

# Childhood bereavement service outcomes framework



## Environments

A shared experience with others in a similar situation

A positive experience – a place to meet new people & have fun

A place to explore and make choices

A safe space to explore, express and communicate needs and feelings

## Processes

Helping children and young people identify and communicate with supportive family members or friends

Supporting parents and carers to support their child

Helping children and young people to understand grief

Reinforcing and teaching coping skills – giving ideas about how to cope with thoughts and feelings

Helping children and young people to understand what's happened and is happening now

Giving opportunities to remember the person who died

## Outcomes of using a service

Doesn't feel like the odd one out – a sense of community

Able to have fun and enjoy life

Feels understood and accepted

Feels supported (doesn't feel isolated)

Able to recognise others' grief

Able to recognise own feelings

Has a range of coping skills

Has age-appropriate information about the death: a narrative that makes sense

Able to access memories or stories about the person who died

Doesn't feel inhibited (feels able to express thoughts, needs and feelings and to ask questions)

Feels relieved

Able to tolerate the impact of others' grief at this death

Understands and accepts own feelings as valid

Believes that coping will work

Accepts the reality of the death

Able to tell the story

Has manageable memories or stories

Able to deal with difficult or intrusive memories

Able to bear feelings / Feels they are coping / Not overwhelmed by feelings

Levels of distress don't interfere with functioning at home, school and with friends

Able to integrate the death and changes into ongoing life story

Has a manageable ongoing connection with the person who has died

## Outcomes over time

Has a sense of own growth through this experience

Has self-esteem

Has a sense of mastery or control

Has confidence about the future

Has a sense of safety

Adjusting well to a changed life (resilience)

## Notes

- These outcomes are expressed as absolutes, but for an individual child we would be looking for movement *towards* these outcomes, eg is *more* able to recognise own feelings
- We don't expect children to progress neatly from left to right. Over time, they may revisit their grief, eg needing new information about the death to develop their narrative
- [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)