

# YOUNG PEOPLE, SUBSTANCE MISUSE and BEREAVEMENT

## **Session Purpose:**

Substance misuse may be a response to the stress and sadness of bereavement. Substance misuse may also complicate the grieving process. This training will explore the links between these two emotive topics and will include examination of the role of prescription medication. Emphasis will be placed on the responses of children and young people to grief.

## **Who Is The Session For?**

This training is designed for anybody working with families where substance misuse and loss are issues.

## **Seminar Objectives:**

- To increase understanding of the link between bereavement and substance misuse
- To increase awareness of the link between bereavement and substance misuse
- To increase understanding of the role that different substances may play at times of bereavement
- To develop at least two new methods to discuss substance misuse at times of bereavement

## **Who Will Facilitate Training:**

Mary Smeeth, Young People's Substance Misuse Training Officer. Mary has a BA in English and Education and an MA in Counselling. She has worked in the mental health field for eleven years. Her work has included bereavement support groups for children as well as in-home family therapy. She has taught parenting classes in the USA and the UK.

## **Date & Venue:**

Tuesday 9 June 2009 – Ipswich. Monday 8 March 2010 – Bury.

## **Cost & Times:**

Course is free of charge.  
9.00 am to 12.00 pm. Refreshments will be provided.

