



## Grief Support Resource List

This resource list was developed by individuals who lost a loved one due to a substance overdose.

### *Internet Resources for Grief: Books, Forums, Blogs, Facebook Groups, YouTube Videos*

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We have found that social media such as Facebook pages on grief give families a sense of community enabling them to reach out and be connected to other grievers and receive both support and resources. YouTube Videos from professionals on grief and furthering understanding what addiction truly is helped the grieving process.

<http://www.whatsyourgrief.com> – Excellent webpage for general grief with hundreds of links on grief. The three links below are specific links to overdose death.

<http://www.whatsyourgrief.com/the-grief-of-an-overdose-death/>

<http://www.whatsyourgrief.com/grief-of-an-overdose-death-part-2/>

<http://www.whatsyourgrief.com/overdoseceu/>

<https://www.facebook.com/groups/TAPUnited.Survivors.of.Loss/> - **TAP United Survivors of Loss** Closed FB Support Group (for those that have lost a child or loved one to substance use disorder).

<https://www.facebook.com/groups/TAPUnited/> - **The Addict's Parents United** Closed FB Group (for Parents and loved ones that have a child or family member with the disease of addiction).

[www.griefspeaks.com](http://www.griefspeaks.com) and Grief Speaks Facebook page. - Lisa Athan lists many resources for all types of grief and mental health issues.

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<https://www.mastersincounseling.org/loss-grief-bereavement.html>. -This link will take you to 115 helpful websites on grief and bereavement.

<https://abedformyheart.com> - Website and Facebook page.

<https://grasphelp.org> – Greif Recovery After a Substance Passing

[www.tomzuba.com](http://www.tomzuba.com) – Blogger, Author - “For 20+ years I have been learning to live life with the death of my 18-month-old daughter Erin in 1990, my 43-year-old wife Trici in 1999, and my 13-year-old son Rory in 2005.” -Tom

<http://www.griefshare.org> - Offers on line support, option for free daily encouragement email for a year. Thousands of support groups around the world.

<http://www.garyroe.com/please-be-patient-im-grieving/> - Website of author Gary Roe, chaplain and author of several books including Please Be Patient I’m Grieving.

<http://www.scribblesandcrumbs.com> - Website with wonderful writings on loss by Lexi Behrnt. Click on her blog under the writing tab and “The On Coming Alive Project” under projects tab. You can write about your own grief and you can see videos.

<http://www.theafterloss.com>

<https://www.compassionatefriends.org/home.aspx>

<http://www.drugfree.org> - Partnership for Drug Free Kids is a good addiction resource and includes a link for a memorial page for your loved one.

<http://www.whatsyourgrief.com/10-helpful-tips-talking-children-drug-related-death-loved-one/> - Tips on discussing overdose with children

## **Books – Available on Amazon**

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### **Dreamland** by Sam Quiones

National Book Critics Circle Award Winner. The True Tale of America’s Opiate Epidemic. G.A.P. Network Advisory Council Members, The Schoonovers, shared their story that has been included in the book.

**Surviving the Grief of an Overdose Death** -This is a booklet published by *What’s Your Grief* and is available through the G.A.P. Network by contacting Prevention Action Alliance.

### **Parenting While Grieving – A Survival Guide – by Whatsyourgrief.com**

The purpose of this 20-page booklet is to help **parents** with youth and **grandparents** who are dealing with their own grief balance their needs with the needs of the children in their care. This is available through the G.A.P. Network by contacting Prevention Action Alliance.

### **Beyond Tears: Living After Losing a Child** by Ellen Mitchell

This book follows nine mothers who have each lost a child. The mothers of Beyond Tears offer reassurance that the clouds of grief do lessen with time and that grieving parents will find a way to live, and even laugh again.

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**Life After Death, Rediscovering Life After the Loss of a Loved One** by Reverend Tony Cooke (Religious book)

**Rare Bird: A Memoir of Loss and Love** by Anna Whiston-Donaldson

This is a New York Times Bestseller on grief. (Religious Book)

**Passed and Present: Keeping Memories of Loved Ones Alive** by Allison Gilbert

One-of-a-kind guide for discovering creative and meaningful ways to keep the memory of loved ones alive. Inspiring and imaginative, this bona fide "how-to" manual teaches us how to remember those we miss most, no matter how long they've been gone.

**The Worst Loss: How Families Heal from the Death of a Child** by Barbara D. Rosof

**The Empty Room: Surviving the Loss of a Brother or Sister at Any Age** by Elizabeth DeVita-Raeburn

## *YouTube Videos*

(You can find these videos by typing the title of the video in the search bar on YouTube.com or the link listed)

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**Dr. Labor's Addiction 101** – Dr. Labor was a Keynote Speaker at G.A.P. Network Annual Summit. Presentation that breaks down the science into simple language to allow us to truly understand what our lost loved one endured. Dr. Labor is speaking on addiction and recovery from a medical standpoint and is a recovered addict herself so, she has a very unique perspective. <https://www.youtube.com/watch?v=u3YVTA-U2eg&t=3s>

**Julia Ellifritt LISW-S, Cornerstone of Hope – 4 Part Video Series Grief Seminar, Hosted by NPCUCC**

Julia has been a Keynote Speaker at The G.A.P. Network's Annual Summit in 2018

<https://www.youtube.com/watch?v=3RjrxMqKL3g> (1 Hour)

<https://www.youtube.com/watch?v=oJE8Bez9QdM> (1 Hour)

<https://www.youtube.com/watch?v=8UEN1kde2rl> (1 Hour)

<https://www.youtube.com/watch?v=LrIYpdJ1bHM> (45 min)

## *Grandparent Resources*

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<https://www.facebook.com/groups/GrandsUnited/> Grands United was formed for Grandparents and other family members or trying to gain guardianship of our grandchildren/child due to the disease of addiction affecting our family unit.

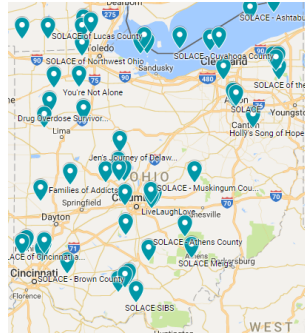
[https://ifs.ohio.gov/ocf/kinship\\_care.stm](https://ifs.ohio.gov/ocf/kinship_care.stm) - Kinship Permanency Incentive Program (KPI) - (KPI) program was created to support children in the homes of family or friends who have committed to caring for them when birth parents cannot. KPI provides time-limited incentive payments to families caring for their kin

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## Support Group Information

Contact the G.A.P. Network or go to our webpage for the interactive map of Ohio to find support groups that focus on overdose loss. These are not general grief and bereavement groups. They are specialized groups that are inclusive of all substance overdose loss families and community members.



<https://www.facebook.com/groups/TAPUnited.Survivors.of.Loss/>

[http://www.compassionatefriends.org/Find\\_Support/Online-Community/Online\\_Support.aspx](http://www.compassionatefriends.org/Find_Support/Online-Community/Online_Support.aspx)

<http://www.griefshare.org/findagroup> - This is a worldwide organization offering a 12-week program in small group settings for grief. It has a spiritual basis but is not sponsored by any one church. All are welcome whether they are active with their faith or not. The website directs people to plug in their zip code to find a group close to them. Columbus has several groups at any given time meeting at various churches.

<http://cornerstoneofhope.org> – **Cornerstone of Hope**- offers support groups quarterly throughout the year. All groups are open to all, regardless of ethnic, cultural and faith backgrounds. They are led by **professionally trained and experienced facilitators**. Each meeting is two hours long and includes a light dinner. Support groups are offered free of cost to participants. They also offer **Grief Camps for the youth** free of charge.

**“We are a community not by choice, but by circumstance.**

**We reach out to each other in support and understanding, with tolerance and patience.**

**We are a community; we do not grieve alone.”**

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