

University of Massachusetts Medical School

eScholarship@UMMS

National Network of Libraries of Medicine New
England Region (NNLM NER) Repository

National Network of Libraries of Medicine New
England Region

2018-11

Understanding Grief After an Overdose Death

Franklin Cook MA, CPC
Unified Communities

Et al.

Let us know how access to this document benefits you.

Follow this and additional works at: <https://escholarship.umassmed.edu/ner>



Part of the [Library and Information Science Commons](#), [Public Health Commons](#), and the [Substance Abuse and Addiction Commons](#)

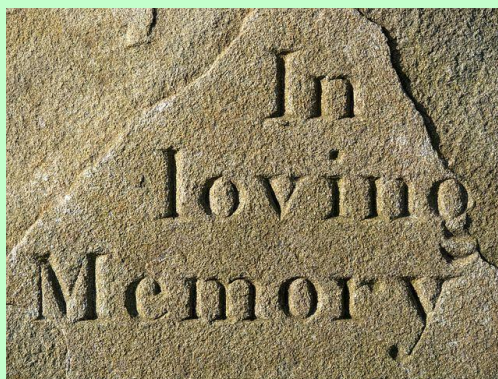
Repository Citation

Cook F, Halpin SM. (2018). Understanding Grief After an Overdose Death. National Network of Libraries of Medicine New England Region (NNLM NER) Repository. <https://doi.org/10.13028/rwre-cx49>. Retrieved from <https://escholarship.umassmed.edu/ner/61>

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in National Network of Libraries of Medicine New England Region (NNLM NER) Repository by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.

Welcome to the Webinar

Understanding Grief After an Overdose Death



To Connect to Webinar Audio

1. To receive a call back, provide your phone number when you join the event, or call the number below and enter the access code
2. Call-in toll number (US/Canada) 1-650-479-3208

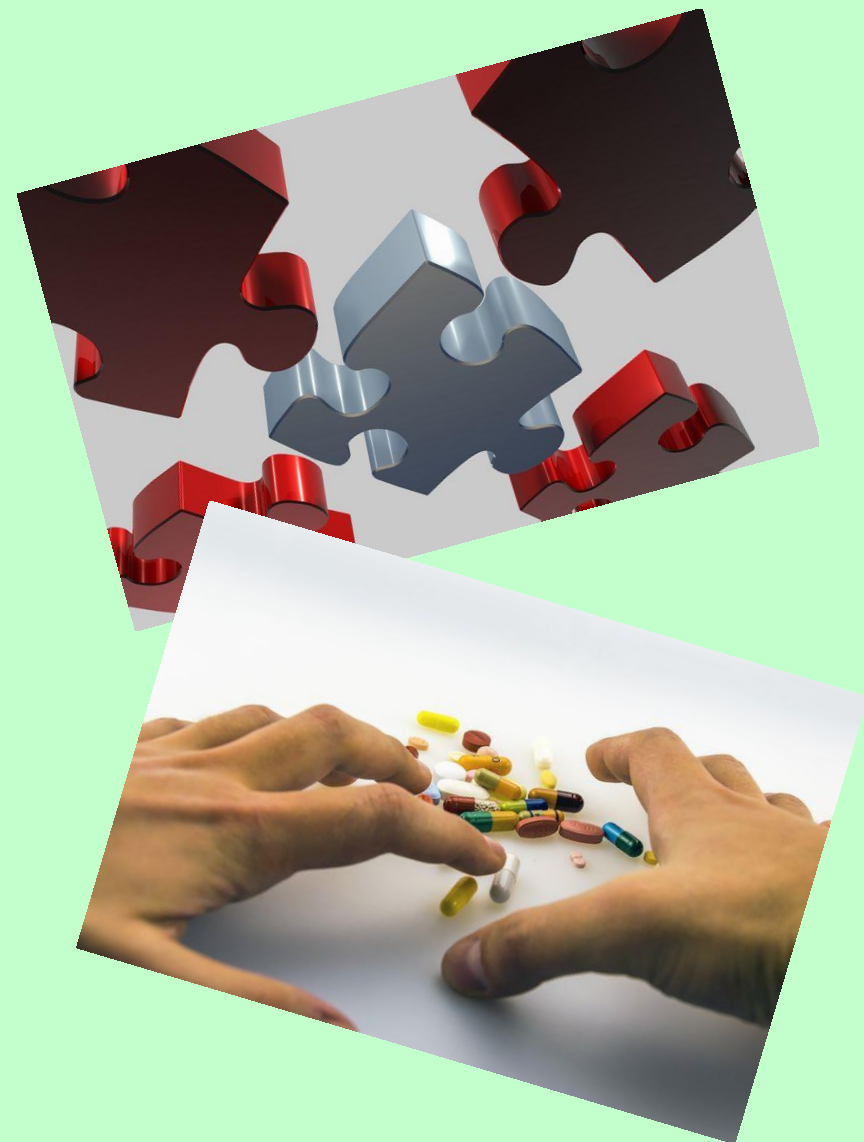
This Webinar is being recorded.

To view the captions for this webinar click on the URL in the chat box.

Learning Objectives from this Webinar

Participants will be able to:

- Discuss how three key questions affect bereaved people
- Explain the effects of stigma and stress on the experience of grief
- Give examples of how trauma can play a role in grief
- Consider how the dynamics of addiction and caregiving can shape a person's grief



Your Webinar Host



Susan Halpin, M. Ed.
susan.halpin@umassmed.edu

NNLM NER, Education &
Outreach Coordinator
University of Massachusetts
Medical School
Worcester, Massachusetts

About National Library of Medicine (NLM)



Physical library is Bethesda, MD
part of the NIH campus.

Largest biomedical library in the
world

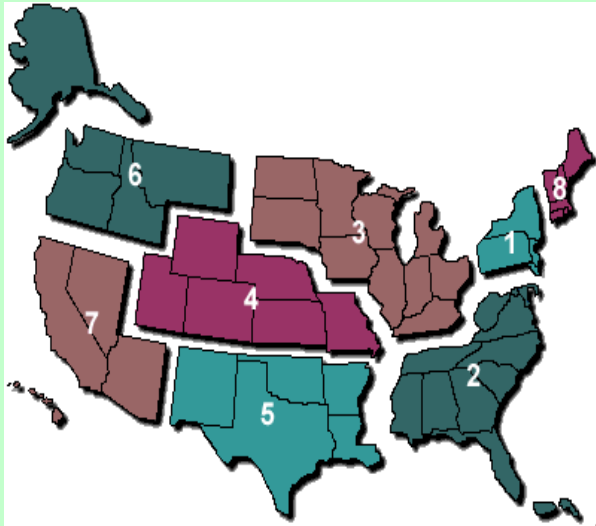
One of the federal government's
largest providers of digital content

The library is open to everyone

NLM's mission

***Advance the progress of medicine and improve public health
by making biomedical information accessible to everyone.***

NLM Carries Out its Mission Through the National Network of Libraries of Medicine (NNLM) <https://nnlm.gov/>



- Nationwide network of health sciences libraries, public libraries & information centers
- Each region has a partnership with a regional medical library
- Outreach provided through

Free access to online health & medical resources
Free Training & Professional Development
Grant funding opportunities available for your community

About **77,000** people received training from NLM last year!

Substance Use Disorder Resources from the National Library of Medicine

Opiate Addiction and Treatment Information Guide <https://sis.nlm.nih.gov/enviro/addiction.html>

Disaster Lit® search of [opioid guidelines, reports, factsheets, etc.](#), including:

Fentanyl Safety Recommendations for First Responders

<https://disasterlit.nlm.nih.gov/record/16121>

How HIPAA Allows Doctors to Respond to the Opioid Crisis

<https://disasterlit.nlm.nih.gov/record/16093>

Preventing Opioid Misuse in the States and Territories: A Public Health Framework for Cross-Sector Leadership <https://disasterlit.nlm.nih.gov/record/15995>

MedlinePlus Opioid Abuse and Addiction <https://medlineplus.gov/opioidabuseandaddiction.html>

Abuso y adicción de opioidos <https://medlineplus.gov/spanish/opioidabuseandaddiction.html>

Pillbox – Handy tool for identifying a pill that is found <https://pillbox.nlm.nih.gov>

HealthReach [low-literacy patient materials about opioids, opioid addiction, and opioid treatment](#)
(includes documents, videos, and audio)

PHPartners Information Access for the Public Health Workforce

<https://phpartners.org/>

PHP Partners aggregates a lot of public health news, some of it involving substance use disorder from a public health point of view, <http://www.pewtrusts.org/en/multimedia/audio/2017/treating-the-opioid-epidemic>.

Partnership for Drug-Free Kids

<https://drugfree.org/>

Heroin, Fentanyl & Other Opioids – A Comprehensive Resource for Families with a Teen or Young Adult Struggling with Opioid Use - <https://bit.ly/2vb6Onm>

Mental Health Resources from NLM



NLM and Partner Organization Mental Health Web Resources

MedlinePlus

www.medlineplus.gov – type mental health in the search box.

National Institute of Mental Health

<https://www.nimh.nih.gov/index.shtml>

The National Institute of Mental Health (NIMH) is one of 27 components of the National Institutes of Health (NIH), the Federal government's principal biomedical and behavioral research agency. Includes information for the public on the signs, symptoms, diagnosis and treatment for anxiety disorders, attention deficit hyperactivity disorder, autism spectrum disorders, bipolar disorder, borderline personality disorder, depression, eating disorders, generalized anxiety disorder, obsessive-compulsive disorder(OCD), panic disorder, post-traumatic stress disorder (PTSD), schizophrenia, social phobia (social anxiety disorder). Information is available on Clinical Trials, Statistics and Publications Some publications are available on order in print for free. Also there is information for research, funding and community outreach.

National Alliance on Mental Illness (NAMI)

www.nami.org

Empowers consumers to take action, find social support for their illness and fight stigma.

Offering programming on addiction and recovery?

Consider borrowing one of our Graphic Medicine Book Club Kits featuring *Sobriety: A Graphic Novel!*

Graphic Medicine Book Club Kit

NIH NLM NNLNML nmlm.gov/ner/kits

Graphic medicine is the combination of comics and healthcare. Comics help with understanding illness and health.



These kits are available to any organization in New England for free.

How kits work

1. Pick a health comic
2. You receive a kit in the mail
3. Read and learn together!

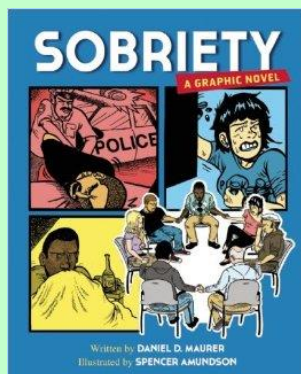
Kits include:
6 Graphic Novels
Discussion guides with questions
Valuable NLM resources on the selected topic

Addiction - AIDS - Aging - Cancer - Epilepsy - Grief - LGBTQ - Mental Health - OCD - Veterans



From the publisher... “Through rich illustration and narrative, *Sobriety: A Graphic Novel* offers an inside look into recovery from the perspectives of five Twelve Step group members, each with a unique set of addictions, philosophies, struggles, and successes while working the Steps.”

To Request a Kit: www.nlm.gov/ner/kits



For Questions or more Information,
Contact Sarah Levin-Lederer at
Sarah.LevinLederer@umassmed.edu

Our Presenter
Franklin Cook, MA, CPC



Grief Coach and Consultant
Unified Community Solutions
Watertown, MA

franklin@unifiedcommunities.com

Understanding Grief After an Overdose Death

New England Region
National Network of Libraries of Medicine
Substance Use Disorder Webinar Series
November 28, 2018



Franklin Cook, MA, CPC
Unified Community Solutions
franklin@unifiedcommunities.com
617-398-0243

My Background

- Peer grief helper, trainer, advocate
- Grief support
 - After suicide
 - After a death from substance use (DSU)
 - After a death in the military
- Personal connections
 - Father; Franklin & two brothers; daughter
- Projects: Grief after DSU (Mass.)
 - Frontline service providers
 - Support for the bereaved

Grief ...

- Unfolds naturally
 - People live their way through grief
 - Grief needs space to be what it already is
- Is individualistic
 - Deceased, survivor, their relationship
 - One's life story is a one-of-a-kind creation
- Serves a purpose
 - Pain of grief is linked to love
 - Grieving is a process of making meaning
- Evolves over the bereaved's lifetime
 - The deceased is integral to who the bereaved is as a person

Essential Tasks of Grief

- Facing the reality of the loss
- Coping with the pain (and emotions) of grief
- Living in a world without the person
- Exploring continuing bonds with the person
- Engaging in the next phase of life

Adapted from Worden's "Four Tasks of Mourning"
(Worden, 2009, pp. 39–53)

Themes: Grief after DSU

- Key issues:
 - Why?
 - Intention
 - Prevention
- Impact from:
 - Stigma
 - Trauma, distress
- Living with substance use, addiction

Why?

- Practical:
 - What actually happened?
 - Role of substance use, addiction
- Metaphysical:
 - Why my person? Family? Me?
 - View of meaning of life
- Continuing relationship with deceased

Why?: Emotional Responses

- Shock, disbelief, confusion
... that substance use took the person's life
- Helplessness, hopelessness, anger
... over power of substances, addiction
- Relief
... over end of person's suffering

Intention

- The person's decisions and actions:
 - Willful and in their control?
 - Limitations on choice, freedom?
- Two domains:
 - Directly causing the actual death
 - Contributing to the death over time

Intention: Emotional Responses

- Shock, disbelief
... over self-inflicted death
- Anger, blame
... over person's perceived role
- Abandonment
... over rejection of values, assistance
- Helplessness, guilt
... over bereaved's perceived failure to aid or influence the person

Intention: Accident vs. Suicide

- Delayed official determination
- Disagreements about manner of death
- Emotional responses:
 - Confusion
 - Anger ...
 - Distressful communications with officials
 - Strife among family members
 - Helplessness ... from lacking power, control

Prevention

- How could it have been prevented? Who ...? What ...?
- Can consume bereaved's energy
- Long, difficult process
 - Always multiple causal factors
 - Treatment system is complicated
 - Epidemic is ongoing
 - Accountability is elusive

Prevention: Emotional Responses

- Anger, blame
... at those perceived to be at fault
- Guilt, shame
... over survivor's perceived role
- Shock, disbelief, helplessness
... over perceived failure to stop a preventable tragedy
- Fear
... over someone else dying

Stigma

- Malevolent (prejudice, discrimination)
- Disenfranchised grief
 - Deceased not as important
 - Bereaved not as deserving
 - Bereaved not “eligible” (illegitimate)
- Isolation, disconnectedness
 - Increases pain of loss
 - Denies comfort and support
 - Positions communities as “judges”

Stigma: Emotional Responses

- Shame
 - ... over perception of being bad, less than
- Anger
 - ... over being judged, mistreated
- Fear, hopelessness
 - ... from being “on my own,” feeling ostracized

- Stigma and feelings of relief

Emotional Responses

- Shock
- Disbelief
- Confusion
- Guilt
- Shame
- Blame
- Anger
- Abandonment
- Fear
- Relief
- Helplessness
- Hopelessness

Trauma, Distress

- Shock of a sudden or violent death
- Resuscitation attempt
- Finding or identifying the body
- Person's body not found for days
- Recreating "pictures"
- Media, social media
- Effects of epidemic

Common Responses to Trauma

| Cognitive | Emotional | Physical | Behavioral |
|--|--|---|---|
| <ul style="list-style-type: none"> • poor concentration • confusion • disorientation • indecisiveness • shortened attention span • memory loss • unwanted memories • difficulty making decisions | <ul style="list-style-type: none"> • shock • numbness • feeling overwhelmed • depression • feeling lost • fear of harm to self and/or loved ones • feeling nothing • feeling abandoned • uncertainty of feelings • volatile emotions | <ul style="list-style-type: none"> • nausea • lightheadedness • dizziness • gastro-intestinal problems • rapid heart rate • tremors • headaches • grinding of teeth • fatigue • poor sleep • pain • hyperarousal • jumpiness | <ul style="list-style-type: none"> • suspicion • irritability • arguments with friends and loved ones • withdrawal • excessive silence • inappropriate humor • increased/decreased eating • change in sexual desire or functioning • increased smoking • increased substance use or abuse |

Excerpted from the CDC handout "Helping Patients Cope with a Traumatic Event" available at bit.ly/traumafactscdc.

Before the Death Occurs

- Family dynamics of addiction
- Caring for a chronically ill person
- Ambiguous loss

Family Dynamics of SUD

- Maladaptive behavior
- Negative world view
- Other family members' substance use
- Life disruptions

Intense Situations, Feelings

- Overdoses, suicide attempts
- Repetitive crises
- Verbal or physical confrontations
- Extreme anger
- Feeling trapped, forced, manipulated
- Abandonment, rejection, separation
- Pain over the person's suffering
- Lack of safety
- Unpredictability

Caring for Chronically Ill Person

- Caregivers experience many losses
 - Practical losses
 - Relational losses
- They face a life-or-death situation
 - Fear, helplessness, hypervigilance
 - Crises, including rescue attempts
- When the worst happens ...
 - Caregiver depleted, exhausted
 - Failure, guilt
 - Loss of sense of purpose

Ambiguous Loss

- Like a death without the person dying
- Physically present, psychologically absent
- Addiction can involve families in the loss

Closing

Questions?

**Please write your questions
in the chat box.**

Thank you Franklin!

If you are planning to receive MLA continuing education credit, you must complete the evaluation for this webinar.

We value your feedback, please help us continue to improve by completing the evaluation.

EVALUATION LINK

<http://bit.ly/2ydkUDV>

enrollment code: sub3grie

Next Webinar

Drug Courts: A Bridge Back from SUD

Judge Timothy Bibaud

January 29th 1-2PM

Registration Link:

<https://nnlm.gov/class/drug-courts-bridge-recovery/9131>

****If you are planning to receive MLA continuing education credit,
you must complete the evaluation for this webinar.***

***We value your feedback, please help us continue
to improve by completing the evaluation.***

EVALUATION LINK

<http://bit.ly/2IRbAJW>

enrollment code: sub3coac

Please follow the instructions below in order to complete an evaluation and claim an MLA Certificate of Credit for your participation.

You have 30 days from the date you completed the course to complete an evaluation & claim credit.

Instructions to receive MLA credit:

1. Go to www.medlib-ed.org.
2. Login. If you do not have a current MLANET login, please Register as an MLA guest. After you've set up your MLA account and you're logged in to MLANET, click MEDLIB-ED on the navigation bar to return to MEDLIB-ED.
3. Click My Learning on the blue bar near the top of the MEDLIB-ED home page.
4. Enter the [code] and complete the attestation and evaluation and claim credit.
5. To learn more about MEDLIB-ED, please see the FAQ in the About menu.
6. If you have questions or run into problems, please email MEDLIB-ED@mail.mlahq.org.