Good Grief: It’s Important!
Prioritize Students Wellbeing vs. Academic Standing

California Student Mental Wellness Conference
March 1, 2018
Presented by: Susan Toler Carr, PE
Justin Carr Wants World Peace Foundation
SESSION OUTLINE

- My Story
- Mental Health, Grief & Trauma
- Student Stressors
- Myth-Information
- Tools & Resources for Response

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WHO AM I?

SUSAN TOLER CARR, P.E.

- University of Southern California  BS Civil Engineering
- Registered Professional Engineer (P.E.)
- Co-Founder Justin Carr Wants World Peace
- Certified Independent College & Career Counselor
- Certified Grief Recovery Method ® Specialist
- Certified Mental Health First Aid ® For Adults
- Certified Mental Health First Aid ® For Youth
WHO IS JUSTIN CARR?

The 4-year-old who helped the underdog, who was allowed to pursue his passions and who wanted World Peace …

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Justin’s Preschool Teacher knew All About Him. He died from an undiagnosed heart condition during swimming. He was 16 years old…
My son Justin died from an undiagnosed heart condition during swim practice at school...

Aftermath of Losing Justin Changed Me!

- Speaking Truth Helps Me (Re-Building Lives)
- Learned about Mental Health, Grief & Loss
- People Don’t Know What to Say or Do
- Helping Justin’s Peers & Community
- Students go to School with Untold Trauma
- Emotional Intelligence vs. Academic Performance
- Responses to Loss Gave Me My Voice

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MENTAL HEALTH, GRIEF & TRAUMA
WHAT IS MENTAL HEALTH?

- Person’s Condition with respect to their:
  - Psychological, Emotional, Social Wellbeing
  - MH should be everyone’s issue and Educators & Counselors are stressed out too!!
What is Grief?

Grief is the Normal and Natural Reaction to a Loss Conflicting Feelings Caused by a Change or End in a Familiar Pattern of Behavior

- Emotional, Unique, Different, Better, More
- Death, Divorce, Relationship, Job
- Illness, Pet Loss, Move, Politics, Trauma
- Abuse, Loss of Trust, Safety, Income
- DACA, Natural Disaster, Terror
- Can’t Compare, Can’t Compete
- Grief is often mislabeled as ADHD, Depression, PTSD, and many other pathological conditions

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Grief Recovery Method®
There are no true "stages of grief, "other than a sense of numbness on hearing the news about a loss.

The stages of grief that are often quoted were first identified by Elisabeth Kubler-Ross. *Denial, Anger Bargaining, Depression, and Acceptance*

She was studying how people dealt with their own mortality after they were diagnosed with a terminal illness.

These stages don’t relate to how the survivors feel after experiencing a loss.

The Yale Medical School proved their lack of value to those grieving other losses in a study.
NOW THIS IS MORE LIKE IT!!

THE FIVE STAGES OF GRIEF:

CRYING IN PUBLIC
CRYING IN THE CAR
CRYING ALONE WHILE WATCHING TV
CRYING AT WORK
CRYING WHEN YOU’RE A LITTLE DRUNK

I LOVE YOU.

Emily McDowell Studio™

EMPATHY CARDS
ACADEMICS
INNER STRUGGLES
MYTH-INFORMATION
MYTHS ABOUT MENTAL ILLNESS

MENTAL ILLNESS MYTH-BUSTING

**MYTH:**
Mental disorders are signs of weakness or personality flaws.

**FACT:**
Mental disorders cannot be willed away. Professional help is needed.

**MYTH:**
People with mental disorders are violent.

**FACT:**
Most people with mental illness are not violent. Less than 5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are more likely to be victims of violent crime than the general population.

**MYTH:**
“Healthy” people aren’t affected by traumatic events. If they are, it’s because they really do have a mental health problem.

**FACT:**
Trauma can affect anyone, regardless of how strong or psychologically healthy.

For more information on mental health and services available in Greater Kansas City, visit mentalhealthkc.org.
Online Suicide Challenge

Family finds clues to teen's suicide in blue whale paintings

By Jaide Timm-Garcia and Kaylee Hartung, CNN

Updated 5:50 AM ET, Mon July 17, 2017
DO YOU KNOW ABOUT THE BLUE WHALE CHALLENGE?

YOU SHOULD!

https://youtu.be/nnCy2ydoldY
"1-800-273-8255"
(feat. Alessia Cara & Khalid)

[Logic:]
I've been on the low
I been taking my time
I feel like I'm out of my mind
It feel like my life ain't mine
Who can relate?
I've been on the low
I been taking my time
I feel like I'm out of my mind
It feel like my life ain't mine

I don't wanna be alive
I don't wanna be alive
I just wanna die today
I just wanna die
I don't wanna be alive
I don't wanna be alive
I just wanna die
And let me tell you why

And then it hit me, the power that I have as an artist with a voice.

I feel like I'm out of my mind
It feel like my life ain't mine

I finally wanna be alive
I finally wanna be alive
I don't wanna die today
I don't wanna die
I finally wanna be alive
I finally wanna be alive
I don't wanna die
I don't wanna die

https://youtu.be/cycUHgg0zzU
MENTAL HEALTH FIRST AID FOR YOUR STAFF, STUDENTS & THE WHOLE COMMUNITY

Get Involved and Make a Difference
MHFA 5-STEP ACTION PLAN

ALGEE:
THE MENTAL HEALTH ACTION PLAN

Mental Health First Aid offers this action plan on how to help a person in a mental health crisis.

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Learn more at www.mhfakc.org
Gunn High student dies by suicide
Principal to parents: 'Listen, talk and answer questions honestly'

by Elena Kadvany / Palo Alto Weekly

Editor's note: Resources for any person who is feeling depressed, troubled or suicidal are listed at the bottom of this article.

Gunn High School Principal Kathie Laurence, in an email to school families Tuesday afternoon, is urging parents to talk openly with their children and to reach out for help if needed following the death by suicide of a senior in his home on Tuesday.
STUDENT ID ENHANCEMENTS

Add counseling and crisis hotline numbers on the back of Student ID's
Simple as making them with Sticky Name Tag Templates

EMERGENCY CONTACTS
Crisis Text Line: Text "start" to 741-741
Lifeline Crisis Chat: www.crisischat.org
National Help Line for Substance Abuse: 1-800-662-4357
National Sexual Assault Hotline: 1-800-656-HOPE (4673)
National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
Online Crisis Network: www.imalive.org
Poison Control: 1-800-222-1222
Rape, Abuse, and Incest National Network: www.rainn.org
Trevor Lifeline for LGBT Youth: 1-866-488-7386
SOCIAL NETWORKING TOOL “SIT WITH US”

Promotes Kindness and Inclusion in Schools

SIT WITH US is a mobile app that is designed to promote a kinder and more inclusive school community.

- Connect with students at your school
- Volunteer to become an Ambassador for your school
- Chat with friends to coordinate lunch
- Create a user profile, add friends, describe your interests
- Post featured lunches for people to join
- Add your own lunch event
Today we're updating the resources we offer to people around the world who may be experiencing self-injury or suicidal thoughts, as well as the support we offer to their concerned friends and family members.

Developed in collaboration with mental health organizations and with input from people who have personal experience with self-injury and suicide, these tools first launched in the US with... See More
MENTAL HEALTH RESOURCES

**Grief Recovery Method**
https://www.griefrecoverymethod.com

**National Alliance on Mental Health**
https://www.nami.org

**Research on Adolescent and Young Adult Mental Health**
Healthy Minds Network http://healthymindsnetwork.org

**Ceeds of Peace 360 degree to Peacebuilding**
https://www.ceedsofpeace.org

**SCHOLARSHIP FOR MH STUDENTS** http://www.top10onlinecolleges.org/scholarships-for/mental-illness/

**CRISIS TEXT LINE**  www.crisistextline.org

**THE STEVE FUND** http://www.stevefund.org/
Supports the mental health and emotional well-being for students of color

**THE JED FOUNDATION**
https://www.jedfoundation.org/
Nation's leading organization that works to promote emotional health and prevent suicide among college and university students

**OK2SAY** tip hotline for students for peer abuse, suicide and cyber bullying  Stop the Silence and end the Violence
http://www.michigan.gov/ok2say/0,5413,7-309-67286---,00.html

**7 CUPS OF TEA**
http://www.7cups.com/member/
7 Cups of Tea is an on-demand emotional health and well-being service. Our bridging technology anonymously & securely connects real people to real listeners in one-on-one chat.
Talking to Students about Their Situation

Simple DON'T’s

- DON’T Say: “Don’t Feel Scared”
- DON’T Say: “Don’t Feel Sad”
- DON’T Say: “Everything happens for a reason”
- DON’T Say: “Be strong for others”
- DON’T Compare their lives to others
- DON’T Say: “I know what you’re going through”
- DON’T Say: “Get Over It”
MENTAL HEALTH RESOURCES

GRIEF RECOVERY METHOD  https://www.griefrecoverymethod.com

The Grief Recovery Method Books
Each of us only has one chance in this life.

We will never know when our time is up.

You have choices in how you counsel, educate, parent and live in this world.

It’s time to change conversations.

To assess who your students really are.

Don’t overlook mental health, grief or trauma cues.

Find out what excites them.

Help them succeed with passion vs. prestige, find their voice, and regain curiosity for learning.

Counselors & Teachers, Like Parents are Powerful Influencers