POST-CRISIS SERVICES

Following the death of a member of a school or community organization, Uplift’s Post-Crisis Intervention Coordinator offers support via telephone or email within 48 hours of a crisis. Uplift can support youth, staff, and the larger community with age-appropriate activities, resources, and/or post-crisis support groups as needed, and can accommodate all these needs virtually. Additionally, Uplift can help create a plan in cases of terminal illness to help prepare a community for an anticipated death.

PHONE OR EMAIL CONSULTATION
In the aftermath of a crisis, you might not know what steps to take next. Reach out to our Post-Crisis Intervention Coordinator for support, planning, and consultation. Resources and referrals are also available when applicable.

POST-CRISIS INTERVENTIONS
After speaking with our Post-Crisis Intervention Coordinator and developing a plan to best support your school or organization, a post-crisis intervention can be scheduled. This service is intended to be completed shortly after a death has occurred in your school, community, or organization and will focus on notification, grounding, stabilization, psychoeducation, and identification of support systems. These can be done virtually for entire classrooms or in smaller groups, and each session runs for approximately 45-60 minutes. When applicable, post-crisis support services should be coordinated in partnership with your school’s Prevention and Intervention Liaison.

COPING GROUPS AND SELF-CARE GROUPS
These are intensive follow-up options to post-crisis interventions that that allows for conversations about how a specific death has impacted them or about managing overwhelming stress and self-care strategies following a traumatic event. These groups are one-time interventions that run approximately 90-120 minutes. Both coping and self-care groups are often done in conjunction with the Network of Neighbors Responding to Violence.
LEGACY GROUPS
If continued, longer-term support is needed, Uplift can provide a virtual legacy group that will focus on commemorating, memorializing, and honoring a member of a school or community that has died. These groups are intended to support those students that are most acutely impacted by a death in their school or community. These groups are an ongoing service that meet virtually for five, 60-minute sessions and are designed for individuals who have been more acutely impacted by a specific death.

TRAININGS
Professional Development trainings are designed to equip all school staff with evidence-based, best practice protocols, strategies, and tools to most effectively support students grieving a death in their school community and to prevent further challenges.

Making a Plan for Support: Recommendations for Handling a School Death
(2 hours minimum)
• Intended for schools and youth-serving agencies before a death occurs
• Designed for all staff, particularly those involved in school safety, culture & counseling

Supporting Grieving Students & Ourselves After a School Death
(2 hours minimum) *Priority scheduling given*
• Intended for schools and youth-serving agencies after a death occurs
• Designed for all staff, particularly educators involved in the day-to-day life of students

NEED MORE INFORMATION?
To learn more, please contact
Uplift's Post-Crisis Intervention Coordinator:
Sarah Sweda, MS, NCC
sarah@upliftphilly.org
267-437-3123, Ext. 1003
upliftphilly.org

OUR MISSION:
Uplift Center for Grieving Children helps children grieving a death to heal and grow through their grief while strengthening families, communities and professionals’ understanding of how best to respond to their needs.