Pause and Action Community Grief
JFS Boulder and Lyda Hill Institute for Human Resilience
Mission

Improving the lives of individuals and families in need throughout Colorado by taking an integrated approach to delivering comprehensive support services.

Programs and Services

- Aging Care & Connections
- Baskin Jewish Community Chaplaincy
- Disability Programs
- Employment Services
- Housing Stability & Food Security
- JFS Boulder
- Mental Health Counseling & Services
- Yana Vishnitsky Refugee Resettlement Program
• **Emergency Assistance**—Providing financial assistance to individuals and families for rent and mortgage payments.

• **Care Management**—Supporting access to a continuum of services that help older adults live in their community of choice.

• **Counseling** - Offering compassionate counseling via teletherapy or in person from trained social workers with a wealth of expertise. Conversation-driven community groups are also offered to build connections.

• **Friendly Visitor Program**—Pairing a Friendly Visitor volunteer with an older adult to promote meaningful friendships and prevent social isolation.

• **Holiday Services**—Trained volunteer para-chaplains conduct Shabbat and other Jewish holiday celebrations at older adult residential communities, giving residents an important connection to their faith.

• **Monthly Caregiver Support Group**—For those caring for their aging parent.

• **Virtual Grief Support Group**—Jewish Family Service and Colorado VNA Hospice present an online grief support group open to all members of the Jewish community, affiliated and non-affiliated.
• **Mental Health Services**—JFS Boulder has expanded its mental health services to provide ongoing high-quality outpatient mental health support to adults who need therapy, including those impacted by the Marshall Fire or Straight-Line Wind Event in Boulder County.

• **Pause and Action Community Grief**

• **Marshall Fire Resources**
  • **Boulder County Crisis Counseling**—This program, generously supported by CFBC’s Boulder County Wildfire Fund, supports the behavioral health needs of those affected by the Marshall Fire.
  • **Processing Groups**—Process groups allow individuals to share their experiences and express emotions with others and a trained therapist. They provide a unique space to deepen perspectives, receive support, and gain feedback from peers. Process groups offer group members a chance to connect with their peers to process, cope, and grow from difficult experiences. Groups are for those impacted by the Marshall Fire. Several dates and times available. Group will be capped at 10 attendees per group.
Contact JFS Boulder

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Agenda

Nicole Weis, LPC, LAC
Director of Community Training and Empowerment
Lyda Hill Institute for Human Resilience at UCCS

This Evening:
Community Pause
Stress and Disasters
How Disasters Cause Grief
Stages of Grief
Actionable Steps
Pause and Reflection

What has the past year felt like?
How do you feel today?
How have you coped?
Stress

Mind and body's reaction to an unusual demand such as a threat or challenge

The interaction between environmental conditions and the person where perceived demands exceed perceived capability for managing those demands
WALKING IN A FOREST

- Fight
- Flight
- Freeze

(Fawn)
SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEM
Traumatic Stress

Events that threaten the life, health, or safety of an individual, either directly or indirectly.

- Physical and sexual assaults
- War
- Child abuse and neglect
- Life-threatening illness
- Traumatic loss
- Natural and human-caused disasters

Distress and symptoms following exposure to such an extreme event may be more severe or persistent than general stress reactions.
Typical Phases of Disaster

1. Pre-disaster
   - Warning
   - Threat
   - Impact

2. Honeymoon
   (Community Cohesion)

3. "Heroic"

4. Disillusionment
   - Coming to Terms: Working Through Grief
   - Trigger Events and Anniversary Reactions

5. Reconstruction
   - A New Beginning

Inventory

Lydia Mill
Institute for Human Resilience
Beyond the Disaster

Ongoing stress and burnout

The Unknown

Compounding Trauma
How Disasters Cause Grief

Losses
Life, safety, and predictability
World views
Normalcy
Events, future plans
Social support
?

Life, safety, and predictability
World views
Normalcy
Events, future plans
Social support
?
Naming

It

Shock

Anger

Guilt

Helpless

Stress

Confusion

Despair

Hopeless

Exhaustion

Depression

Sadness

Loneliness

Self-Blame

Pain

Shame

Numbness

Anxiety
"The stages of grief are not meant to be prescriptive but rather descriptive. They are meant to give more detail and context about grief to help normalize the experience for the individual griever," Jaymie Byron, LMFT and grief therapist.
A “New” Stage: Finding Meaning

“Looking at how your life has changed...it’s likely that your ability to connect and grieve has changed as well. Hence, it is important now more than ever, to reflect on ways of managing this grief through the lens of finding meaning. We can find ways to move through the grieving process by NAMING WHAT WE HAVE LOST, making meaning of our grief, and marking it by recognizing its value in our life.” —Past the Pandemic Mental Wellbeing Toolkit
Finding Meaning

- Memorialize/Honor what has been lost
- Name meaningful moments as they happen
- Honor the hard while holding space for positive outcomes or memories
  - Its an “and”
- Focus on strengths
- Consider self-compassion
Actionable Steps

• Name your feelings (and feel them!)
• Stay connected – safe and social!
• Be flexible, practice growth mindset
• Minimize news exposure, social media
• Avoid unhelpful/ineffective coping strategies
• Think about locus of control
Locus of Control

The degree to which people believe that they (as opposed to external forces) have control over the outcome of events in their lives.

Our beliefs about what we are able to control impact our cognition (thoughts) and our behavior (actions).
Our Brains are Pattern Makers

Flexible Thinking
Reinforcing Patterns of Control
Self-talk
Safe and Social

Getting Support
• Bolsters resilience in stressful situations
• Reduces the psychological and physiological consequences of stress
• Enhances immune function

Giving Support
• Inhibits stress responses
• Leads to increase in:
  • Happiness
  • Belonging
  • Self-esteem
  • Self-worth

Inagaki & Orehek, 2017
### Types of Social Support

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Informational</td>
<td>Messages of knowledge or facts</td>
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<tr>
<td></td>
<td>Advice or feedback</td>
</tr>
<tr>
<td>Emotional</td>
<td>Expressions of caring</td>
</tr>
<tr>
<td></td>
<td>Concern, empathy, or sympathy</td>
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<tr>
<td>Esteem</td>
<td>Messages that promote one’s skills, abilities, or intrinsic value</td>
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<tr>
<td>Social Network Support</td>
<td>Messages that help to enhance sense of belonging</td>
</tr>
<tr>
<td>Tangible</td>
<td>Physically providing needed goods or services</td>
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</tbody>
</table>

_Cutrona & Suhr, 1992_
Create a Map: Who’s In Your Corner?

- Friends
- Chosen Family
- Community
- Peers
- Organizations
- Neighbors
SELF-EFFICACY

An individual's belief in their innate ability to achieve goals; centers around an individual’s belief in their efforts and accomplishments and gives the individual a sense of control over their actions.

- MASTERY EXPERIENCE
- VICARIOUS LEARNING
- SOCIAL PERSUASION
- PSYCHOLOGICAL STATE

Plays a large role in resilience and coping styles
Helps an individual estimate their capacity
Helps regulate emotional states
Running a Marathon
Grief, I’ve learned, it really just love. It’s all the love you want to give, but cannot. All of that unspent love gathers in the corner of your eyes, the lump in your throat, and in the hollow part of your chest. Grief is just love with no place to go.” – Jamie Anderson
Final thoughts and reflections
Thank you

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Custom Trainings and Healing Options