you drew ____ under the sad face. What about them makes you sad?"
 - b. "I noticed that you put a picture of a swing on the good feelings side. Would you like to go outside?"
 - c. "Tell me about this word."



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COLEMAN PROFESSIONAL SERVICES



SHIELD OF STRENGTH

This activity can be helpful for children and young teens to help them process their emotions creatively, while identifying strengths in their life. The COVID-19 pandemic has changed the way we typically mourn and process grief. In addition to this change, we're experiencing more loss than before, as we've had to say goodbye to many old ways of living. Use this activity to help your child express their emotions and find things in their life that help them feel safe and secure.

Directions:

- Begin by drawing a large shield on a piece of paper, poster board, or cardboard. One member can do this, or the whole family can participate in the activity, each with their own shield.
- Divide the shield into four quadrants by drawing one vertical line and one horizontal line across the middle.
- Label the quadrants, one for "Family", one for "Friends", one for "Skills", and one for "Others."
- Cut out the shield.
- Write names of people or skills/abilities that can help you feel better when you're down in each of the quadrants. You can color or decorate the shield to make it your own.
- Keep the shield in a place you can see, use it as a reminder of the people you can reach out to, or the skills/abilities you can use when you're feeling down.



GREENLEAF FAMILY CENTER



MEMORY BOX

Making a memory box can be helpful in handling and processing grief, especially for kids. They can be made as simply as using a shoebox and household arts and crafts items. Families can work together to decorate the box, or each child can make their own. Everyone can choose and make special items to keep in the box. This activity could also be adapted to the loss of separation from special people that children/families might be experiencing right now, like grandparents or best friends.

Things you can include in your memory box:

- Pictures
- Copy of obituary
- Cards from loved one
- Written memories
- Items associated with loved one
- Poems
- Written song lyrics
- Drawings
- Pieces of fabric from shirts or blankets

Supplies you can use to make your memory box:

- Colored paper
- Spray paint
- Glue stick/tape
- Colored markers
- Scissors
- Magazines
- "Stick-on" items to use for decorations (e.g., buttons, ribbon, stickers, etc.)
- Optional: a picture of the person who died



ADDITIONAL SUPPORTS:

Children often have difficulty dealing with the death of, or even separation from, a loved one. The book *Invisible Strings* by Patrice Karst is a fun way to help children still feel connected with those they are missing.

You can find *The Invisible Strings Read Aloud for Kids!* On YouTube.

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RED OAK BEHAVIORAL HEALTH



FAVORITE MEMORY

Many of us find ourselves coping with feelings of grief and loss at this time. Maybe you have lost someone close to you, lost your senior prom, or feel like you have lost contact with the world around you. This activity can help you reframe your feelings and focus on the positive memories you have.

Instructions:

- In the space below, draw your favorite memory with the person you have lost or your favorite memory from the 2019-2020 school year.
- As you draw, focus on your thoughts and feelings then answer the questions provided.



RED OAK
BEHAVIORAL HEALTH

Favorite Memory

In the box below, draw your favorite memory

When did this happen?

What is happening in this picture?

Why is it your favorite memory?

When you think about this memory, what feelings come up?

**If you're wanting more support and guidance on recognizing stages of fatigue and self-care tips, go to: www.redoakbh.org, scroll down on our homepage and click on the video link. Also, follow our Red Oak social media sites to watch the videos there.*

TEAR Model Of Grief

T = To accept the reality of the loss

E = Experience the pain of the loss

A = Adjust to a new life without the person

R = Reinvest in the new reality.

This Model breaks down the steps of coping with loss. →

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AXESSPOINTE COMMUNITY HEALTH CENTERS



AxessPointe Community Health Centers provides a full range of medical services. Our integrated behavioral health team is on-site and works closely with our medical team. They are skilled with issues such as depression, anxiety, grief, trauma, guilt, anger, stress, coping skills and managing chronic health issues. Our team also helps individuals work through crisis intervention and performs diagnostic assessments.

Contact: Admissions at 888-975-9188, or visit our website at axesspointe.org



CHC ADDICTION SERVICES



CHC Addiction Services is a comprehensive prevention, addiction and mental health treatment provider. CHC prevention programs empower young people to make healthy decisions regarding substance use, gambling, mental health and violence. Our programs include Summit County Youth to Youth, a youth led, adult guided program for grades 5-12.

Contact: Lauren Munk at 330-608-7634, or visit us at www.summit2y.org



CHILD GUIDANCE & FAMILY SOLUTIONS



Child Guidance & Family Solutions is a Summit County non-profit that provides prevention and treatment services to children, teens, families, and adults who are struggling with mental health, behavioral health, and/or substance abuse concerns.

Contact: CG&FS is currently providing telehealth services - by telephone and virtual platforms - to continue to provide access to care. Contact Admissions at 330-762-0591 or visit our website at www.cgfs.org



COLEMAN PROFESSIONAL SERVICES



Coleman is a non-profit agency in Summit County that provides counseling, case management, employment, and psychiatry services to children, adults, and families who are struggling with mental health and/or substance use issues.

Contact: 330-379-0667 to set up a telehealth visit; www.colemanservices.org



GREENLEAF FAMILY CENTER



Greenleaf Family Center provides mental health counseling for children and adults, drug & alcohol counseling, family counseling, prevention services, pregnancy support services, and interpreting/case management for the deaf and hard of hearing. All services are being provided via telehealth services during this time.

Contact: Audio Phone: 330-376-9494, Video Phone: 234-525-6176 (for the deaf and hard of hearing) or visit our website at www.greenleafctr.org



RED OAK BEHAVIORAL HEALTH



Red Oak Behavioral Health provides diagnostic assessment, counseling/therapy, psychiatric services, prevention and intervention services, and case management. Known for our embedded school-based model of care that meets kids where they are, we also coordinate the efforts of the Barberton City Schools' Coalition.

Contact: 330-996-4600 to set up a telehealth visit; <https://redoakbh.org>

