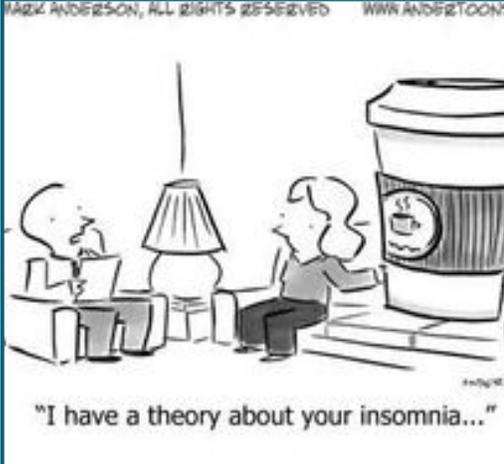




Guiding **Individuals**, Strengthening **Families**

July 2014



Sad but O.K.-

Written by Sherri Sullivan

In thinking about what to write for the newsletter this month, I was instantly aware that many of us have suffered immeasurable loss lately. Loss can mean a lot of things, and like trauma, *an individual* decides what is considered to be a loss; not a professional, or a friend, or a bystander. It could be a loved one, a friend, a job, a pet or even the loss of a relationship.

I think it is important for us to remember that grief is normal. As therapists and case managers we consider the consequences of loss in terms of diagnosis and treatment....has it been more than six months? has it lasted more than a year? does it interrupt daily functioning? If we answered yes to these questions we get serious about considering depression as a diagnosis.

But who says there is a time limit on loss? Having recently experienced a significant loss, I can tell you that my answers to the above questions are yes, yes, and yes. However, I'm not depressed. I am sad. Let's not mistake the two. Being sad is OK. Being sad is normal.

Just to review, grief is a process. It happens in 'stages'. These stages don't have to go in any particular order and we can cycle back through these stages at random. In other words, grief is messy. Loss is messy. There is not a right way or a wrong way to grieve a loss. Experts indicate between five and seven stages of grief: Denial, Anger, Bargaining, Depression, Acceptance and

some models include Guilt and Hope.

Instead of taking you through each of the stages, I decided it might be more helpful to include some tips for interacting and supporting people who have experienced loss. Following are examples of supportive and not so supportive statements.

"I think it is important for us to remember that grief is normal....But who says there is a time limit on loss?"



Our Mission

To engage children and families with our innovative and professional clinical services in the home and community

Family Pride Spotlight

Rachel Humphrey, LISW

"What did you learn?"

Rachel is a clinical therapist with Family Pride and has been with the team since interning her second year at Case's Mandel School. She received her MSSA there but previously her BA in psychology and criminal justice at Ohio Northern University. Her favorite food is dessert, though her favorite way to unwind is baking food and goodies for others (so if you have any requests let her know). Rachel's favorite past time is going to concerts and sitting near the lake listening to the waves. Her biggest pet peeve is when people do not put their heart in it and get disappointed by the results. Rachel's proudest moment was graduating grad school, even though she did not walk because there was a concert that day. She cited the most important fact about her as her stubbornness which can get in the way at times but often is how she gets things done.

The Best Things to Say to Someone in Grief

1. I am so sorry for your loss.
2. I wish I had the right words, just know I care.
3. I don't know how you feel, but I am here to help in anyway I can.
4. You and your loved one will be in my thoughts and prayers.
5. My favorite memory of your loved one is...
6. I am always just a phone call away
7. Give a hug instead of saying something
8. We all need help at times like this, I am here for you
9. I am usually up early or late, if you need anything
10. Saying nothing, just be with the person

The Worst Things to Say to Someone in Grief

1. At least she lived a long life, many people die young
2. He is in a better place
3. She brought this on herself
4. There is a reason for everything
5. Aren't you over him yet, he has been dead for awhile now
6. You can have another child still
7. She was such a good person God wanted her to be with him
8. I know how you feel
9. She did what she came here to do and it was her time to go
10. Be strong

Kickball with Clients

Family Pride had its second annual kickball league with clients and staff during July. Clients from all service areas came together on Wednesdays to play a favorite summer past time while learning social skills, sportsmanship, and eating snow cones made special by Sheryl Flanagan. Below are some photos of the event.



Kudos Corner

- Kudos to Shellie, Brie, Shannon and Kayla for all of their hard work on the upcoming Art Show and Open House.
- Thank you to Sheryl, Sherri and Angi for their wonderful handling of client situation at the office earlier this week.
- Kudos to Kiley for going above and beyond to help one of his client resolve over 10 year garnishment!
- Kudos to Brie for taking on so many new intakes and MHA's!
- Kudos to everybody that is helping to make kickball such a success!! Special thanks to Erin Sheryl and Rachel for taking the lead
- Kudos to Felicia for tackling some tough cases successfully!