



**S.D.M.F.C.**  
SAN DIEGO MILITARY  
FAMILY COLLABORATIVE

## JUNE 2020 MONTHLY CONVENING



**GRIEF & LOSS**

**June 26, 2020**

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## Today's Information & Materials

Please utilize this link below to access resources for today's convening:

<https://sdmilitaryfamily.org/june2020-virtual-convening>

- Today's Sign-In Sheet
- SDMFC June 2020 PowerPoint
- SDMFC Post-Convening Survey

# SDMFC Membership



**Next  
Members-Only  
Training:  
June 29, 2020**

**Renew or Become a Member:**

<http://sdmilitaryfamily.org/sdmfc-membership-2020/>

Please utilize this link below to access resources for today's convening:

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## SDMFC's 2020 Call to Action

In 2020, SDMFC is celebrating its **10-year** anniversary!  
To commemorate the year, we are asking all of our participants to tell us how they have collaborated and grown with other partners by using the hashtag,

### **#HowISDMFC**

*How can you share your collaborative stories?*

1. Film a 20-30 second video on **#HowISDMFC**
2. Share how SDMFC created a collaborative opportunity for your org
3. Upload your file to SDMFC's Google Drive by contacting [aedquid@saysandiego.org](mailto:aedquid@saysandiego.org)

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## Convening Tutorial

Today's convening will feature the following segments. Please follow along in order to learn how to get the most out of today's experience:

- 1. Breakout Rooms-** Pick a lead & start connecting
- 2. Polling-** Automatically starts on your screen
- 3. Chat Box-** Please share for the greater good, individual chats are fine too

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# Breakout Room Welcome Activity

## Directions

1. Soon, you will all be filtered into smaller rooms.
2. Please introduce yourselves, sharing your name and agency (if connected)
3. Following, please share from your vantage point what may be the **BIGGEST CHANGE** of societal conditions/personal viewpoints/ways of doing business/etc. you see following COVID-19 conditions?
4. If you finish early, you are welcome write down your group responses in the chat box.

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## Poll #1: Grief & Loss

**Please participate in this brief poll to gain an understanding of your thoughts and opinions on Grief and Loss.**

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## Breakout Room Discussion #1

- Please elect a spokesperson to share out for the group
- We will be discussing Grief, Loss, and Change in your breakout rooms
- Please answer the questions from the perspective of an adult and also that of a youth as grief, loss, and change often manifest themselves in different ways for all groups

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## Breakout Room Discussion #1 (Cont'd)

**Please answer these questions:**

- **1. How might an adult/youth have experienced the challenges of the onset of COVID-19?**
- **2. How might an adult/youth have experienced grief and/or loss of their old lifestyles since COVID-19?**
- **3. How might community members better help to support youth/adults as they reintegrate into the new conditions following the lift of COVID-19's stay at home orders?**

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## Larger Discussion: Grief, Loss, Change

**Samira Moosavi, CCLS, Interim Children's Bereavement  
Manager – The Elizabeth Hospice**

**[Samira.Moosavi@ehospice.org](mailto:Samira.Moosavi@ehospice.org)**

**Lieutenant Gary R. Monroe, CHC, USN Chaplain District  
Eleven-South, US Coast Guard**

**[Gary.R.Monroe@uscg.mil](mailto:Gary.R.Monroe@uscg.mil)**



The Elizabeth Hospice



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## Larger Discussion: Grief, Loss, Change

- **Questions for panelists?**
- **Any feedback not yet stated?**

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## Stretch Break

**Refill that coffee, grab some snacks, do some quick burpees!  
We'll be back in 5 minutes!**



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## **Poll #2: Change**

**Please participate in this brief poll to gain an understanding of your thoughts and opinions on change.**

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## Change Discussion

**Erin Brzezinski, Clinical Manager – PsychArmor Institute**

[ebrzezinski@psycharmor.org](mailto:ebrzezinski@psycharmor.org)



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Educating a Nation

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# Change Discussion

## Resiliency in Military Connected Communities

PsychArmor Institute for SDMFC  
June 2020

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# Change Discussion



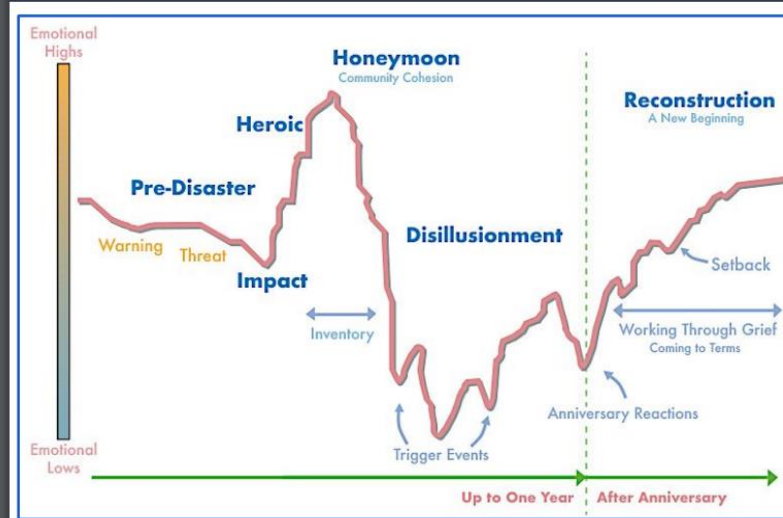
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# Change Discussion

## Disaster Response



**Flattening two curves:**  
We **need** to manage this crisis well and **expect** to manage any aftermath well.

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# Change Discussion

Is This Trauma? What is the Response?

Fight



Flight

Freeze



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## Change Discussion

Who is a  
service provider?



- Mental Health Practitioners
- School Liaison Officers
- Non-profits
- Employment Specialist
- Financial Planners
- Education Organizations
- Youth and Children Specialists
- Veteran Service Organizations
- Active Duty Providers

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# Change Discussion

## Remembering What We Know

**Operational Stress Control**  
U.S. Navy (NCCOSC)

**Principles of Resilience**

- Predictability – be ready
- Controllability – keep an even keel
- Relationships – stay connected
- Trust – know who to turn to
- Meaning – find purpose

**Stress First Aid**  
National Center for PTSD

**Seven C's:**

- Check
- Coordinate
- Cover
- Calm
- Connect
- Confidence
- Competence

**Psychological First Aid**  
National Child Traumatic Stress  
Network and National Center for  
PTSD

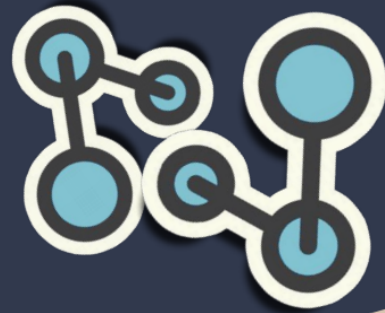
- Contact
- Safety and comfort
- Stabilization
- Current needs /practical assistance
- Connection with social support
- Coping
- Collaborative Services
- Promotes self-efficacy and hope

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# Change Discussion

## Common Themes



Connection

Stability

Meaning

Hope and Optimism

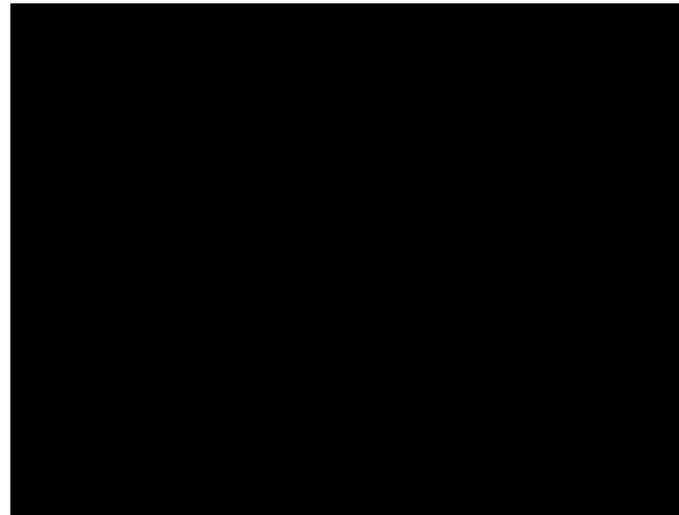
Trust in self and others

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## Change Discussion

Our Military Connected Community  
Has Been Here Before



<https://www.youtube.com/watch?v=v8D4anrAAgw>

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# Change Discussion

## Practice Gratitude



Today I am grateful for \_\_\_\_\_.

- Data supports **gratitude** as a protective factor against stress-related conditions
- **Cultivating a gratitude practice** is associated with diminished depression and anxiety
- **Gratitude practice** is associated with reduction in burnout

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# Change Discussion

## Practice Gratitude



*Lead by example*

### Cultivate a *culture of gratitude*

- Huddle your family, team, yourself each day:
  - 2 minute gratitude exercise
  - Educate others on the benefits of this practice
    - Daily gratitude logs
    - Say it out loud


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# Change Discussion

Practice Mindfulness



*Be still*

**Mindfulness**

Awareness of present moment to include thoughts, emotions, body sensations, and environment

- Practice without judgement
- Accept things as they are
- Maintain openness, curiosity, and a willingness to be with what is

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## Change Discussion

### Practice Mindfulness



*Be present*

#### Goal:

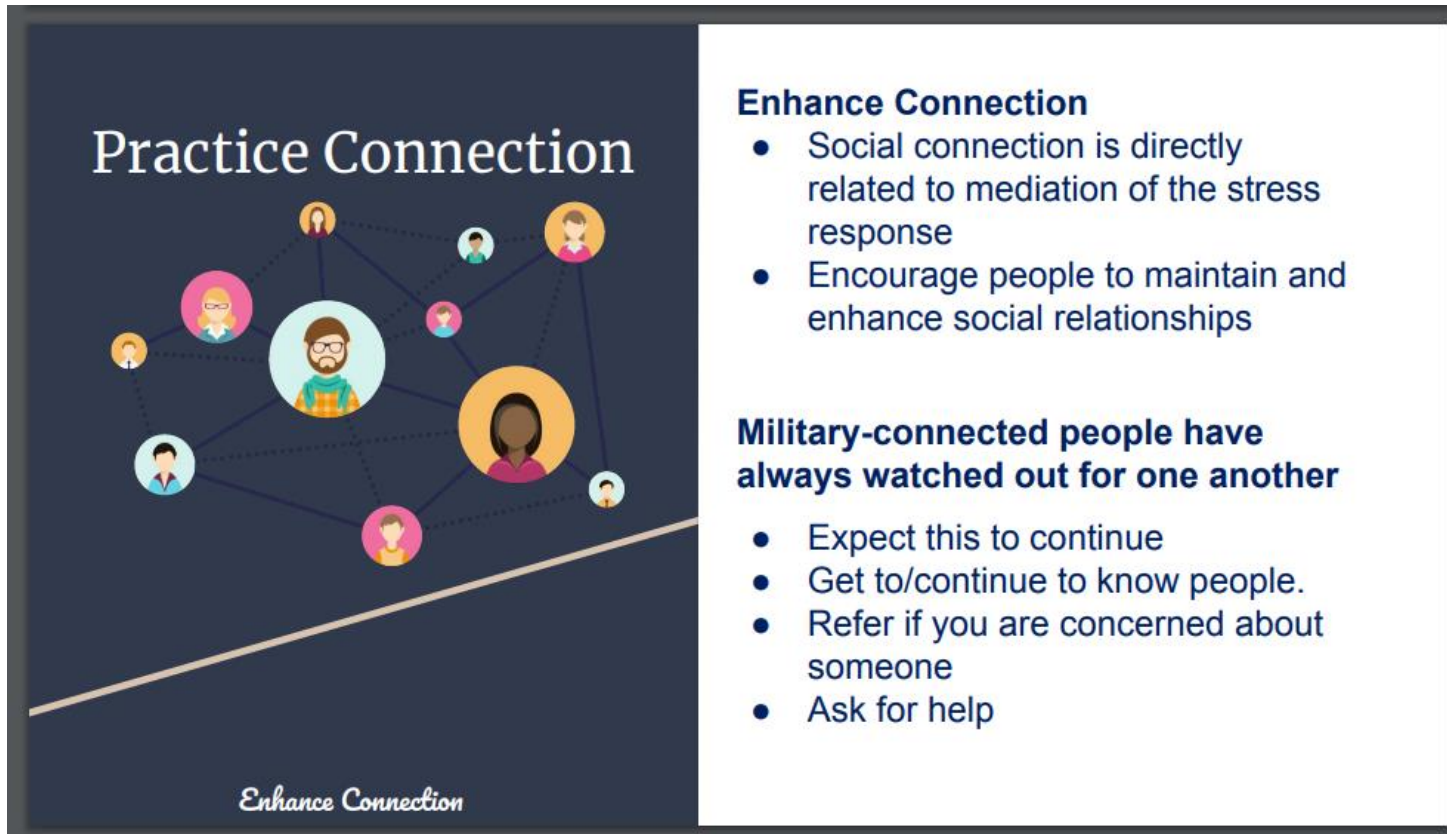
*Improve our ability to handle stress*

- Improve sleep
- Increase gratitude
- Improve our communication with self and others
- Increase our social connections
- Encourage adoption of mindful practices in your daily schedule

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# Change Discussion



**Practice Connection**

*Enhance Connection*

**Enhance Connection**

- Social connection is directly related to mediation of the stress response
- Encourage people to maintain and enhance social relationships

**Military-connected people have always watched out for one another**

- Expect this to continue
- Get to/continue to know people.
- Refer if you are concerned about someone
- Ask for help

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# Change Discussion



**Practice Connection**

*Relationships - Trust - Social Support - Connection*

**Those who understand- kindness, compassion, empathy**

- Family and friends
- Supervisor / Colleague check-in
- Connection groups
  - Neighborhoods
  - Family/Friends
  - Colleagues
  - FRGs

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# Change Discussion



**Practice Connection**

- Schedule time
- Engage in storytelling - stories of small successes
- Participate in healthy venting
- Share inspiration
- Practice gratitude
- Promote optimism and support

★ *Anything you could arrange* ★  
★ *would be a good thing* ★

*Connection Groups*

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# Change Discussion

## Self-Care Square

- It is important to do all things in moderation; for example, running is a great way to take care of yourself but if you are running multiple hours every day, it may be time to try something else.
- Choose a variety of activities to keep things interesting and try new ideas.
- Self-care looks different for everyone; what works for some may not work for you.
- Start small, if you only have 1 minute for self-care; start with 1 minute and try to build from there or stick with 1 minute.

**Directions:** Each square represents an amount of time. Fill in self-care activities that you can do in each amount of time for less than \$5.00. Try to list 3-4 things in each square so you have a variety of options ready for use.

<u>5 minutes</u>	<u>15 minutes</u>
Meditate Deep breathing	Go for a walk Call a friend/family
<u>30 minutes</u>	<u>60 minutes</u>
Take a nap Listen to music	Watch a tv show Read a book

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# Change Discussion

## Keep In Mind



- Internal locus of control
- Focus on the difference you are making – point it out in others
- Notice the small victories – point them out in others
- Pause to pay attention
- Pause to take two or three breaths
- Schedule breaks and consciously add self-care activities into the calendar

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## Change Discussion

### Keep In Mind



- Give yourself what you need and know that it is ok
- Know the resources available to you
- Remember the anxiety curve
- Connect with each other
- Refer if you are concerned about someone
- When you are ready, start taking steps to move forward

★ It's OK not to be OK ★

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# Change Discussion

## Start Taking Steps



*Be ready, be prepared*

- Update LinkedIn
- Update resume
- Practice interviewing
- Get that interview outfit ready
- Get connected with an employment organization
- Check out what's happening virtually
- Stay open minded, don't assume

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# Change Discussion

## Resources

### Employment

- Hiring Our Heroes
- Blue Star Families
- Fleet and Family Support Center
  - Family Employment Readiness Program
  - Transition Assistance
- Marine Corps Community Services
  - Family Member Employment Assistance
  - Marine for Life

**HIRING OUR  
HEROES**

U.S. CHAMBER OF COMMERCE



The  
Fleet & Family Support  
Center




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# Change Discussion

## PsychArmor Courses


**Self-Care**



**Mantram**

Subject Matter Expert:  
Jill Bormann, Ph.D., RN, FAAN


**Healthcare Provider**



**Inner Conflict and Survivor's Guilt**

Subject Matter Expert:  
Heidi Squier Kraft, Ph.D.

**Employment**



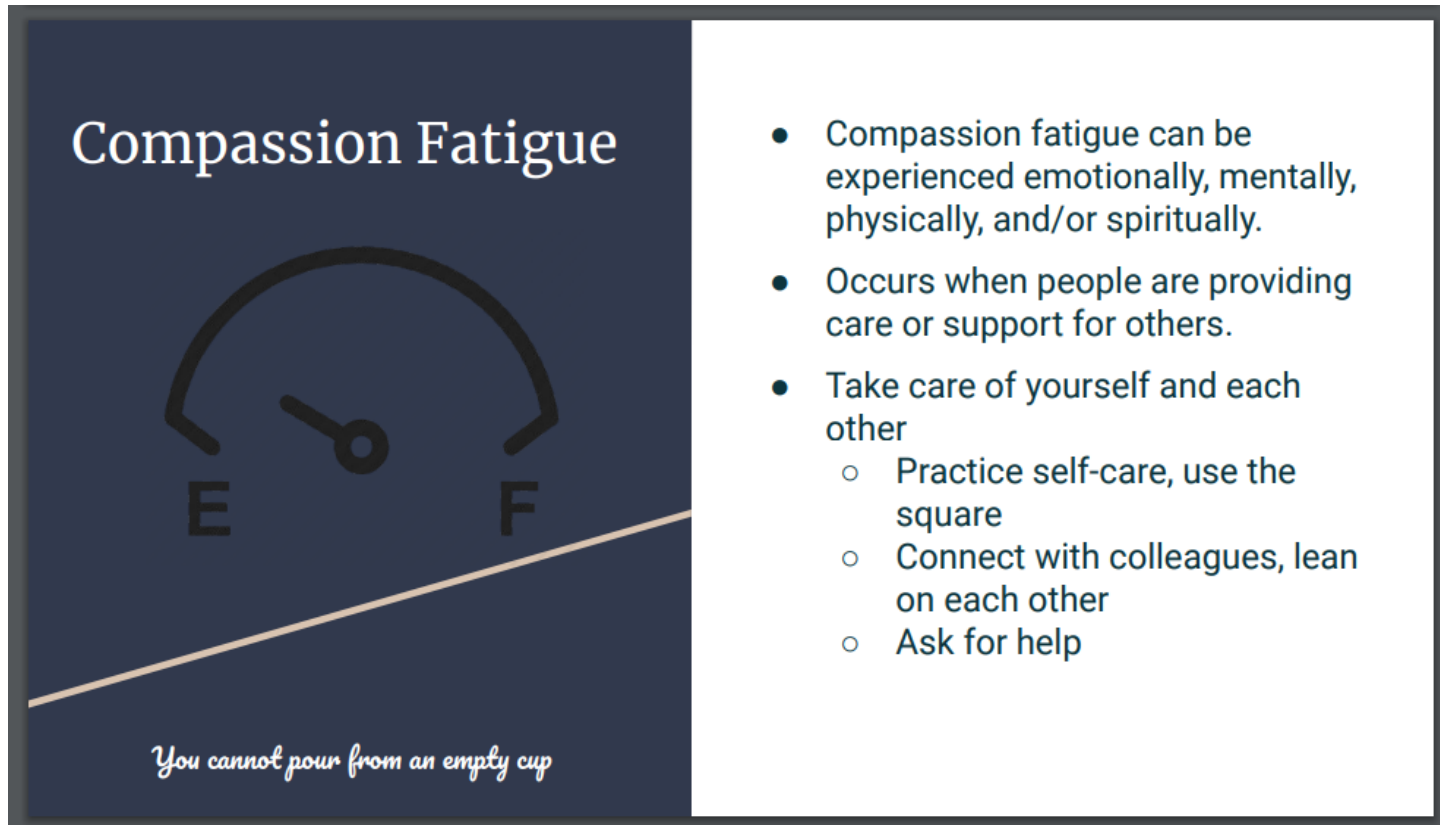
**Creating Resumes and Cover Letters**

Subject Matter Expert:  
Matt Miller (USN, Veteran)

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## Change Discussion



The infographic is divided into two main sections. The left section has a dark blue background with the title 'Compassion Fatigue' in white. Below the title is a graphic of a semi-circular gauge with a needle pointing towards the right. The left end of the gauge is labeled 'E' and the right end is labeled 'F'. A white diagonal line runs across the bottom of this section. At the bottom of the dark blue area, the text 'You cannot pour from an empty cup' is written in a white cursive font. The right section has a white background and contains a bulleted list of points.

### Compassion Fatigue

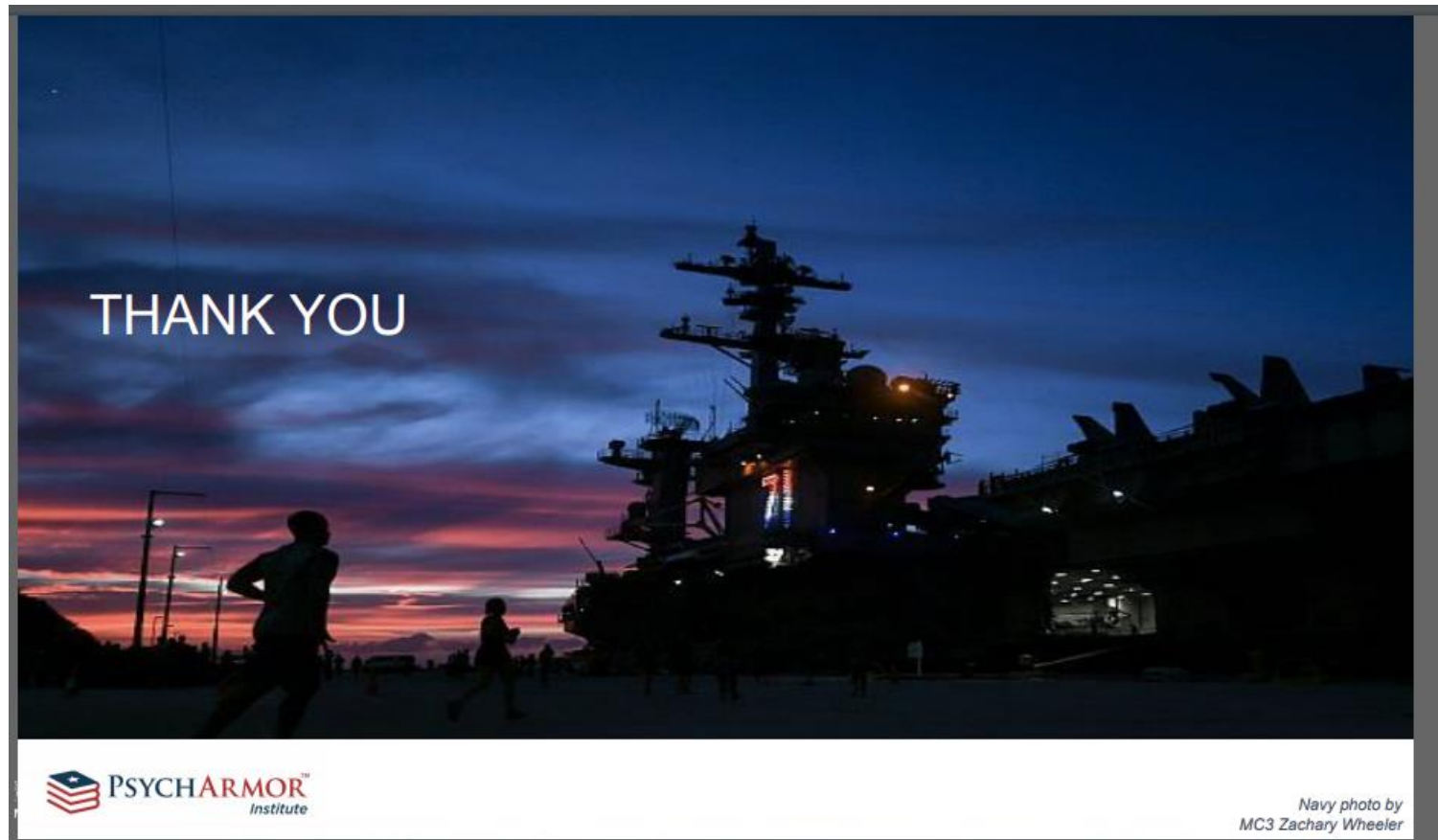
- Compassion fatigue can be experienced emotionally, mentally, physically, and/or spiritually.
- Occurs when people are providing care or support for others.
- Take care of yourself and each other
  - Practice self-care, use the square
  - Connect with colleagues, lean on each other
  - Ask for help

*You cannot pour from an empty cup*

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# Change Discussion



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# Change Discussion

## References

- Navy photo by Mass Communication Specialist 3rd Class Zachary Wheeler  
U.S. Marine Corps photo by Sgt. Kyle Talbot
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## Larger Discussion: Grief, Loss, Change

- Questions for panelist?
- Any feedback not yet stated?

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## SDMFC Announcements

SDMFC will continue to post updates and information through our Facebook page. Follow us at [facebook.com/sdmilfam](https://facebook.com/sdmilfam) for the latest information.

### Upcoming SDMFC Events: PASSWORDS REQUIRED MOVING FORWARD

- Members-Only Training: June 2020 (Members will receive more info)
- MTSE: Virtual Workshop, June 30<sup>th</sup> at 10am-12pm
- Feel Good Fridays: July 3rd and July 17th at 1pm
- MTSE: Action Team Meeting, July 9<sup>th</sup> at 9am-10am
- CPSA: Action Team Meeting, July 23rd at 11am-12pm

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# SDMFC's Survey Feedback

**Please fill out our survey at this link:**

**<https://www.surveymonkey.com/r/sdmfc2020convening>**

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**THANK YOU!**

Thanks for attending our Virtual Monthly Convening!

**Please fill out our survey at this link:**

<https://www.surveymonkey.com/r/sdmfc2020convening>

Our next Monthly Convening:

**Friday, July 24, 2020**

**10:00am-12:00pm**

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