

# STUDENT SERVICES FOR TRAUMA, GRIEF & LOSS (TGL)



## TRAUMA AND YOUNG PEOPLE

Traumatic events can involve an actual death, other loss, serious injury, or threat to the well-being. These events could include natural or man-made disasters, such as interpersonal violence, car accidents, war, or pandemics. Children suffering from child traumatic stress have been exposed to one or more traumas. A child may directly experience or witness a traumatic event.

## GRIEF & LOSS & YOUNG PEOPLE

Loss is defined broadly. Children can lose parents through separation, deportation, death, and divorce, which may lead to other losses, such as changing schools or living with a different caregiver. Children also suffer from the loss of peers. Death accidents, suicide, and homicide are the three leading cause of death among teenagers.



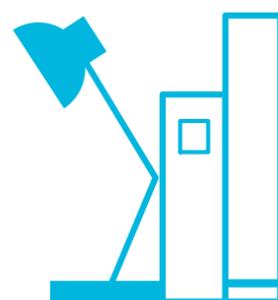
## DIFFICULTY ADDRESSING TGL

Unaddressed TGL can lead to health complications, high-risk behavior, and negative educational outcomes. Students may have difficulty accessing mental health services due to time, transport issues, cost, lack of mental health awareness, fear of stigmatization, digital divide, and language access barriers and cultural issues.



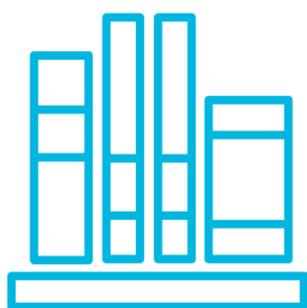
## SCHOOL-BASED TGL SERVICES

Children spend the majority of their lives at school, and are more likely to visit a school-based health clinic than a community health center or HMO. But most school counselors are not systematically trained, or designated to provide TGL resources for students. But most school counselors are not systematically trained, or designated to provide TGL resources for students.



## EVIDENCE: SCHOOL-BASED TGL SERVICES WORK

The San Francisco Wellness Initiative's TGL services in high schools reported that after participating in support groups with curriculum based on trauma-focused Cognitive Behavioral Therapy (CBT) and Seeking Safety therapy, students about the clinical range for PTSD was reduced from 92% to 44%.



## RECOMMENDATIONS

**Schools should provide funding and training for specialized TGL services for students, particularly those from vulnerable student populations. TGL services should be provided through a flexible model by school personnel or community partners, through individual and small-group sessions, and should collect and analyze data.**



**CHILDREN DESERVE TO THRIVE. SUPPORT SCHOOL-BASED SPECIALIZED TRAUMA, GRIEF & LOSS SERVICES FOR STUDENTS!**