



MOU Scope of Practice

The following outlines all of the services that are available to you as contracted between The Elizabeth Hospice and your School District.

- Professional Training in Childhood Bereavement
- On-site 8-week Grief Support Groups
- Providing Consulting and Resources
- Crisis Response

I. Childhood Bereavement Training for School Professionals

- a. The Children's Bereavement Program Staff will provide two 1/2 day trainings to school professionals, specifically targeting school administrators, social workers, marriage and family therapists, school psychologist's, and nurses. Trainings will be offered in the spring and fall.
- b. Attendees will learn current modalities and constructs in the field of Thanatology. Attendees will be provided a model construct for how to run a bereavement group for students.
- c. Each attendee will receive a training manual to keep and refer back to as needed.
- d. Manuals to include a list of local and national resources, along with a resource toolkit consisting of bereavement resources that can be copied and handed out on the spot.
- e. Manuals will also include samples of grief activities for school personnel to use right away with bereaved students.
- f. Attendees to complete a post evaluation of the training

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2. 8 Week On-site Grief Support Groups

- a. **Goals/Objectives:** Bring eight-week grief groups on-site for your school district; eliminating cost of travel, guardian participation and unsafe environments. Each eight-week group will be 50-60 minutes consisting of a group opening, a grief related activity, optional sharing time, snacks and a group closing. In some cases, a seven-week group might be held.
- b. **Curricula:** A standard curricula is used at each site. If a site is visited more than once in the same school year a different curricula will be used. Curriculum will be co-facilitated by staff, trained volunteers, school staff or any combination of the above. The curriculum listed below has been developed and researched in partnership with SDSU. This curriculum has proven to decrease grief symptomology and increase a grieving child's sense of support.
 - i. Week 1: Grief Measure
 - ii. Week 2: Stuck in My Feelings
 - iii. Week 3: Body Survey
 - iv. Week 4: Coping Skills
 - v. Week 5: Walking in My Grief Filled Shoes
 - vi. Week 6: How I Found Out
 - vii. Week 7: Changes and Support Systems
 - viii. Week 8: What is Next: Remembering and Honoring your Loved One

3. Referral Form: We would like there to be a standardized referral process. We have created a referral form for your district to use when seeking services.

- a. The school contact will indicate the type of support they are interested in receiving from Children's Bereavement Program. In order to receive services please email referral form to our School Based Coordinator, Jessica.Porte@ehospice.org. **See appendix A.**
- b. Disclaimer: Due to the high demand of our services countywide, we can never guarantee that our services will be available upon immediate request. We try



our best to meet the demands as they arise. All schools are on a first come first serve basis and are scheduled based on the availability of our counselors.

- c. **Authorization Forms:** Authorization forms provide parental/guardian consent for students to participate in the grief groups. Each student will need to have one completed before attending the group. Please make sure you scan in all consent forms and send them to Jessica Porte, School Group Coordinator before the school group starts. **See appendix B.**
- d. **Evaluations:** Pre and post evaluations will be administered to each student. The pre evaluation is completed on the first day of group and the post is completed on the last day of group. There are two sets of evaluations. One set for Elementary Schools and the other set is for Middle Schools and High Schools. **See appendix C (elementary) and D (middle/high school).**
- e. **Sign-in Sheet:** After each group the facilitator will provide the school with a copy of the sign-in sheet. **See appendix E.**
- f. **Group Rules:** The group rules establish our boundaries and group safety. The facilitators will go over the group rules on the first day of group and will revisit the rules throughout the 8-weeks as needed. **See appendix F.**
- g. **Group Logistics:** The following steps are how the school will prepare for the on-site bereavement group.
 - i. Identify a group of 8-15 children that have been affected by a death
 - ii. Have the school contact pull them and discuss their interest in participating in an 8-week grief support group



- iii. The school contact will assist students in getting consent in a written format from their parent/guardian to participate in the grief group using our authorization form
- iv. School personnel and School Group Coordinator or Bereavement Staff will schedule a start date and coordinate the 8-weeks
- v. The school contact will also make sure that there is a quiet room with the necessary tables and chairs needed to conduct a group available on all group days. We request a consistent location
- vi. The school contact is responsible for reminding the students and providing them with a “wellness pass” to get out of class attend the grief group
- vii. The school contact is responsible for making sure students are group appropriate before selecting them for group. Should a student not be group appropriate the school counselor will work with the group facilitators on removing the identified student from group. Calls to the guardian will also be made by group facilitator and/or school personnel
- viii. Schools will receive a copy of the Sign-in sheet after each session.
- ix. We ask that the school contact be present either before or after group so our facilitators can debrief with them as needed

4. Ongoing Consulting and Resources

- a. Our staff is available for ongoing tele-support and/or email support as needed. School staff can contact us for further referrals to Children’s Bereavement Program, one-on-one counseling services, recommendations, resources or questions/concerns as it related to bereaved students.



5. Crisis Support: If a student or faculty member dies our staff will be available to come on-site and assist or facilitate the schools efforts to provide bereavement support to the school community.

- a. Staff is also available via phone or email exchanges to provide recommendations how to support the school community after a crisis.

6. Contacts:

- a. Jessica Porte, School Group Coordinator
 - i. Jessica.Porte@ehospice.org or call 760-504-2303
- b. Melissa Lunardini, M.A., MBA, Children's Bereavement Manager
 - i. Melissa.Lunardini@ehospice.org or 760-796-3705