



# Grief Support & Directory

---

Derek Sadler | Taylor Breeden | Trent Lambert  
Kosciusko Leadership Academy

# Grief Support Directory - Goals

---

- To have an organized, condensed reference for those who are caregivers before, during and after a death occurs
- To better connect individuals that need help with grief to mental healthcare professionals

# Who could use this resource?

---

- Religious Ministries
- Healthcare Services
- Funeral Directors
- First Responders
- Coroner's Office
- Law Enforcement

# Seeing a Need for the Directory

---

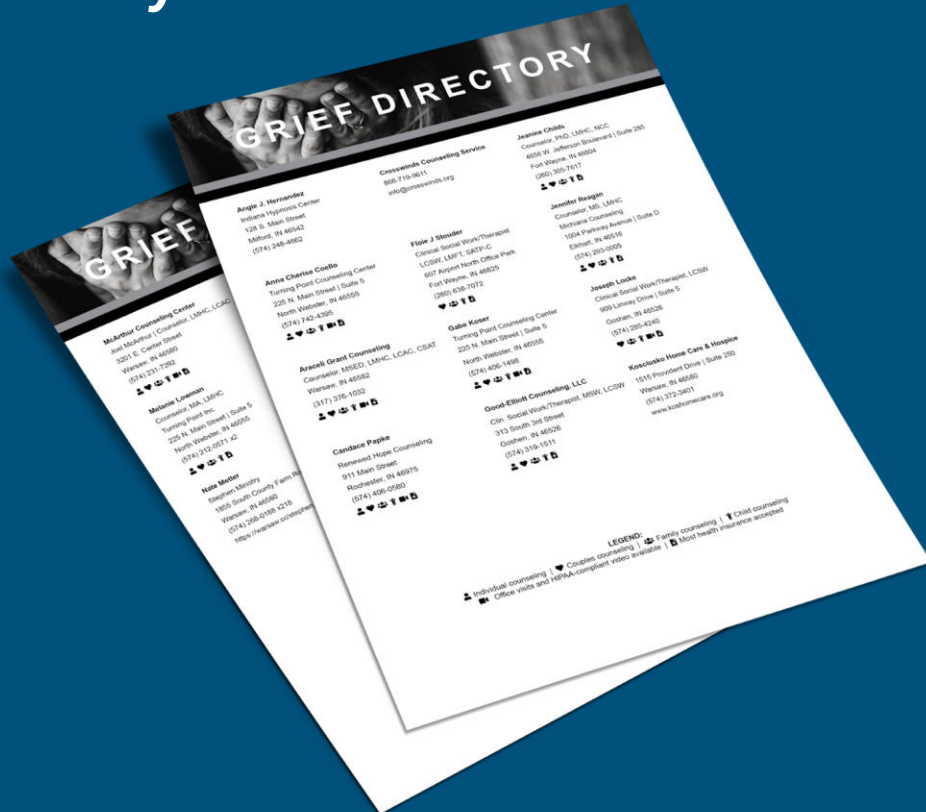
- Derek: Career as Director of Funeral
- Taylor: Personal life experience (loss of brother)
- Trent: Career in ministry

# Housing of the Directory

---

- Goal: to find an organization or individual to house this directory and keep it up to date as well as to distribute it both digitally and in print
- Kosciusko County Hospice
- Digital and print versions available

# Grief Directory



# Grief Support Group

---

- A more casual and group setting
- Work on healing and overcoming struggles with grief
- Meet new people and forge relationships and friendships with those who are struggling in a similar manner
- Host: First United Methodist Church of Warsaw
  - Every Saturday evening at 4:00 PM

# Passion for the Project

---

- Giving the tools to find and relate with others during grief
- Helping individuals to not feel alone when dealing with the death of a loved one
- Offering a way to help people live, really truly live



# Finding a Group Leader

---

- Preference: Hospice Chaplain
- Resolving roadblocks
  - Compensation
  - Job responsibilities

# Outline for the Grief Support Group

---

- Purpose: Provide a tool to any individual who is interested in starting a grief group and how to help those who are bereaved
- Providing a general outline to lead and initiate conversations within the group
- Signs and symptoms of bereaved individuals and techniques to assist bereaved individuals

# Grief Support Group Leader - Status

---

- Commitment in progress
- Pastor Brian of First United Methodist Church of Warsaw is actively looking for a group leader
- Derek Sadler - Funeral Home Director
- We feel confident with this grief group outline, anyone who is interested and committed to starting a grief support group could successfully do so

# Grief Counseling

---

“I thought I could describe a state; make a map of sorrow. Sorrow, however, turns out to be not a state but a process.”

*C.S. Lewis.*

# Grief Counseling

---

Merriam Webster Dictionary defines bereavement as “the state or fact of being bereaved or deprived of something or someone.

# Grief Counseling

---

## Results of bereavement:

- Emotional Distress and anguish
- Sad, worried, scared, confused, angry, cheated, relieved, guilty
- Ability to think and function in everyday life

# Grief Counseling

---

Grief is defined as a “deep and poignant distress caused by or as if by bereavement.”

# Grief Counseling

---

Grief impacts people in a variety of different ways:

- Ability to sleep well
- Eat well
- Concentrate and enjoy life in general.



# Grief Counseling

---

Grief is not something that needs to be managed in isolation or by individualistic suffering.

# Grief Counseling

---

Grief counseling can be a very difficult undertaking. Even after seminary training, pastors find themselves feeling under prepared and not being able to say the right words. This is not to say that Pastoral/Faith based counsel is not good and valid. It is saying however, that there are some complexities of the grief stages that a trained/licensed counselor is better equipped to deal with.

# Grief Counseling

---

The Grief counselor directory is a tool to help:

- People that are going through the pain of grief
- Pastors and clergy of all faiths
- Medical facilities
- Funeral homes

# Statistics - Indiana

---

| Leading Causes of Death | Number of Deaths | Indiana's State Rank |
|-------------------------|------------------|----------------------|
| 1. Heart Disease        | 1. 14,445        | 1. 13th              |
| 2. Cancer               | 2. 13,462        | 2. 10th              |
| 3. Chronic Resp Disease | 3. 4,375         | 3. 11th              |
| 4. Accidents            | 4. 3,978         | 4. 16th              |
| 5. Strokes              | 5. 3,150         | 5. 15th              |
| 6. Alzheimer's Disease  | 6. 2,771         | 6. 19th              |
| 7. Diabetes             | 7. 2,096         | 7. 6th               |
| 8. Kidney Disease       | 8. 1,440         | 8. 7th               |
| 9. Septicemia           | 9. 1,277         | 9. 6th               |
| 10. Suicide             | 10. 1,092        | 10. 25th             |

# The Northenor Award

---

- The Northenor Award of a grant of \$1,000 is an excellent way that Kosciusko Leadership Academy continues to give back and invest in our beautiful community.
- We believe that this money could be used to help compensate a group leader to take on the grief group
  - Resolve the barrier to start the group

# KLA- Thank you!

---

- Thank you for this opportunity to participate in the Kosciusko County Leadership Academy 2018-2019