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Grief & At-Risk Behaviors: Through the eyes of a teen

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Grief & At-Risk Behavior: Through The Eyes of A Teen

Presented By: Dr. Kiana Battle, LMSW
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March 2018

National Youth at Risk Conference
Savannah, GA

*Endorsed by the International Association of Social Work with Groups, Inc.*

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Significance

- Charles and Anita Clayborn (My Parents)
- Grief (My Story)
- Adult vs. Adolescent
- School Social Work (My Experience)

“Can I participate in this group again?”
“Can we make group 1 hour and more than 8 weeks?”
“Can we bring in a photo of our parent(s)?”
My Parents
Charles & Anita Clayborn
Significance

- Many adolescents who experience grief do not receive any form of counseling services to support them towards their grief recovery.

- In the United States, more than 2 million children and adolescents (3.4%) younger than 18 years have experienced the death of a parent.

(Christ, 2002).
At-Risk Behaviors

Due to adolescents’ level of cognitive, psychological, and social development, they may express inner turmoil through self-harm, physical complaints, or aggressive behaviors because of their reduced ability to conceptualize and verbalize distress.

(Cooper, Hooper, & Thompson, 2005).
At-Risk Behaviors

- Substance Abuse
- Suicide
- Eating Disorders
- Gang Violence
- Delinquency
- Self-Destructive Behavior
- Academic Problems

At-Risk Behaviors

- Adolescents who experience grief may struggle with understanding “who they are” in the absence of a parent, due to death.

- Adolescents who experience the death of a parent may struggle with issues of self-esteem and self-efficacy.

(Thomas 2011)
Grief & Adolescents

- Grief is the normal psychological, social, and physical reaction to loss.

- Grief is also viewed as loss and bereavement.

- Grief is expressed through feelings, thoughts, and attitudes.

(Rando, 1988)
(Dune, 2004)
(Worden, 2009)
Grief & Adolescents

Stages of Grief:

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

*Grief is understood as a cyclical process*

(Kubler-Ross, 1969)
Theoretical Framework

John Bowlby’s Attachment Theory

- Attachment Theory describes the state and quality of an individual’s attachments, to feel safe and secure.

- Attachment initially occurs between a child and parent and later between adult and adult.

- This theory rests on the belief that a secure attachment contributes to a healthy development.

(Bowlby, 1973; Dunne, 2004)
Grief Counseling Groups

- Few resources are available for grieving adolescents.
- Grief counseling groups are positive interventions for adolescents.
- Grief counseling groups help adolescents process their grief in a positive way.
- Grief counseling groups can assist adolescents in developing healthier coping skills.

(Lee & Swenson, 2005)
(Slyter, 2012)
Grief Counseling Groups

- The preferred intervention for grieving students is a support group.

- Group counseling is an effective intervention when working in a school setting.

(Perusee & Goodnough, 2009)
(Whiston & Sexton, 1998)
Grief Counseling Groups in Public Schools

- Group counseling can increase the number of students served in school counseling programs.

- Group counseling is an efficient intervention compared to individual counseling in a school setting.

- Group counseling supports student growth and development.

(Gladding, 2008; Greenberg, 2003)
(Perusee, Goodnough, & Lee, 2009)
(Sells & Hays, 1997).
Barriers to Grief Counseling Groups

- Academic Culture
- School Climate
- Scheduling Problems
- School Policies
- School Culture
- Administrative Support
- Student Caseload
- Time

(Dansby, 1996; Greenber, 2003; Ripley & Goodnough, 2011)
School Social Workers

- School social workers are excellent resources for grieving adolescents.

- 5% of social workers work in the public school setting.

- School social workers are responsible for providing clinical interventions at school when loss occurs.

(NASW, 2014) (Strobe et al., 2005)
(Rowling, 2005)
Summary

- 95 percent of respondents agreed that grief impacts and interferes with teaching and learning.

- 97 percent of respondents agreed that grief counseling groups are effective interventions for adolescents.

- 96 percent of respondents agreed that a comfort level with the topic of grief is required in order to conduct grief counseling groups.
Summary

- Frequency data reveals that grief counseling groups are not being conducted at higher percentages by school social workers for adolescents.

- 56 percent of respondents have never conducted grief counseling groups.

Georgia public school social workers who are members of the School Social Workers Association of Georgia recognize the importance of grief counseling as an effective intervention for adolescents, however grief counseling groups continue to be underutilized.
Additional Resources

Coalition to Support Grieving Students
Additional Resources

Coalition to Support Grieving Students
Additional Resources

- The Elisabeth Kubler-Ross Foundation www.ekrfoundation.org
- The Doughy Center www.doughy.org
- Hello Grief www.hellogrief.org
- Center for Grieving Children www.grievingchildren.org
- National Association of Social Workers www.helpstartshere.org
- The Renew Center (Dr. Judy Keith) www.renew.net
Grief Reach Grant
Sponsored by The New York Life Foundation

GRIEF GRANT RECEIVED NOV. 2016

The Lamar County School System (LCSS) is pleased to announce it recently received a 2016 Grief Reach Grant in the amount of $15,000 by the New York Life Foundation. It is a community expansion grant which aims at expanding grief support services to underserved youth in low-income communities.

Dr. Korea Battle, LCSS Social Worker, will join forces with LCSS School Counselors, School Psychologists, and community stakeholders to implement the Lamar County School System Youth Bereavement Support Project, with the funding. The project will focus on providing support to LCSS students who are impacted by grief and loss. The grant will also provide community stakeholders, parents, and LCSS Student Service professionals with training surrounding the issues of grief and loss and the impact it has on youth.

The New York Life Foundation created the Grief Reach program to help providers overcome barriers to bringing grief support services to youth not served by existing bereavement programs. One hundred and fifty-one Grief Reach grants totaling nearly $76 million have been awarded since the program’s inception in 2011. The New York Life Foundation has been one of the leading funders of the childhood bereavement field, investing nearly $30 million to date in support of grieving children and their families.

We are very grateful to the New York Life Foundation for the opportunity to provide needed grief support services to students in Lamar County School System. For more information concerning the Lamar County School System Youth Bereavement Support Project, please contact Dr. Korea Battle at 770-748-5001.
Schools receive Grief Reach grant

The Lamar County School System recently received a 2016 Grief Reach Grant for $15,000 from the New York Life Foundation. This community expansion grant aims to expand grief support services to underserved youth in low-income communities.

LCSS Social Worker Dr. Kianna Battle will join forces with school counselors, school psychologist and community stakeholders to implement “The Lamar County School System Youth Bereavement Support Project” with the funding. The project will focus on providing support to LCSS students who are impacted by grief and loss.

The grant will also provide community stakeholders, parents and LCSS student service professionals with training surrounding the issues of grief and loss and the impact it has on youth.

The New York Life Foundation created the Grief Reach program to help providers overcome barriers to bring grief support services to youth not served by existing bereavement programs. Nearly $76 million has been awarded within 153 Grief Reach grants since the program’s inception in 2011. The foundation has been one of the leading funders of the childhood bereavement field, investing $30 million to date in support of grieving children and their families.

For more information concerning the “Lamar County School System Youth Bereavement Support Project,” contact Dr. Kianna Battle at 770-358-5891.
HS Focus Group 2016

Comments from HS Nov. 2016 Grief Counseling Support Group

Questions:

- Is there a need to train parents/caregivers surrounding grief?
  - Yes
  - “Teach them how to deal with children that have anxiety and depression”
  - “Teach them how to learn to support their children who are impacted by grief and loss”
  - “Teach them how to deal with the anger that the children have due to grief and loss”

- Is there a need to train school staff and teachers surrounding grief?
  - Yes
  - “Teach teachers how to be sensitive to students who are impacted by grief and loss”
  - “Teach teachers to provide academic flexibility to students who are impacted by grief and loss”
  - “Teachers allowing time for students to make up work”
  - “Some teachers are not being sensitive to students by asking them to do some work at home so close to the loss”
  - “Telling students not to use grief as an excuse”
Grief Reach Grant
Sponsored by The New York Life Foundation

HEALING YOUR GRIEVING HEART FOR TEENS

100 PRACTICAL IDEAS
Simple tips for understanding and expressing your grief

Provided by:
Grief Reach Grant
2017

ALAN D. WOLFELT, PH.D.
Grief Reach Grant
Sponsored by The New York Life Foundation

When Someone Dies
A Child-Caregiver Activity Book
by the National Alliance for Grieving Children

Provided by:
Grief Reach Grant
2017
Grief Reach Grant
Sponsored by The New York Life Foundation

LUNCH AND LEARN
FREE
COMMUNITY GRIEF TRAINING

April 07, 2017
12:00-1:00pm

The purpose of this training is to provide community stakeholders with an overview of grief and loss and the impact it has on youth. If you work with youth in any capacity this training is for you!

Presented by: Lamar County Counseling Center
Sponsored by: Lamar County School System Youth Bereavement Support Project (Grief Reach Grant) and The New York Life Foundation

WHO COULD BENEFIT FROM THIS?

- FIREFIGHTERS
- POLICE AND SHERIFF’S DEPARTMENT
- COURT/CLERGY
- HEALTH DEPARTMENT
- COMMUNITY CENTERS

UPSON MEDICAL BUILDING
100 Hwy 18 West
Barnesville, GA

FOR REGISTRATION/QUESTIONS PLEASE CALL:
706-358-8619
SPACE IS LIMITED!
Group Pictures

“Free Association Paper”
Group Pictures
“Free Association Paper”

Okay

Mixed
Emotions.
Group Pictures
“Free Association Paper”
Group Pictures
“Free Association Paper”

-thanks for the support mrs. doddle!

It'll never just be easy. But grief is okay. ❤️
Group Pictures
“Free Association Paper

20z
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Cary
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Group Pictures
“Free Association Paper”

Relax...

...I have could what sad

dare.
Group Pictures
“Free Association Paper”
Group Pictures
“Free Association Paper”

Miss group.

I'm going to control to turn shit.

I miss the group but I know

I am really going to

Headache.
Group Pictures
“Free Association Paper”
Wall of Hope
(Shared by a colleague in the Florida School System)
Children’s Grief Awareness Day Website
Wall of Hope
(Shared by a colleague in the Florida School System)
Children’s Grief Awareness Day Website
Group Pictures
“Support Chain”
Group Pictures
“Support Chain”
Group Pictures
“Balloon Release”
Will Your Name Be Listed????

“Support System Activity”
Will You Receive A Letter????

“Happy Birthday Dr. Battle”

I just wanted to say,

Happy Birthday Dr. Battle
thank you for all you do, for me I really do appreciate it a lot!

I hope you have a wonderful day you completely deserve it!

I am so glad I met you and I am glad I get to have these meetings with you.

love,

[Signature]

HAPPY BIRTHDAY!!
Questions??????
Thank You

Remember, all youth and young adults can be successful even when they are faced with challenging life situations. The key is helping them to find success their own way and in their own time!

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“Success is to be measured not so much by the position one has reached in life as by the obstacles which he has overcome while trying to succeed”.

Booker T. Washington