Community Health Hillingdon

NHS Hillingdon

Seasons for Growth
Grief Education Programme

A programme to support children to manage feelings associated with
change, loss and grief

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RATIONALE

Seasons for Growth is based on the belief that:

- Grief is a normal and valuable part of life
- Significant change & loss impacts on our lives
- Improved knowledge, skills and attitudes help to understand and to cope with loss and grief.
- **Peer support. It is NOT a 'one-to-one' process.**

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KEY ASPECTS of Seasons for Growth

DOES:

- Supports participants to understand & manage the change, loss & grief experienced.
- Assists Participants in understanding that the emotions associated with their losses are normal.
- Encourages the expression of thoughts and emotions
- Develops better support networks
- Draws on extensive research in developing a sound educative response to change, loss and grief.

DOES NOT:

- provide counselling or therapy

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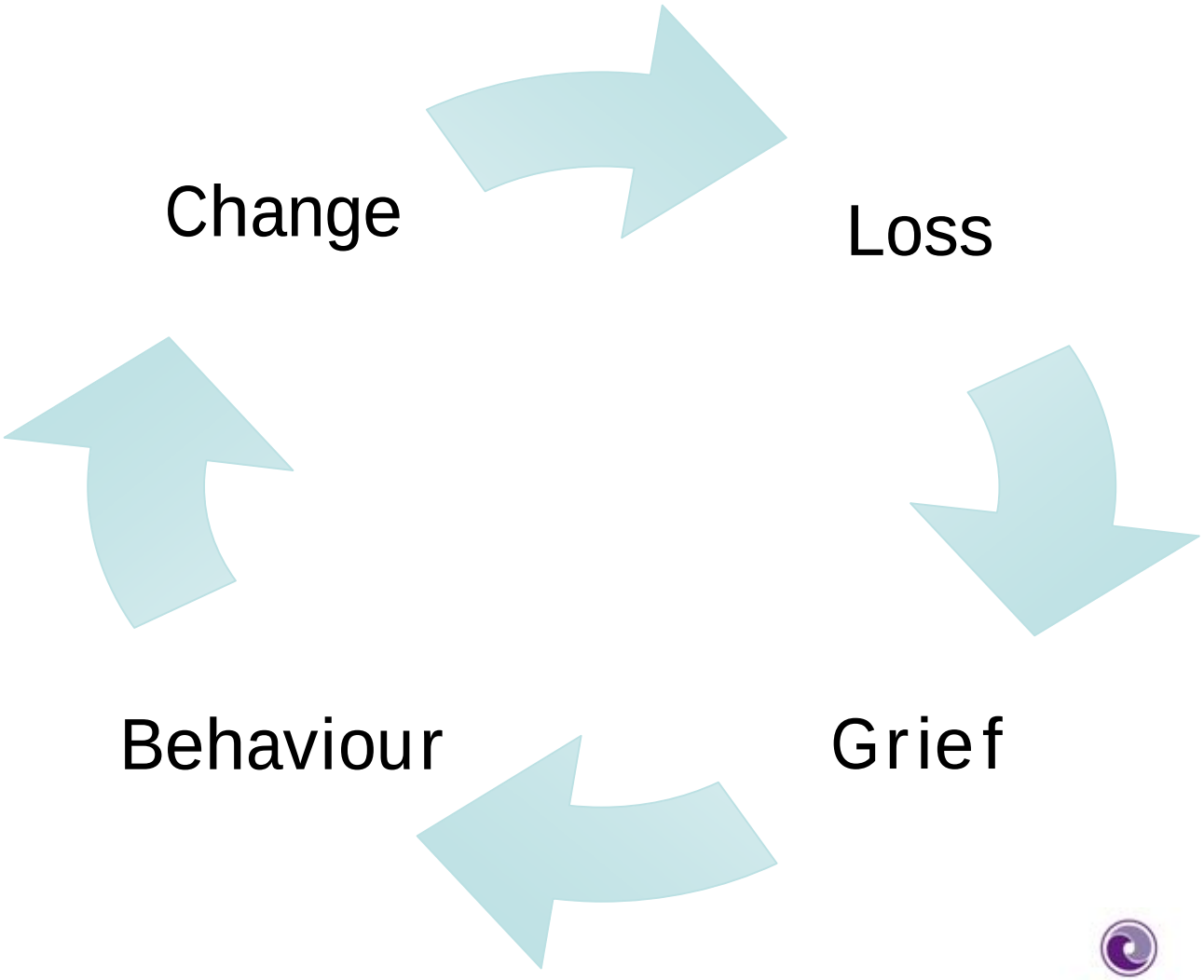
Change Cycle



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Reasons for referral to Seasons for Growth

- Aggression / Frustration /Anger.
- Withdrawal from others / self imposed isolation.
- Poor attention span.
- Poor attendance at school.
- Poor quality / contribution of class work.
- Regularly complains of illness with no apparent cause.
- Separation anxiety (when not appropriate for age).
- Expresses sadness - easy to upset.
- Disruptive behaviour.

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- Exaggeration about events, or fantasising about things that never happened.
- Attention seeking behaviour.
- Risk taking behaviour (i.e. experimentation with substances or sexual activity).
- Behaviour leading to exclusion / threatened exclusion from school.
- Declining / poor relationships with peers, adults or family members.
- Inability to express self appropriately.
- Sleep disturbances - i.e. insomnia or nightmares.
- Evidence of self harm.

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Bereavement
- Family
- Friend
- Pet
- Before birth (i.e. stillbirth / miscarriage)
- Other significant adult (i.e. teacher)

Relocation (Home or School)
- Refugee
- Moved into the area/country
- Exclusion from mainstream education
- Military family

Family / Home
- Parental separation
- New baby
- Addition to household
- Family member leaves home

Other
- Domestic violence
- Abuse
- Unemployment of family member
- Imprisonment of family member
- Taken into care
- Burglary / fire in family home
- Bullying
- Substance abuse (self or other)
- Friendship changes

Illness (of self or a significant other person)
- Long term ilness
- Hospitalisation (even if full recovery is made)
- Mental health issues

Disability (of self or a significant other person)
- Long standing
- Sudden (i.e. as a result of trauma)

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WORDEN'S TASKS	SEASONS for GROWTH TASKS	SEASON	SESSION CONTENT
Accept the reality of the loss	Acknowledge the reality of change & loss in life.	AUTUMN	Session 1: Seasons Session 2: Change
Work through the pain of grief	Learn about possible reactions to change & loss and how each has experienced these	WINTER	Session 3: My Story Session 4: Reactions
Adjust to an environment in which the significant person is no longer present	Develop skills to assist in processing their grief	SPRING	Session 5: Feelings Session 6: Memories & Forgiveness
Emotionally relocate the person and move on with life	Explore ways of letting go and moving on	SUMMER	Session 7: Choices Session 8: Moving on

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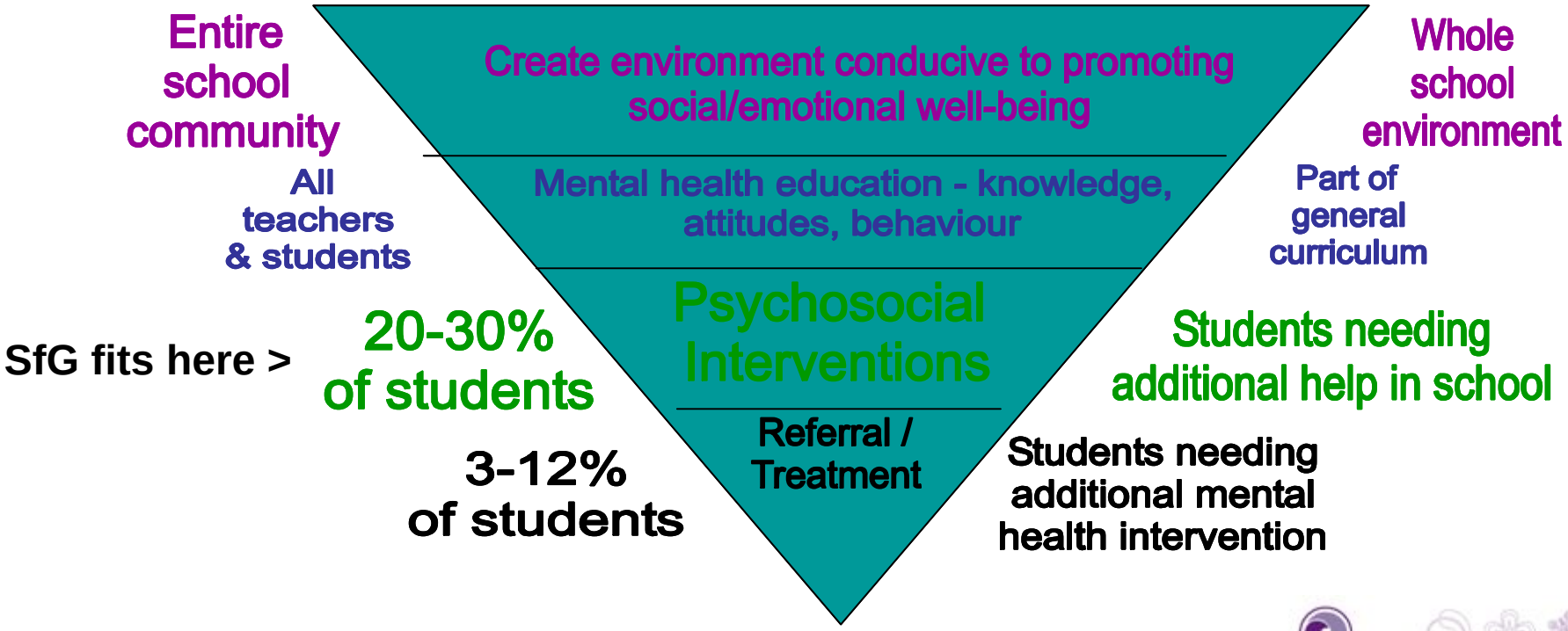
WHO Framework for Comprehensive Mental Health Promotion in Schools



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Statistics 2009-2010
Seasons for Growth England and Wales

- Overall total of trained 'Companions' **475**

- Number of trained Companions past 12 months **226**

- Number of children who accessed the programme over the last 12 months **983**

- **Regions where Seasons for Growth is developed and established**

  London Borough Hillingdon, Denbigh and Conwy
  Shropshire, Wirral, Halton and Stockport, Leeds, Leicestershire

- **New Regions in the last 12 months**

  Ealing, Morecombe, Lancashire, Weston-super-mare, Somerset, Coalville, Leicestershire

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Number of Children accessing Programme in Hillingdon April-July 2010

- Total of **23** programmes ran to help **127** children age 5-19years

- **50%** schools and a further **11** organisations in Hillingdon have trained Companions

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