



# Legacy Grief Groups and Post-Crisis Services

*Following the death of a member of a school or community organization, Uplift's clinical team can offer 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. Call Uplift's **Philly HopeLine** at **833-PHL-HOPE (833-745-4673)** to speak to one of our Masters-level clinicians and to receive support, planning, and consultation, as well as resources and referrals to complementary services.

## Post-Crisis Interventions

After speaking with staff and developing a plan to best support your school or organization, Uplift can schedule a post-crisis intervention. 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 allow for participants to discuss how a specific death has impacted them, or how to manage overwhelming stress following a traumatic event through self-care strategies. These groups are one-time interventions that run approximately 90-120 minutes. Both coping and self-care groups often take place in concert with services from the Network of Neighbors Trauma Response Network.

## Legacy Grief Groups

If your school needs continued, longer-term support, Uplift can provide a legacy grief 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 the students that are most acutely impacted by a death in their school or community. Group members meet over five sessions for one hour at a time during the school day.

## Training Workshops

Professional development trainings equip all school staff with evidence-based, best practice protocols, strategies, and tools so they can effectively support students grieving a death in their school community and prevent further challenges. Available training topics include:

- **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)
  - 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

[www.UpliftPhilly.org](http://www.UpliftPhilly.org)



## Need More Information? Contact the Philly HopeLine

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Uplift's **Philly HopeLine** is a free, confidential helpline staffed by our Master's level clinicians. The Philly HopeLine is open to all youth, caregivers, schools, and service providers in the Philadelphia region. Call if you'd like to:

- Sign up for grief groups
- Receive emotional or grief support
- Identify community resources
- Get on the list for an in-school grief group
- Make a referral of a youth or family
- Request a training.

Interpretation service is available for more than 100 languages. Dial **833-PHL-HOPE (833-745-4673)** to speak to an Uplift clinician Monday - Thursday from 10 AM - 4 PM.

*A tip sheet from*

**Uplift Center for Grieving Children**

Office: 267-437-3123

Philly HopeLine: 833-745-4673

**[www.UpliftPhilly.org](http://www.UpliftPhilly.org)**

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