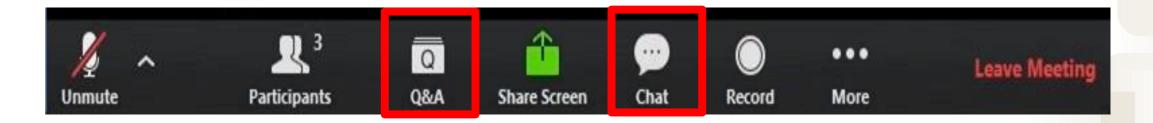
council for Mental Wellbeing

# Wellness Webinar Series Part 2: Coping with Loss in the Harm Reduction Community

Monday, June 5 | 3:30 – 4:30pm EST

#### Housekeeping

- You will be muted automatically upon entry and for the duration of the webinar.
- This webinar is being recorded and will be archived for future viewing on the National Council's website.
- Please submit your questions using the Q&A box at the bottom of the screen.



This webinar was made possible by grant number 6 NU38OT000318-02-02 from the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$750,000 with 100% funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS or the U.S. Government.



### Agenda

- Speaker Introductions
- Presentation
  - Identify symptoms of grief and loss
  - Describe strategies for coping with grief and loss
  - Review organizational strategies
- Q&A



Erica Poellot, MSW, MDiv



Leilani Maxera, MPH, LCSW

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# GRIEF IN THE HARM REDUCTION WORKPLACE

**REV. ERICA POELLOT** 



Faith in Harm Reduction co-creates a justice movement which connects people who use drugs, people who do sex work, and communities of faith through the development of harm reduction centered spiritual resources, ritual support, and community care.

# TELLING THE TRUTH ABOUT GRIEF & HARM REDUCTION

- STIGMA
- DEHUMANIZATION
- DISENFRANCHISED & ANTI GRIEF



# HARM REDUCTION & HEALING CENTERED ENGAGEMENT

- WHAT & WHY
- AND HOW IT
   CONNECTS TO GRIEF...



### **ELEMENTS OF GRIEF CARE:**

- EMBODIMENT
- CONNECTION
- •TRUTH TELLING
- WITNESS
- •INTERDEPENDENCE



# IN PRACTICE: ON POINT NYC CIRCLE WORK





# IN PRACTICE: HARM

REDUCTION FAMILY LOVE FEAST

## IN PRACTICE: RITUAL



#### **OPPORTUNTIES AND CHALLENGES**

- ORGANIZATIONAL CULTURE
- WELLNESS BUDGETS
- SPACE MAKING
- PRIORITIZING
- MODELING
- HARM REDUCTION FOR STAFF



# Coping with Grief and Loss in the Harm Reduction Workplace

Leilani Maxera, MPH, LCSW Kaipuokaualoku Therapy + Death Work + Consulting

# Some important things to keep in mind when it comes to grief and harm reduction work



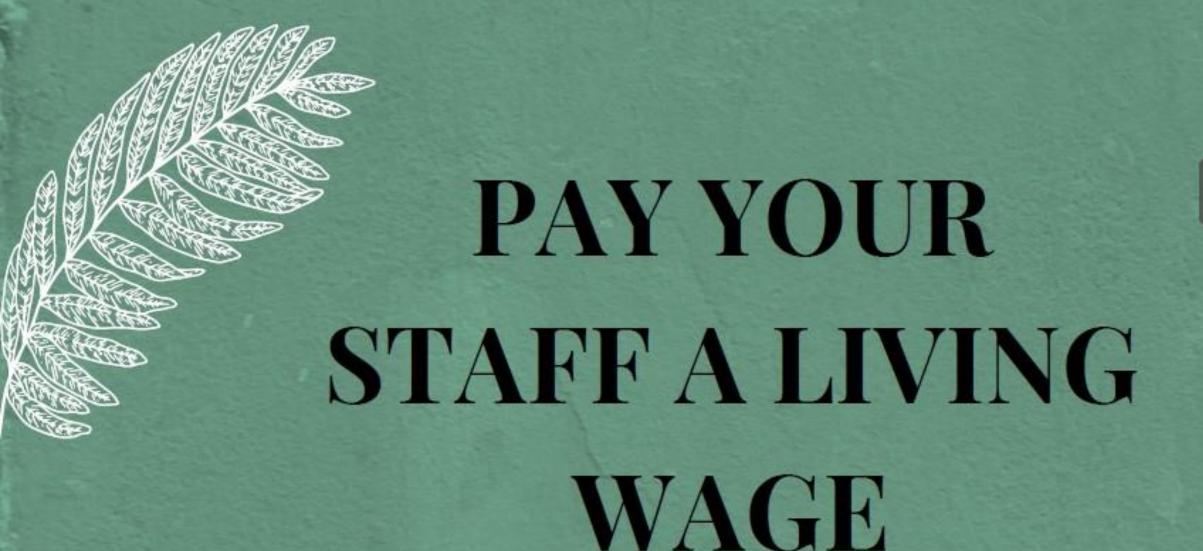


# People do not grieve the same. Don't force them to.

What is the biggest way you can support your staff in their grief process?







Send fo

# In-House Grief Support for Staff

- Memorials both events & remembrance spaces
- Support & Process Groups
- Ongoing Individual Supervision
- Crisis Counseling

# **Policy Considerations**

 Time off allowances/bereavement leave and if you offer it, mean it

Offering the option of outside support on work time

# Most importantly - listen to what the staff actually wants and needs.

#### Questions?







For more information, please check out our website <a href="https://www.thenationalcouncil.org/program/harm-reduction/">https://www.thenationalcouncil.org/program/harm-reduction/</a>

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#### Stay tuned for our next webinar in the series

Supporting the Emotional and Mental Health Needs of Harm Reduction Staff

- July 17, 3:00 – 4:00 pm EST (registration coming soon!)

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#### Thank You!

#### Speakers

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https://www.surveymonkey.com/r/wellnesswebinar2

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