

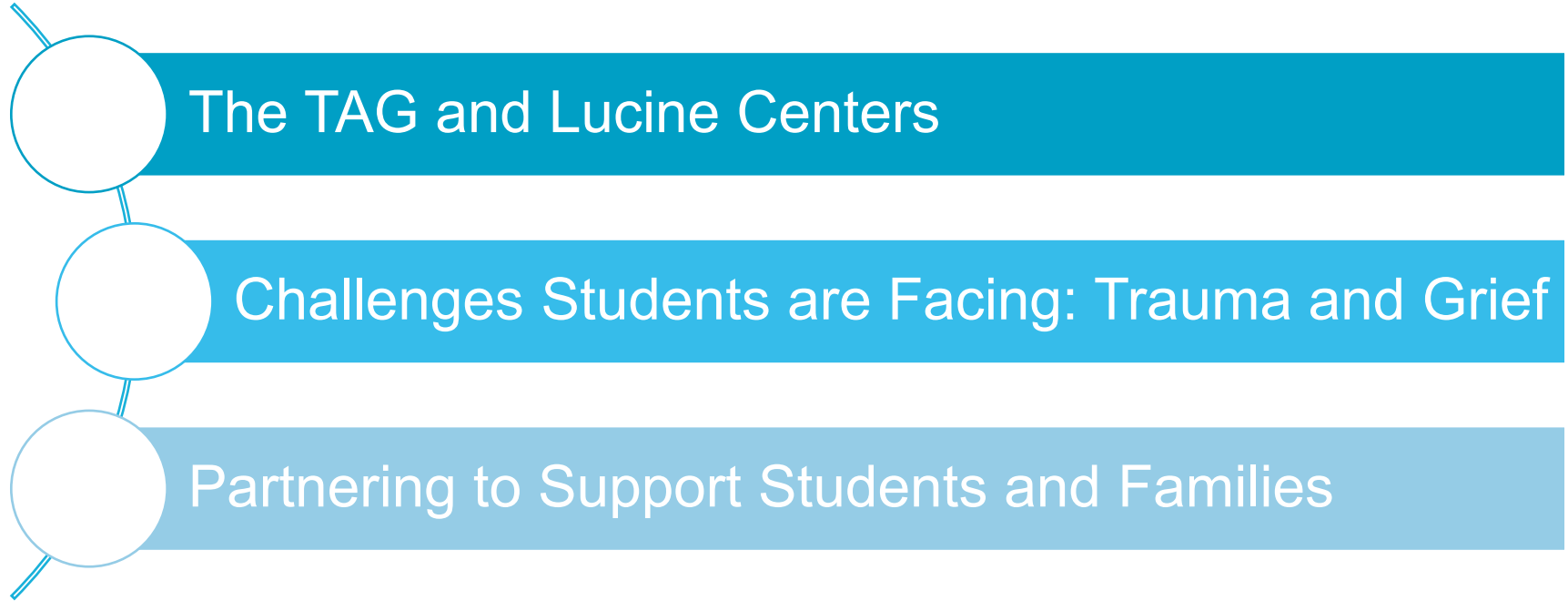
Supporting Student Mental Health and Wellness

Meadows Mental Health Policy Institute's Trauma and Grief Center

The Lucine Center for Trauma and Grief

Rohanna Sykes, LPC-S, CSC and Laura Cornell, PhD, MEd

Overview



Trauma and Grief (TAG) Center

Executive Director: Julie Kaplow, PhD, A.B.P.P.

MEADOWS
MENTAL HEALTH
POLICY INSTITUTE

TRAUMA AND GRIEF
CENTER

DEVELOPMENT

of evidence-based assessments & interventions for youth who have experienced traumas and/or losses

TRAINING

and professional education in trauma and bereavement-related topics and interventions

RESEARCH

on children's needs and strengths in response to trauma and loss, and on treatment effectiveness

POLICY

recommendations based upon trauma- and bereavement-informed best practices

Brief Screening Tools

tagcenter.org

THE HACKETT CENTER FOR MENTAL HEALTH

Trauma & Grief Center

The primary purpose of the Trauma and Grief (TAG) Center at The Hackett Center for Mental Health is to raise the standard of care and increase access to best-practice care among traumatized and bereaved children, adolescents, and their families.

Learn more about the TAG Center

DOWNLOAD BROCHURE

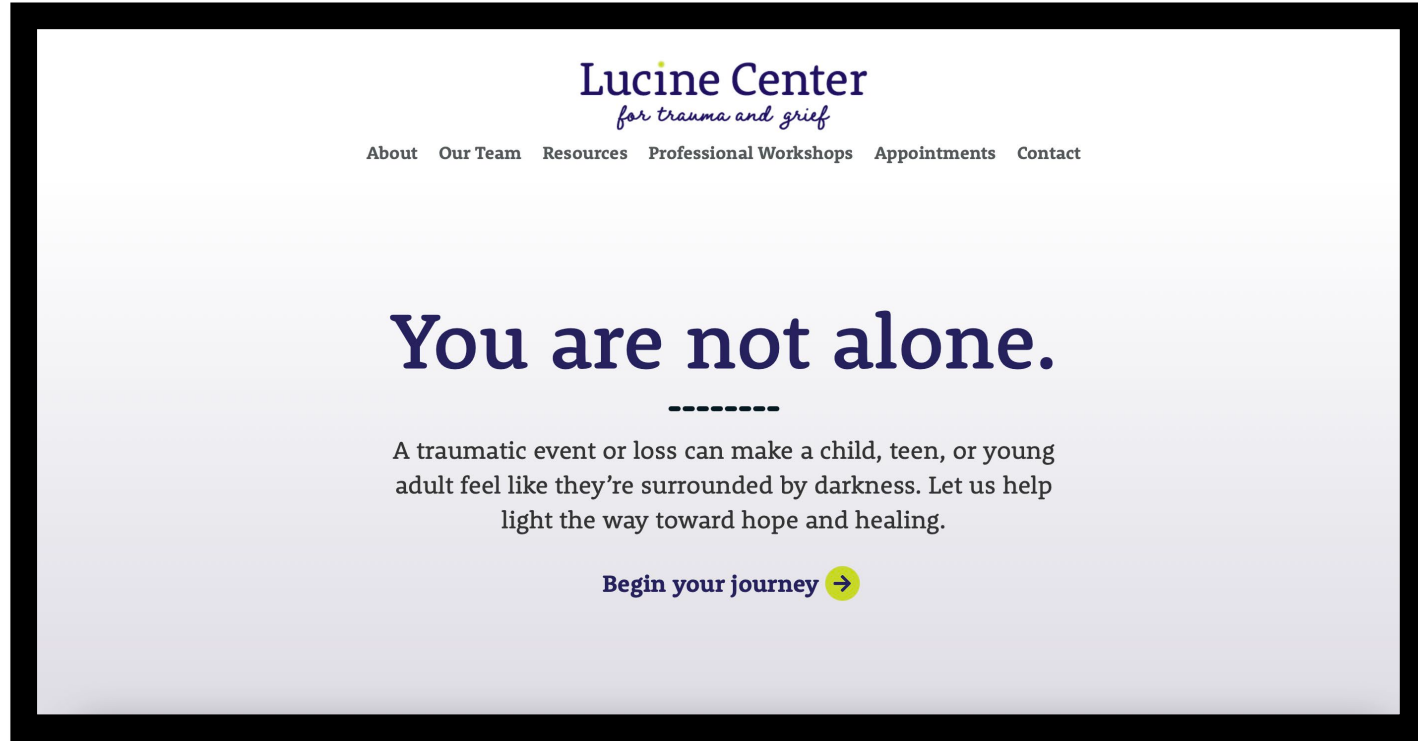
VIRTUAL LEARNING LIBRARY

SCREENING TOOLS FOR YOUTH

TAG COALITION ROSTER



Lucine Center for Trauma and Grief



<http://lucinecenter.com>

What is Trauma?

The experience of a real or perceived threat to life or bodily integrity

OR

the life or bodily integrity of a loved one

AND

causes an overwhelming sense of terror, horror, helplessness, and fear

**Traumatic stress is a “normal” response to an
*abnormal event.***

Bereavement

experience of deprivation or loss by death

Grief

psychological or behavioral **response** arising from bereavement



Why Focus on Bereavement?



Most frequently reported type of trauma in clinic-referred youth

(Pynoos et al., 2014)



Most common form of trauma worldwide

(Burns et al., 2020)



Most distressing form of trauma among adults and youth in the general population

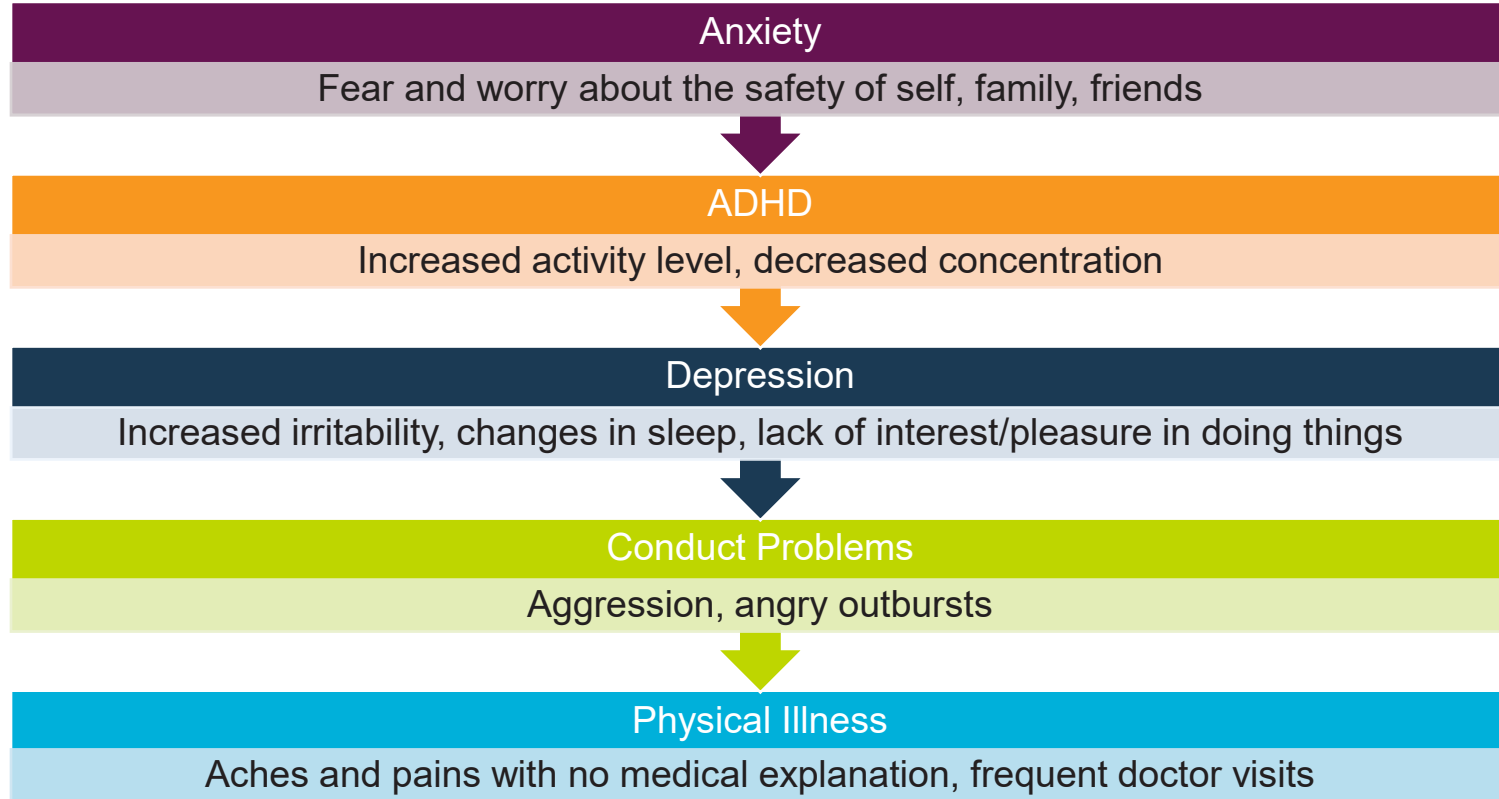
(Breslau et al., 2004; Kaplow, Saunders, Angold, & Costello, 2010)



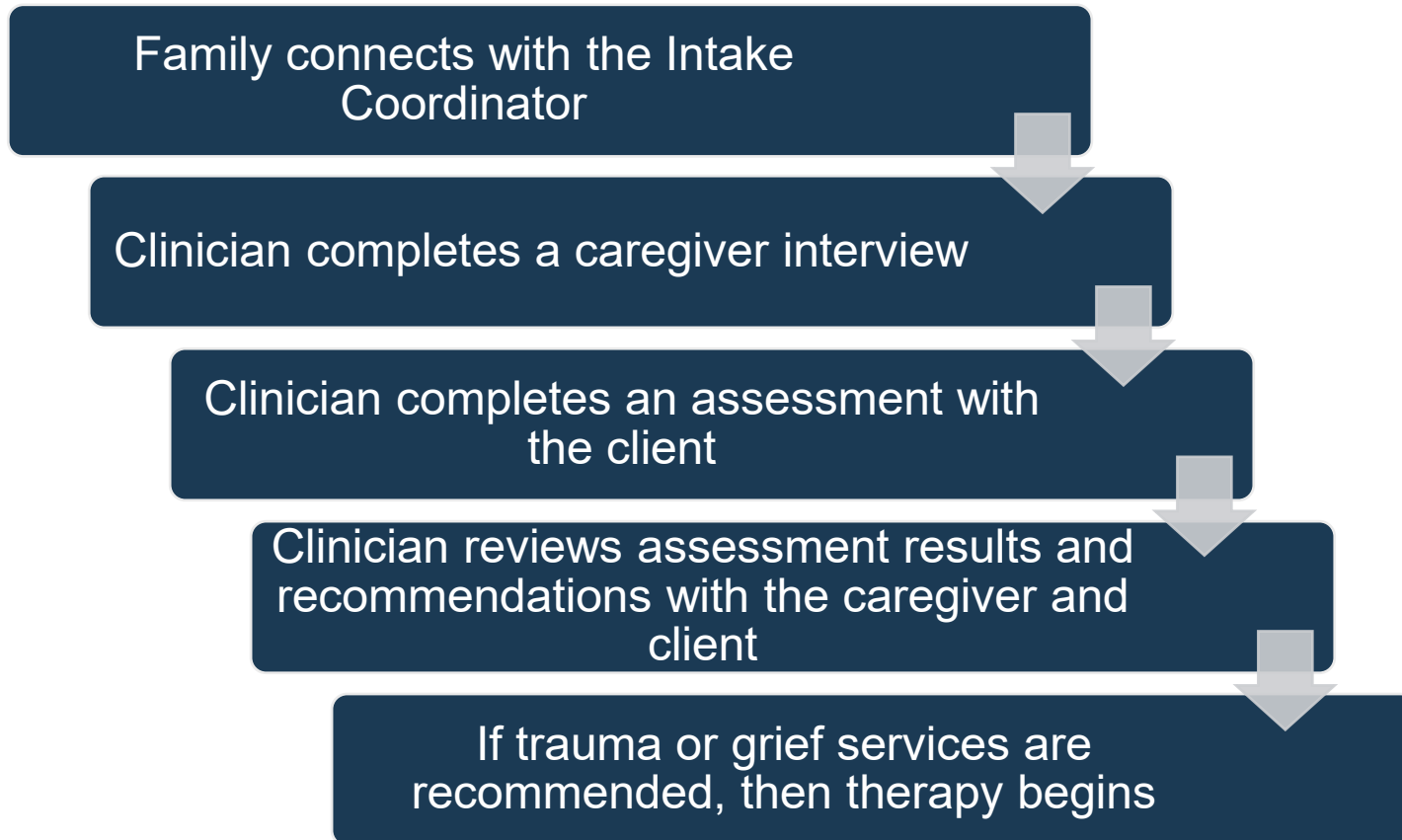
Strongest predictor of poor school outcomes above and beyond any other form of trauma

(Oosterhoff, Kaplow, & Layne, 2018)

Traumatic stress and grief reactions can look like...

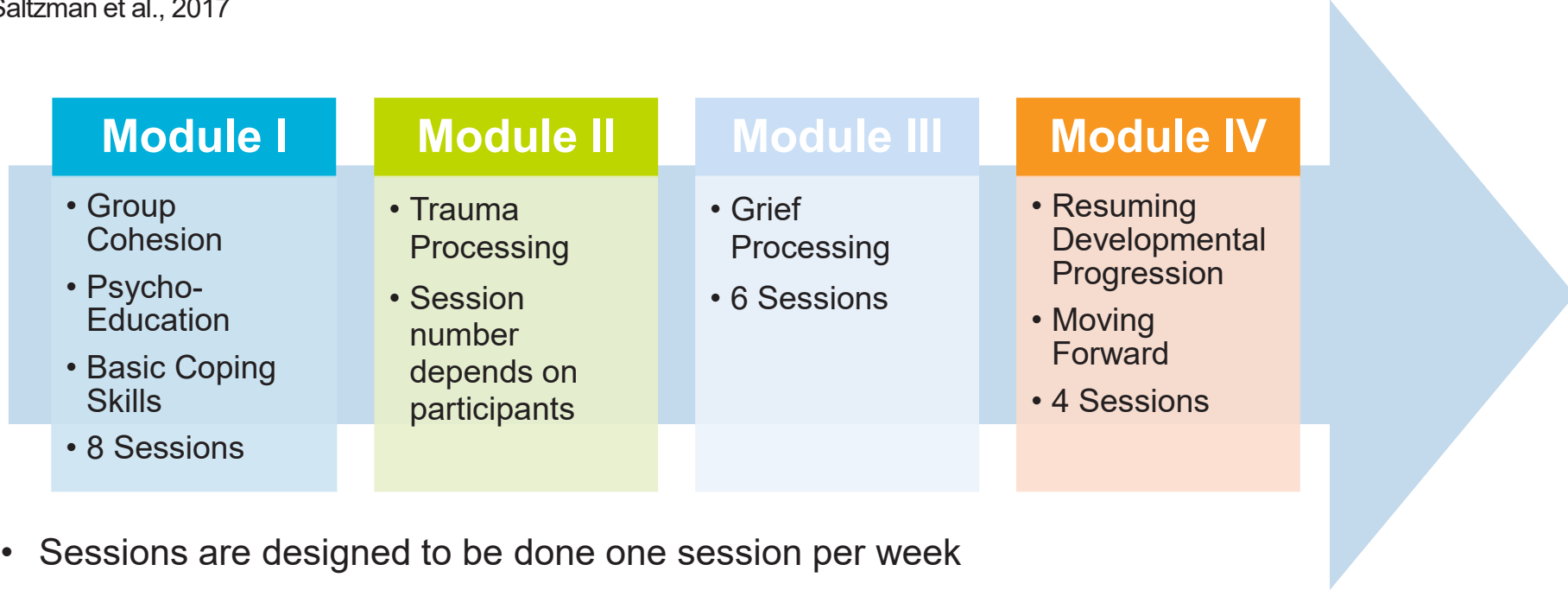


When a Client is Referred to the Lucine Center



Trauma and Grief Component Therapy for Adolescents

Saltzman et al., 2017



- Sessions are designed to be done one session per week
- 45-60 minute sessions
- Can be flexibly tailored to fit the needs of your setting (“flexibility within fidelity”)

Multidimensional Grief Therapy

Kaplow et al., 2023

Phase 1 (Tier 1): Learning About Grief

- Sessions 1-6
- Identify dimensions of grief
- Understand how grief changes over time
- Identify loss and potential trauma reminders
- Enhance emotion regulation and cognitive coping skills
- Can be administered by a non-mental health professional

Phase 2 (Tier 2): Telling My Story of Loss

- Sessions 7-10
- Creation of loss narrative
- Focus on each dimension of grief
- Enhance ongoing connection, legacy-building and meaning-making
- Promote caregiver grief facilitation
- Typically administered by a mental health professional

The Importance of Engaging Caregivers and Family Members



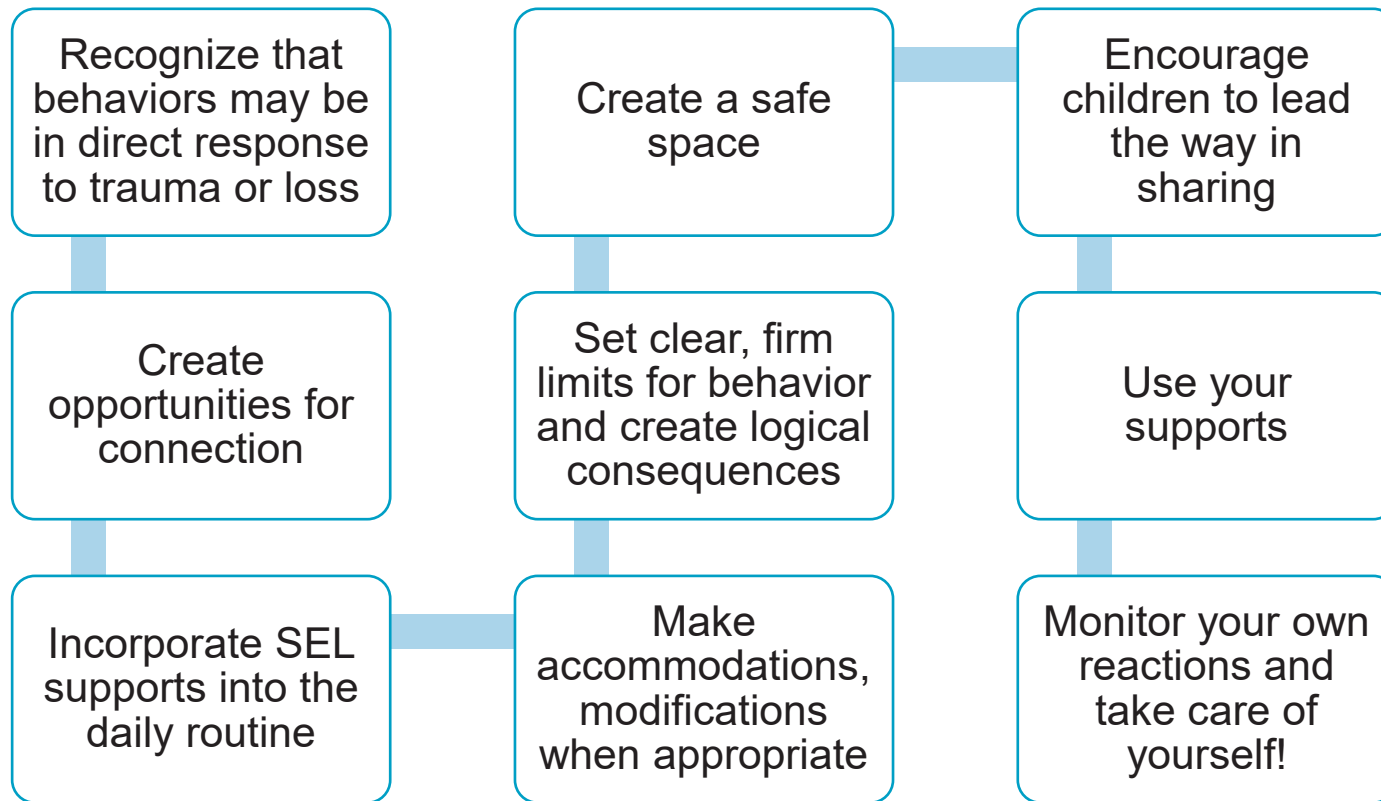
Build trust with child, caregivers, and other family members

Listen to child and family's primary concerns

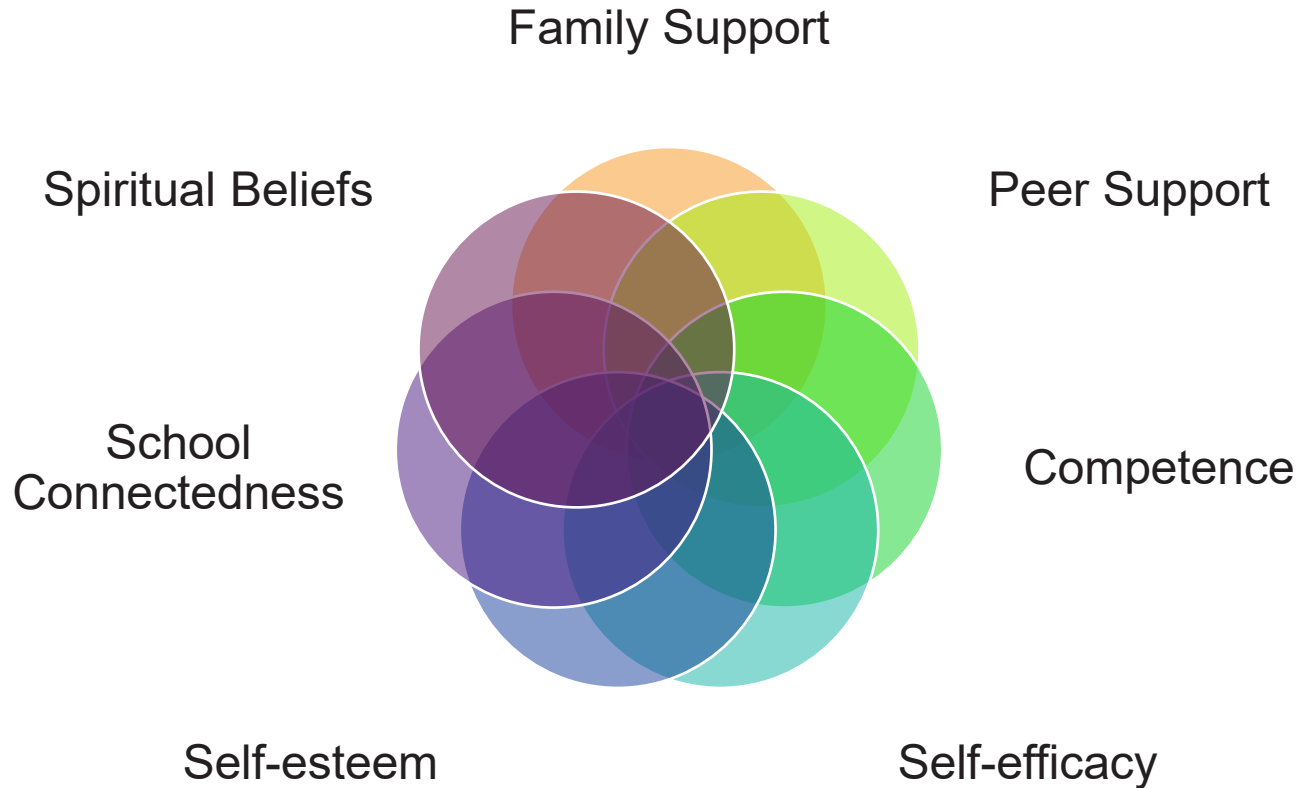
Focus on aspects of support that relate to the child and family's expressed values

When referring to other services consider assisting the family in contacting the referral

Creating a Trauma- and Grief-Informed Environment



What Promotes Resilience in Youth?



Contact the TAG Center

Rohanna Sykes, LPC-S, CSC

Director for School and Community
Partnerships

mnowitz@mmhpi.org

Julie Kaplow, PhD, ABPP

Executive Director

jkaplow@mmhpi.org

TAG Center Virtual Learning Library

tagcenter.org

Lucine Center for Trauma and Grief

lucinecenter.com

Daniel Martinez, Intake Coordinator

(832) 244-9502

To learn more about TAG Center
trainings:

