Grief and Loss
Is someone you know, care for, or treat dealing with grief that has been triggered by a significant loss? The death of a loved one is usually identified as the primary source of grief but divorces, job terminations, bankruptcy, the loss of a pet, or a child's placement in out of home care are also common triggers. In fact, as Dr. Mary-Ann Bowman states in her podcast interview "any change can precipitate loss and any loss can precipitate grief." Contrary to popular belief, there are no established stages when grieving. Grief is unpredictable, chaotic, and each person experiences it differently. No matter what loss is experienced, that loss can profoundly impact one's life.

How do we recognize someone who is grieving? What can professionals and parents do to help that child or adult? In this issue of The Montana Minute we answer many of these questions in episodes 1 & 2 of Grief and Loss, and by providing a wealth of helpful resources, fact sheets, and a new toolkit. Check out the links below and visit our website for more information.

Remember to check out our YouTube channel and iTunes station, so you can subscribe and receive instant notifications when a new training video or podcast episode is released.

The University of Montana's Center for Children, Families, and Workforce Development was established in 2015 to partner with the child protection, health, educational, and judicial systems to develop and deliver educational and training resources to professionals and caregivers statewide. The Center also conducts research that focuses on solving problems that impact children and families. The Center receives support from the University of Montana, College of Health Professions and Biomedical Sciences, and School of Social Work.
**Did You Know?**

**Featured Podcast: Grief and Loss two-part series**

This month's episodes are on grief and the challenges that frequently accompany a significant loss. The focus is also on how grief can present new opportunities for growth and healing. In this two-part podcast, Dr. Mary-Ann Bowman, who is a Professor at the University of Montana and an expert in the field of grief and loss explains the complexities of grief and describes why it's important to pay attention to someone grieving a loss, especially a child. In episode two, Dr. Bowman identifies what you can do to help someone who is experiencing grief.

**Part 1**
**Part 2**

**Resources**

**You can help by knowing...**

- [The Symptoms of Grief](#)
  Help with Grief website Dr. Mary-Ann Bowman

- [The Grieving Process and Healing](#)
  Helping Guide website

- [Where to find Support](#)
  Programs in Montana and [Online](#)

- [How to Communicate with Someone who is Grieving](#)
  CCFWD Fact Sheet and [Toolkit](#)

**Other Resources:**

- [Grief and Loss Guide](#)
- [For Teens Dealing with Grief](#)
- [Help with Coping and Healing](#)

**Upcoming Events:**
Billings Clinic and UM's Center for Children, Families and Workforce Development are partnering to bring Child and Family Services Division a unique opportunity to obtain expert knowledge, feedback and peer support in a six-month pilot of trauma-informed learning and case consultations via Project ECHO. Project ECHO, a video-based tele-mentoring platform, is utilized by Billings Clinic to reach clinicians across Montana on a variety of topics including pediatric and adult mental health, opioid use disorders, and adverse childhood experiences. Child and Family Services ECHO will focus on supporting child welfare professionals working with children who have been exposed to complex childhood trauma, including abuse and neglect. Child and Family Services ECHO will connect Montana's child welfare professionals with regional and national experts for peer support, service knowledge enhancement, case discussions and treatment planning.

Child and Family Services ECHO next session on March 22, 2018 from 11:30 - 1 at CFSD offices.

March Training on Visitation!

Spots are still available for our training on Visitation in Missoula on March 20, 2018. Use the following link to register.

Missoula