Lumaria:

A Minecraft-Based Children's Grief Program

Presenters: Meaghan Jackson, MTA, FAMI

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xʷməθkʷəy̓əm (Musqueam) Sḵwx̱wú7mesh (Squamish)
and Səl̓ílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations

The BC Centre for Palliative Care, based on what is colonially know as New Westminster, is located on the traditional, ancestral and unceded territory of the Coast Salish peoples

We recognize that all of you joining us online may be participating from traditional territories of other Indigenous peoples. From coast to coast to coast, we acknowledge the ancestral and unceded territory of all the Inuit, Métis, and First Nations people that call this land home.

What is ECHO?

- **E**xtension for **C**ommunity **H**ealthcare **O**utcomes

- ECHO spreads knowledge across the health system and communities to the front lines of care

- ECHOs "all teach all learn" model connects Content with Context experts

Our Asks of You

- Share your stories and your experience

- Participate in discussion and dialogue

- Build connections with other participants, across disciplines and geographic region

Project ECHO®
Palliative Care - Canada
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Introductions

Presenters

Meaghan Jackson, MTA, FAMI

Music Therapist, Music Director

Lumara Grief and Bereavement Care Society

Cape Breton, Nova Scotia

Unama'ki, the traditional, ancestral and unceded territory of the Mi'kmaw people.

Learning Objectives

By the end of the session, participants will be able to:

Learn the basics of Minecraft and the technical requirements for running the program.

Understand the differences between Bedrock and Java Edition when creating a Minecraft Realm.

Learn some of the therapeutic interventions that have been used and their outcomes.

What is Minecraft?

- Sandbox video game
- Lots of opportunity for creativity!
- WIDELY popular
- Huge age range: 5-18+
- Two ways to play:
  - → "Creative"
  - → "Survival"

How Do You Play?

Java Edition → Computer only

→ Minecraft 'experts' say this is the best way to play

→ Not as accessible (computers are more expensive)

Bedrock Edition → Tablet, smart phone, gaming console (Nintendo Switch, XBox)

→ $9.99 for the app on a device

→ $30 for console game

→ More accessible

What Do You Need to Run the Group?

Device with Minecraft downloaded

Zoom

Solid Internet Connection

Minecraft Realm subscription

→ $12/month

→ 10 players at one time

→ Players can join at anytime

→ Only have permission to move blocks during sessions

Some Things We Know About How Children Grieve

"Puddle jumping"

Provide space for creativity and PLAY

Meet them where they are: comfortable, safe, FUN

Follow their lead: they are the experts

Lumaria: A Minecraft-Based Children's Grief Program

Spring Break Camp   →   2 hours, 5 days (Monday-Friday)

Summer Camp   →   2 hours, 5 days (Monday-Friday)

Monthly Sessions   →   2 hours, once a month, throughout the year

Let's Meet in Lumaria

Connect in Zoom

Meet in Lumaria at the Big Tree, by the campfire
    (permissions are off at this point)

Check-in
        Rose/Thorn/Seed
    Who are you remembering?
    Question of the Day

Mission of the day (permissions are turned on)

Inventory

Drop

Emote

Creative Time

Complete the Mission

→ Build an area that is *yours*

→ Mission of the day

→ Opportunity to build a memorial on the Memory Wall

DJ Nutmeg   → Song suggestions from players

→ Lyric analysis

→ Discussion: how does the music make us feel?

Body Check-in (stretch & breathing)

Closing the Session

Check-out
→ Everyone has an opportunity to share what they built
→ Opportunity to share their Memory Wall Build

Free Play
→ Hide & Seek, building something together for Lumaria

Participants can visit whenever they want
→ Permissions will be off though, to make sure builds are safe

So What Do the Kids Think?

Kids have asked for longer sessions, more often

Engaged, active participants who take ownership/leadership of the process

Asking to come to the realm during important grief anniversaries, special dates

The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

Stay connected: www.echopalliative.com

Thank You

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