



NEW TRIER TOWNSHIP



COMMUNITY  
RESPONSE  
RESOURCE  
DIRECTORY

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*This directory is dedicated to Ms. Elan Adler, who, in her 20 years of service as the Winnetka Police Social Worker, made tremendous contributions to the development of the New Trier Township Community Response Program.*

*Thanks and appreciation are extended to Dr. Henry Bangser, Superintendent, The New Trier Township High School District Board of Education, Trinity United Methodist Church in Wilmette and to the Township of New Trier for making this publication possible.*

# NEW TRIER COMMUNITY RESPONSE PROGRAM

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The New Trier Community Response Program began in 1987 as a response to crisis and traumatic events. The response at that time was reactive due to the experience of disorganization and feelings of isolation and helplessness. The impact of the crisis was deeply experienced throughout the community.

The need to be proactive is clear. As our organized responses evolve, better coordination and communication is imperative. Representatives from the township work to design an integrated structure to meet the needs of a crisis response within the community. The represented organizations include schools, clergy, police, family service, mental health, youth service, and township government.

The directory is a resource guide for those whose lives have been seriously impacted where a crisis occurs.

We focus our readiness to respond to the mental health needs of the community especially in the midst of fearful events. Our lives have changed with current world events. We hope that the plan will never have to be used, but we recognize it as a necessary response of the times in which we live.

Sincerely,

Thomas Golebiewski,  
New Trier High School  
Social Worker

Bette Vitale,  
New Trier Township  
Social Services

## Member Directory

We have attempted to include all public and private not-for-profit organizations, and we regret any omissions. The steering committee members are:

Arthur Sontag, LCSW  
New Trier Township/Winnetka  
Police Dept.  
1739 Elm St.  
Winnetka, IL 60093  
(847) 466-7980  
nttart@ameritech.net

Robert Atkins, PhD. Pastor  
Trinity United Methodist Church  
Wilmette, IL. 60091  
(847) 251-7333  
bobatkins@alumni.northwestern.edu

Ann O. Johnson, LCPC, LMFT,  
Director, Samaritan Institute  
690 Oak St.  
Winnetka, IL 60093  
(847) 446-6955 ext. 12  
siwinnetka@earthlink.net

Olivia Chui, LCSW  
Wilmette Police Dept.  
710 Ridge Rd.  
Wilmette, IL 60091  
(847) 835-7566

Lana Medow, LCSW  
Evanston Northwestern Healthcare  
718 Glenview Road  
Highland Park, IL  
(847) 480-3710  
lmedow@enh.org

Tom Golebiewski, LCSW  
New Trier Township High School  
385 Winnetka Ave.  
Winnetka, IL 60093  
(847) 446-7000 ext. 2255  
golebiet@newtrier.k12.il.us

Nancy Sutherland, LCPC, Director  
Family Service of Glencoe  
675 Village Ct.  
Glencoe, IL 60022  
(847) 835-5111 ext. 167  
nancy@familyserviceofglencoe.org

The Rev. Robert K. Myers, Ph.D.  
Chaplain, Kenilworth Police Department  
Rector, Church of the Holy Comforter  
222 Kenilworth Avenue  
Kenilworth, IL 60043  
(847) 251-2141

Lou Mongillo, LCSW  
Wilmette Jr. High School  
620 Locust Rd.  
Wilmette, IL 60091  
(847) 256-7280 ext. 142  
mongilll@wilmette39.org

Bette Vitale, LCSW  
New Trier Township  
739 Elm St.  
Winnetka, IL 60093  
(847) 446-8201  
nttbette@ameritech.net

Al Ross  
Haven Youth & Family Services  
560 Green Bay Rd.  
Winnetka, IL 60093  
(847) 446-5606

Kelly Schyler  
Director of Operations  
The Josselyn Center  
405 Central Avenue  
Northfield, IL  
josselyn@josselyn.org

*Special recognition goes to Stefanie Adess and Nicole Dominguez  
for their contribution in updating this directory.*

# **CRISIS SERVICES**

## **24 Hour Crisis Intervention**

Evanston Northwestern Healthcare – Access Center (press “1” for adult services, “2” for Child/Adolescent services, “0” to have a crisis worker paged .....	(847) 570-2500
Evanston Hospital Emergency Room .....	(847) 570-2111
Glenbrook Hospital Emergency Room .....	(847) 657-5632
Highland Park Hospital Emergency Room .....	(847) 480-3751
Haven Youth & Family Services .....	(847) 446-5606

## **Crisis/Trauma Hotlines**

Al-Anon/Alateen .....	(800) 356-9996
AIDS Hotline .....	(800) 342-2437
ANAD (Anorexia Nervosa & Associated Eating Disorders) .....	(847) 831-3438
American Red Cross, Greater Chicago (24hr) .....	(312) 729-6100
Red Cross Arlington Heights office.....	(847) 255-0703
Evanston Crisis Intervention (press “1”).....	(847) 570-2500
Friends of Battered Women and Their Children (24-hr phone) .....	(800) 603-HELP (4357)
The Harbour, Inc. (Press “1” for emergency shelter .....	(847) 297-8540
Illinois Department of Children and Family Services .....	(800) 252-2873
Illinois Poison Control .....	(800)942-5969
Lake County Council Against Sexual Assault .....	(847) 872-7799
Narcotics Anonymous .....	(708) 848-4884
National Child Abuse Hotline .....	(800) 422-4453
National Council on Child Abuse and Family Violence ....	(202)429-6695
National Domestic Violence Hotline .....	(800) 799-7233
National Runaway Switchboard .....	(800) 621-3230
Northwest Center Against Sexual Assault .....	(888) 802-8890
Omni Youth Services (24-hr phone) .....	(847) 353-1650
A Safe Place – Lake County Crisis Center (help line) .....	(847) 249-4450
Substance abuse info and treatment referrals .....	(800) 662-HELP www.drughelp.org
Suicide Prevention .....	(630)482-9393
United Way referrals .....	(800) 725-5314
YWCA Evanston/North Shore – crisis line .....	(847) 864-8780

## Information and Referral Services

Barr Harris Center for Children .....	(312) 922-7474
Center for Suicide Research & Prevention at Rush-Presbyterian St. Luke's Medical Center .....	(312) 942-7208
Compassionate Friends .....	(630) 990-0010
Connection Resource Services .....	(847) 689-1080
Evanston Northwestern Healthcare-Access Center (press "1" for adult services, press "2" for children and adolescent services).....	(847) 570-2500
Family Resource Center for Disability -training and technical assistance to parents with disabled children .....	(800) 952-4199; .....www.taalliance.org
Haven Youth & Family Services (24 hrs.) .....	(847) 446-5606
The Josselyn Center .....	(847) 441-5600
Jewish Children's Bureau .....	(847) 412-4350
American Red Cross, Midwestern Chapter .....	(312) 729-6100
Red Cross Arlington Heights office .....	(847) 255-0703

## **FAMILY SERVICE RESOURCES**

Center for Family Consultation-Evanston .....	(847) 475-1221
Evanston Northwestern Healthcare-Access Center (press "1" for adult services, press "2" for children and adolescent services).....	(847) 570-2540
Metropolitan Family Services-Evanston branch .....	(847) 328-2404
Family Service of Glencoe .....	(847) 835-5111
Family Service of South Lake Co., Highland Park .....	(847) 432-4981
Family Service Center of Wilmette, Gleniew, Kenilworth, Northbrook .....	(847) 251-7350
Family Service of Winnetka-Northfield .....	(847) 446-8060
Palliative Care of the North Shore .....	(847) 467-7423
Samaritan Institute – Evanston, Wilmette, Winnetka, Deerfield, Lake Forest .....	(847) 446-6955
The Josselyn Center-Northfield .....	(847) 441-5600
Jewish Children's Bureau-Northbrook .....	(847) 412-4350
Jewish Family and Community Service – Skokie .....	(847) 568-5200
Jewish Family and Comm. Service – Highland Pk .....	(847) 272-2882
Mental Health Association of the North Shore .....	(847) 328-6198
Evanston Hospital Kravitt Program .....	(847) 570-2882
Response Center – Skokie .....	(847) 676-0078
Metropolitan Family Services-Evanston .....	(847) 328-2404

# SERVICES FOR BEREAVED FAMILY AND FRIENDS

## Death of a Child or Infant

Alliance of Perinatal Loss/SIDS Alliance of Illinois – Chicago/Naperville .....	(630) 305-7300
Compassionate Friends (local chapters).....	(630) 990-0010
Heartlight/Children’s Memorial Hospital (Chicago) .....	(773) 975-8829
Lutheran General Hospital-Counseling Center .....	(847) 518-1800
Resolve Through Sharing/Lake Forest Hospital .....	(847) 535-6336
Perinatal Loss Support Group/Evanston-Northwestern Healthcare .....	(847) 570-2882

## Cancer Related Deaths: Bereavement Support

Cancer Wellness Center (Northbrook) .....	(847) 509-9595
Gilda’s Club (Chicago) .....	(312) 464-9900
Wellness Place (Palatine) .....	(847) 221-2400
Palliative Care Center for the North Shore .....	(847) 467-7423

## Suicide Death: Bereavement Support

L.O.S.S./Catholic Charities .....	(312) 655-7285
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## Support for Grandparents

Heartlight/Children’s Memorial Hospital .....	(773) 975-8829
A.G.A.S.T. (Alliance of Grandparents, A Support in Tragedy)(888)	774-7437

## Individual and Family Counseling

Cancer Wellness Center .....	(847) 509-9595
Children’s Grief Center/Barr-Harris Center .....	(312) 922-7474
Center for Creativity & Grief Recovery (Chicago) .....	(773) 274-4600
Jewish Family & Community Service .....	(847) 272-2882
Palliative Care Center of the North Shore .....	(847) 467-7423
Samaritan Institute .....	(847) 446-6955
Willow House .....	(847) 940-0779
Josselyn Center .....	(847) 441-5600

## Bereavement and Support Groups

Evanston-Northwestern Healthcare Support Program for Perinatal and Childhood Death .....	(847) 570-2882
Cancer Wellness Center .....	(847) 509-9595
Cancer Wellness Center 24-hour hotline .....	(847) 509-9494
Wellness House .....	(630) 323-5150

**Bereavement Groups for Parents**

Compassionate Friends (nation-wide referrals) ..... (630) 969-0010  
 Support Group for Bereaved Parents/  
 Evanston-Northwestern Healthcare ..... (847) 570-2831

**Children's Grief Groups**

Heartlight Program at Children's ..... (773) 975-8829  
 Horizon Hospice ..... (312) 733-2233  
 Palliative Center of the North Shore ..... (847) 467-7423  
 Rainbow Hospice ..... (847) 685-9900

## **YOUTH SERVICE RESOURCES**

**Children's Advocacy Center of NW Cook County**

640 Illinois Blvd, Hoffman Estates, 60194  
 Mark Parr, Director ..... (847) 885-0100

**Glencoe Junior High Project**

620 Greenwood Ave., Glencoe  
 Melissa Landsman-Gordon, Executive Director  
 Gina Morelli, Co-Director ..... (847) 835-5470

**Glencoe Youth Services**

680 Greenwood Ave., Glencoe  
 Andy Millman, Executive Director ..... (847) 835-3121

**The Harbour**

1480 Renaissance Dr., Park Ridge, 60068  
 Randi M. Gurian, Executive Director ..... (847) 297-8540

**Haven Youth & Family Services**

560 Green Bay Ste. 10, Winnetka  
 Al Ross, Executive Director  
 www.havenforyouth.org ..... (847) 446-5606

**Josselyn Center**

405 Central St., Northfield  
 Gary Smith, President ..... (847) 441-5600

**Links**

1779 Maple Ave., Northfield  
 Virginia Anderson, Executive Director ..... (847) 441-6191



**One-to-One Learning Center**

778 Frontage Rd., Suite 108, Northfield

Phyllis Myers, Ph.D., Executive Director ..... (847) 501-3300

**Peer Services**

906 Davis St., Evanston

Kate Mahoney, Executive Director ..... (847) 492-1778

**Response Center**

9304 Skokie

Robin Stein, Executive Director ..... (847) 676-0078

**Warming House Youth Center/****Youth Resource Foundation, Inc.**827 17<sup>th</sup> St., Wilmette; 1187 Wilmette Ave. #152 (mailing)

Cynthia Doucette, Executive Director ..... (847) 256-5288

**Winnetka Youth Organization**

620 Lincoln Ave., Winnetka

Michelle May, Executive Director ..... (847) 446-0443

**Youth Connection**

Wilmette Jr. High

P.O. Box 67, Wilmette

Yesnia Maldonado, Executive Director ..... (847) 254-2224

## **POLICE-SOCIAL WORKERS**

**Deerfield**

Jerry Zackar; Patrick Wagner ..... (847) 945-8636

**Evanston**

Director-Cynthia Harris

Victim services-Kelly Robertson; Shari Nivasch

Youth services-Patrice Quehl, Kristin Pyne

LeNedra Wallace, Ariel Jackson ..... (847) 866-5017

**Glencoe**

Adam Rappaport, Family Service of Glencoe ..... (847) 835-5111

**Glenview**

Debbie Sunblad; Maggie Bloomquist ..... (847) 729-5000

**Kenilworth**

Robert K. Myers, Ph.D. Chaplain ..... (847)251-2141

**Northbrook**

Nancy Vaccaro, Director; Alberta Petrosko ..... (847) 564-2060

**Northfield**

Dr. John Conlin ..... (847) 446-2131

**Skokie**

Julie McGrath ..... (847) 982-5943

**Wilmette**

Olivia Chui ..... (847) 256-1200

**Winnetka**

Arthur Sontag ..... (847) 501-6034

## SCHOOLS

**Glencoe 60022**Board of Education-District 35  
620 Greenwood Ave.

Tom Dempsey, Director of Pupil Services ..... (847) 835-7800

## Central School

620 Greenwood Ave.

Eliza Buckner, Social Worker

Kim Harmon, RN ..... (847) 835-7600

## Glencoe South School

266 Linden Ave.

Julie Malen, Social Worker

Fay Kovar, RN, Health Services Coord. .... (847) 835-5349

## Glencoe West/Early Childhood Center

1010 Forestway

Jennifer Paxhia, Social Worker

Jill Moss, RN ..... (847) 835-5816

**Kenilworth 60043**

Joseph Sears School

542 Abbotsford Rd.

Terri Chamberlain, Social Worker

Janet Brown, RN ..... (847) 256-5006

**Northfield 60093**

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Sunset Ridge School  
District 29  
525 Sunset Ridge Rd.  
Georgia Bozeday, Director of Student Services ..... (847) 446-6383

Middlefork School  
405 Wagner Rd.  
Maria Von Kluck, Social Worker  
Ann Mertes, RN ..... (847) 446-6725

**Wilmette 60091**

Distict 39-Mickalian Educational Center  
615 Locust Rd.  
Dr. Ray Lechner, Director of Student Services ..... (847) 256-2450

Central School  
910 Central Ave.  
Jami Marks, Social Worker  
Judy Ignatowski, RN ..... (847) 251-3252

Harper School  
1101 Dartmouth @ Central  
Pam Mark, Social Worker  
Carol Robinson, LPN ..... (847) 251-6754

McKenzie School  
Central & 649 Prairie  
Kathy Bradendisky, Social Worker  
Nancy Joob, RN ..... (847) 251-2295

Romona School  
600 Romona Rd.  
Shelly Auslander, Social Worker  
Michele Melnick, RN ..... (847) 256-0211

Highcrest Middle School  
563 Hunter  
Pam Katz, Hillary Hawey, Social Workers  
Patricia Dorner, RN ..... (847) 853-2900

Wilmette Junior High  
620 Locust Rd.  
Lou Mongillo, Amy Weaver, Social Workers  
Lori Smith, RN ..... (847) 256-7280

**District 37-Avoca**

2921 Illinois Rd.

Cindy Devin, Director of Pupil Services ..... (847) 251-3617

Avoca West

235 Beech Dr., Glenview

Jessica Heinle, Social Worker

Shirley Harrigan, RN ..... (847) 724-6800

Marie Murphy

2921 Illinois Rd.

Jessica Heinle, Social Worker

Joanne Banks, RN ..... (847) 251-3617

**Winnetka 60093**

Board of Education-District 36

112 Willow Rd.

Mark Ditthardt, Director of Pupil Services ..... (847) 446-9400

Crow Island School

1112 Willow Rd.

Rebecca Hatch, Social Worker

Jane Zaleski, RN ..... (847) 446-0353

Greeley School

275 Fairview

Kathy Powers, Social Worker

Nancy Raymond, RN ..... (847) 446-6060

Hubbard Woods School

110 Chatfield

Dr. Charlotte Sterns, Social Worker

Sandra Holtz, RN ..... (847) 446-0920

Skokie School

520 Glendale Ave.

Pat Stone, Social Worker

Susan Thorton, RN ..... (847) 441-1750

Washburne Junior High

515 Hibbard Rd.

Helen Cole, Stephanie Lubin, Social Workers

Kitsy Bryant, RN, CSN, Health Services Coord. .... (847) 446-5892

Cove School  
 350 Lee Rd., Northbrook  
 Judy Wall, Social Worker ..... (847) 562-2100

### **NSSSED**

760 Red Oak Ln., Highland Park 60035  
 Diane Morris,  
 Director of Support Services  
 Juanita Weckerlin, RN, CSN..... (847) 831-5100

## **Area High Schools**

### **Loyola Academy**

1100 Laramie Ave., Wilmette 60091  
 Julie Matthei, Chair of Guidance Department ..... (847) 256-1100

### **North Shore Country Day**

310 Greenbay Rd., Winnetka 60093  
 W. Thomas Doar III, Head of School ..... (847) 446-0674

### **Regina Dominican High School**

701 Locust Rd., Wilmette 60091  
 Christina Sprang, Social Worker ..... (847) 256-7660

### **New Trier Township High School**

Winnetka Campus - 385 Winnetka Ave., Winnetka 60093  
 Tom Golebiewski, Chair of Social Work Dept  
 Colleen Kahler, RN, CSN, Health Services Coordinator.(847) 446-7000  
 Northfield Campus - 7 Happ Rd.  
 Tiffany Osterbur, Social Work Coord.  
 Joan Liess, RN, CSN ..... (847) 446-7000

## **COMMUNITY-CLERGY RESOURCES**

### **Glencoe**

Congregation Hakafa  
 P.O. Box 409  
 General Info ..... (847) 242-0687  
 Rabbi Robert J. Marx .....

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Rabbi Bruce Elder ..... (847) 266-8554  
Glencoe Union Church  
263 Park Avenue  
Dr. Carl Becker ..... (847) 835-1111

Temple Am Shalom  
840 Vernon  
Rabbi Steven Stark Lowenstein ..... (847) 835-4800

St. Elisabeth Episcopal Church  
556 Vernon Ave. .... (847) 835-0458

St. Paul AME Church  
336 Washington Street  
Rev. Donald Harwell ..... (847) 835-4421

Trinity Lutheran Church  
Greenwod & Hawthorn  
Rev. W. Gail Rabe ..... (847) 835-3096

**Glenview**

Sts. Peter and Paul Greek Orthodox Church  
1401 Wagner Rd.  
Rev. Angelo Artema ..... (84) 729-2235

**Kenilworth**

Kenilworth Union Church  
211 Kenilworth Ave.  
Dr. Gilbert Bowen  
Rev. Elizabeth Andrews, Dr. Alice Throwbridge,  
Rev. Benjamin Bishop ..... (847) 251-4272

Church of the Holy Comforter  
222 Kenilworth Ave.  
Rev. Elizabeth S. Butler  
Rev. Robert K. Myers, Ph.D. .... (847) 251-6120

**Northfield**

St. Philip the Apostle Church  
1962 Old Willow Road  
MSGR. Robert J. Dempsey ..... (847) 446-8383

Lutheran Church of the Ascension  
460 Sunset Ridge

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Rev. Curt Gerald ..... (847) 446-8335  
 Temple Jeremiah  
 937 Happ Road  
 Rabbi Paul Cohen, Ms. Amy Zussman, ..... (847)441-5760

Northfield Community Church  
 400 Wagner Rd.  
 Rev. Duayne Meyer ..... (847) 446-3070

Am Yisrael, Conservative Congregation  
 4 Happ Road  
 Rabbi Deborah Newman Kamin ..... (847) 446-7215

**Wilmette**

Bahai House of Worship  
 Linden Ave. and Sheridan Rd.  
 Pam Mondschein, Director ..... (847) 853-2300

Beth Hillel Congregation  
 3220 Big Tree Ln.  
 Rabbi Allan Kensky ..... (847) 256-1213

Community Church of Wilmette  
 1020 Forest Ave.  
 Rev. Scott Weisser ..... (847) 251-4370

First Congregational Church  
 1125 Wilmette Ave.  
 Rev. Stephanie Perdew ..... (847) 251-6660

First Presbyterian Church  
 600 Ninth St.  
 Rev. Sarah Butter  
 Rev. Victoria Decker Millar (interim) ..... (847) 256-3010

St. Augustine's Episcopal Church  
 1140 Wilmette Ave.  
 Rev. David Musgrave ..... (847) 251-6922

St. Francis Xavier Catholic Church  
 542 Ninth St.  
 Fr. William Sheridan ..... (847) 256-4250

St. John's Lutheran Church  
 1747 Lake Ave.

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Rev. John Polland ..... (847) 251-0771

Skokie Valley Baptist Church  
1050 Skokie Road

Rev. Edward C. Brown Jr. .... (847) 256-1050

Trinity Church of the North Shore  
1024 Lake Ave.

Rev. Robert Atkins, Rev. Christine Hoffmeyer

Rev. Burton Randle ..... (847) 251-7333

Wilmette Church of Christ  
2126 Wilmette Ave.

Rev. Earl Davis ..... (847) 251-4661

Chinese Christian Fellowship Church  
3636 Illinois Rd.

Rev. Matthew Lin ..... (847) 251-4860

Wilmette Lutheran Church  
521 Seventh St.

Rev. David W. Hanson ..... (847) 251-4279

### **Winnetka**

Christ Episcopal Church  
470 Maple

Rev. Edward Prevost,

Rev. Patricia Snickenberger, Rev. George Smith..... (847) 446-2850

First Church of Christ, Scientist

440 Ridge Ave. .... (847) 446-0764

Lake Shore Unitarian Society

620 Lincoln Ave, room 101. .... (847) 441-6336

Sacred Heart Church  
1077 Tower Rd.

Father Robert Ferrigan, Principal Sister Kathleen Donnelly,

Youth Director Kevin Lowry ..... (847) 501-5310

Saints Faith, Hope & Charity

191 Linden Ave.

Father Kevin Spiess ..... (847) 501-5310

Winnetka Bible Church  
555 Birch



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Interim Sr. Pastor Eric Bargerhuff ..... (847) 446-7523  
 Winnetka Congregational Church  
 725 Pine St.  
 Rev. Joseph Shank ..... (847) 441-3400

Winnetka Covenant Church  
 1200 Hibbard Rd.  
 Rev. Steven Elde (located in Wilmette) ..... (847) 446-4300

Winnetka Presbyterian Church  
 1255 Willow Rd.  
 Rev. Martha Page Greene ..... (847) 446-7777

## **TOWNSHIP FUNDED MENTAL HEALTH, HEALTH, AND HUMAN SERVICE AGENCIES**

### **BE-HIV**

P.O. Box 5171, Evanston, 60204  
 John Ames, Executive Director ..... (847) 475-2115

### **Center for Enriched Living**

280 Saunders Rd., Riverwoods  
 Harriet Levy, Executive Director ..... (847) 948-7001

### **Children's Advocacy Center of NW Cook County**

640 Illinois Blvd, Hoffman Estates, 60194  
 Mark Parr, Director ..... (847) 885-0100

### **Family Service Center of Glencoe**

675 Village Court, Glencoe  
 Nancy Sutherland, Executive Director ..... (847) 835-5111

### **Family Service Center of Wilmette, Glenview, Kenilworth, Northbrook**

1167 Wilmette Ave., Wilmette, 60091  
 Robert Noone, Executive Director ..... (847)251-7350

### **Family Service Center of Winnetka-Northfield**

992 1/2 Green Bay Rd., Winnetka  
 Robert Mardirossian, Director ..... (847) 446-8060

**Glenkirk, Inc.**

3504 Commercial Ave., Northbrook

Alan Spector, Executive Director ..... (847) 272-5111

**Interfaith Housing Center of the Northern Suburbs**

620 Lincoln Ave., Winnetka

Gail Schechter, Executive Director ..... (847) 501-5760

**Josselyn Center**

405 Central Ave., Northfield

Gary Smith, Executive Director ..... (847) 441-5600

**The Lambs, Inc.**

P.O. Box 520, Libertyville

Diane Yaconetti, Executive Director ..... (847) 362-4636

**LINKS**

1779 Maple, Northfield

Ginny Anderson, Executive Director ..... (847) 441-6191

**Meals At Home**

P.O. Box 279, Wilmette

Patsy Carlson, Executive Director ..... (847) 251-6827

**North Shore Senior Center**

161 Northfield Rd., Northfield

Sandi Johnson, Executive Director ..... (847) 784-6000

**SHORE (Shore Community Service for the Retarded)**

4232 W. Dempster, Skokie

Gerald Gulley, Executive Director ..... (847) 982-2030

**Volunteer Center of NTT**

520 Glendale, Ste. 13, Winnetka

Barbara Tubekis, Executive Director ..... (847) 441-7665

**WilPower, Inc.**

444 Frontage Rd., Northfield

Susan Shimon, Executive Director ..... (847) 501-2939

**YWCA Evanston North Shore**

1215 Church St., Evanston

Christie Dailey, Executive Director ..... (847) 864-8445

# **TRAUMA, LOSS, AND GRIEF EDUCATION AND RESOURCES**

## **Helping Children Cope with Tragedies and Disasters\***

by Martha Heineman Pieper and William J. Pieper, from "Smart Love" column in  
*Chicago Parent*

- Minimize their exposure to radio and television coverage of the disaster.
- Do not overwhelm them with information.
- Follow their lead about how much more they are ready to hear.
- Let them come to grips with the news on their own timetable.
- Let them know you are affected by the tragedy, while at the same time showing you are optimistic about the future.
- Try not to use tragedy as an object lesson about the world.
- Don't interfere with your children's coping mechanisms.
- Give your children some slack.
- If your children become fearful about everyday activities, encourage them to talk about why they are afraid.
- Reassure your children that it is normal to feel upset and worried when something so terrible has happened, but that everything is OK now.
- Make yourself more available than usual.

\* Reprinted with permission of *Chicago Parent* magazine, a free monthly publication for Chicago-area parents that was recently named the best regional parenting publication in America. *Chicago Parent* is distributed to libraries, park districts, bookstores and children's specialty stores throughout the 6-county Chicago area. To locate a copy, call the circulation department at 708/386-5555.

## Helping the Bereaved

The following do's and don't's have been adapted from a list prepared by Lee Schmidt of Parent Bereavement Outreach, Santa Monica, CA, specifically to help bereaved parents. The suggestions can be applied to bereavement in general. The list and the subsequent websites and books were kindly provided by the Heartlight Program at Children's Memorial Hospital, (773) 975-8829. Special thanks to Kristen James for her help.

### **DO's**

- Do let your genuine concern and caring show.
- Do be available to listen, to run errands, to help with the children or whatever is needed at the time.
- Do say you are sorry about what happened to their loved one and about their pain.
- Do allow them to express as much grief as they are feeling at the moment and are willing to share.
- Do encourage them to be patient with themselves, not to expect too much of themselves, and not to impose any "should" on themselves.
- Do talk about the special endearing qualities of the person they've lost.
- Do give special attention to all members of the family at the funeral and in the months to come. They too are hurt and confused and in need of attention which the primary caregiver may not be able to give at this time.
- Do reassure them that they did everything they could, that the medical care their loved one received was the best or whatever else you know to be TRUE and POSITIVE about the care of their loved one.

### **DON'T'S**

- Don't let your own sense of helplessness keep you from reaching out to a bereaved person
- Don't avoid them because you are uncomfortable. Being avoided by friends adds pain to an already intolerably painful experience.
- Don't say you know how they feel.
- Don't say "You ought to be feeling better by now," or anything else which implies a judgment about their feelings

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- Don't change the subject when they mention their dead loved one
  - Don't avoid mention of the loved one's name out of fear of reminding them of their pain. They haven't forgotten it!
  - Don't try to find something positive about their loved one's death
  - Don't point out that at least they have others. People are not interchangeable; they cannot replace each other.
  - Don't say that they can always get married again, have another child, etc. Even if they do or want to, another would not replace the person they have lost.
  - Don't suggest that they should be grateful for their remaining loved ones. Grief over the loss of one person does not discount a person's love and appreciation of their living relatives.

## Websites

[www.compassionatefriends.org](http://www.compassionatefriends.org) - A national self-help organization designed to assist families in the positive resolution of grief following the death of a child. The site provides information on local chapters and education to help others be supportive.

[www.griefnet.org](http://www.griefnet.org) - an Internet community for coping with death and grief with 37 email support groups.

[www.centerforloss.com](http://www.centerforloss.com) - provides information about grief/bereavement. Authored by Alan Wolfelt

[www.aarp.org/griefandloss](http://www.aarp.org/griefandloss) - offers resources for widows, provides information to help a parent/loved one, and provides information for bereavement professionals.

[www.groww.com](http://www.groww.com) - a site for solace, support, chat to the bereavement community.

[www.juliesplace.com](http://www.juliesplace.com) - a place for bereaved siblings.

[www.griefcounselor.bigstep.com](http://www.griefcounselor.bigstep.com) - website for the Center for Grief Recovery. Provides listing of events of the Chicagoland area.

[www.griefaid.com](http://www.griefaid.com) - comfort, hope, compassion for those on a journey through grief, sorrow, and pain.

[www.misschildren.org](http://www.misschildren.org) - provides psychosocial support to children, parents, and grandparents after a family member's death.

[www.BTComp.com](http://www.BTComp.com) - bereavement support specifically for those who have lost someone due to a brain tumor

[www.hospicenet.org](http://www.hospicenet.org) - provides numerous links to bereavement sites

[www.widownet.com](http://www.widownet.com) - great resource for widows/widowers

[www.webhealing.com](http://www.webhealing.com) - interactive website for those healing from loss

[www.griefsong.com](http://www.griefsong.com) - features music, meditation, and video resources for honoring loss

[www.grief.org/au](http://www.grief.org/au) - website for the Australian Centre for Grief Education

[www.dougy.com](http://www.dougy.com) - website for the National Center for Grieving Children and Families. Model for providing peer support groups for grieving children, teens, and families.

[www.aplacetoremember.com](http://www.aplacetoremember.com) - provides support materials and resources for those who have been touched by a crisis in pregnancy or the death of a baby.

[www.seattlewidowed.com](http://www.seattlewidowed.com) - geared toward younger men and women, this site offers support for those who have experienced the death of a spouse or partner.

[www.childrensgrief.net](http://www.childrensgrief.net) - site by author Linda Goldman

## Books

### Helping Children Grieve

*Breaking the Silence: A Guide to Help Children with Complicated Grief – Suicide, Homicide, AIDS, Violence, Abuse* by Linda Goldman. Complete book for supporting children who are grieving loss from a variety of situations.

*Helping Children Grieve and Grow* by Donna O'Toole. Booklet about how children experience loss and grief and what you can do to help.

*Helping Children Cope with Death* by the Dougy Center. Information on children's understanding of death and basic principles of how to help grieving children.

*Lean on Me Gently* by Doug Manny. Resource for parents who want to help their children grieve while they are also grieving.

*Giving Care – Taking Care* by Sherokee Ilse. Support for the Helpers: how to take care of yourself while caring for others.

*Coping with Death and Grief* by M. Heegard. Children tell their stories; basic facts about death and grief.

*Supporting Children and Teens through Grief and Loss: A Guide for Parents, a Guide for Schools* by Center for Grieving Children. Reader friendly guide to helping children. Separate book with information to help schools when death occurs.

*Children Grieve Too* by J & M Johnson. Basic, reader-friendly information about working with grieving children.

*A Child's View of Grief* by Alan Wolfet. Answers many questions about how children experience and cope with loss.

*Keys to Helping Children Deal with Death and Dying* by Joy Johnson. Guide to explaining death to children and ways to help children cope with loss.

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*Helping Teens Work through Grief* by M.K. Perschy. A guide to help adults connect with grieving teens.

### **Parents Grieving the Death of a Child**

*A Child Dies: A Portrait of Family Grief* by Arnold and Gemma. A guide to the different ways that each family member may react to the death of a child.

*After the Darkest Hour, the Sun will Shine Again* by Elizabeth Mehren. A bereaved parent shares her experience and attempts to answer the question, "Will I ever get over it?"

*After the Death of a Child* by Ann K. Finkbeiner. A bereaved parent records other parents' stories.

*Andrew Poems* by Shelly Wagner. Collection of poems written by a mother after the accidental death of her son.

*Angelic Presence* by Lammert & Friedeck. Collection of stories of parents whose babies have died.

*Dear Parents: Letters to Bereaved Parents* by Centering Corporation. Collection of letters written by bereaved parents to bereaved parents; arranged by cause of death.

*Goodbye My Child* by Wheeler & Pike. Gentle guide for parents who have had a child die. Includes children of all ages.

*Standing Beside You* by Linda Mauer. Book for bereaved parents coping with the death of their only child.

*When a Grandchild Dies* by Nadine Galinsky. A guide for grandparents who are grieving while comforting their children.

*When Bad Things Happen to Good People* by Harold S. Kushner. A spiritual book addressing the question of "why me?"

*When Men Grieve: Why Men Grieve Differently and How You Can Help* by Elizabeth Levang. Discussion the challenges for men coping with a loss.

### **Grieving Siblings**

*Nadia the Willful* by Sue Alexander. After the death of her brother, Nadia's father, the shiek, decrees that no one shall mention his name. Nadia finds a way to keep her brother's memory alive.

*No New Baby* by Marilyn Gryte. A grandma tries to explain why her granddaughter's newborn sister has died. Ages 4-8.

*Where's Jess?* By J. & M. Johnson. For siblings who have had a baby sibling die after living at home. Ages 3-6.

*On the Wings of a Butterfly: A Story about Life and Death* by Marilyn Maple. A young cancer patient's illness and death are paralleled to the life span of a caterpillar.

*Jackie Jack: The Brave Little Boy* by Orlet & Orlet. Simple story about a parent's love for a child beginning with his birth, experiencing his illness, and ending with his death.

*What About Me? When Brothers and Sisters Get Sick* by Altan Peterkin. Story of a girl coping with her brother's hospitalization and illness.

*Losing Someone You Love: When a Brother or Sister Dies* by Elizabeth Richter. Kids talk openly about their feelings about losing a sibling.

### **General Grief Education for Children**

*When Someone Dies* by Sharon Greenlee. A gentle story about the grieving process and feelings after a death.

*Lifetimes: The Beautiful Way to Explain Death to Children* by Mellonie & Ingpen. Illustrates the lifecycle of living things.

*Badger's Parting Gifts* by Susan Varley. Badger's friends are saddened over his death, but realize that by talking about Badger, he continues to be part of their lives.

*Tell Me, Papa* by J. & M. Johnson. Gentle explanation for children about death and funerals.

*I Know I Made it Happen* by Centering Corporation. Addresses childhood guilt, emphasizing that thoughts do not make bad things happen.

*Not Just a Fish* by K.M. Hemery. Family finds creative ways of saying goodbye. Ages 4-9.

*Child's Book About Death* by Grollman & Johnson. Gentle explanation and honest answers to children's questions about death.

### **Death of a Parent**

*A Child's Parent Dies* by E. Farman. Information about how children may cope with a parent's death.

*Rachel and the Upside Down Heart* by E. Douglas. A young girl copes with her father's death.

*The Brightest Star* by Hemery. Child and father coping with the death of mother.

*Sam's Dad Died* by Homes. Boy talks about feelings around his dad's death; ages 6-10.

*Molly's Mom Died* by Homes. Girl talks about feelings around her mother's death; ages 6-10.

*How It Feels When a Parent Dies* by E. LeShan. Children share their feelings and experiences with parental death.

*I Heard Your Mom Died/I Heard Your Dad Died* by Mark Scrivani. Talks about feelings and ways to cope with the death of a parent; ages 3-7.

*Secret Places* by Centering Corporation. A young boy experiences many changes, including moving, after the death of his father; ages 8-12.

*Geranium Morning* by Sandy Powell. A young boy whose dad died in a car accident tries to support a friend whose mother is dying.



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*Just a Heartbeat Away* by Gabriel Constans. A young girl remembers her mother who died from AIDS.

*The Snowman* by Robin Helene. Two brothers share memories of their father and learn that all feelings are OK.

*Saying Goodbye to Daddy* by Judith Vigna. Young girl's experience of grief around her dad's sudden death and funeral.

*When a Parent Dies: Counseling Bereaved Children* by J.W. Worden. Education and information about supporting children who have experienced the death of a parent.

### **Bereaved Teenagers**

*When Death Walks In* by Mark Scrivani. A book for teens coping with death.

*Teenagers Face to Face with Bereavement* by Gravelle & Haskins. Teens share their experiences with grief.

*Facing Change: Falling Apart and Coming Together Again in the Teen Years* by Donna B. O'Toole. Provides information and coping choices to assist teens in grieving.

*Straight Talk About Death for Teenagers* by Earl A. Grollman. A book written to teens about coping with death.

*Flowers for the Ones You've Known*. Unedited letters from bereaved teens.

### **Death of a Grandparent**

*A Garden Angel* by Jan Czech. A girl grieving the loss of her grandfather builds a garden in his memory; ages 5-9.

*The Butterfly Bush* by Dawn Ewart. Story about a girl and her relationship with her grandmother; ages 5-9.

*My Grandpa Died Today* by J. Fassler. A young boy tries to cope with the death of his grandfather.

*Grandpa's Berries* by Julie Dickerson. A young girl discovers her memories are as sweet as grandpa's berries.

# **SIGNS AND WHAT TO DO**

## **Adolescent Suicide**

### **Watch for:**

- ◆ A previous attempt
- ◆ Final arrangements giving away prized possessions
- ◆ Changes in personality or mood
- ◆ Withdrawal from friends and activities
- ◆ Changes in eating or sleeping
- ◆ Talk or thought of suicide/death
- ◆ Taking unusual risks
- ◆ Drug abuse

### **What to do:**

- ◆ Take signs seriously
- ◆ Stay calm
- ◆ Talk with the person
- ◆ Tell a parent or other adult immediately
- ◆ Don't leave the person alone
- ◆ Listen carefully
- ◆ Contact a mental health professional

## **Suggestions for Helping Yourself Through Grief**

1. Be gentle with yourself. Don't rush too much. Your body needs energy for repair.
2. Don't take on new responsibility right away. Don't over extend. Keep decision making to a minimum for 1 to 6 months.
3. Accept help and support when offered.

4. Ask for help. It's okay to need comforting.
5. Seek the help of a pastor or counselor if grief is unresolved.
6. Get plenty of REST.
7. Seek support of others; visit a friend, try to meet new people.
8. Schedule comforting activities during particularly difficult times.
9. Allow yourself to feel the pain. Let the grief/healing process run its course.
10. Be patient with yourself. Healing takes time.
11. Remember it is okay to feel depressed.
12. It is good to cry. You may feel better afterwards.
13. Read. There are many helpful books on grief. If grief is understood, it is a little easier to handle.
14. Good nutrition is important to help the healing process. Decrease junk food and try to eat a balanced meal.
15. Moderate exercise, especially walking, helps. So does swimming, jogging and even exercise classes. They help to work off frustration.
16. Keep a journal. It is a good way to understand what you are feeling and thinking.
17. Plan new interests or take time for activities you enjoyed in the past.
18. Plan things to look forward to.
19. Do something for someone else. Call a friend and listen, spend time with a lonely person, reach out to a child, volunteer.
20. Remember that you will get better. Hold onto hope. Some days you may just hang on, but better days will be back. You will develop a renewed sense of purpose gradually.
21. It is okay to be angry. Don't push it down. Let it out; go to an open field and yell, hit a pillow, work it off. Talk about your anger with someone you trust.
22. Other ideas: take a hot relaxing bath, sit in the sun, take time for yourself, go to a movie or watch T.V., go out to dinner.
23. Do not have unrealistic expectations of yourself. Grief takes time. It comes and goes.
24. Put balance in your life read, rest, work, play, and get exercise and recreation.
25. Avoid alcohol and non-prescription chemicals.

*These ideas are based upon a reprint from Family Life Education, Harrison Diocesan Center, Syracuse, N. Y. They were presented at a conference on traumatic stress counseling given by the American Red Cross.*

# **A FAMILY'S REACTION TO DEATH**

## **1. Level of Anxiety in Relationship System**

When a death occurs during an already stressful period in a family's life, the reaction will be more intense than during a more calm or stable period.

## **2. Nature and Cause of Death**

For example, the sudden death of a parent of young children will generally have more of an impact on the immediate and extended family than the death of an elderly family member who has gone through prolonged illness.

## **3. Functional Position and Emotional Importance**

Individuals differ in their emotional and functional importance to the family. The death of the family matriarch, for example, might impact a family more than one who has been more removed or less functional.

## **4. Integration of the Extended Family**

In general, the members of extended families who have more open and viable contact with one another adapt more successfully to the loss of a member.

## **5. Patterns in the Attachments Network in the Unclear and Extended Families**

Family members differ in the degree to which they are emotionally dependent on one another. The underlying network of emotional dependence will influence which members will be more affected by the particular loss.

## **6. Funeral and Observance of Individual's Death**

Families that can bring together the important relationship network (family, friends, etc.) to observe and mark the death of one of its members, in general, do better in adapting to the loss.

## **7. Level of Differentiation of Self**

This factor has to do with the basic emotional integration or maturity of family members. The greater the level of integration, the more capacity individuals have to be present for one another and to realistically resolve the loss.

*This material was prepared by Robert J. Noone Ph.D., Executive Director, The Family Service Center of Glenview, Kenilworth, Northbrook and Wilmette.*