



DATE: March 15, 2020

TO: Agency and Community Leaders of Frontline Care Providers

FROM: Franklin Cook, Co-Director, SADOD (franklin@unifiedcommunities.com)

SUBJECT: “Helping People You Serve Cope with Grief and Loss” Workshop

CONTACT: franklin@unifiedcommunities.com / 857-760-0310

THE WORKSHOP

- SADOD (Support After a Death by Overdose) offers a full-day workshop, “Helping People You Serve Cope with Grief and Loss.” It is designed to help frontline care providers interact supportively with the people they provide services to who are affected by grief.
 - The workshop is highly interactive.
 - It engages participants in creating a safe space for learning.
 - It focuses on strengths and skills that are common among providers.
 - It offers an opportunity to “examine” grief with the support of colleagues.
 - It includes instruction on coping with being in “close contact” with grief.
 - It provides a foundation in the basic principles of helping someone with grief.
 - It gives participants practice inviting people they serve to get help with grief.
- We hope that agency and community leaders of frontline care providers in Massachusetts will consider hosting a workshop for caregivers with whom they work directly or collaborate closely.

Complete guidelines for hosts are on the next page, and you may contact Franklin directly if you would like to explore this opportunity.

SADOD BACKGROUND

- A Massachusetts project, funded by the Bureau of Substance Addiction Services.
- Goal: To increase the capacity and effectiveness of peer grief support for people in Massachusetts affected by fatalities from the opioid epidemic and other substance-use-related causes
- Serves three overlapping audiences of people who have experienced the death of someone close to them:
 - Family, friends, and others in a close relationship with the deceased
 - People with a history of substance use, including if they are abstinent, in treatment, seeking treatment, or using harm-reduction services, etc.
 - Frontline care providers (people who have close, ongoing relationships with people who are at risk of dying from substance use)
- Co-directed by Franklin Cook, a MA Department of Public Health consultant since 2012 whose work is now dedicated to grief support for people after a death from substance use, and Glen and Tanya Lord, founders of The Grief Toolbox website and creators of the Walking Through Grief peer grief support group program



SADOD Workshop: “Helping People You Serve Cope with Grief and Loss” Collaborating as a Host Organization on Behalf of Frontline Care Providers

SADOD Contacts:

Program & Registration: Franklin Cook, franklin@unifiedcommunities.com, 857-760-0310

Logistics & Food: Glen Lord, glen5189@yahoo.com, 857-232-0065

Workshop Description: The “Helping People You Serve Cope with Grief and Loss” workshop is designed for frontline care providers who work with people who are at risk of dying from an overdose or other substance-use-related cause. No continuing education credits are offered, but a certificate of completion is provided for participants. Workshop objectives:

- To strengthen your knowledge and skill in helping people you serve cope with grief
- To increase your resilience and ability to cope with the impact substance-use-related deaths have on you as a care provider
- To begin building a sense of community among frontline care providers in your service area who are responding to the opioid crisis

Host Needed: Delivery of this full-day workshop requires collaboration with a host organization to help create a sense of community among the frontline care providers who attend. The workshop engages a small number of caregivers (limit of 18), and it is ideal if they know each other, are familiar with each other’s work, and/or deliver services in the same region.

Workshop Costs: SADOD covers the costs within the budget established for each workshop, but if free training space and/or food and beverages can be paid for by a workshop host or sponsor, such financial support is welcome. The workshop is free to those who attend.

Responsibilities of the Host Organization:

- Arrange (or help SADOD arrange) for a suitable training site:
 - Must be accessible from 8 am to 5 pm (the workshop is from 9 am to 4:30 pm)
 - Must be a comfortable space for 18 participants and 2 instructors
 - Tables and chairs must be arranged in a horseshoe, with participants seated around three sides and the open side at the front of the room
 - Must include (1) a small table for the instructors to use and (2) a table for supplies
- Arrange (or help SADOD arrange) for food and beverages:
 - Determine with SADOD beforehand the total amount for SADOD expenditures
 - Provide food and beverages for (1) at least coffee and water when people arrive, (2) a break in the morning and a break in the afternoon, and (3) lunch on site, with everyone dining together. (Lunch is **1230pm to 130pm**)
- Use the email template and information provided by SADOD to send invitations to enough frontline care providers to ensure that 18 people are pre-registered online
- Collaborate with SADOD on all of the above to ensure that responsibilities and payment are taken care of in a mutually agreeable and timely fashion

Responsibilities of SADOD:

- Coordinate logistics arrangements with the host (contact Glen Lord)
- Provide the training program and registration (contact Franklin Cook)
- Provide supplies, including a flipchart, etc.
- Pay the costs, as mutually agreed upon by the host and SADOD