

15<sup>th</sup> June 2021

# **Schools in Mind: An introduction to traumatic bereavement seminar**

***This seminar will begin  
shortly***



**Anna Freud**  
National Centre for  
Children and Families

#SchoolsinMind

#UKTraumaCouncil

@AFNCCF

# Traumatic bereavement training for schools and FE colleges

- Date: 28<sup>th</sup> June
- Duration: 2.5 hours
- Who is this training for: SENCOs, mental health leads and pastoral leads in all education settings
- Price: £75 per delegate
- Delivered by: UKTC

**Book today:**

<https://uktraumacouncil.org/training>



*Today's seminar will begin shortly*

## Programme

Time	Details
16:30 - 16:35	Introduction – <b>Jaime Smith</b> , Programme Director – Schools Division
16.35 - 16.55	Presentation - <b>David Trickey</b> , Co-Director, UKTC; Consultant Clinical Psychologist
16:55 - 17.10	Presentation – <b>Jaime Cronk</b> , Specialist Outreach Teacher, Social, Emotional and Mental Health at Five Acre Wood School and across Maidstone district
17.10 - 17:30	Presentation – <b>Beck Ferrari</b> , Child Bereavement Specialist
17.30 – 18.00	Q&A chaired by <b>Jaime Smith</b>
18:00	Closing remarks from <b>Jaime Smith</b>

**Share your thoughts with us**

[schoolsinmind@annafreud.org](mailto:schoolsinmind@annafreud.org)

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**#SchoolsinMind**

**#UKTraumaCouncil**

# **Schools in Mind: An introduction to traumatic bereavement seminar**

David Trickey

Co-Director UKTC,  
Consultant Clinical Psychologist



**Anna Freud**  
National Centre for  
Children and Families



# Traumatic Bereavement

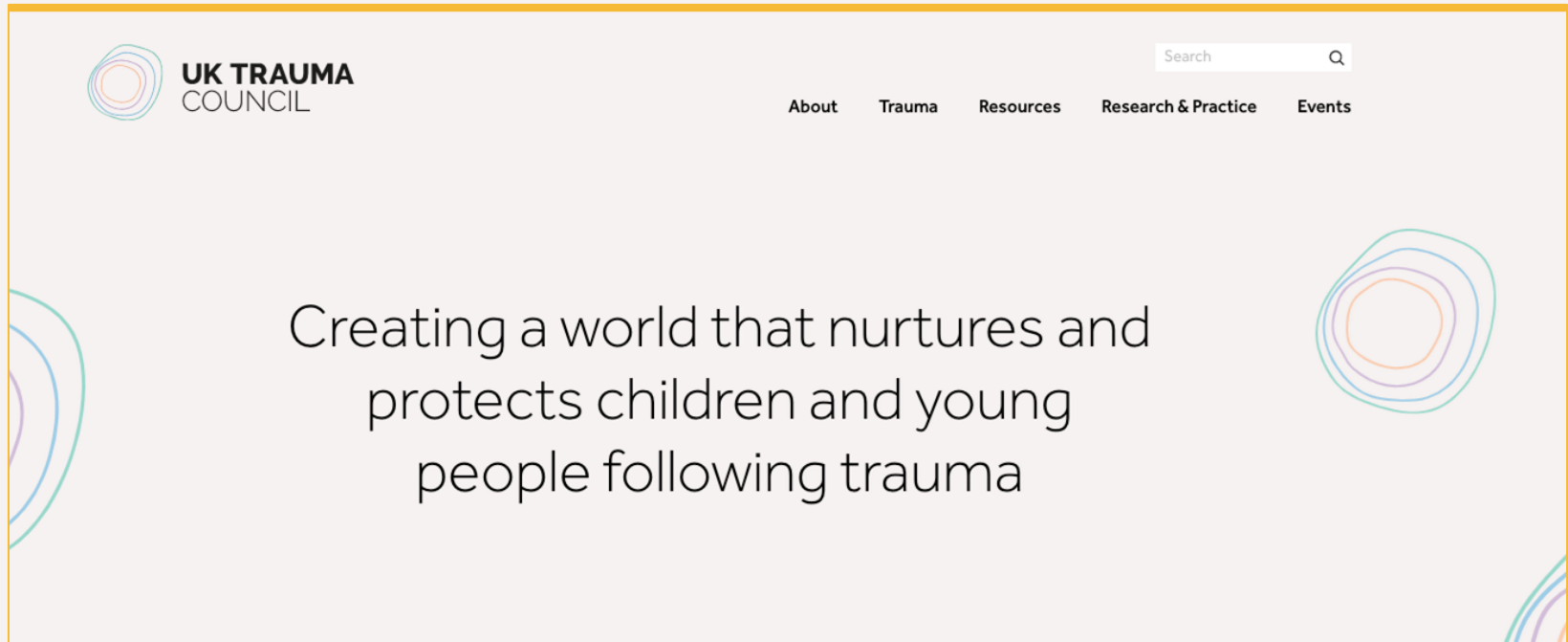
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David Trickey

Co-Director

UK Trauma Council

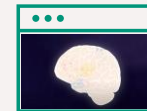
Website: [uktraumacouncil.org](https://uktraumacouncil.org)



Children, young  
people & families  
who have  
experienced  
traumatic events

Professionals (e.g. teachers,  
social workers, therapists)  
& Policy-makers

## Free resources, guidance & training



Co-created with intended users  
and children & young people

Evidence-based

Council members –  
UK child trauma experts



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# Traumatic Bereavement

# UK Pandemic deaths



- More than 125,000 coronavirus deaths
  - Sudden, unexpected, untimely
  - Limited opportunity to say goodbye
  - Restricted access to normal grieving rituals
  - Reduced social support

# What is *Traumatic* Bereavement?

- Not *every* bereavement is traumatic
- When something about what the death means to the child or young person, or the way that they experience the death, gets in the way of their natural grieving and adjustment
- For example:
  - *I am all alone now*
  - *The world is a dangerous place*
  - *You can't trust anyone*
- Sometimes traumatic memories of the person's death take precedence over memories of the person's life, which impedes grieving

# Traumatic Bereavement?

- May be misunderstood or missed by those that know that child
- Support above and beyond standard bereavement support may be necessary

# Animation

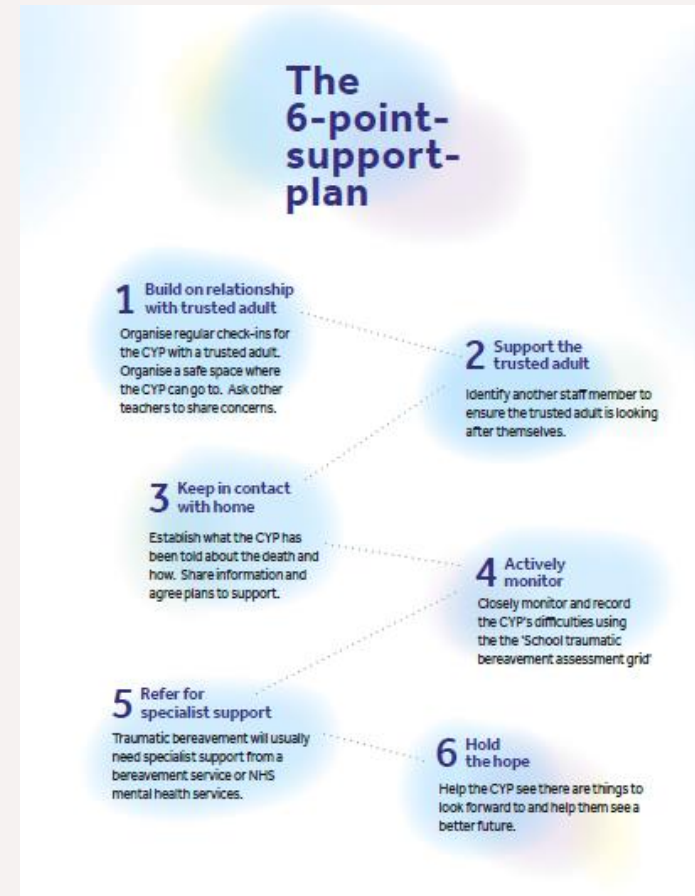
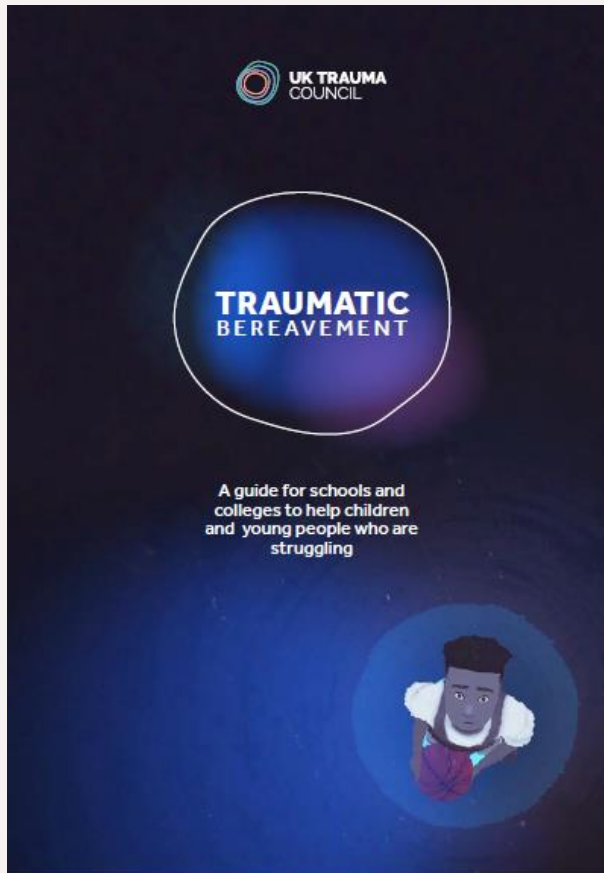


## For schools and colleges



- Animation
- Comprehensive guide
- Supporting tools
- Supporting videos
- Handouts for parents / carers
- Handouts for children and young people
- Training sessions for SENCOs and Mental Health Leads

# Schools guide and toolkit



[www.UKTraumaCouncil.org](http://www.UKTraumaCouncil.org)



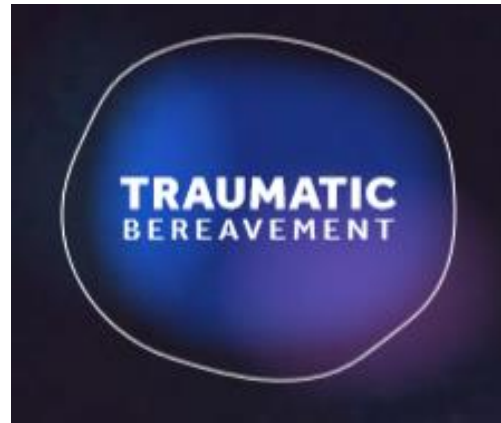
# **Schools in Mind: An introduction to traumatic bereavement seminar**

Jaime Cronk

Specialist Outreach Teacher,  
Five Acre Wood School



**Anna Freud**  
National Centre for  
Children and Families



## Traumatic Bereavement - A school perspective

**Jaime Cronk**  
**Maidstone STLS**



# What is my role?

- Mainstream and Special School teacher for 20 years
- Various roles within these schools including teaching KS1-4, Lead teacher for ASC Satellite and Outreach Teacher
- Currently work as Specialist Teacher across Maidstone District, Kent, in Primary and Secondary Schools to support pupils with SEMH needs

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Jaime Cronk  
Maidstone STLS



# Who do I see?



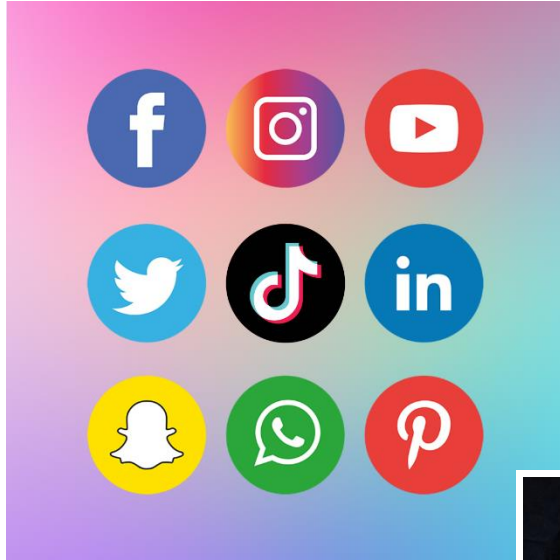
Jaime Cronk  
Maidstone STLS

# What do I see?



Jaime Cronk  
Maidstone STLS

# What do I see?



Maidstone STLS



# What do I see?



# What then?



## Active monitoring log

This template can help you log and structure the information that will help you identify if the child or young person is experiencing a traumatic bereavement and will help decide about when to make a referral. This should be completed by the primary trusted adult.

### I. Contacts and time points

Child or young person \_\_\_\_\_

Trusted adult(s) \_\_\_\_\_

Start date for this log \_\_\_\_\_

Agreed check in with child or young person

Day	Time	Location

Agreed contact with child or young person's teachers

Teachers	Frequency	Method

Agreed contact with parents / carers \_\_\_\_\_

Date of first contact \_\_\_\_\_

Agreed frequency of contact \_\_\_\_\_

Method of contact \_\_\_\_\_

### II. Weekly log

To be completed after every check-in with child or young person

Check-in date: \_\_\_\_\_

Is the child or young person:	Yes No		Evidence What has been noticed and by who (inc. the CYP)?	Frequency When in the day / week? Patterns? Clear triggers or explanations?	Severity 1 to 10 with 10 being most severe	Duration How long do these difficulties last each time?	Breadth Impacting learning, relationships, interests, hobbies, home?
Low in mood or energy							
Angry							
Fearful or worried							
Tired or cut-off							
Low in confidence							
Withdrawn							
Hopeless							
At risk							
Any other concerns							



**FIVE ACRE WOOD SCHOOL**

Growing and Learning Together

Maidstone STLS



Thank you for listening.

# **Schools in Mind: An introduction to traumatic bereavement seminar**

Beck Ferrari

Child Bereavement Specialist



**Anna Freud**  
National Centre for  
Children and Families



# Traumatic bereavement: how schools can help

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*Beck Ferrari*  
Child Bereavement Specialist  
Clinical Co-Lead UKTC

# My role:



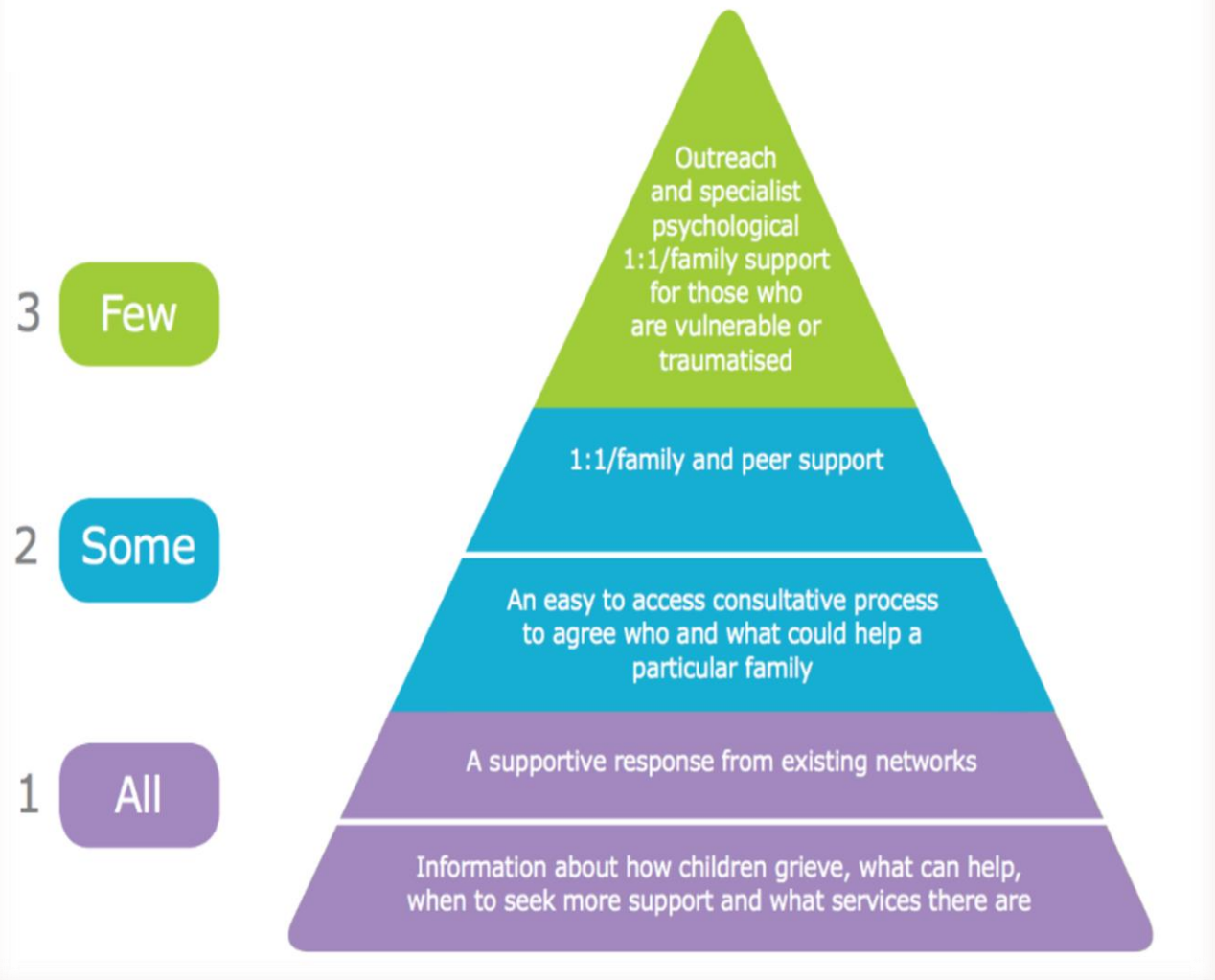
Former teacher, SENCO, specialist teacher for local authority

Independent role as child bereavement specialist

Works with schools, EY settings and colleges to support bereaved pupils - training, consultancy and direct work

UKTC- Clinical Co-Lead Traumatic Bereavement

# Tiers of support for bereaved pupils



Childhood Bereavement Network

# Tier 1 ALL

Information about  
how children and  
young people grieve

Resources: Child Bereavement UK/London  
Grid for Learning

Training: many national child and local child  
bereavement services offer training

Policy: CBUK, Winston's Wish

Childhood Bereavement Network:  
Growing in Grief Awareness





## Tier 1

### Existing support networks

Schools are ideally placed because they have...

- Knowledge of the individual child
- Relationships with the family
- Awareness of family context
- Connections with other support networks
- A team of *caring human beings*



# Tier 2 SOME 1:1 child, family, peer support



Local child bereavement service

<http://www.childhoodbereavementnet.org.uk/help-around-a-death/find-help-near-you.aspx>

- Existing school based emotional wellbeing support – counselling, nurture
- External services= bereavement or counselling services
- Peer support – bereavement groups, Treasured Memories day in school



## Tier 3 FEW Specialist support



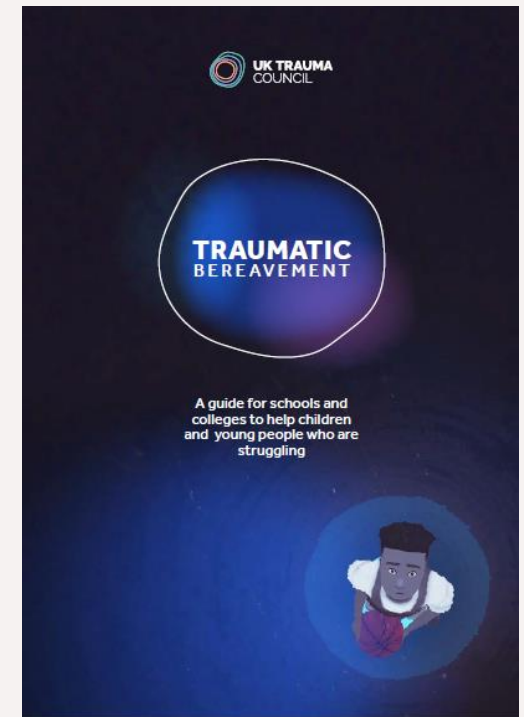
How do we know who needs specialist help?

- What indicators are there that a pupil is struggling?
- How long should I wait before I seek help?
- Who might be able to help?
- What can we do in school to support?

# Tier 3 FEW Specialist support

## Guidance and resources to help:

- identify traumatic bereavement
- monitor pupils who are struggling
- support them



Tier 3  
FEW  
Specialist  
support

To help the pupil address their trauma and grieve their loss.



Support for traumatic bereavement:

- Local child bereavement service
- NHS mental health service
- Specialist trauma service

# UKTC Clinical Guide



A Clinical Guide to Helping  
Children and Young People  
who are Struggling

For those who work therapeutically with bereaved children and young people e.g. counsellors, therapists

- How to identify traumatic bereavement
- How to use measures to help find out more about specific needs
- How to help children and young people with specific needs such as trauma symptoms, low mood, anxiety, overwhelming emotions
- Training for practitioners

## Tier 3 Specialist support

Extending our reach when a pupil is really struggling:

- Support for you
- Keep the relationship going
- Trauma memories are harder to think about and talk about
- Building connection when communication is hard
- Enabling conversation
- Holding the hope

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Traumatic  
bereavement is  
a deep well...

but teachers  
have a long  
reach.

## Training:

To find out more about extending your reach, book a place on:

**Traumatic bereavement:  
supporting children and young  
people at school or college**

**Monday 28 June**

- 9.30 am -12.00 pm
- SENCO/mental health or pastoral leads
- Max group size of 20



[www.UKTraumaCouncil.org](http://www.UKTraumaCouncil.org)

# Thank you