



# CRISIS SERVICES

Following the death of a member of a school or community organization, Uplift's Crisis Intervention Coordinator offers support via telephone, email, or in person within 48 hours of a crisis. Uplift can support youth, staff, and the larger community with age-appropriate activities and materials and post-crisis support groups as needed. Following a crisis, Uplift helps address the specific community's needs and seeks to provide stability, comfort, and resources. Additionally, Uplift can help create a plan in cases of terminal illness in a community. Clinicians are trained in the evidence-based Post-Traumatic Stress Management Model from the International Trauma Center.

## OUR MISSION

**Uplift Center for Grieving Children helps children grieving a death heal and grow through their grief, while strengthening families, communities, and professionals' understanding of how best to respond to their needs.**

## POST-CRISIS INTERVENTIONS

This service is intended as a one-time session 45-60 minutes in length to support grounding and stabilization, emotional and psychological awareness, and identifying support systems following a traumatic death. Sessions can be arranged for youth and/or professionals.

## COPING GROUPS AND SELF-CARE GROUPS

These groups are one-time interventions that run approximately 90-120 minutes. This is an intensive follow-up session to Post-Crisis Interventions to assist youth in managing overwhelming stress following a traumatic death. It can also be held independently after a crisis.

## CRISIS SUPPORT GROUPS

Crisis Support Groups are an ongoing service that meet for four to eight sessions, depending on need. This service is designed for individuals who have been more acutely affected and may need ongoing support to process their grief.

## PHONE OR EMAIL CONSULTATION

The Crisis Intervention Coordinator is available for additional support and consultation in helping individuals plan for a coordinated response to a crisis in their community. Resources and referrals are also available.

## ADDITIONAL SERVICES

Crises often evoke memories of other losses that may not have been fully processed. In these situations, general grief groups can be arranged for schools and other agencies.

To organize a group, please contact:  
**Meghan Szafran, MS, CT**  
Director of School & Community Services  
Email: [meghan@grievingchildren.org](mailto:meghan@grievingchildren.org)  
Phone: 267-437-3123 x 1

Youth and their caregivers can also attend evening grief support groups at one of Uplift's four locations: East Falls, West Philadelphia, South Philadelphia, and Northeast Philadelphia.

To register for groups, please contact:  
**Teresa Mendez-Quigley, MSW**  
Special Populations Coordinator  
Email: [teresa@grievingchildren.org](mailto:teresa@grievingchildren.org)  
Phone: 267-437-3123 x 8