



Out of the Shadows: Supporting Children and Youth Grieving a Substance-Related Death Resources for Families

Support Organizations for Grief and Substance-Related Death in GTA

- Dr. Jay Children's Grief Centre <http://drjaychildrensgriefcentre.org/>
- GRASP (Grief Support After a Substance Passing) <http://grasphelp.org/canada/>
- Bereaved Families of Ontario - Toronto <https://www.bfotoronto.ca/>
- Renascent <https://renascent.ca/>
- Children & Youth Grief Network www.childrenandyouthgriefnetwork.com

Definitions of Substance Use and Substance Use Disorder

- Centre for Addiction and Mental Health (CAMH) - <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/addiction>
- Mind your Mind - <https://mindyourmind.ca/illnesses/addiction>

Talking to Kids about Substance Use Disorders

- Child and Youth Health - <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=289&id=2495>
- National Association for Children of Alcoholics, on alcoholism - <https://nacoa.org/families/just-4-kids/>
- Claudia Black presentation: *Reverberations of Addiction's Impact on the Family*, National Association for Children of Alcoholics (NACoA) https://drive.google.com/file/d/16q_MdoOhXEn4seeV8ehndA3wDWUEb2pg/view
- The 7 C's for Kids Living with SUD in their family - https://elunanetwork.org/site/resources_pdf/859/
- SESSIONS: Drug education intervention at Skylark Centre for Children, Youth & Families- <https://www.skylarkyouth.org/what-we-do/programs-counselling-services/drug-education/>

Books for Kids on Substance Use Disorder

- CAMH When a parent drinks too much alcohol (can be modified to be more death/grief appropriate): <https://www.camh.ca/en/health-info/guides-and-publications/when-a-parent-drinks-too-much-alcohol>
- Wishes and Worries book: <https://store-camh.myshopify.com/products/p5599>

Effects of SU and SUD on Children and the Family

- Eluna Network: Family Rules - <https://elunanetwork.org/resources/family-rules-dont-talk-dont-trust-dont-feel-dr-claudia-black/>
- Eluna Network: Family Roles - <https://elunanetwork.org/resources/family-roles-in-addicted-families-dr-claudia-black/>

Talking to kids about Substance Use and Addiction Prevention

- Eluna Network - <https://elunanetwork.org/resources/category/addiction/prevention-what-works/>

Talking to kids about Substance-Related Death

- Eluna Network: R.I.C.E. method: Respected, Informed, Connected and Empowered - <https://elunanetwork.org/resources/talking-with-kids-about-a-substance-use-death/>

ACES, Trauma, Impacts of Toxic Stress and SUD

- Harvard Centre for the Developing Child <https://developingchild.harvard.edu/guide/a-guide-to-toxic-stress/>
- Harvard Centre for the Developing Child: ACES and Stress: Frequently Asked Questions <https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/>
- Harvard Centre for the Developing Child: *Tackling Toxic Stress*, series of journalistic articles examining how policymakers, researchers, and practitioners in the field are re-thinking services for children and families based on the science of early childhood development and the consequences of adverse early experiences and toxic stress. <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/tackling-toxic-stress/>
- Manitoba Trauma Information and Education Centre Adverse Childhood Events Study <https://trauma-informed.ca/adverse-childhood-events-study/>
- ACES Connection - [ACESConnectionInfo.com](https://acesconnectioninfo.com)
- Centre for Disease Control (US): Adverse Childhood Experiences (ACEs) <https://www.cdc.gov/violenceprevention/acestudy/index.html>
- Early Childhood Development: adverse experiences and developmental health. https://rsc-src.ca/sites/default/files/pdf/ECD%20Report_0.pdf
- ECHO training ACES and Toxic Stress Infographics <https://www.echotraining.org/resources/>
- Child Trauma Academy <http://childtrauma.org/cta-library/trauma-ptsd/>

Stats on Substance Use and Addiction in Canada

- Canadian Centre on Substance Use and Addiction <http://www.ccdus.ca/Eng/Pages/default.aspx>
- Canadian Centre on Substance Use and Addiction <http://www.ccdus.ca/Eng/topics/Monitoring-Trends/Canadian-Drug-Trends/Pages/default.aspx>

- Canadian Alcohol and Drug Use Monitoring Survey -- Summary of Results for 2012
- <https://www.canada.ca/en/health-canada/services/health-concerns/drug-prevention-treatment/drug-alcohol-use-statistics/canadian-alcohol-drug-use-monitoring-survey-summary-results-2012.html>
- Addictions and Mental Health Ontario - <https://amho.ca/>
- CAMH Addiction Information
Guide: <https://www.camh.ca/-/media/files/guides-and-publications/addiction-guide-en.pdf?la=en&hash=F1BFB1ED194D54A9FCF892116BFE745818169A56>
- Opioid Use Disorder
<https://www.canada.ca/en/health-canada/services/substance-use/problematic-prescription-drug-use/opioids/overdose.html>

Grief Resources

- Worden's Four Tasks of Mourning
<https://www.ourhouse-grief.org/wp-content/uploads/2017/05/Four-Tasks-of-Mourning.pdf>
- "Weathering the Storm": Parenting Grieving Children E-learning Course at Family Education Centre -
<https://familyedcentre.org/downloads/weathering-the-storm-parenting-grieving-children/>
- Dr. Jay Children's Grief Centre Tip-Sheets -
<https://drjaychildrensgriefcentre.ca/programs/resources/>
- Family Education Centre Tip-Sheets (available in 7 languages) -
<https://familyedcentre.org/tip-sheets-english/>
- Children & Youth Grief Network Handbook for Volunteers (for children ages 6-12)
<https://www.childrenandyouthgriefnetwork.com/#handbook>
- Children & Youth Grief Network Handbook for Supporters (for youth 12-18)
<https://www.childrenandyouthgriefnetwork.com/#handbook>
- KidsAid <http://kidsaid.com/>
- DougyCentre <https://www.dougy.org/>
- Refuge in Grief <https://www.refugeingrief.com/>
- What's Your Grief <https://whatsyourgrief.com/>
- The Grief Toolbox <https://thegrieftoolbox.com/>
- Modern Loss <https://modernloss.com/>
- Grief.com <https://grief.com>

Youth Mental Health

- Mind Your Mind <https://mindyourmind.ca/illnesses/substance-use>
- Kids Help Phone <https://kidshelpphone.ca/get-info/what-substance-use/>
- CAMH
<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/addiction>

Support in Schools

- Addiction Policy Forum Tool Kit for Educators
https://www.addictionpolicy.org/hubfs/Kit4Teachers_ALT_2018-4.pdf?t=1540926128975&utm_source=hs_email&utm_medium=email&utm_content=67099043&hsenc=p2ANqtz--GxCYW3URKg-2e8SlibHNFGl4JhJ5l3w2Gm4BhnJfNKBmOvcWCxyLMlv27HKNXbyBz8sREaRkYrKM_ywVChTmgW225TA&hsmi=67099043

- Addiction Policy Forum Webinar
<https://drive.google.com/file/d/10EnHDMddk7LY3GVFQO6aGXKshnKFpMnt/view>
- Children & Youth Grief Network - Grief & Death Education Toolkit
<https://www.childrenandyouthgriefnetwork.com/#handbook>

Family stories

From Sarah Keast

- Chatelaine article Jan 2019 -
https://www.chatelaine.com/living/real-life-stories/opioid-addiction-stigma/?fbclid=IwAR1HT0wLiO9BSMXpgp2aA447QLroPLjlylux57Z22sU0mF-NaDEe_uwwX9Q
- TedX Toronto talk Nov 2018 - <https://www.youtube.com/watch?v=PGv3HYwaLpY>
- Adventures in Widowed Parenting blog -
<https://adventuresinwidowedparenting.wordpress.com/>

Other authors

- Gift of Empathy: Why I am Still Learning from my Father 10 Years after his Death
<https://www.myasd.com/blog/gift-empathy-why-i-am-still-learning-my-father-10-years-after-his-death>
- 7 Ways that Grief is Compounded by an Overdose Death
<https://www.myasd.com/blog/7-ways-grief-compounded-overdose-death>

Books for Grieving Kids

- Not if But When - <http://www.notifbutwhen.org/>

Podcasts

- Grief Out Loud: Dougy Centre Podcast <http://deardougy.libsyn.com/>
Episode 41 (Parts I, II, III on grieving a substance-related death)