

Central Ohio Grief Care Coalition

Description

The Central Ohio Grief Care Coalition is comprised of organizations that provide grief care and support to families of Central Ohio. Our members specialize in general and specific grief care and support for all types of losses.

Organizational Goals

- To ensure that the most up-to-date grief information regarding grief theory and research is available to all involved
- To ensure that each organization is aware of and has access to all possible sources for support in the community
- To have a network of trusted resources to be able to make referrals as needed
- To ensure that no cultural population is excluded from grief resources through the network
- To share information about grief education opportunities
- To share best practices and practical information
- To stand as experts in the community for grief care and support

Participating Members

- American Red Cross – Disaster Relief and Recovery Services - Central and Southern Ohio Region
- Back in His Arms Again
- Columbus Public Health
 - Columbus CARE Coalition
 - Fetal Infant Mortality Review
 - Living After Loss
- Cornerstone of Hope
- Holistic Consultation
- Let the Light In – Miscarriage and Pregnancy Loss Support
- LOSS Community Services
- Mount Carmel Hospice Bereavement Services
- Nationwide Children’s Hospital
- Nikki the Death Doula
- Ohio Health Loss and Healing Services
- Reden Yoga
- Schoedinger Funeral and Cremation Service
- STAR – Stress Trauma and Resilience at OSU
- Starfish Associates – Grief Recovery Method
- Thriveworks



American Red Cross-Central and Southern Ohio Region

- Mission: The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.
- Respond to many types of disasters including home fires, natural disasters, transportation (e.g., plane, train), and mass casualty incidents

Services related to grief and bereavement after a disaster include the Disaster Mental Health and Disaster Spiritual Care teams.

- **Disaster Mental Health** team responds to the immediate emotional distress and psychosocial needs of disaster survivors and Red Cross disaster responders
- Provide approved Disaster Mental Health interventions that focus on basic care, support, and comfort of individuals experiencing disaster-related stress
- Disaster Mental Health services are short term but include:
 - Identification of mental health needs through environmental and individual assessments
 - Promotion of individual and community resilience and coping, including enhanced psychological first aid and psychoeducation
 - Targeted Disaster Mental Health interventions, including secondary assessment and referrals, crisis intervention, casualty support and advocacy
- **Disaster Spiritual Care team** provides culturally sensitive services to meet the spiritual and religious needs of disaster-affected individuals, families, and communities. This care is offered based on the understanding that all persons maintain values and beliefs that are affected by disaster events
- Disaster Spiritual Care services include:
 - Discussing the client's values and beliefs and providing spiritual and emotional support.
 - Participating in the client's choice of spiritual or religious ritual (like prayer or meditation).
 - Facilitating access to religious supplies for people who request them (like written materials, prayer beads, candles, religious symbols, etc.)
 - Connecting clients to spiritual and religious resources in the community.
 - Creating a reflection space in a Red Cross service delivery site for those who wish to have a quiet place for prayer, meditation, and contemplation.
- Most services are provided via phone except in larger disasters or certain individual circumstances*
- *Condolence visits with members of the Disaster Mental Health, Disaster Health Services, Disaster Spiritual Care, and/or Casework are offered to families who have suffered a fatality or have a family member who is seriously injured/hospitalized as resulting from a disaster. These can be virtual or in-person.
- Services are intended to be provided as immediate assistance after a disaster. Intakes for cases are completed within 2 weeks of the disaster. Some exceptions are granted for extenuating circumstances, for example if they were in the hospital or out of town when the disaster occurred. If a client would like to receive services, please call **1-800-RedCross** to request assistance.

The Central and Southern Ohio Region serves the following counties in Ohio: Adams, Athens, Brown, Butler, Champaign, Clark, Clermont, Clinton, Coshocton, Crawford, Darke, Delaware, Fairfield, Fayette, Franklin, Greene, Guernsey, Hamilton, Hardin, Highland, Hocking, Knox, Licking, Logan, Madison, Marion, Miami, Montgomery, Morgan, Morrow, Muskingum, Noble, Perry, Pickaway, Preble, Richland, Ross, Shelby, Union, Vinton, Warren.



Back In His Arms Again

- Back in His Arms Again is a charitable organization of collaborative resources providing educational resources, care and guidance to families in need who are experiencing a loss of an infant as well as those providing care.
- We help families navigate hospitals, funeral arrangements, burial choices and final resting places.
- We provide burial layettes in ALL sizes, blankets, prayer shawls, memory envelopes and keepsake angels to honor the infants and mothers.
- Offer referrals to counselors with a specialty in pregnancy and infant loss, as well as our own peer-to-peer support group, "Seeking Healing Through Friendship."
- Helped establish "The Garden of the Holy Innocents" located at Resurrection Cemetery, a free burial ground for infants up to 20 weeks or infants over 20 weeks who have been cremated.
- Provide financial assistance for burial to families in need.
- Celebrate "The Wave of Light" on October 15, national infant loss awareness day.

Families can contact us 24/7 @ **614.906.3115**. Intake form for families can be found at backinhisarmsagain.com. Further information may be found on our website Backinhisarmsagain.com

Columbus CARE Coalition

The Columbus CARE Coalition is a collaborative effort aimed at addressing community trauma led by Columbus Public Health. CARE stands for Community, Action, Resilience, and Empowerment. We came together in early 2016, with the vision of Columbus is a trauma-responsive community where sensitivity, awareness, and resilience exists in all of our neighborhoods and families.

- We have a team of social workers who provide case management, grief support and referral services to Columbus and Worthington residents.
- We also provide free Trauma Responsive CARE trainings for community members.
- If you're a survivor or a concerned community member looking to make a difference, consider joining our monthly Columbus CARE Coalition meetings where we work towards making Columbus a resilient and compassionate city. These meetings take place every 4th Thursday of the month from 9:30 AM – 11:00 AM at Columbus Public Health.

If you or someone you know has experienced violence, abuse or homicide and needs assistance or would like to learn more about the coalition, feel free to call **614-645-6248**.

Fetal-Infant Mortality Review

- At Columbus Public Health, the Fetal-Infant Mortality Review (FIMR) is part of a community-wide effort to decrease fetal and infant mortality in Franklin County. The FIMR team reviews de-identified case summaries of fetal and infant losses to identify contributing factors to the loss and develop actionable recommendations to improve service systems for women, infants and families.
- We offer a free home visit, or virtual visit, with a social worker to moms or other family members who have recently had a pregnancy or infant loss to share their story with us and talk about their experience. These meetings are completely voluntary and confidential; we believe we can learn so much from talking with mothers and their help can improve support to women, infants, and families in Columbus and Franklin County.
- Our FIMR social worker can link mothers and families with grief and bereavement services in the community and are happy to talk through any challenges moms and families may be having following a loss.

Please contact Hannah Hajjar at **614-645-5261** or hlhajjar@columbus.gov. Must be a resident of Franklin County.

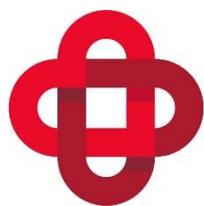
Living After Loss

Our peer supporters have experienced the loss of a loved one to violence. We understand grief and offer emotional and logistical support to others who have experienced loss. Because of shared experiences, peer supporters can affirm the capacity to experience life beyond those feelings.

Peer supporters offer a healing presence by sitting with grieving people. Recognizing that nothing can be done to instantly relieve the pain, we work with individuals and provide support in a way that's best for them.

If you or someone you love needs support, fill out our online form at redcap.columbus.gov/surveys/?s=HWJ98DNWJAJ4KLNJ.

Questions? Email tfeasley@columbus.gov.



Cornerstone of Hope

Cornerstone of Hope

We are a comprehensive bereavement support agency offering:

INDIVIDUAL COUNSELING Available to children, teens, and adults who are looking for support after experiencing the death of a loved one.

SUPPORT GROUPS We offer structured grief support groups each quarter led by professional facilitators. Our grief support groups have specialized curriculum according to the type of loss experienced and are designed to support unique needs of grievers. Support Groups that may be offered include, but are not limited to: Adult Grief, Spouse Loss, Substance-Related Loss, Child Loss, and Suicide Loss.

IN-SCHOOL GRIEF SUPPORT GROUPS We partner with area schools to offer in-school support to students, staff, and their families at no cost. These groups are designed to allow students to come together and receive age-appropriate grief support amongst familiarity of their schoolmates.

ANNUAL MEMORIAL EVENTS Each year we provide the central Ohio grieving population with the opportunity to honor their loved ones through events such as our Butterfly Release, Mother's Day Tea, Ornament Workshop, Candlelight Service, and other Memorial Events.

SUMMER YOUTH CAMPS Youth who are grieving often feel alone, however, at camp, they meet others who have also lost a loved one. Cornerstone combines traditional camp activities and field trips with personalized memorial projects and grief intervention. Camp Memory (Day Camp), Camp Lighthouse (Overnight Camp).

DEBRIEFING SERVICES FOR BUSINESSES AND ORGANIZATIONS We offer professional debriefing services to help workplaces navigate the emotional impact of loss, whether it be the passing of a colleague, employee, or a significant event affecting the organization. By fostering a compassionate work environment, we help businesses maintain productivity while prioritizing the well-being of their employees.

EDUCATION Grief Matters is a free education workshop series designed to provide opportunities to explore and manage grief in new ways. Each month, a topic or activity is presented that may help improve wellness and coping through education, self-care, and emotional expression.

TRAINING Professional Trainings and Continuing Education Units (CEUs) are also provided with topics on grief, loss, trauma. These equip school counselors, clinical counselors, social workers, psychologists, administration, organization leadership, and community members with valuable knowledge to support others.

MID-OHIO TRAUMATIC LOSS RESPONSE TEAM Offer immediate, short-, and long-term support for survivors of suicide, homicide, and substance-related loss in Delaware, Morrow Marion, and Crawford counties. These services are made possible by the generous support of the DMMHRB & Crawford Marion ADAM-H.

VOLUNTEERISM Opportunities include desk reception, clerical work, maintenance, and facility needs, community outreach, summer camps, and memorial events.

Contact us at **(614) 824-4285** or visit our website at columbus.cornerstoneofhope.org



Holistic Consultation

At Holistic Consultation, we offer individual and adult/child (5+) counseling, family and couples counseling, including but not limited to grief counseling, walk and talk therapy, EMDR and other somatic approaches such as brain spotting. Additionally, we offer ADHD testing and support services.

Our practice offers mental health treatment with the goal of providing effective, inclusive and impactful care. We are in network with several insurance providers and offer a sliding fee scale discount. We offer services in person in both Clintonville, Ohio and Troy, Ohio in addition to the option for telehealth services. To schedule an appointment, please call **(614) 607-0980**. We are located at 3857 North High Street, Suite 200, Columbus, Ohio 43214

Website is <https://holisticconsultationllc.org>

Let the Light In

Miscarriage & Pregnancy Loss Support

Let the Light In: Miscarriage and Pregnancy Loss Support

Let the Light In is a 501(c)(3) nonprofit organization in Central Ohio with a mission to support those affected by miscarriage and pregnancy loss by providing resources and a compassionate community. We do this primarily through our Continued Companion Support Program.

Companion Support: Companion Support is offered both in-person and virtually, sessions are designed to hold space for miscarriage and pregnancy loss, making room for grief, trauma, and hope. Sessions are FREE and available as long as needed.

Companion Support is designed to be a bridge between the experience and what might be needed in the future. This may include providing resources and connections through our Compassionate Community Network. Many women experience the effects of Perinatal Mood and Anxiety Disorders (PMAD) that are made more complex by their deep sense of loss. This is where Companion Support provides additional care by utilizing PMAD Screening in their sessions through compassionate conversations.

Resources: We provide a number of resources both on our website and in our office, including Support for Grieving Dads, Support for Siblings, and Pregnancy After Loss Support.

*Companion Support is not medical care nor is it a substitute for medical care

Connection Events:

- Bereaved Mother's Day Brunch, first Sunday in May.
- Wave of Light Candlelight Vigil, October 15th

Companion Support can be scheduled through <https://www.ltli.org/companion-support> or you may contact us directly.

www.ltli.org | kami@ltli.org | (614) 200-4032.



LOSS Community Services

LOSS exists to be an instillation of hope to those bereaved by suicide, empowering survivors so they can thrive.

- **SUPPORT GROUPS** Various structured groups tailored to survivors of suicide loss
 - 10-Week Support Group –curriculum-based group (in person and online options)
 - Virtual Gathering- every 1st and 3rd Tuesday of the month, open and ongoing for all survivors of suicide LOSS, held on ZOOM
 - Bible-based support group- 6-week group (in person)
 - Early Bereavement connection – 4-weeks, Online group for suicide loss survivors bereaved 6 months or less.
- **FIRST RESPONDER** Working with the coroner’s office, LOSS provides support for survivors immediately or soon after their loss.
- **IN TOUCH** We communicate with and provide support for loss survivors in various ways as they move forward in their journeys.
- **ADVOCACY AND EDUCATION** We collaborate with and educate businesses, agencies, and faith communities about the importance of suicide postvention and prevention services.

For more information, contact us at (614) 530-8064 | team@losscs.org | www.losscs.org



Mount Carmel Hospice

- Bereavement services remain available to those utilizing Mount Carmel services (including hospice families and those served in our hospital locations) as well as the community at large. These services include:
 - individual and group support,
 - specialized group events and educational presentations to staff and community organizations.
- The bereavement team provides confidential support to Mount Carmel staff by request.
- We are currently limited in our options to respond to community referrals and are primarily offering referral services to requests for service from outside of our health system. It is our hope to have increased availability in the future.
- We continue to offer individual support via phone and can "meet" with bereaved family members virtually through a program called Microsoft Teams. The bereaved will need to provide an email address and have access to a computer, tablet or smart phone to receive access to the program. Phone or Teams contacts can be scheduled weekly, every other week, or monthly, depending on the need/preference.
- Additionally, we offer an in-person open support group at Mount Carmel East the 2nd Thursday of every month at 1 pm.
- Currently, counselors can provide 1:1 counseling for kids, in person, on case-by-case basis, but we also provide referrals to other member organizations for targeted children's programming.
- Bereavement services are provided thanks to the generous support of the Mount Carmel Foundation, so there is no cost to recipients for individual counseling or attendance for group activities.



Nationwide Children's Hospital

Hospital Bereavement Offerings

- Annual Coping with the Holidays Event in November
- Annual Patient Memorial Service in March
- Pregnancy and Infant Loss Awareness Walk in October
- For questions about bereavement programming at NCH, please reach out to Bereavement Coordinator Annie Eichelman at GriefSupport@nationwidechildrens.org

Behavioral Health & Pediatric Psychology

- Provide outpatient services (in-person & telehealth options) to children and adolescents impacted by grief. Our providers use evidence-based interventions to promote coping with grief, including cognitive-behavioral therapy, acceptance-commitment based therapy, and meaning-making.
- Referrals from the community are welcomed. If a provider is unable to schedule a patient/family immediately, their name will be placed on a waitlist and our schedulers will call when the provider has availability to complete a new patient intake. Please call 614-355-8080 to request an appointment.
- Associated fees for services vary depending on type of service. We do have a sliding scale fee structure, and families can contact Patient Accounts at **614-722-2055** to determine eligibility.

Hospice and Home-Based Palliative Care

Home based services available to children requiring hospice or palliative level of care to Franklin and surrounding counties. *These services are offered to families whose child died while on-service as a patient only.*

- Bereavement support available to families following their child's death for up to 2 years or longer if determined appropriate
- Bereavement support includes in person visits, calls, monthly mailings, and support around anniversaries and holidays
- Annual family memorial to remember and celebrate children that have died while on the hospice service



Nikki the Death Doula, LLC

Nikki is a death doula and a grief coach, serving the terminally ill, dying, elderly and their loved ones with dignity and respect. She is driven to her commitment to give back to the community and help those suffering with grief and loss by providing comfort, guidance, and support for the elderly, terminally ill, or dying and their loved ones and caregivers. By devoting time, knowledge and compassion to her clients and caregivers they can receive the support they need because no one should ever be alone, scared or confused at their most vulnerable moments in life.

- End of life planning and consulting – We can go through all the nitty gritty to plan out all the details for end of life so that the finals weeks and days can be spent in peace with family.
- Family mediations/discussions on death and grief – It's a hard topic for a lot of people. I can help facilitate the conversations.
- Caregiver respite – I will sit in for family or caregivers to help alleviate compassion fatigue.
- Sitting vigil – I will be fully present to you in your final moments, giving you peace and comfort and providing the environment most soothing to you.
- Grief support – Support and compassion in your grief journey for you through coaching and coping together. (please note I am not a licensed counselor or therapist)
- Legacy planning – Let me help you plan how you would like to be remembered and celebrated by your family and loved ones after you are gone.

I host a monthly in person Death Café on the first Sunday of each month at 1:30 PM. Death Cafes are a great place for open and nonjudgmental conversations on all matters around death, dying and grief. Details for this and other events are on the first page of my website, www.nikkithedeathoula.com. Email: nikki@nikkithedeathoula.com



OhioHealth Loss and Healing Services

Adult Grief

- Grief is a universal yet unique experience for those who have encountered the death of someone close to them. It can impact one's mind, body, spirit and heart, and can feel overwhelming to manage alone.
- Individual grief counseling is available for those who prefer support in sharing and processing their grief experience with a licensed grief counselor.
- A variety of in-person and virtual grief support groups are available. Groups range from traditional discussion, artistic expression and other alternative therapies.

Youth Grief

- Experiencing a death can be a major loss in a child's life. Although grief is a normal response to loss, children and adolescents grieve differently than adults and may struggle with unfamiliar feelings and reactions.
- Individual and group counseling services are available in local schools as well as office-based settings.
- Licensed grief counselors work with children and teens to help them understand and process responses to grief, identify healthy ways to express their loss, and have a space to remember and honor the person who died.

Pregnancy and Infant Loss

- A loss of someone close to you, regardless of their age can be difficult. When the loss is that of a child younger than 1 years old, or a during a pregnancy, the grief can be indescribable.
- Grief counseling is available for individuals and couples who have experienced the loss of a child or pregnancy.
- Our team also leads a monthly Pregnancy and Infant Loss grief group to allow for sharing and healing amongst others who are experiencing a similar loss.

Workplace Grief

- The death of an employee can have a significant impact on an organization. Staff may have a difficult time processing the loss of a co-worker.
- Our Loss and Healing Services team responds to employer requests to support staff following the death of a colleague. OhioHealth grief counselors can provide on-site support that allows the space for associates to process the difficult news of a death of a colleague. Grief handouts and resources can be provided for continued support.

Contact Us: **614-533-6060** or at griefsupport@ohiohealth.com



Yoga Therapy for Grief and Loss

At Reden, Elizabeth Miller offers yoga therapy for grievers. Yoga therapy is a bio-psycho-social whole-body approach for moving through grief and loss.

Although all yoga is potentially therapeutic and healing, yoga therapy is the specific application of yoga tools to address an individual's physical, mental, emotional, and spiritual needs. Yoga therapy can address the individual wherever they are in the grieving process on any given day.

Grief, unlike many other human experiences, has deep potential for us to feel ourselves as fully human. The range of emotions, physical experiences, mental agility, spiritual metamorphosis that we undertake when grieving is profound.

In yoga therapy, we use:

- *asana* - physical postures/exercises
- *pranayama* - breathwork
- meditation techniques
- prayer
- collaboratively designed ritual

Elizabeth is certified with the International Association of Yoga Therapists. More information can be found at www.redenyoga.com and www.iayt.org. Scheduling can be done through redenyooga.as.me. You may also contact us directly at elizabeth@redenyooga.com



Schoedinger Funeral and Cremation Service

- **Grief Support Dog** - The primary job of our grief support dogs is to help people feel calmer -- exactly what is needed when people are grieving the loss of a loved one. Therapy and support dogs are nonjudgmental listeners who want nothing more than to be petted, and to provide comfort to human companions.
 - Scientists have proven that petting animals can reduce stress, lower blood pressure and even create a hormonal response that raises serotonin levels, which help fight depression.
- **Lending Library** – Schoedinger maintains a library of grief literature to help families and children with grief support. Books can be borrowed from the library at no cost. Contact the nearest Schoedinger location for details.
- **The Compassion Helpline** – family members can call 1-800-884-8646 to speak with a grief counselor. We offer unlimited phone counseling for up to 13 months after the service.
- When a family requests grief support, the attending funeral director may reach out to Julie Olds (Director of Community Relations and Education) and ask her to connect with the family to help assess their needs and direct them to the proper resource.
- For more information, contact Julie Olds Julie.olds@schoedinger.com



STAR Trauma Recovery Center at the Ohio State University

Services

- Crisis intervention & bedside support when a patient is hospitalized
- Clinical case management to provide emergency assistance to meet basic needs such as food, shelter, clothing, safety, and support to gain or re-build stability
- Advocacy & education about victims' rights and the legal process
- Assistance in communicating with law enforcement (as applicable)
- Trauma-focused psychotherapy & psychiatric evaluation/medication management
- Assertive outreach in the community to build relationships, earn trust, and offer education & support to those most vulnerable and at-risk in underserved populations and neighborhoods

How is the program funded?

Utilizing grant funding supported by the federal Victims of Crime Act (VOCA), OSU STAR Trauma Recovery Center is able to provide services free of charge to eligible participants.

Who is eligible to participate?

Adult survivors of crime-related violence when there has been an incident within the last three years are eligible for services.

Where are you located?

3650 Olentangy River Rd., Suite 310, Columbus, Ohio 43214

How can I get in touch if I have further questions?

Call **(614) 293-STAR (7827)**, or send an email to: StarTraumaRecoveryCenter@osumc.edu

The STAR Trauma Recovery Center offers a clinically-focused Grief and Loss Group, designed to address the many experiences that come when faced with the traumatic death of a loved one.

Group Information - Occurs once weekly, in a drop-in format. Participants must be active patients with the STAR TRC

- Utilizes evidence-based techniques from Cognitive Behavioral and Cognitive Processing therapies- Incorporates restorative and healing activities
- Offers the chance to interact with others also coping with traumatic loss

We know that asking for help can be difficult; we are equally committed to providing you with the space and information that offers you opportunities to transform your life and heal in truly meaningful ways. Those interested in attending group may contact us at **614-366-4034** to schedule an orientation.

Website: [Stress, Trauma And Resilience \(STAR\) | Ohio State College of Medicine](#))

- We also offer support and training to helpers for a fee. Any fees we gather through these efforts go to supporting our patients. [For Professionals - STAR | Ohio State College of Medicine](#)



Starfish Associates., LLC provides programming using the Grief Recovery Method (GRM), Helping Children with Loss (HCWL) and the GRM for Pet Loss. Starfish Associates has provided services in the Central Ohio area since 2002. The Grief Recovery Institute has provided services for over 40 years, across the US and on six continents. Learn more at www.starfishassociatesllc.com.

This program is appropriate for adults experiencing all types of loss - including death from any cause, divorce, and other losses. The GRM can be provided using an 8-week group format which is evidence-based, having research conducted through the College of Public Health, Kent State University. The program can also be delivered in a 7-session one/one format.

All sessions are facilitated by Grief Recovery Method Specialists, certified by the GRI. Many GRMS may also provide the programs online.

A second program - Helping Children with Loss, (HCWL) is available for adults – including parents, adult family members, teachers, counselors, youth pastors/advisers, coaches, Early Childhood professionals, Juvenile Justice professionals, and others who work with or care for youth. This 4-session program can qualify for continuing education (CEU) for certain professions.

A third program deals specifically with pet loss - and is conducted in a six-session format.

To find a Grief Recovery Method Specialist (GRMS) in your area or for more information about individual programming or contracts to work with your organization, contact Lois Hall, MS, AGRMS, at lhall.eachmatters@gmail.com. Costs vary for programs and formats, and partial scholarships are typically available based on need. Learn more at www.starfishassociatesllc.com.



Thriveworks

Andi Yates is a Licensed Marriage and Family Therapist. She conducts sessions online in Ohio (Indiana licensed, open hours pending).

- Individuals, Couples and Family

In panel with several insurance providers, see online profile or contact for complete list

andi.yates@thriveworks.com

617-379-0496

<https://thriveworks.com/therapist/oh/andi-yates>