



“Grief and Loss: What it is, How to Cope” With Cane and Able

*A Presentation By
The CNS Healthcare Empowerment Team*

Meet The CNS Healthcare Anti-Stigma Program Team Members



**Andrew Parrish, CPSS and
Community Advocate Educator**



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Community Advocate Educator**

Session Objectives

- *Attendees will learn the definition of Grief*
- *The attendees will be able to identify at least 2 Stages of Grief*
- *Attendees will be abled to recognize 2 Myths and Facts about Grief*
- *Attendees will be able to identify 2 Ways that they can cope*
- *Attendees will be able to identify 2 ways to help others cope*
- *Attendees will learn at least 2 characteristics of resilience*



CNS Healthcare is a private non-profit human services agency that provides comprehensive behavioral health services through a wide spectrum of community-based support services, psychiatry, medication management, psychotherapy, nursing services, case management and peer support.

The Program

- *Started in 2005*
- *Malkia Maisha Newman was one of the original founding members.*
- *We are people with lived experience with Mental Health Conditions*
- *Nationally recognized, award-winning program*
- *Funded in part by the MI Dept. of Health & Human Services & Oakland Community Health Network*



**Malkia Maisha Newman
1953 –2025**



Grief and Loss Definitions

Grief is a person's emotional response to the experience of loss

Mourning is the outward expression of grief, including culture and religious customs surrounding death

Bereavement is the period of grief and mourning after a loss

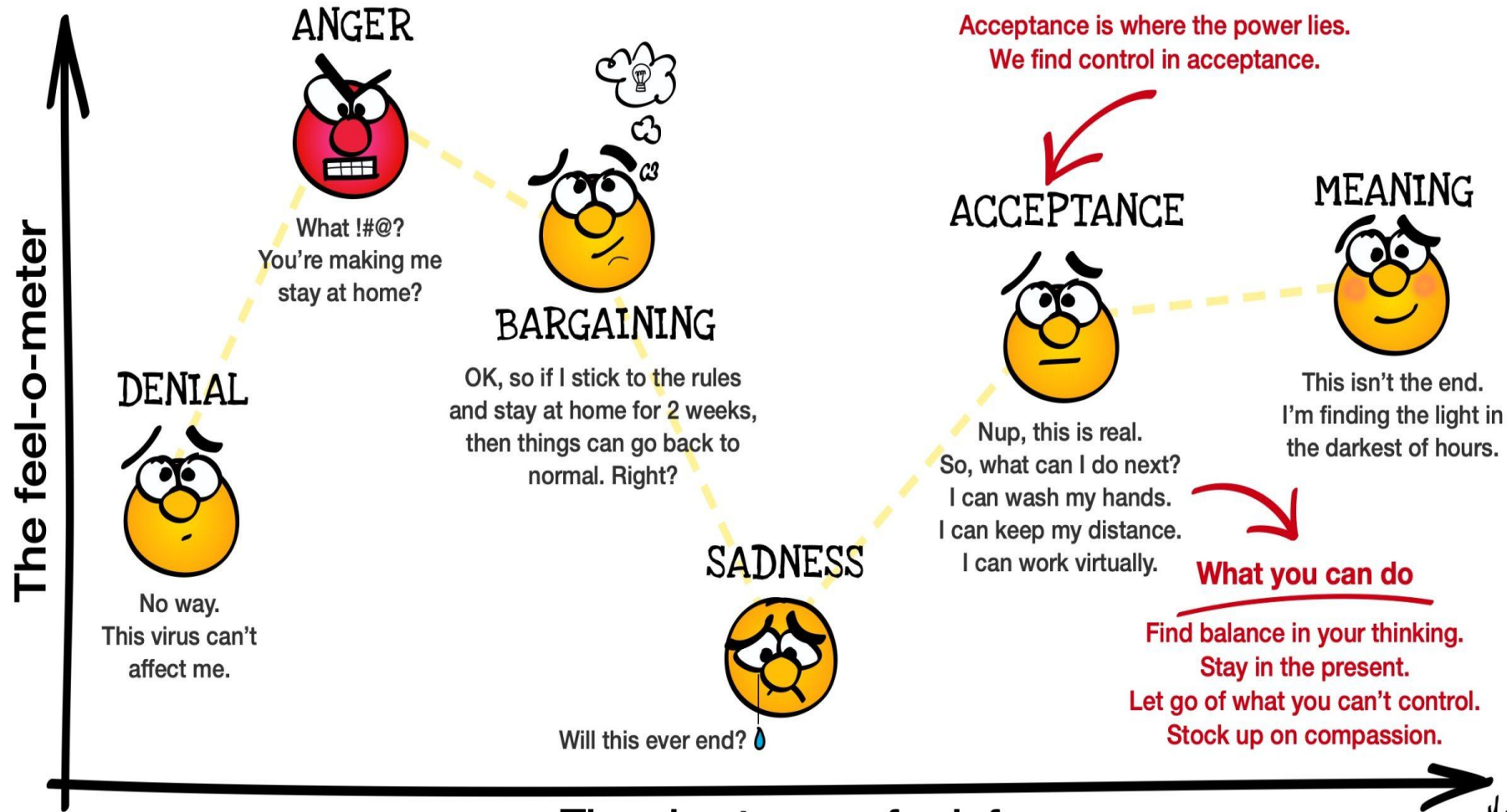


A white rose with green leaves is positioned on the left side of the image. The rose is in full bloom, showing multiple layers of petals. The leaves are serrated and vibrant green. The background is dark, and a large, light-colored rectangular area is visible behind the rose. A black rectangular box is overlaid on the right side of the image, containing the title text in white, serif, all-caps font.

THE SIX STAGES OF GRIEF

The discomfort you're feeling is grief

Fighting it doesn't help because your body is producing the feeling.
If we allow the feelings to happen, they'll happen in an orderly way, and it empowers us.



The six stages of grief
(Stages aren't linear and may not happen in this order)

Myths and Facts about Grief

Myth: The pain will go away faster if you ignore it

Myth: It's important to "be strong" in the face of loss

Myth: If you don't cry, it means you aren't sorry about the loss

Myth: Grieving should last about a year

Myth: Moving on with your life means forgetting about your loss

Smith, M., Robinson, L., and Segal, J., (2019). Coping with Grief and Loss. Retrieved June 15, 2020, from HelpGuide Web site: <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

Things that Can Cause Grief

1. Divorce or relationship breakup
2. Loss of health
3. Losing a job
4. Loss of financial stability
5. A miscarriage
6. Retirement
7. Death of a pet
8. Loss of a cherished dream
9. A loved one's serious illness or death
10. Facing your own mortality
11. Loss of safety after trauma
12. Selling the family home

Some of the Signs of Grief

Emotional

- Shock and disbelief.
- Sadness
- Guilt
- Anger
- Fear

Physical

- Fatigue
- Nausea
- Lowered immunity
- Weight loss or gain
- Aches and pains
- Insomnia

Smith, M., Robinson, L., and Segal, J., (2019). Coping with Grief and Loss. Retrieved June 15, 2020, from HelpGuide Web site: <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>



Collective Grief



*Our grief is as
individual
as our lives...*

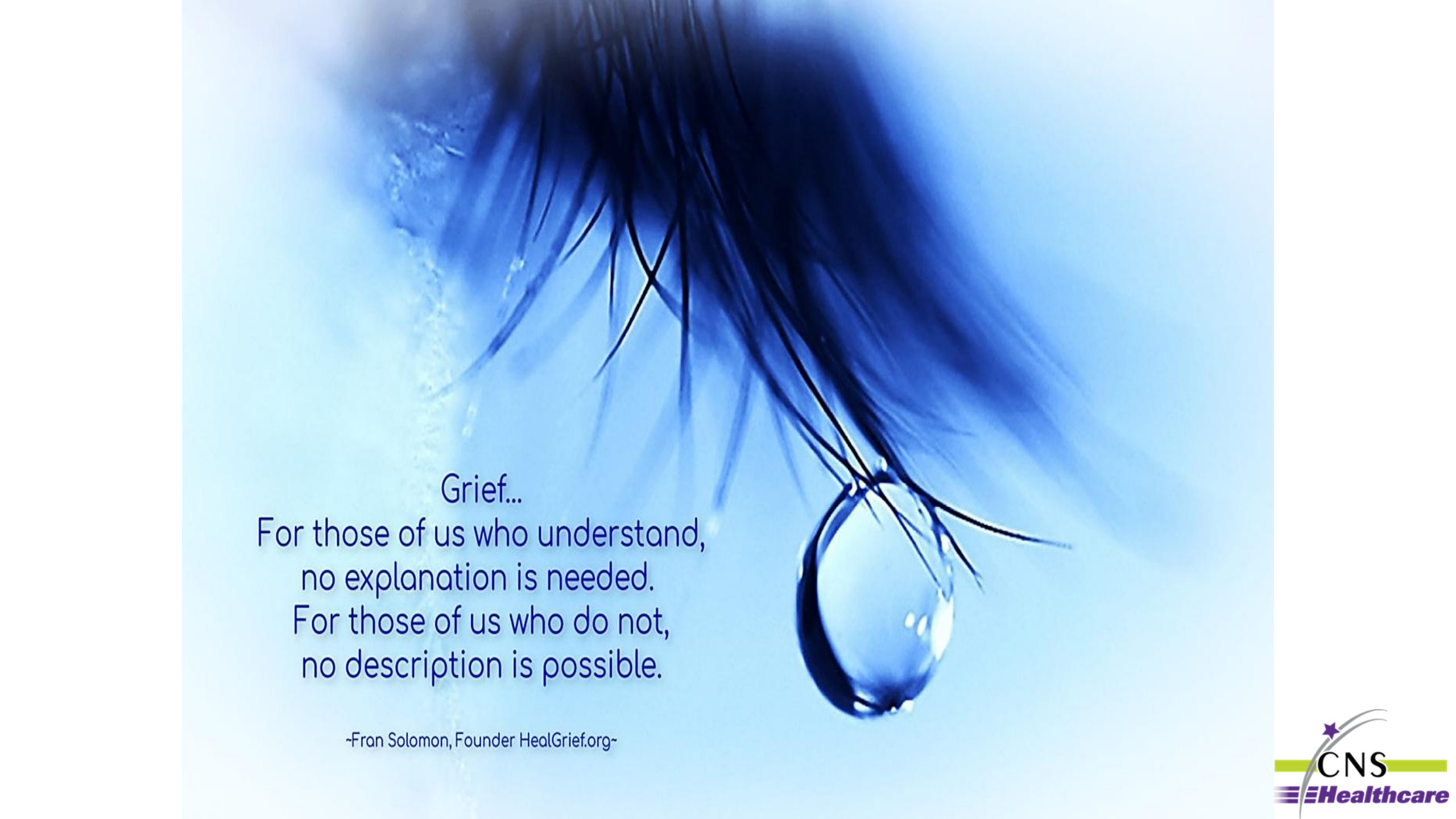


10 TIPS TO COPE WITH GRIEF AND LOSS



1. Find a caring listener.
2. Express how you feel.
3. Increase your self-care.
4. Ask for / accept help.
5. Eat consciously.
6. Have a quiet space just for you.
7. Rest when you can.
8. Honor your own grieving process.
9. Demonstrate patience.
10. Tell yourself, this too shall pass.

Patricia Morgan



Grief...
For those of us who understand,
no explanation is needed.
For those of us who do not,
no description is possible.

-Fran Solomon, Founder HealGrief.org-

CARE & FEEDING of YOUR GRIEVING PERSON

@refugeingrief

LEAVE THEM CARE PACKAGES



REMEMBER BIG DATES

SET A CALENDAR REMINDER FOR BIRTHDAYS, ANNIVERSARIES, HOLIDAYS AND SEND A TEXT OR NOTE.



SAY THEIR NAME

SHARE A MEMORY, SAY THEIR PERSON'S NAME.



BE SPECIFIC ABOUT HOW YOU CAN HELP



PARALLEL PLAY

YOU DON'T HAVE TO TALK TO SPEND TIME TOGETHER. YOUR PRESENCE MATTERS.



LET THEM BE SAD

SADNESS IS HEALTHY.



ASK QUESTIONS



ACKNOWLEDGE THE LITTLE DATES

AN ORDINARY SATURDAY CAN SUCK TOO.



BE AWKWARD

IT'S OK IF YOU DON'T KNOW WHAT TO SAY OR DO. YOUR FRIEND NEEDS YOU! DON'T LET FEELING AWKWARD STOP YOU.



YOU DON'T NEED TO BE PERFECT, JUST PRESENT. 

Acts of Kindness

- Write a Note
- Check on others
- Helping others
- Share the Love
- Flowers
- Share your gifts
- Greet people and smile
- Social media
- Take time for self-care

From the Family Wellness Project, www.parentingni.org/family-wellness-project

Spiritual Grieving

Grief is not a disorder,
a disease, or a sign of weakness.
It is an emotional, physical,
and spiritual necessity,
the price you pay for love.
The only cure for grief is
TO GRIEVE.

Earl Grollman / tinybuddha.com





THE POWER OF HOPE

A B O V E
I N S P I R A T I O N

resilience

noun

re·sil·ience | \ ri-'zil-yən(t)s \

Definition of *RESILIENCE*

1 : an ability to recover from or adjust easily to misfortune or change

Be like the bamboo, bend but do not break



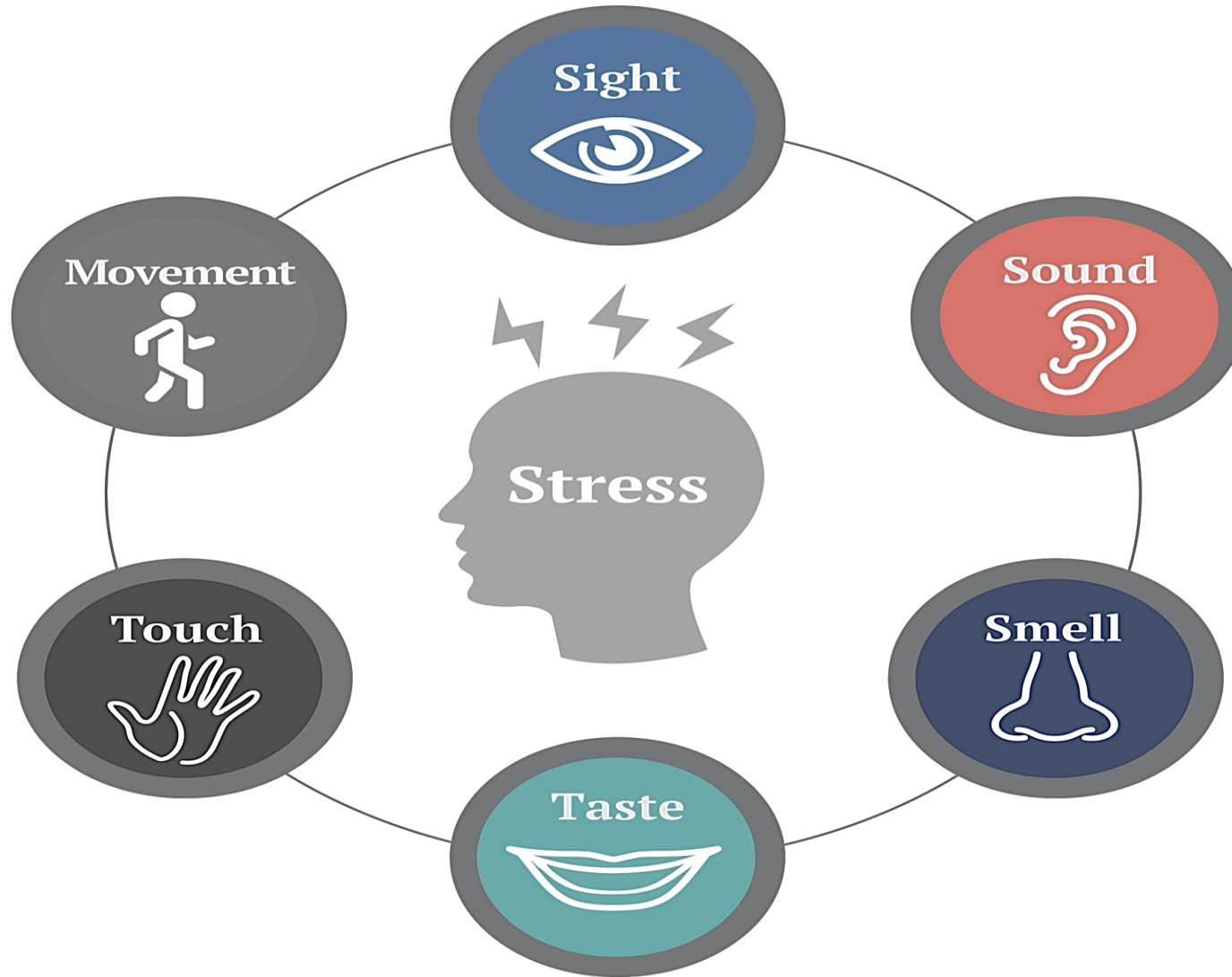
<https://www.merriam-webster.com/dictionary/resilience>

Characteristics of Resilient People

“At the heart of resilience is a **belief** in oneself.” – *Hara Estroff Marano (Editor-at-Large, Psychology Today)*

1. **Identity boundaries.** Stress or trauma may play a role in their story, but it **does not** define them.
2. **Positive social support.** They surround themselves with good supporters who **acknowledge** adversity, listen, offer encouragement (not advice), and give space.
3. **Self-awareness.** They are in touch with their psychological and physical needs; they know when to **ask for help**.

Use Your Senses to Relieve Stress





The Parable of the Long Spoons - Hell



The Parable of the Long Spoons - Heaven



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Mental Health and Crisis Resources

If you or someone you know needs mental health support, contact the **National Suicide & Crisis Lifeline by dialing 988**. Other resources include:

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

Trans Lifeline: 1-877-565-8860 (para español presiona el 2)

Veteran's Crisis Line: 988, then select 1, or text: 838255

Support Line for Physicians: 1-888-409-0141 – www.physiciansupportline.com

Help for Native American people: StrongHearts Native Helpline: 1-844-7NATIVE (762-8483) or chat online

Resources for Black people: www.988lifeline.org/help-yourself/black-mental-health

Ayuda en español: 988lifeline.org/help-yourself/en-espanol

Find treatment centers for mental health or substance use near you:

www.findtreatment.gov

<https://www.usatoday.com/story/news/health/2023/02/09/suicide-rate-increases-cdc/11219323002/>





For more information about the
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Email us: antistigma@cnshealthcare.org

For more information about CNS Healthcare:

[Website: www.cnshealthcare.org](http://www.cnshealthcare.org)

Phone: 800.615.0411

The background consists of several interlocking puzzle pieces. Most pieces are white with a large black question mark. One central piece features a blue line-art lightbulb with radiating lines, symbolizing an idea or insight. The pieces are arranged in a way that creates a sense of depth and connection.

Final Thoughts