Outcomes of using a service

Environments
- A shared experience with others in a similar situation
- A positive experience – a place to meet new people & have fun
- A place to explore and make choices
- A safe space to explore, express and communicate needs and feelings

Processes
- Helping children and young people identify and communicate with supportive family members or friends
- Supporting parents and carers to support their child as their needs and the illness changes
- Helping children and young people to understand what is happening with the illness and what will happen
- Helping children and young people to understand thoughts and feelings about the illness
- Reinforcing and teaching coping skills – giving ideas about how to deal with thoughts and feelings
- Giving opportunities to create memories with and of the person who is ill

Outcomes over time

- Has a sense of own growth
- Has a sense of mastery or control
- Has confidence about the future
- Has a sense of safety
- Adjusting well to a changed life (resilience)

Notes
- These outcomes are expressed as absolutes, but for an individual child we would be looking for movement towards these outcomes, eg is more able to recognise own feelings
- We don’t expect children to progress neatly from left to right. Over time, they may revisit their thoughts and feelings about the illness, eg needing new information to develop their narrative

www.childhoodbereavementnetwork.org.uk