

WHAT NOW? ... *Good grief, this hurts!* (GGTH) Focusing on the experience of children's bereavement

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GGTH'S EVENTS SO FAR...

Since the inaugural GGTH seminar in 2019, hosted as a day-long, in-person event, the Organisers have held an unwavering commitment to continuing to build the community's capacity and awareness around what to do when a young person experiences the death of a loved one.

By recognising the universality of grief and loss; encouraging responses that demonstrate kindness and care for the young person's grief experience and with enhancing the community's comfort to acknowledge grief by "leaning into" loss, only then, can the community respond with compassion to the needs of bereaved young people.

GGTH'S THEMATIC CONSISTENCY

Each year, GGTH events have focused on the themes of Heart, Head and Hand. "heart" work exposes attendees to the lived experience of young people impacted by death. The "heart" work invites an exploration of one's own understanding of grief. The "hand" work has considered varied, creative approaches in supporting bereaved young people.

ACKNOWLEDGEMENTS: *Good grief, this hurts!* (GGTH) events are organised by a committee dedicated to co-ordinating this annual event and to building awareness around knowing what to do in support of a young person who has experienced the death of a loved one.

Recognising all who are involved with the event, including:

- Clinicians from Children's Health Queensland (CHQ) Hospital-wide Bereavement Service, Clinical Educators Quality of Care Collaborative Australia (QuoCCA) as well as staff from Children's Hospital Foundation (CHF) and JuicedTV.
- Presenting in 2022 were colleagues from Very Special Kids, The Paperplanes Project and Healing | Karen Lang Author And Energy Healer.
- We deeply benefit from the collective wisdom of many who share a vision of caring better for bereaved young people and with deliberate intent, acknowledge the families who draw on their personal experiences of grief as well as their professional knowledge and skillsets in developing the GGTH content. We greatly appreciate the unwavering support for, and the concerted efforts of Dalya Shaw (bereaved parent to Ben) and Annie Love (bereaved parent to Nicholas).

POST-EVENT LEVEL OF COMFORT & CONFIDENCE IN SUPPORTING BEREAVED YOUNG PEOPLE:

In 2022, 85 GGTH Attendees kindly completed the post-event evaluation with:

- Over 88% of respondents stating that their comfort with, and confidence in supporting young people who were grieving had been bolstered after attending the event.
- Close to 90% of attendees shared that their level of comfort in speaking about loss and grief broadly within the community was enhanced after attending the event.
- A longstanding aim of GGTH is to nurture death literacy in the community so that conversations about dying, death and bereavement are normalised, irrespective of the age of the grieving person.

Theme: Heart (depicted as Wizard of Oz character Tinman)

- Exploring our personal relationship with grief

Theme: Head (Emblematic of Wizard of Oz character Scarecrow)

- Listening to, and understanding the lived experience

Theme: Hand (denoted by Wizard of Oz's character of Lion)

- Actively supporting grieving children and young people



QR Code link to GGTH Website
Qld Health

Please list the three valuable messages you will take away from the GGTH webinar?

honest Trust young people Listen understand respond Support children S honest open
experience okay WAY approaches listen respond help Listen understand
stories talking reel Listen listen understand rather need allow kids
children using nature young people therapy grief
language music provide grieve young person support nature play
Use Giving death working space conversations Music Therapy emotion time
also parents lived experience music nature know need understanding Music Nature Play
kids

WHO ATTENDED GGTH IN 2022:

- Most participants are health professionals but increasingly teachers and Education Sector professionals are attending.
- Queensland based attendees are the largest group joining the event. Participants joined from every state in Australia, and internationally.

WHAT WE HEARD FROM ATTENDEES ABOUT THE VALUE OF GGTH:

- Most participants reported positive practice impacts, including enhanced ability to 'lean in' and support children and young people who have experienced the death of a loved one.
- Evaluation continues to demonstrate participants valued the collaborative approach, and the opportunity to engage with those living with loss as well as connecting with clinicians working across Australia.
- Development of a supportive virtual 'community of practice' has evolved across Australia and New Zealand which had distinct benefits in enhancing the capacity and capability in supporting young people who are grieving.
- Feedback from 2022 attendees will shape the event's content in 2023 with a planned focus for the event of anticipatory grief.

Please tell us more about yourself

Answered: 207 Skipped: 0

