

A Young Person may Experience Grief or Loss when:

- A friend, family member, or pet dies.
- They change schools.
- They graduate.
- Parents get divorced or separated.
- A move occurs (either within or apart from family).
- Incarcerated or absent parent.

***Any change or transition, whether or not it officially “ends” something, can be a time when a young person may face grief or loss.**

How to help a Young Person who is Experiencing Loss

DO

- Listen
- Follow Routines
- Keep Limits/Adhere to Normalcy
- Give them a voice/outlets

DON'T

- Suggest that they have grieved long enough
- Minimize the experience
- Act as if nothing has happened
- Tell them to “Get over it.”

Kaleidoscope Grief Center, a program of Methodist Family Health, promotes the process of healing through education, therapeutic and recreational services, grief support programs and traditional counseling.

Peer Support Bereavement Groups are held twice monthly, providing age-appropriate peer support for children ages 5-18 and their caregivers. Facilitated by our staff of trained volunteers, these groups provide a safe place to nurture the expression of feelings to promote the healing process after the death of a loved one.

Camp Healing Hearts is a FREE, overnight, family-oriented grief camp for children ages 5-18 and their families following the death of a loved one. Grief can be a very isolating experience, particularly for children. Camp Healing Hearts provides a safe environment where children and their families can develop coping skills — both individually and within a community of others.

Kaleidoscope Kids Club offers quarterly social events chaperoned by staff and volunteers. These events allow opportunities for fun when sadness seems to prevail. Kids Club events are open to any child or teen who is or has been enrolled in any of our programs.

For more information on any of these programs, contact Methodist Family Health at 501-537-3991.

Signs that a Young Person may need Professional Help to deal with Grief/Loss:

- Ongoing headaches, stomachaches that may indicate stress
- Sleep disturbances
- Extreme changes in energy level
- Extreme change in diet or activity level
- Deterioration of relationships with family and friends
- Risk-taking behaviors (drugs/alcohol/ inappropriate social media)
- Self –abusive behaviors (such as cutting)
- Poor emotional self-management– shutting down, increased isolation, aggression
- Decreased grades, failing classes, school-refusal

Encourage the Young Person to take care of and express themselves while in the grieving process. Proper self-care/expression can include:

- Writing/Journaling
- Drawing
- Prayer/Meditation
- Listening to/Making Music
- Getting plenty of rest
- Talking with friends/mentors

Who can I call?

If you would like to talk with someone about setting up an outpatient therapy appointment for your young person, call Methodist Family Health at 501-661-0720 to find a clinic near you. Methodist Family Health provides 24-hour, no cost assessments and admissions, and accepts Medicaid and most private insurance. If you think someone you know is at immediate risk of harming themselves, please contact Methodist Behavioral Hospital, 24 hours a day, 7 days a week at 501-803-3388 or toll free at 1-866-813-3388 for a confidential assessment.

Methodist Family Health also offers community education, such as Youth Mental Health First Aid. If you are interested in setting up a training for your church, community, school, or business, contact Amy Shores at Ashores@methodistfamily.org.