

# Community Bereavement Care

## MyNHPCO Bereavement Community Chat September 2023

*Presented by:*

*Callie Weber, MDiv, MSW, Manager of Tidewell Grief Care, Empath Health  
Palmetto, Florida, [cweber@empathhealth.org](mailto:cweber@empathhealth.org)  
NHPCO Bereavement Professional Steering Committee Member*

# MyNHPCO: Where do I find it, and what is it?

- Visit: <http://my.nhpc.org/home> and use your NHPCO email and password.
- A collaboration of 15 discipline-specific professional communities and issue-based communities.
- Interdisciplinary-focused
- MyNHPCO contains on-line resources, forums and networking will help you grow professionally, find new solutions, contribute to the field, and elevate the national profile of your program.

# MyNHPCO



PROFESSIONAL  
COMMUNITIES



DISCUSSION  
POSTS



MONTHLY  
CHATS



LIBRARY  
ENTRIES



BLOG

# Please contact us...



...if you have questions about membership,



...if you have topics you would like us to discuss,



...if you would like to become a community committee member, and



...stay connected at the Bereavement Professional MyNHPCO Community!

# Housekeeping

- We call this hour a “chat” for a reason
- Feel free to type in your questions in the chat feature on the side of your screen
- We want everyone to share their experiences and questions
- We will offer suggestions but welcome everyone’s participation and input
- You may introduce yourself in the chat
- Let’s go!

# Learning Objectives

- To identify community needs and define community grief support
- To discuss programming options based on local needs and demographics
- To prepare and be available when community grief needs arise

# When Hospice is more than Hospice...



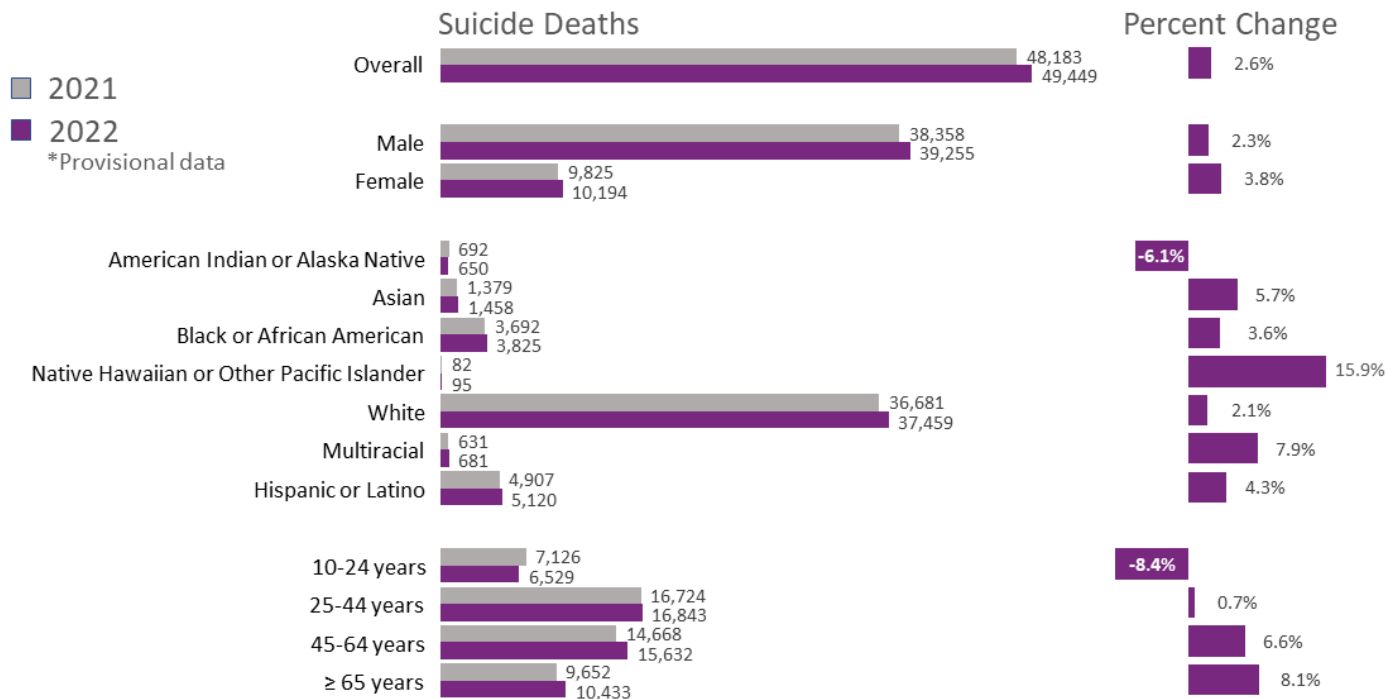
**Hospices are often THE  
place for grief support in  
communities**

# Community needs:

- Anticipatory grief support (big diagnosis, change in medical status, etc)
- Sudden, unexpected death
- Car accidents, overdoses, suicides, perinatal loss
- Loss of co-workers
- Loss of at our schools
- Community tragedies
- Weather events
- Divorce
- Pet loss
- Deportation
- And, many, many more...



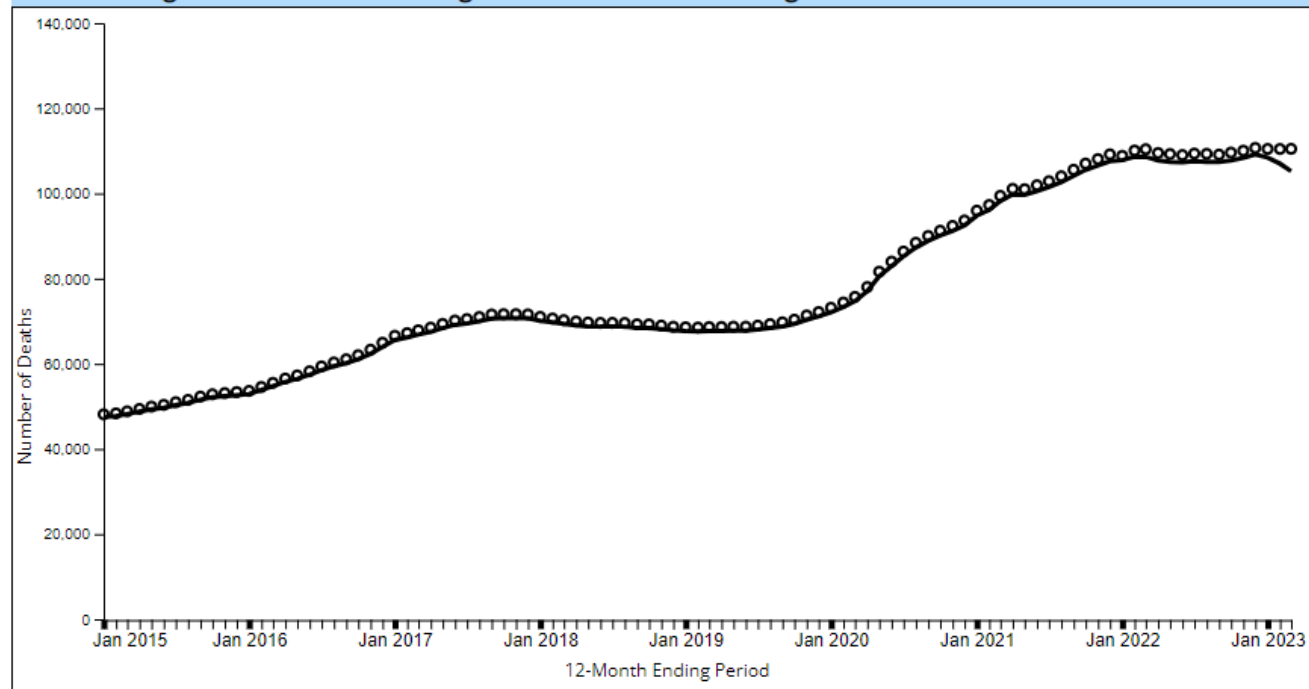
Overall, the number of deaths by suicide **increased** 2.6% from 2021 to 2022\*, but **decreased** among American Indian/Alaska Native people and Youth



## 12 Month-ending Provisional Number and Percent Change of Drug Overdose Deaths

Based on data available for analysis on: August 6, 2023

Figure 1a. 12 Month-ending Provisional Counts of Drug Overdose Deaths: United States





## What support is needed in your community?

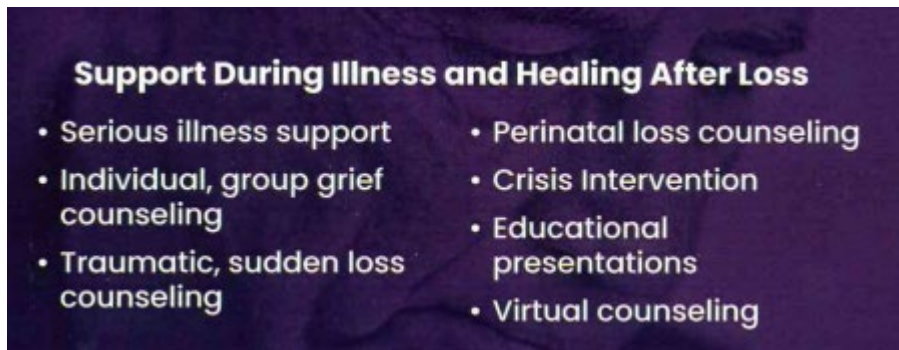
- Research types of losses
- State reporting agencies
- Tracking support requests
- Needs can change

Let's Chat!

**What type of community losses are prevalent in your area?**

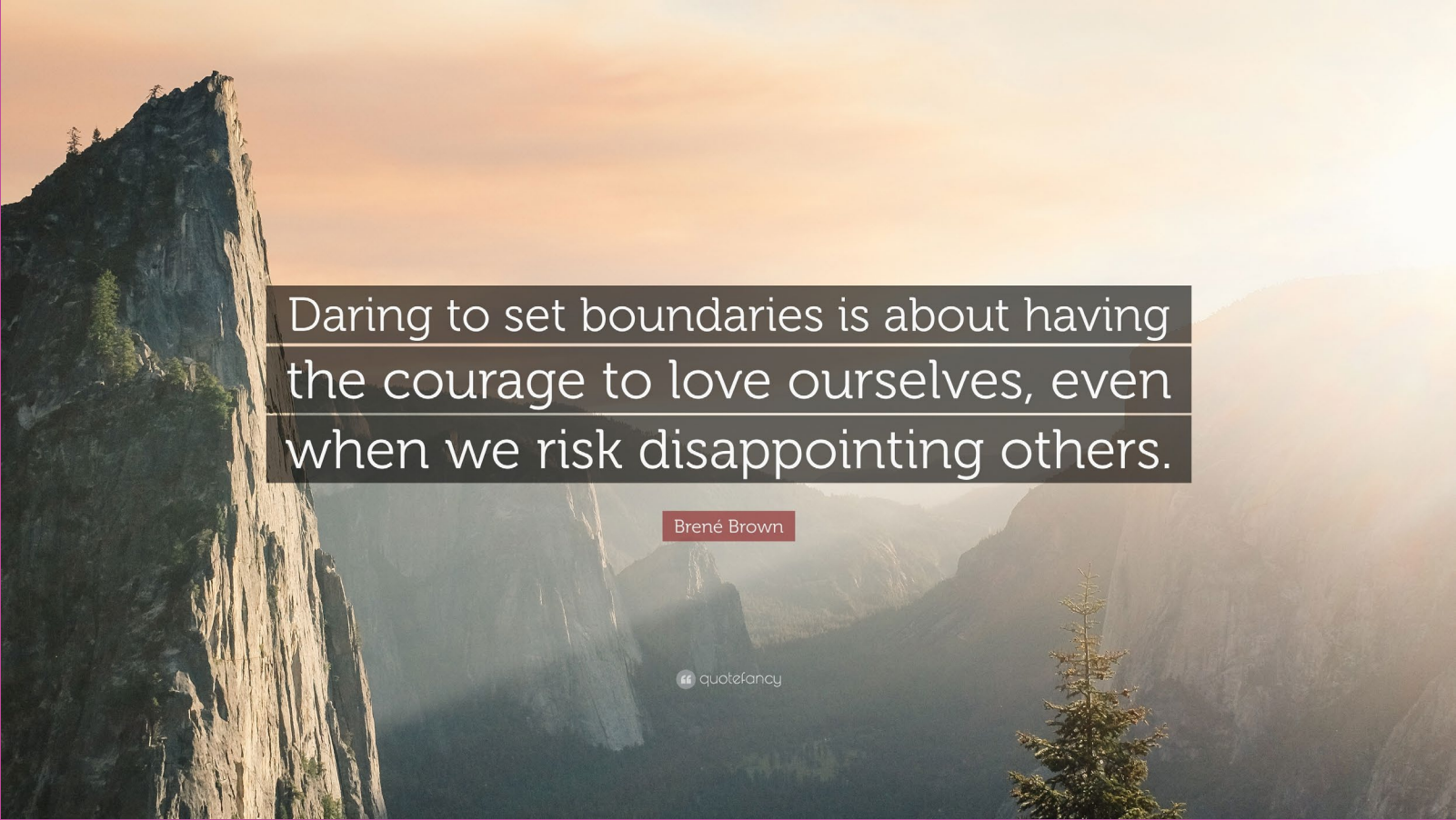
# How to support your Community

- Define what losses you can support
- Define what losses you cannot support (Tough one!)
- Create a mission statement
- Example:



**Support During Illness and Healing After Loss**

- Serious illness support
- Individual, group grief counseling
- Traumatic, sudden loss counseling
- Perinatal loss counseling
- Crisis Intervention
- Educational presentations
- Virtual counseling

A scenic view of a mountain peak, likely El Capitan in Yosemite National Park, with a quote overlay. The image shows a steep, rocky cliff face on the left, with a few trees growing on its side. The background is a hazy, sunlit valley with more mountains in the distance. The sky is a soft, warm orange and yellow, suggesting sunrise or sunset. A quote is centered over the image in a dark, semi-transparent box.

Daring to set boundaries is about having  
the courage to love ourselves, even  
when we risk disappointing others.

Brené Brown

quotefancy



## Charting and Documentation

- Plan for how to monitor and track community program participants
- EMR for community clients?
- Separate charting system?
- Charting individuals and groups?





## How to you blend community and hospice?

- Combined support groups
- Separate support groups
- Closed vs. Open support groups
- Separate staffing model for community vs. hospice





## Pet Loss

- Pet loss support groups with local vet clinics and pet agencies
- Individual vs. group support
- National and local pet loss hotlines
- Consider incorporating into memorial services?

# Let's Chat!

## How do you currently serve community clients?

- **blended staff model?**
- **separate staff model?**
- **solo bereavement staff model?**
- **what model?**



## What's Out There?

- Exploring partnerships
- What agencies in your community provide support?
  - Disease specific agencies (Alzheimer's Association, Parkinson's Foundation, etc)
  - Loss specific groups (Compassionate Friends, Al Anon, etc)
  - Faith Based Support Groups (Grief Share, local congregations, etc)
  - Veterans Based Groups (VA, TAPS)
  - School based support (Social workers, counselors)
  - What else?



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## Open Community Memorial Services

- Most hospices have a regular memorial service or memory events to remember patients and community members
- How to welcome community participation
- Partnering with local hospitals, agencies and funeral homes



**"There is no  
power for change  
greater than a  
community  
discovering what  
it cares about."**

**MARGARET J. WHEATLEY**



# Preparing for Community Tragedies

- Community Education and Handouts
  - Traumatic loss
  - Self-care after a sudden loss
  - Resources for sudden loss
- Resources
  - What agencies in your area can help support?
  - County, schools, local, Red Cross
- Staffing?



# Preparing for Community Tragedies (con't.)

- Trainings for staff?
  - Mental Health First Aid Courses (Adult and Youth) through SAMHSA
- Trauma based support?
  - ART, EMDR, TF-CBT, and many more!
- Where to refer for trauma support?
  - Communities Mental Health Agencies
  - Psychology Today
- Refer to mission statement!

# Let's Chat!

**What phase is your organization in supporting community tragedies?**

- 1. We have a plan**
- 2. We have some tools but need development**
- 3. We have had conversations**
- 4. This feels beyond our bandwidth**





## Take Aways from Today

- Know who you are as a program
- Define what you can do and what you can't do
- Create a program and system that works for you
- Utilize community relationships to create a connected support network
- Utilize NHPCO community chats to ask further questions (no need to reinvent the wheel!)

# When we're kind to ourselves,

we create a reservoir  
of compassion  
that we can  
extend to others.

- BRENE BROWN | | TheMindsJournal



## Questions?



Thank you for  
attending today!



Check out the NHP  
Discussions and Library  
for further resources

# References:

- <https://www.cdc.gov/suicide/suicide-data-statistics.html>
- <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>
- <https://themindsjournal.com/quotes/when-were-kind-to-ourselves-we-create-a-reservoir-of-compassion/>