



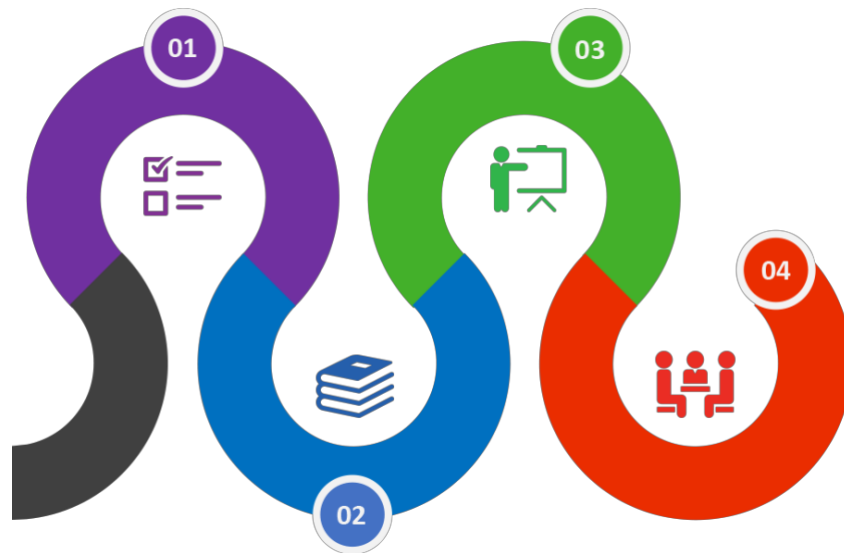
PARENTS: HOW TO BRING *ROUTES TO RESILIENCE* TO YOUR SCHOOL

- 1) Reach out to our Director of Education, Jesse Bassett, to learn more: jesse@good-grief.org or 908-522-1999 x8013.
- 2) Download this PDF and share the program overview with a teacher, counselor, or administrator at your local school.
- 3) **Tell your school why this matters to you.** Your personal experience and perspective always matters!
- 4) Share with other parents and members of the community to spread the word!



Routes to Resilience is a K-12 school-based program that emerged out of our experience over the past decade in providing comprehensive support to grieving children and families at Good Grief. It draws heavily on current research to educate both students and professionals on the resilience-based competencies that will help children and teenagers to navigate through loss and adversity. The curriculum incorporates learning goals at each developmental milestone around themes of grief, emotional literacy, developing healthy coping skills, stress management, building resilience, and cultivating empathy and kindness among peers.

Program Components



01. Explore Needs

Explore needs and fit of program

02. Provide Education

Educate key faculty and staff

03. Implement Lesson Plans

Implement curriculum lesson plans

04. Evaluate Program

Survey's and ongoing coaching

01. Explore Needs

We start by exploring your needs to find the best fit for *Routes to Resilience* at your school. Each school environment is different with distinct needs and pre-existing programs. We also know that some schools have comprehensive policies and best practices to know how to navigate through loss and crisis, and some do not. Here are a few ways we can help:

1. Conduct a needs-based assessment with key constituents such as administrators, counselors, teachers, and staff to determine the best fit for the program in your school and resources needed to accomplish it.
2. Provide a training and review of best practices around death and crisis responsiveness in your school.
3. Engage leadership with educational materials for creating supportive environments for grieving student

02. Provide Education

Resilience can be learned and cultivated. However, it takes more than simply “teaching” lessons. The subtleties and nuances of building resilience have more to do with how professionals and parents engage and respond to children and teens. We can help to guide and educate faculty and staff on how to do just that.

Education Options

The amount of time Good Grief spends with your team will shift goals and outcomes:

1. Implementer Training: Small Group Coaching

Prepare program implementers to teach lesson plans by providing foundation on grief and loss, resilience-building, and practical aspects of the program. Time will vary dependent on number of trainees.

2. 1-2 Hour Training: Raise Awareness

The goal of a 1-2 hour training is to raise awareness around the major themes on building resilience and navigating through loss and adversity.

3. Half Day Training: Provide Strategies

We will raise awareness and expose faculty and staff to strategies for shifting practices toward building resilience in classrooms.

4. Full Day Training: Build Skills

Core competencies and work on skill-building activities with trainees that can be leveraged in with students.



03. Implement Lessons

Good Grief educators will implement the 5-week program in your classrooms through lesson plans that include lectures, activities, and worksheets on grief and loss, emotional intelligence, coping with stress, building resilience, and empathy and kindness.

There are many ways we can implement our lesson plans...

1. As part of a health class.
2. In a peer-mentor / leadership course.
3. In an after-school program.
4. And many more!

Lesson Plans Cover:

1. The experiences of **grief and loss** in a developmentally appropriate way.
2. The **emotions** of loss and adversity.
3. **Healthy coping** with stress and stressful situations.
4. **Resilience** themes such as perseverance, autonomy, and self-worth.
5. Building **empathy and kindness** among peers.

Lesson Plans Span:

1. K-2
2. 3-5
3. 6-8
4. 9-12

04. Evaluate Program

Data and research is important for us to refine this resource and make adjustment as needed. It will also provide as a foundation for all future uses and coaching.

Evaluation and Coaching

- ✓ All programs must be evaluated with pre and post program scales, and post-lesson survey's.
- ✓ Ongoing coaching will be provided by Good Grief to schools to assist with program expansion, troubleshooting challenges, or addressing a current loss or crisis in your community.

FOR MORE INFORMATION:

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