

Let's talk about bereavement

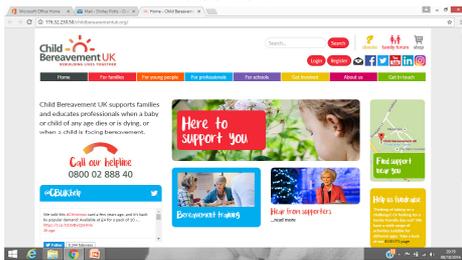


Who is Child Bereavement UK?

- ✧ National Charity
- ✧ Supports Young People from the age of 4 to 25 who have been bereaved of 'anyone' special
- ✧ Supports Parents who have lost a child.
- ✧ Advise Professionals



Who are we ?



Helpline: 0800 02 888 40



Email: support@childbereavementuk.org



Download our new free app!
'Grief: Support for Young People'

The app **Grief: Support for Young People** has been developed by bereaved young people working with Child Bereavement UK, for 11-25 year olds who have been bereaved of someone important to them.

It can also be used by friends, parents, teachers and other professionals, who would like to know how to help support bereaved young people.

"It would have helped me if I'd find out about and given me ideas of how to cope when my Dad died." James, age 17

The app includes:

- Information about bereavement, grief, feelings
- Stories from bereaved young people
- Short films that they have written and made
- Ways to search for local support organisations.

Grief: Support for Young People aims to help bereaved young people feel less alone and to inspire others on how you can help and support them.

"The app enables you to get the support that you need in your own space and your own time." Charlie, age 15

App developed by Lightning Mobile Technologies



Objectives

- ✧ To look at the size of the issue
- ✧ To look at the impact of bereavement on a young adult
- ✧ How can we support them ?
- ✧ How can we support ourselves ?



92% of young people in the UK report having experienced bereavement before the age of 16 with regard to what they consider to be a 'close' or 'significant' relationship

Harrington & Harrington 2001



Basic statistics

- * How many children and young people are bereaved?
78% 11-16 year olds in one survey said that they had been bereaved of a close relative or friend (Harrison and Harrington, 2001).
- * How many parents die each year, leaving dependent children?
We estimate that in 2014, 23,200 parents died in the UK, leaving dependent children (23,600 in 2013). That's one parent every 22 minutes.
- * How many children are bereaved of a parent each year?
We estimate that in 2014, these parents left behind around 40,000 dependent children aged 0-17 (41,000 in 2013). That's 110 newly bereaved children every day.
- * How many children in the current population have been bereaved of a parent?
By the age of 16, 4.7 per cent or around 1 in 20 young people will have experienced the death of one or both of their parents (Parsons, 2011).

Higher education

- * Bereaved students are at increased risk of not graduating or completing their College or University courses.
- * There may be limited resources for students who are attempting to cope with their course
- * Few may find peers willing to listen or be present when stories of grief surface

(Balk and Vesta, 1998).

Research from America - Effects of parental death during early childhood or teenage years

- * Lower self esteem (Worden & Silverman 1996)
- * To have lower grades and more school failures (Berg,Rostila, Saarela & Hjern 2014)
- * Greater involvement in youth delinquency (Draper& Hancock 2011)
- * More drug abuse (von Sydow, Lieb, Pfister, Hofler & Wittchen 2002)
- * More violent crime involvement (Wilcox et al 2010) (Berg,Rostila & Hjern 2016; Rostila, Berg, Arat Vinnerlung and Hjern 2016)
- * Serious long lasting developmental problems where parental death resulted from 'external causes' i.e. homicide suicide or a drug overdose

Why is support needed?

- While counselling has been shown to have a positive impact on the retention rates of all college students, only 10% of college students seek counselling services. (Bishop & Brenneman, 1986; Gallagher, 2004, 2010).
- Students are not likely to complain to physicians about grief but instead about symptoms like insomnia, lack of motivation and an inability to concentrate (Janowiak, Mei-tal, & Drapkin, 1995).
- Today's college students are 40% lower in empathy than their counterparts 20 or 30 years ago (Konrath, O'Brien, & Hsing, 2010).
- Studies indicate that bereaved individuals who receive adequate support experience lower levels (both in intensity and incidence) of anxiety or depression, fewer psychosomatic and autonomic symptoms, and decreased use of alcohol, tobacco, and tranquilizers (Parkes, 1975, 1979, 1981).

Change

- * Telling their story
- * Establishing a peer network
- * Being out of the family loop
- * Coping with all the other changes that are going on at that age range

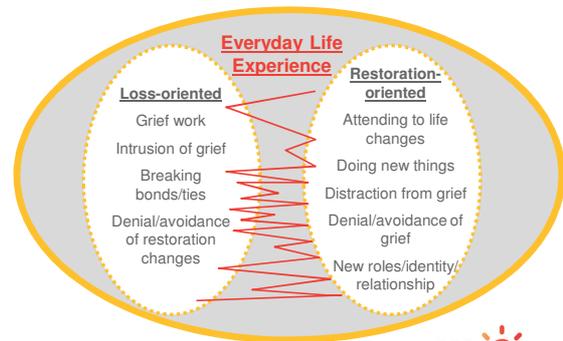
Late teenagers

- ✧ 18-20 years
- ✧ Increased sense of comfort with oneself
- ✧ Awareness of others
- ✧ Appreciation for meaningful relationships

(Hamburg 1998)

The Dual Process Model of Coping with Bereavement

Rationale and Description, Stroebe, M. & Schut, H. (1999)



Death Studies 23, 197-224

Circumstances of death/dying

Relationship with person who died

Factors affecting the grieving process

The individual, personality, background

'Recovery' environment

The ripple effect

- ✧ Family structure
- ✧ Family finance
- ✧ Geographical location
- ✧ Education
- ✧ Friendships
- ✧ Academic competency
- ✧ Perspective on life
- ✧ Love and security

Change!

How can we support the Bereaved Student ?

Support ideas

- ✧ Group work -The Dinner Party
- ✧ One to one mentoring
- ✧ Local agencies
- ✧ Social media support - app
- ✧ Bereavement websites
 - Relate with chat to counsellor
<https://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling?gclid=CLuzmdvlltACFekp0wod5s1luQ>

Providing information to young adults can:

- ☀ Address their concerns
- ☀ Enhance positive co-operation of the young person
- ☀ Reduce anxiety, fears and fantasies
- ☀ Reduce tension in families (Beale et al 2003)



- ☀ <https://www.york.ac.uk/media/studenthome/features/2016/Student%20Mental%20Ill-health%20Task%20Group%20Report%20Mar%202016.pdf>



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Agencies that can help

- ☀ Papyrus – Building Suicide Safer Schools and Colleges a guide for teachers and staff <https://www.papyrus-uk.org/about/our-campaigns/save-the-class-of-2018>
- ☀ Cruse local branches across the country <https://www.cruse.org.uk/?gclid=C1-C-qGL1NYCFUm17Qod8E8KqQ>
- ☀ Winstons Wish - a national charity supporting young people <https://www.winstonswish.org.uk/supporting-you/support-for-schools/>
- ☀ Child Bereavement UK - a national charity working with young people and families up to the age of 25 www.childbereavementuk.org

