

July 6, 2020



CCPS Mental Health Update

Cecil County Public Schools is committed to empowering our staff and families to meet the social and emotional needs of our students, with a focus on behavioral health and trauma-responsiveness, to assure that every student is ready to learn, achieve success, and experience positive relationships.

Did You Know:

There are 5 stages of grief and loss: denial and isolation, anger, bargaining, depression, and acceptance. The five stages of loss do not necessarily occur in a specific order. The period of time and intensity of the stage vary. They are however, universal and experienced by all.

Strategy of the Month: **Helpful Tips to Help During the Stages of Grief and Loss**

Grief is like the ocean,
it comes in waves,
ebbing and flowing.
Sometimes the water is
calm, and sometimes it
is overwhelming. All we
can do is learn to swim.

Vicki Harrison

Grief is a normal and natural response to loss. It is originally an unlearned feeling process. Keeping grief inside increases your pain.

Everyone grieves differently; the five stages defined:

Adapted from: The 5 Stages of Grief and Loss (Psych Central)



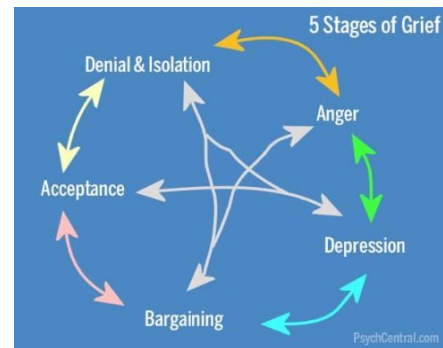
Strategies for Dealing with Grief and Loss

1. **Allow yourself to feel the grief-** Resisting the grieving process will only prolong the natural process of healing.
2. **Allow others to be there for you to help you grieve-** Other can help provide a sense of calm.
3. **Do not judge the emotions that are felt-** It is okay to feel the emotions, they will not last forever.
4. **Create a ritual-** Spend time with a picture

1. **Denial and Isolation**- typically the first reaction of learning about an illness, loss, or death. It is a common defense strategy to help buffer the immediate shock of the loss. Typically this will numb us to our emotions. During this stage, people begin to think life is meaningless.
2. **Anger**- This is where the reality of the situation begins to show and the pain emerges. Anger may be directed at the individual dying or who has become deceased, inanimate objects, complete strangers, family or friends. Resentment is a common feeling, then leading to guilt for being angry, causing a person to become more angry.
3. **Bargaining**- A normal reaction to helplessness and vulnerability is to regain control. "If only" statements become more frequent. These statements are and attempt to bargain. Guilt typically accompanies bargaining; people believe something different could have been done.
4. **Depression**- Involves two types when discussing grief: (1) a reaction to practical implications relating to the loss typically involving sadness and regret and (2) the quiet preparation to separate and to finalize our goodbye.
5. **Acceptance**- Not everyone reaching this stage. This is not a stage of happiness, but it must be recognized differently than depression. It typically involves withdrawal and calm.

or object connected to the person.

5. **Take care of yourself**- Go on a walk, eat healthy, etc.
6. **Identify and appreciate the positives that surround you**- A smile on a child's face or your own, smelling a wonderful flower or tasting your favorite food.
7. **Know your limits**- Be aware of your emotions and when they are becoming too overwhelming. If they become too overwhelming, take a break. Make time to revisit the grief, otherwise it will occupy your entire day.
8. **Show concern and selflessness towards others**- Volunteer at a homeless shelter, animal shelter, or make things for those your care about. Being altruistic is a way to move you through the grieving process.
9. **Support Groups**- They are very helpful either online or in person to receive support from others.



If you have a child in need of support and/or resources click on the following link.
[Student Support Request Form](#)

The Maryland Coalition for Families is available to provide the following supports

- Parents and caregivers of children with mental health needs
- Anyone who cares for a loved one struggling with substance use disorder
- Anyone who cares for a loved one struggling with problem gambling

Families and others can reach MCF by:

- Calling our statewide intake line at 410-703-8267
- Emailing info@mdcoalition.org