

# 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
- Camp Kesem
- Columbus CARE Coalition
- Cornerstone of Hope
- Flying Horse Farms
- G.A.P. (Grief. Advocacy. Prevention) – Prevention Action Alliance
- Grief Recovery Method
- 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 Hospice Bereavement Services
- Schoedinger Funeral and Cremation Service
- Stress, Trauma and Resilience (STAR) Trauma Recovery Center at OSU



## 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.

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.
- Help families find a funeral home and in some cases provide the celebrant and service for their infant.
- Offer resources such as counselors and our own peer to peer support group “Empty Arms”
- 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.
- Offer quarterly Memorial services at Resurrection Cemetery Chapel.
- 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](http://backinhisarmsagain.com). Further information may be found on our website [Backinhisarmsagain.com](http://Backinhisarmsagain.com)



## Camp Kesem

- Kesem is a nationwide community, driven by passionate college student leaders, that supports children through and beyond their parent’s cancer. A program of Kesem, Camp Kesem operates over 130 free summer camps in 44 states for children ages 6 to 18 who have been impacted by a parent’s cancer. This camping experience has a lasting impact on children by providing them a peer-support network that understands their unique needs, builds confidence and strengthens their communication skills.
- Camp Kesem at The Ohio State University was founded in 2011 and supports children in the Columbus community by providing two separate week-long summer camp experiences and year-long peer support. Camp Kesem at The Ohio State University is operated by 50 student volunteers and serves 150 campers ages 6-18 per year.
- Kesem offers additional year-round support programs. This includes “Friends + Family Day” where youth impacted by a parent’s cancer can meet their peers and experience a fun half-day program. Parents and guardians are also invited to attend and experience the fun and community-building these days! We also send “Special Deliveries” and “Warm Welcomes” which are birthday cards and snail mail packages to welcome children to the Kesem community. All youth who attend camp (or who are approved for the camp waitlist) are automatically invited to participate.

If you would like to find more information about Kesem at The Ohio State University, please contact [osu@kesem.org](mailto:osu@kesem.org) or you can find us on Facebook or Instagram: <https://www.facebook.com/KesematOSU/>.

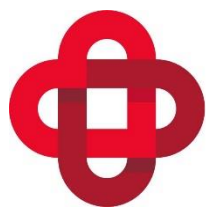


## Columbus CARE Coalition

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. Coming together in early 2016, we have the vision of Columbus becoming a trauma informed community where we can be compassionate towards one another, asking the key question of what happened instead of what's wrong with someone.

- We have a team of social workers who provide case management, grief support and referral services.
- We also provide monthly homicide survivor support groups to both English (every third Thursday from 5:30 PM to 6:30 PM) and Spanish (every fourth Tuesday from 6 PM to 8 PM) speakers.
- 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.

If you or someone you know has experienced violence, abuse or homicide and needs assistance, feel free to call **614-645-6248**.



# Cornerstone of Hope

## Cornerstone of Hope

We provide affordable, licensed individual grief support in Columbus, tailoring our services for all types of grief, and no client is ever turned away for inability to pay. **(614) 824-4285**

- **INDIVIDUAL COUNSELING** Cornerstone of Hope offers individual counseling to individuals ages 5-99 seeking support after the loss of a loved one. These sessions are offered at an affordable rate, but no family is ever turned away for inability to pay.
- **SUPPORT GROUPS** Our eight to ten week long group counseling sessions are offered for children, teens and adults throughout the year. These programs are designed to assist individuals coping with the difficult emotions associated with losing a loved one, requiring a one time fee and group readiness assessment for all participants.

**Support Groups that may be offered include, but are not limited to:**

- Hope in Healing
  - Young Adult Hope in Healing (Ages 18-30)
  - Hope After Spouse Loss
  - Hope After Overdose Loss
  - Hope After Child Loss
  - Hope After Suicide Loss
- **IN-SCHOOL GRIEF SUPPORT GROUPS** Cornerstone of Hope partners with area schools to provide assistance to school counselors in supporting grieving children and teens. This eight week long program meets weekly and is offered throughout the school year based on need and staff availability.
  - **ANNUAL MEMORIAL EVENTS** Each year Cornerstone of Hope provides the central Ohio grieving population the opportunity to honor their loved ones through events such as our Butterfly Release, 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)



## Flying Horse Farms

- FHF is a medical-specialty camp that provides cost-free safe and healing programs in an outdoor adventure setting for children with serious illnesses and their families. FHF provides holistic healing for campers and caregivers through personalized medical care, psychosocial support, nutrition services, and trauma-informed adaptive programs. These services enable campers to build resiliency, develop positive self-esteem, gain a sense of adventure, and nurture social bonds that last a lifetime.
- Any child age 7-15 who has a diagnosis within the areas of cardiology, hematology, oncology, rheumatology, gastrointestinal disorders, pulmonary disorders, rare diseases, and facial anomalies is welcome to join us for a camp session, along with their family members.
- We host a siblings week, for siblings of those with serious medical illnesses. If a sibling has died due to a serious medical illness, siblings would be eligible for siblings week or the entire family for family camp. We also will work with hospice care to provided a Campfire experience in the home for a children, family and friends.
- For more information or questions, please reach out to [rtrego@flyinghorsefarms.org](mailto:rtrego@flyinghorsefarms.org) or visit us at [flyinghorsefarms.org](http://flyinghorsefarms.org)



## G.A.P. (Grief. Advocacy. Prevention.) Network/Prevention Action Alliance

- Our Mission: "To provide support to families impacted by unexpected loss and take action to create community change."
- The G.A.P. (Grief. Advocacy. Prevention.) Network was created to bring information, education, advocacy opportunities, as well as emotional and technical support to individuals who have lost a loved one to an overdose or suicide. More recently, the G.A.P. Network has expanded to encompass anyone dealing with grief or loss, whether it be traumatic loss, anticipatory loss, death by suicide, death due to overdose, incarceration, domestic violence, opiate abuse, and any other form of loss related to mental health.
- The G.A.P. Network gives a voice to community members, provides needed support, and works diligently together to raise awareness and advocate for change.
- We are a community of advocacy groups, individuals, and organizations that provide a voice for Ohioans impacted by traumatic loss.
- For more information visit <https://linktr.ee/g.a.p.network>
- Contact us: **(614) 540-9985, [gap@preventionactionalliance.org](mailto:gap@preventionactionalliance.org)**





# The Grief Recovery Method

## Grief Recovery Method

- The Grief Recovery Institute has provided services for over 40 years, all across the US and on six continents. Their Grief Recovery Handbook has been published in over 20 languages. Learn more at [www.griefrecoverymethod.com](http://www.griefrecoverymethod.com). This program is appropriate for adults experiencing all types of loss - including death from any cause, divorce, and other losses.
- The 8 week Grief Recovery Method group format 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. Advanced GRMS may provide the programs online.
- A second program - Helping Children with Loss, is available for 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 10-hour 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 click [this link](#).
- To find a GRMS anywhere in the US, insert the city or zip code and expand/decrease the radius of your search. If no one appears, go to the "Our Programs" tab and to the Online Programs option, to find an Advanced GRMS who can provide the program online using a HIPA compliant platform.
- Costs vary for programs and formats, and partial scholarships are typically available based on need.
- For local information in Central Ohio, contact Lois Hall, MS, AGRMS, at [lhall.eachmatters@gmail.com](mailto:lhall.eachmatters@gmail.com)



## Holistic Consultation

- Multiple support and processing groups running year round, including drop in support groups
- Workshops: Grief centered, horticultural therapy, art therapy/journaling, fees associated but full scholarships available upon request
- Individual, family, and couples counseling, including but not limited to grief counseling, art therapy, yoga, nutrition counseling, walk and talk therapy, and EMDR (we are paneled with several insurance companies and offer sliding scale). We offer all of these services both online and in person.

(614) 607-0980 <https://holisticconsultationllc.com/>



## Let the Light In: Miscarriage and Pregnancy Loss Support

Let the Light In is a 501(c)(3) nonprofit organization in Central Ohio supporting women affected by miscarriage and pregnancy loss by providing resources and a compassionate community.

Support services provided by Let the Light In are designed to be a respite for mothers experiencing miscarriage or pregnancy loss at any gestation. Our Certified Miscarriage Doulas are educated in miscarriage and pregnancy loss, holding space for grief, and able to support women through the process emotionally, and sometimes physically.

**Continued Companion Support Sessions:** Offered both in-person and virtually, sessions are designed to hold space for miscarriage and pregnancy loss, making room for grief, trauma, and hope. These sessions include a combination of Companion Support, Coaching, and PMAD screening through compassionate conversation. *Sessions are FREE and available as long as needed.*

**Awareness and Education:** We are shifting the narrative surrounding miscarriage and pregnancy loss by creating awareness, providing education, and forming community partnerships to provide the care and compassion you deserve.

**Additional Resources:** Let the Light In continues to cultivate a resource list with compassionate community partners specifically serving women and families affected by miscarriage and pregnancy loss.

**Group Support Sessions and Connection Events:** Group sessions and Connection Events will be offered both in-person and virtually. Connection events will have a focus on the grief experience such as how grief/trauma lives in the body, journaling through grief, and breathwork.

*\*Miscarriage Doulas are not a substitute for medical care and are not Birth Doulas*

More information can be found at [www.ltli.org](http://www.ltli.org). Support services can be contacted and scheduled through <https://www.ltli.org/supportservices> or you may contact us directly at [kami@ltli.org](mailto:kami@ltli.org) or (614) 200-4032.

[Facebook](#), [Instagram](#), and [LinkedIn](#)





## 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 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:team@losscs.org) | [www.losscs.org](http://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.
- Since the start of the pandemic, the bereavement team has also provided confidential support to Mount Carmel staff by request.
- Covid 19 continues to impact our options for service delivery, so important modifications continue. As we are a team of two during an unprecedented time, 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 WebEx. 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 WebEx contacts can be scheduled weekly, every other week, or monthly, depending on the need/preference.
- Additionally, we offer an open support group the 2<sup>nd</sup> Wednesday of every month at 4:30pm. We are utilizing the WebEx platform and, if interested, a link can be emailed to grant access to the group.
- Currently, we are unable to provide Evergreen programming for school aged kids due to difficulty with social distancing and the sanitation concerns with doing an in-person group format. Counselors can provide 1:1 counseling for kids, in person, on case by case basis.
- 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

### 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 wait-list 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.

### Home-Based Palliative Care

- Home based services available to children requiring hospice or palliative level of care to Franklin and surrounding counties
- 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 final 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, and a virtual death café the 3<sup>rd</sup> Monday at 7PM. Details are on the first page of my website for details. Death Cafes are a great place for open and non judgement conversations on all matters around death, dying and grief. Email [nikkideathdoula@gmail.com](mailto:nikkideathdoula@gmail.com).





## OhioHealth Hospice Bereavement Services

### Children and Teens Grief

- **Mission Statement:** To support children and teens in their grief journey so they do not have to walk through their pain alone. Grief is truly unique to the individual. No two people grieve in the same way. Children and teens grieve differently than adults. Our child and teen bereavement counselors listen to the kids, ask questions, make suggestions, and as importantly, offer the space for healing to begin. Individual Counseling is available for children and teens no matter if their loved one was cared for on our OhioHealth Hospice program or if the death occurred in the community. The program provides individual counseling services. Licensed grief counselors discuss the following themes: Understand typical responses to grief and loss, Learn healthy ways to express, navigate, and cope with their feelings and reactions, coping strategies during holidays and anniversaries. Depending upon the age of the grieving child, our counselors use creative strategies to connect with them. Games, books, activities and art all help to build the trust between the child and our team, in a way they can relate and feel comfortable.
- **Stepping Stones Grief Group-** This monthly support group specializes in children ages 6-12yr. During each meeting, grief is discussed and expressed through activities. This virtual support program allows us to reach more families throughout Ohio and surrounding states. We partner with The Columbus Zoo each summer where kids participate in a grief education program, get an up-close animal experience and spent the rest of the day exploring the zoo with a family member. In the fall, we host a Camp Day event that blends fun, confidence-boosting activities with grief themes involving nature.

### Community Grief

- **Mission Statement:** To support members of our community who are struggling with the death of a loved one. The community grief program provides individual counseling by licensed grief counselors who discuss the following themes with the bereaved: Understand typical responses to grief and loss, Learn healthy ways to express, navigate, and cope with their feelings and reactions, Coping strategies during holidays and anniversaries.
- **Support Groups:** Our grief support groups are available to the community who have experienced the death of someone they loved. The groups offered range from general Steps Towards Healing to specific support groups tailored to Men and Grief, or the Loss of a Parent, or the Loss of an Adult Child, just to name a few. Our counselors also develop unique workshops that focus on Keeping Busy with Meaningful Activity, Dealing with Holidays, Understanding Suicide Grief and Mourning Walks at a local state park. Meeting the Needs: The bereavement team has grown tremendously over the last year to meet the growing needs of our community. During this time the program has seen an increase in the number of trauma, suicide and overdose related deaths throughout Ohio.
- **Community Education:** The bereavement team helps to educate the community through various speaking engagements and presentations related to: Crisis response situations, Understanding what grief is, How to help your community when a tragedy occurs.

## Hospice Bereavement

Grief is a Journey.. OhioHealth continues to care for hospice patients and their loved ones through our bereavement services department. Our services are designed to support the caregivers and families up to 13 months following the death of a patient. We are honored to walk alongside the bereaved during their grief journey by offering individual counseling, numerous support groups and workshops, and monthly mailings.

- **Group or Individual Counseling:** The hospice bereavement program provides both individual and small group grief support services. Licensed grief counselors discuss the following themes with bereaved: Understand typical responses to grief and loss, Learn healthy ways to express, navigate, and cope with their feelings and reactions , Coping strategies during holidays and anniversaries. The groups offered range from general Steps Towards Healing to specific support groups tailored to Men and Grief, or the Loss of a Parent, or the Loss of an Adult Child, just to name a few.
- **Art Therapy:** Art therapy services are available to bereaved who benefit from expressing their grief using art, music, photography and other artistic mediums. When words can't express the feelings and emotions of a bereaved, art therapy helps to be that voice.
- **Memorial Services:** With the help of our chaplains and volunteers, we pay tribute to the patients who have died on our program at memorial services held three times a year.
- **Statewide Reach:** Hospice bereavement services are available in central Ohio, Marion, Mansfield and Athens areas. Our team grew tremendously over the last year and continues to offer support to families where they are in their grief journey and where they live within the state.

## Pregnancy and Infant Loss

- **Mission Statement:** To support parents as they seek to mend their broken hearts after the death of their child. A loss at any age is difficult. When the loss is that of a child younger than 2 years old, or during a pregnancy, the grief can be indescribable. Sadly, too many parents experience this type of loss. Our bereavement counselors who specialize in pregnancy and infant loss are here to support these parents and families.
- **Group or Individual Counseling:** The program provides both individual and small group grief support services. Licensed grief counselors discuss the following themes with community bereaved: Understand typical responses to grief and loss, Learn healthy ways to express, navigate, and cope with their feelings and reactions, Coping strategies during holidays and anniversaries. Our virtual support group allows us to reach more families throughout Ohio and surrounding states. The program plans garden ceremonies to honor the children twice a year in our Memorial Garden located at Kobacker House. In the spring we plant flowers the Sunday after Mother's Day. Additionally, we hold a Candlelight Garden ceremony in October in honor of Pregnancy and Infant Loss Awareness Month. On average, 100-125 bereaved attend the ceremonies. We are honored to be part of these special moments along their grief journey.

## School Outreach:

- **MISSION STATEMENT:** Improving the emotional health and well-being of grieving children and adolescents in local area schools.
- **Why it's important:** The death of a loved one is a major loss in a child's life. Although grief is a normal reaction to loss, children and adolescents grieve differently than adults and may struggle with unfamiliar feelings and reactions.
- **Decades of Experience:** The program was established in 2002 as a community extension of hospice bereavement services, and proudly continues to support area schools.

- **Group or Individual Counseling:** The program provides both individual and small group grief support services, approximately 6 to 8 sessions in duration. Licensed grief counselors utilize discussions, hands-on activities and expressive outlets to help grieving students: Understand typical responses to grief and loss, Learn healthy ways to express, navigate, and cope with their feelings and reactions, Have opportunities to share memories and honor the lives of their loved ones.
- **Crisis Response:** We provide crisis response and support for students, staff and/or parents following the death of a student, teacher or other person in the school community. Grief support immediately after a death or the days and weeks following the loss, Postvention support and follow-up to schools following a suicide death, Consultation with school staff to review and/or develop crisis action plans intended to address potential needs after a death or traumatic event.

Referrals to our programs can be made by calling, **614-533-6060** or by emailing [\*\*griefsupport@ohiohealth.com\*\*](mailto:griefsupport@ohiohealth.com)



## Schoedinger Funeral and Cremation Service

- **Grief Support Dog** - The primary job of our grief support dog 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.
  - Willow is a white labradoodle who is hypo-allergenic and eager to serve others. Also, Banks, our white and gray sheepadoodle (also hypo-allergenic) is our newest dog in the family ready to serve others.
  - 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](mailto: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](mailto: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.