



BY
Pallium Canada

Bereavement ECHO Series

Session 2: How to Best Support Bereaved People in Post COVID Era: Provincial Evidence-Informed Recommendations by Knowledge Users in BC

Tuesday, July 25, 2023

11:00am-12:00pm PST, via Zoom

AGENDA ITEM	DISCUSSION	RESOURCES
<p>Introduction & Land Acknowledgment</p>	<p>Bereavement ECHO Series – How to Best Support Bereaved People in Post COVID Era: Provincial Evidence-Informed Recommendations by Knowledge Users in BC</p> <p>Presenter: Dr. Joshua Black PhD Bereavement Initiatives Manager BC Centre for Palliative Care</p> <p>Welcome to all participants, and introduction of the presenter, and presentation outline. Participants are notified the session is being recorded. Funding for the research presented today was provided by The Michael Smith Health Research BC as the convening and collaborating program.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Identify the three main categories of recommendations from the provincial roundtable, 2. Identify the top action items from each category to minimize gaps in bereavement supports and services in BC in the next three years. 	
<p>Overview Summary Presentation & Discussion</p>	<p>Presentation Summary</p> <p>The Covid pandemic really impacted every aspect of life and death and the BC Centre for Palliative Care noticed that many of the restrictions that were coming in and the changes because of the pandemic really made an impact on how the bereaved were able to cope following the death of someone they cared about. In May of 2021, the Centre initiated the Grief and Bereavement Project with six members on the steering committee. The goal of the project was to conduct research to understand the current state of bereavement in BC and use this research to guide a province-wide roundtable with experts and leaders in bereavement services, that aim to identify priority actions to address the needs of bereaved people and recommend different strategies to improve bereavement support services throughout the province.</p> <p>The research set out to understand:</p> <ul style="list-style-type: none"> ➤ How people in BC have experienced bereavement during the pandemic, ➤ How & where British Columbians access support, ➤ How bereavement support has changed through the pandemic, 	

➤ What could be done better.

There were nine research projects to inform the round table: two literature reviews, looking at bereavement service providers, research with the bereaved themselves, and a survey on frontline service providers who support people who were experiencing houselessness or vulnerable housing.

The roundtable was held over two afternoons in November 2022 with 35 participants: 32 different organizations and 2 public partners.

During the presentation in this session, Dr. Black's slides outlined the important action plan and items that came out of this roundtable. The Action Plan is expected to be available sometime next month, and by signing up for the BC Centre for Palliative Care's newsletter, you will receive more information about all that went into this project and research and the categories in more detail.

Breakout Rooms held for 15minutes.

Participants divided into rooms to discussion the following question: What potential actions can be taken to increase Grief and Bereavement Literacy (e.g., in healthcare, workplaces, schools, general community)?

Whole group debrief:

Some areas of bereavement discussed and shared:

- Community 'Death Cafes',
- getting rid of the stigma/taboo of talking about death,
- Advance Care Planning as an entry way,
- when the healthcare encounter ends, the family has to deal with all the practical steps, and it isn't until months later that the family might be ready/receptive to resources, therefore, an idea is to have some follow-up with the family months later to see if they are ready/receptive to supports that are available,
- normalizing the process of living and dying and the grieving process, and that this work needs to start in childhood (which often it is not, due to lack of resources/funding in schools to support these conversations well),
- suggestions were voiced about the need for more action and ground support for resources, rather than handing people too many emails or pamphlets, more 1:1 support would be helpful from specialized caregivers about how to cope,
- holding 'open houses' for doctors and community workers, as it is currently done at the Hospice Society, more support into long-term care facilities, getting more support into schools, and more resources laid out in hospitals and long-term care facilities and especially translated into multiple languages,
- suggestions also included supporting youth who have lost friends and family and supporting them with camps and programs and resources for more support,
- the need for grief to be more openly talked about in society and groups are starting to present presentations and workshops on topics, for example The Senior Centre in New Westminster hosted an event that

	<p>was well attended, and we need more of these on topics on grief/death/dying. Most groups are started when someone has a need and that need doesn't seem to be met in the community, and so starting a group and sharing the information (ex. the origins of Empty Cradle) spreads the word further and keeps resources available for people who need it.</p>	
<p>Session Materials and Additional Resources</p>	<p>Resources shared in the group Chat:</p> <p>BC Centre for Palliative Care Newsletter</p> <p>Dr. Joshua Black's podcast: https://www.griefdreams.ca/podcast</p> <p>Death cafes: https://deathcafe.com/</p> <p>Info page regarding initial steps immediately after a death: https://deathcarebc.ca/when-someone-dies</p> <p>the Good Grief Festival from Bristol University, UK: https://www.goodgriefest.com/</p> <p>https://whatsyourgrief.com/</p> <p>To learn more about the end-of-life navigator pilot running in Vernon, email navigate@nohs.ca or visit https://nohs.ca/access-services/end-of-life-navigator/.</p> <p>https://www.dougy.org/get-involved/join-in/understandgrief</p> <p>Book resource: The Wild Edge of Sorrow: Rituals of Renewal and the sacred work of Grief by Francis Weller.</p> <p>Part of a Death Talk in West Vancouver in September: https://kaymeek.com/events/death-talk-0928</p> <p>soulscience.org. "The Sacred Art of Living and Dying"</p> <p>"Moms Stop The Harm" is an organization designed to support families grieving the loss of a child due to a drug related death. www.momsstoptheharm.com or www.healingheartscanada.org</p> <p>https://www.emptycradle.bc.ca</p>	<p>Session Recording is uploaded on the BCCPC's YouTube page:</p> <p>HERE</p>
<p>Closing</p>	<p><u>Next ECHO Session, (new) Grief & Bereavement Literacy Series:</u> August 15th 12:00pm to 1:00pm PST</p> <p><u>Topic: "Healing Hearts Support - Finding Hope and Resilience After a Substance Use Related Loss"</u> Click: REGISTER</p> <p><u>To learn more:</u> Visit the BCCPC ECHO session website page here</p>	<p>Link to post-session Survey</p>