



Fern Ridge Community Wellness

Parent Information
& Support Night



Agenda

- Welcome by Superintendent Gary Carpenter
- Introduce Guests: Roger Brubaker (Lane County), Shanda Hochstetler (OHA), Kristi Mckenzie (Orchid), Claire Kille (Oregon Youthline), Cami Kim (Lines for Life Tech Support), Jonathan Hankins (Lines for Life)
- Special Guest: Donna Schuurman (Dougy Center)
- Parent Resources
- Panel Responses to Q&A



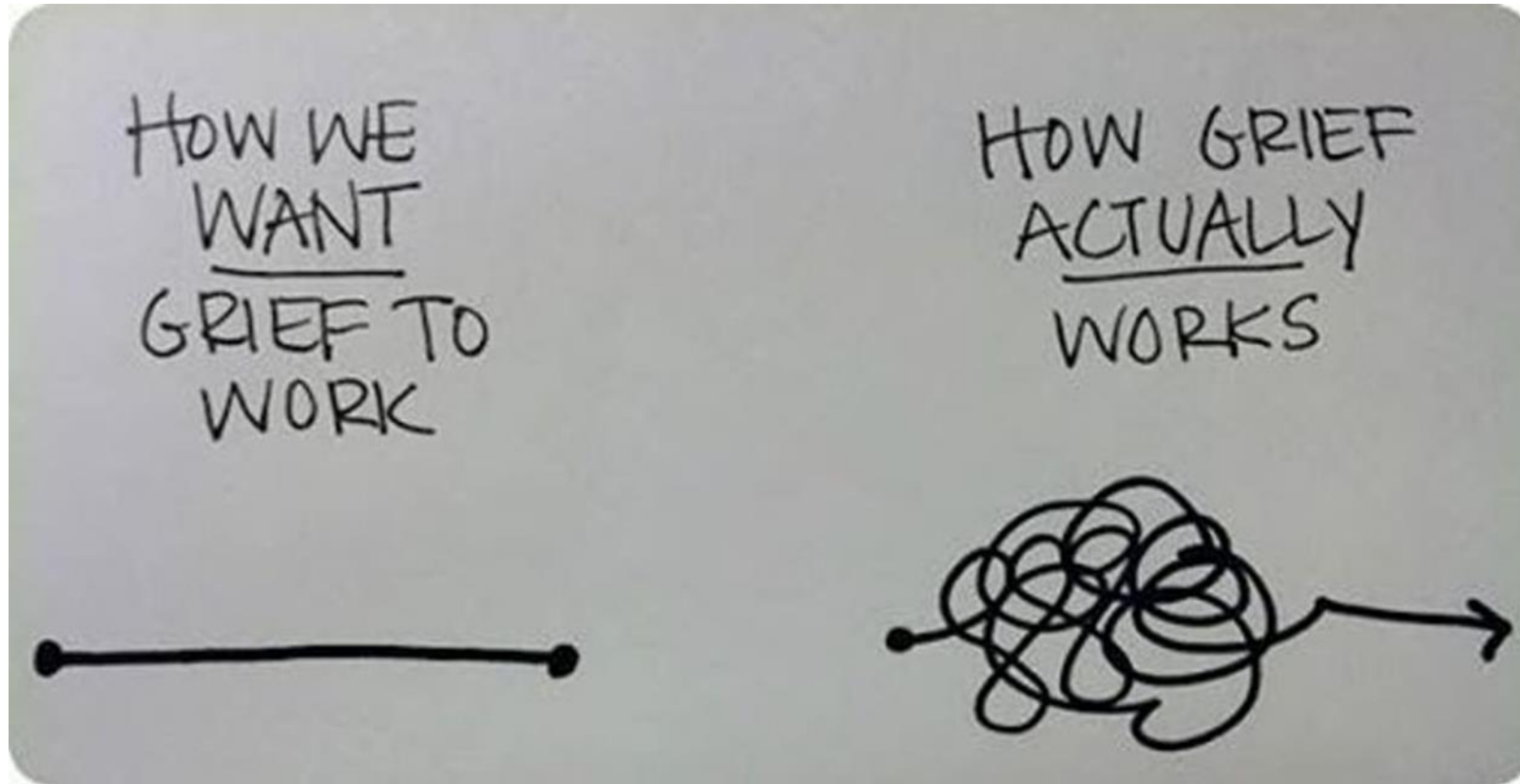
Supporting Your Teens who are Coping with Grief and Loss

Donna Schuurman, EdD, FT
Sr. Director of Advocacy & Training

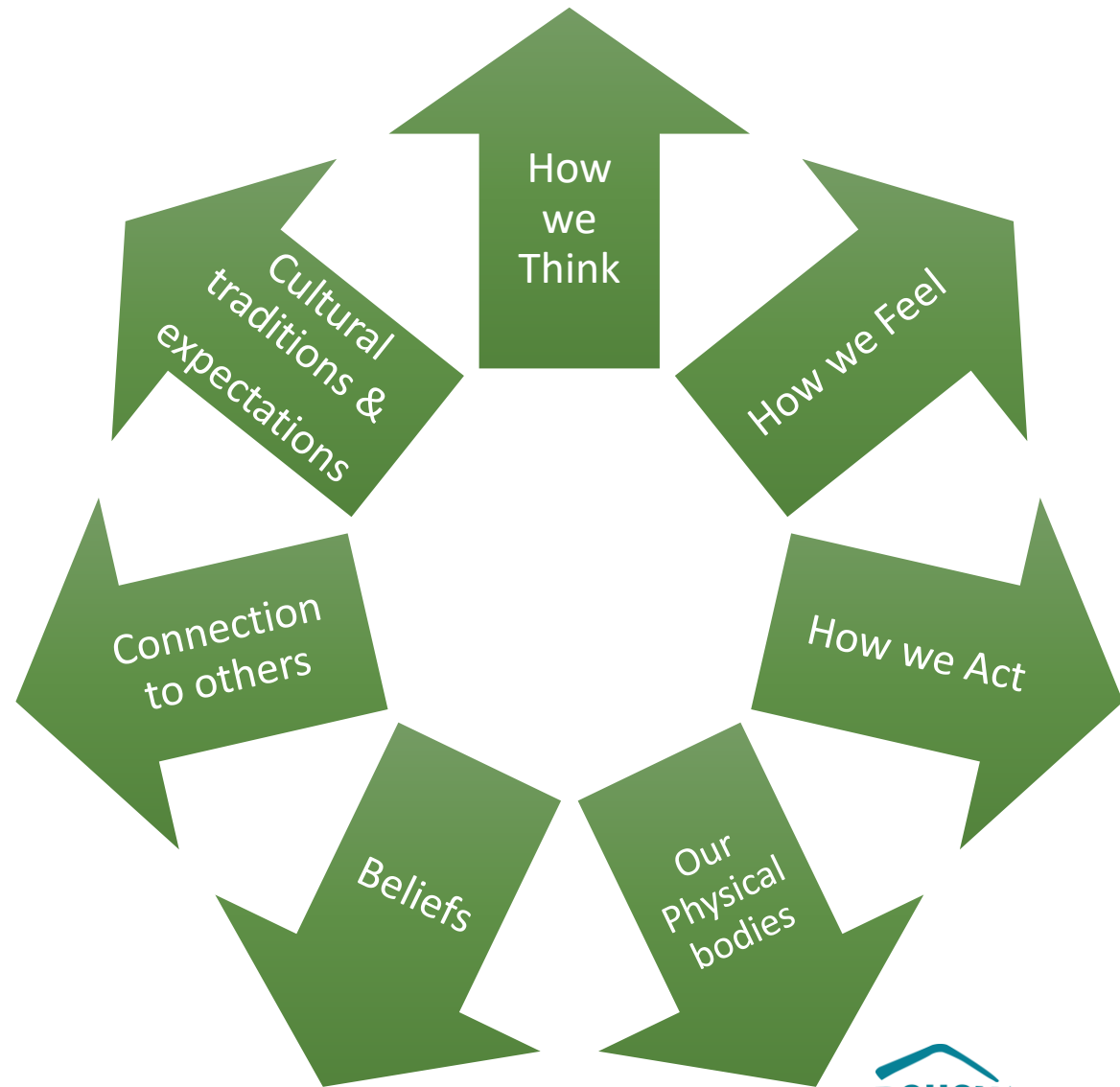


The National Grief Center
for Children & Families

Premise of Grief



Grief is more than sadness or emotions – it affects everything...



Factors that influence how your teen will grieve

- Age/maturity level
- Prior experiences with death
- Circumstances of the death
- Relationship with the deceased
- Response of others
- Family history
- Cultural aspects
- Social support





What teens who are grieving need

- Honest information
- Choices
- Listening
- Opportunities for expression



What teens who are grieving need

- Routine & consistency (safety)
- Flexibility & understanding
- Ways to remember & memorialize
- Connection with other teens
- Permission to still have fun

How the world responds vs. what teens need/want

- Platitudes
- Euphemisms
- Pathologizing
- Awkwardness
- Avoidance
- Attempts to...
 - Rescue
 - Take it away
- Reflection
- Acknowledgement
- Understanding
- Acceptance
- Space to grieve
- Listening
- Interest
- Support



About Dougy Center

www.dougy.org



The National Grief Center
for Children & Families

Resources for Parents & Teens

Local

- <https://www.fernridge.k12.or.us/family-support-coordinator/>
- <https://www.thechildcenter.org/crisis-response-program/>

Additional Support Resources

- www.dougy.org/grief-support-resources/teens
- www.oregonyouthline.org
- www.reachoutoregon.org
- Behavioral Health Support Line 1-800-923-HELP(4357)
- Crisis Hotline 1-800-273-8255
- Text: “teen2teen” to 839863 (4:00pm-10:00pm)



Q&A



Thank You

