

Roseville School Supports By School

Building	Staff	Title	Contact
Fairview	Amanda Loge	Social Worker	604-3808
	Jessica Mernin	Counselor	604-3802
Roseville High	John Kaiser (A-D)	Counselor	635-1677
	Melissa Stoessel (E-J)	Social Worker	604-1463
	Terry Johnson (K-M)	Counselor	635-1679
	Michele Edwards (N-Sla)	Counselor	604-1462
	Rebecca Suttan (Slb-Z)	Counselor	604-1483
	Judy Voight	Counselor	604-1488
	Emily Riebel	School Psych.	604-1468
	Paige Wallin-Lemke	School Psych.	635-1660 x1016
Roseville Middle	Amy Grengs	School Psych.	288-5006 x289
	Julie Gabos	Counselor	288-5003 x289
	Todd Richter	Counselor	288-5003 x289
Brimhall	Jenie Cirilli-Raether	School Psych.	638-1958
	Michael Stanefski	Social Worker	638-1958
Central Park	Michelle Wackman	School Psych.	481-9951
	Angela Feigal	Social Worker	481-9951
Edgerton	Sara Hallquist	School Psych	772-2565
	Carrie Walker	Social Worker	772-2565
Emmett Williams	Angie McIntyre	School Psych	482-8624
	Michael Stanefski	Social Worker	482-8624
Falcon Heights	Paige Wallin-Lemke	School Psych.	646-0021
	Carrier Walker	Social Worker	646-0021
Little Canada	Lisa Valerius	School Psych.	490-1353
	Tina Hogberg	Social Worker	490-1353
Parkview	Sarah Mulder	School Psych	487-4360
	Peggy McLafferty-Yares	Social Worker	487-4360

## Common Grief Reactions

### **A. Shock**

- A feeling of being stunned.
- The reality of your friend's accident/trauma hasn't "sunk in".  
"going through the motions"
- A feeling that your body is doing all the things it's supposed to and going everywhere it's supposed to, but your mind isn't with your body.
- Can last several hours, day or weeks.
- Body's way of "cushioning" the blow, so you don't deal with a whole flood of emotion at once.

### **B. Sadness**

- Feeling upset.
- Feeling badly that this has happened to self or other includes loneliness and missing the previous "state of being".
- Many people express feelings of sadness by crying. It's okay to cry. crying is a much needed release when you're grieving. People often feel better after crying, others never do cry.

### **C. Fear**

- Afraid things will never be right again.
- Afraid to leave friends or family because something may happen.
- Nightmares, fear to sleep alone or in the dark.
- Fear and associated behaviors are normal so long as they don't go on indefinitely.

### **D. Shame**

- May feel embarrassed because they have so many emotions at this time. They feel they don't have control over their emotions. Small things such as a location, a smell, a song may trigger emotional reactions.
- It's normal to experience a lot of strong emotions in the aftermath of a trauma, this is not something to be ashamed of, it's helpful, to be supported during emotional times.

### **E. Anger**

- Angry that the event has happened.
- Angry with God or the world because it wasn't fair.
- May not even realize angry, but feel irritable, cranky, get into fights with others, find that you have a short temper or fuse all of a sudden.
- It's okay to be angry. If you are angry it is understandable, but reactions which do not address why you are really angry (fighting, arguing with parents) will not do any good.

### **F. Guilt**

- The feeling that if you had done something differently, this would not have happened.
- Second guessing yourself is a common response.
- Try not to dwell on this too much, it focuses on the past and does not build on healing of the future.

### **G. Common Symptoms of Grief**

- sleep disturbance including nightmares
  - eating disturbance
  - fatigue
  - difficulty concentrating
  - irritability
  - not getting pleasure from things or not doing things you used to like to do
- \*any of these symptoms are normal, however, if you are unable to improve especially after a couple of weeks, tell an adult so they can help you or direct you to get help.

### **H. Ways of dealing with a traumatic event**

- Talk about the details; this helps you accept the reality of the event.
- Express your feelings; this helps you feel less alone and prevent getting bottled up.
- Spend some time with other and some time alone; balance is important.
- Be patient; everyone is different in how long it takes them to feel better.

**\*2003 University of Pittsburgh Medical Center, Western Psychiatric Institute and Clinic, Services for Teens at Risk (Star Center), Pittsburgh, PA 15213**

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**What you can do for yourself**

1. Eat well balanced meals, even if you don't feel like it.
2. Get plenty of rest.
3. Exercise regularly.
4. Avoid caffeine.
5. Avoid drugs, alcohol and prescription drugs which "numb" pain.
6. Structure your time and set priorities; try to maintain a routine.
7. Don't make any major life changes or decisions.
8. Do make as many small daily decisions as possible to increase sense of control.
9. Don't try to avoid or deny reoccurring thoughts or feelings about the incident.
10. Give yourself permission to feel rotten and to share your feelings with others.
11. Do things you enjoy; take mini-breaks.
12. Talk with people you trust - people do care.
13. Don't be afraid to set limits with others when you don't feel like talking.
14. Don't label yourself as "crazy", you are having normal reactions to this event.
15. Write down thoughts and feelings, especially when having difficulty with sleep.
16. Seek professional assistance especially if symptoms last more than several weeks.

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Community Supports

Center for Grief and Loss:

St. Paul

651-641-0177

[www.cg@griefloss.org](http://www.cg@griefloss.org)

Northwest Youth and Family Services

Shoreview

651-486-3808

[www.nyfs.org](http://www.nyfs.org)

Clues: Counseling for Latino Individuals/Families

St. Paul and Minneapolis Locations

651-379-4200 (St. Paul) and 612-746-3500 (Minneapolis)

[www.clues.org](http://www.clues.org)

African-American Family Services

St. Paul and Minneapolis Locations

651-642-0043 ext 2365 (St. Paul)

612-871-7878 (Minneapolis)

[www.aafs.net](http://www.aafs.net)