



The Well-Wishers Foundation: You're Never Alone Bereavement Intervention Outline

Mission

Through the use of lifestyle coaching and specialized programs, we aim to give widowed individuals interpersonal support before, during, and after bereavement to alleviate the experience of depressive symptoms in elderly widows.

Philosophy

We believe that the elderly (especially elderly widows) are an overlooked population in terms of care for depression. Partnering with hospice organizations, we are able to cultivate spaces that allow individuals to share their experiences with one another and alleviate stress during painful times.

Objective

The primary purpose of these programs is to provide closure for the bereaved. We aim to normalize conversations about death and increase the overall well-being of our participants.

Programs

We use noninvasive techniques to help provide our participants with multiple techniques for reintegration into life after losing a spouse. An individual can apply for one or multiple programs. These programs are for both elderly widows and individuals who want to help a loved one who is widowed.

Service	Description
Lifestyle Coaching	In lifestyle coaching sessions methods such as behavioral self-monitoring (BSM) and motivational interviewing (MI) to aid in improving the mental well-being of the bereaved. During each session, there will be a check-in with the bereaved to gauge their

	<p>emotional well-being. Each meeting will have a different theme on how to deal with the death of a loved one. (If a participant is anticipating the death of a loved one, if able the loved one is also allowed to join sessions.) The primary goal of these sessions is to help the bereaved become accustomed to living differently whether that be living alone or adjusting to being independent after being a caregiver.</p>
<p>Buddy System</p>	<p>The buddy system will connect two widowed individuals. Each participant in this program will fill out a survey that will assess their personality and circumstance, they will then be matched accordingly to the most compatible individual. Each buddy will be given the other's contact information. The pair can be in contact with each other as much as needed. Monthly or bi-weekly there is an option for the buddies to meet with a coordinator with whom they will do a check-in and enrichment activities.</p>
<p>Support Groups</p>	<p>We provide a plethora of support groups. We have a general group for all who are able to attend. We also have many micro support groups based on religion, cultural background, age, and gender. Each support group will meet monthly in which each individual will be able to talk about their current situation like a round table talk. Each meeting will last around one hour and thirty minutes. The groups will also focus on facilitating related to healing from the loss of a loved one. In these spaces, the bereaved can talk about the relationships they had with their loved one (if comfortable) and share their healing process.</p>
<p>Workshops</p>	<p>Each month the Well-Wishers Foundation will host wellness workshops. Each workshop will focus on a different topic and aims to enrich the participants. These workshops are for both bereaved individuals and family members of widowed individuals.</p>

	<p>Topics include...</p> <ul style="list-style-type: none"> ● What is a good death? ● How personality type can affect mourning ● Effects of caregiving burden ● Interpersonal Relationships ● Funeral Finances
--	---

Program Guidelines:

- Lifestyle Coaching
 - Participants create a meeting schedule
 - Participants choose what the topic of each meeting will be
 - Bi-weekly meetings are preferred
 - Participants will be asked to fill out a 5-minute feedback survey after each session
- Buddy System
 - After filling out the initial survey expect a 2-4 week wait time on pairing notification
 - If a buddy does not respond within 7-15 business days they will be removed from the program
 - It is optional for buddies to meet with a coordinator (although it is preferred for further enrichment)
 - All buddies in the program will have bi-monthly meet-ups (optional)
- Support Groups
 - 10-15 people will be in each group
 - The groups will be facilitated by one mediator
 - Meetings last for 90-minutes
 - Each individual was given 5 minutes to speak at the beginning of the session
 - Meetings will always
- Workshops
 - Workshops are 60 minutes long
 - They will be lectures or interactive
 - Participants must sign-up for workshops

Contact Information:

- Email: wellwishersfoundation@gmail.com

To sign-up for a program or workshop call 879-982-2929 or email us