

OASIS – teens’ haven 4 grieving heARTS Registration Form

Teen’s name and age _____

May we include your teen’s name, phone number, and address on the roster list that will be given to the other group members? Y____ N____

It is imperative that a teen who is exhibiting behaviors which may be harmful to him or herself or others be seen by a mental health professional before joining a grief group. The therapist will help determine when it would be appropriate for a teen to attend such a group. At that point, it may be advisable for the teen to attend the teen group while continuing to meet with the therapist. Does your teen exhibit any such behaviors?

Y____ N____ Please comment: _____

Attached to this form is a description of “Signs of Complicated Grief.” As you read the descriptions in relation to your teen, does he or she show any signs of complicated grief?

Y____ N____ Please comment: _____

There will be an optional adult group for guardians and parents of the teen occurring at the same time in a nearby space. Are you interested in attending?

Y____ N____ Names of other adults interested in attending: _____

Are there any additional concerns or needs for your teen you wish to comment on? _____

Parent/Guardian Signature: _____ Date: _____

Once we receive this application, if we haven’t met the teen before, we will contact you to arrange an initial one-on-one meeting. We look forward to working with your teen in the OASIS program!

Signs of Complicated Grief

During the first few months after a loss, many signs and symptoms of normal grief are the same as those of complicated grief. However, while normal grief symptoms gradually start to fade over time, those of complicated grief linger or get worse. Complicated grief is like being in an ongoing, heightened state of mourning that keeps you from healing.

Signs and symptoms of complicated grief may include:

- Intense sorrow and pain at the thought of your loved one
- Focus on little else but your loved one's death
- Extreme focus on reminders of the loved one or excessive avoidance of reminders
- Intense and persistent longing or pining for the deceased
- Problems accepting the death
- Numbness or detachment
- Bitterness about your loss
- Feeling that life holds no meaning or purpose
- Irritability or agitation
- Lack of trust in others
- Inability to enjoy life or think back on positive experiences with your loved one

When your teen should see a doctor

Call your doctor if your teen feels such profound disbelief, hopelessness or intense yearning for his or her loved one that your teen can't function in daily life, or if intense grief doesn't improve over time.

Specifically, your teen may benefit from professional help if, over time, he or she continues to:

- Have trouble carrying out normal routines
- Withdraw from social activities
- Experience depression or deep sadness
- Have thoughts of guilt or self-blame
- Believe that he did something wrong or could have prevented the death
- Have lost his sense of purpose in life
- Feel life isn't worth living without his loved one
- Wish he had died along with his loved one