



<https://island.upopolis.com>

UPOPOLIS GRIEF ISLAND IS A SPACE FOR YOUTH TO CONNECT ONLINE.

Grief Island is an online private group within Upopolis for youth ages 10 - 18 who have experienced the death of someone in their life. Research shows that 1 in 14 youth will experience the death of a close family member by 18 years of age. Grief Island can function as an added layer of support for youth who have already attended a support group or serve as a stand-alone resource for youth experiencing common grief reactions.

Upopolis Grief Island provides:

- A sense of belonging to a safe, secure, private online community so youth can connect with other youth and professionals while navigating grief
- Age-appropriate information designed to help youth understand their grief
- Affirmation via shared experiences with peers
- Easily accessible content that offer tips, activities and resources to help youth cope with the feelings and experiences associated with grief and loss

WHAT ARE THE BENEFITS OF GRIEF ISLAND?

- Monitored daily by a certified child life specialist, a professional with experience and education in pediatric and adolescent grief and bereavement, and the effects on the family
- Fully accessible on any device with internet or data access
- Offers the opportunity to seek out trusted, vetted resources specific to the youth's experience
- Provides an opportunity to directly connect with others who are grieving; sharing experiences helps youth process their own feelings and provides them with a sense of control as they support others
- Opportunity to ask a child life specialist questions related to their experience
- Access to monthly programming and group sessions at no-charge



Visit the Island!



EXPERIENCES OF YOUTH WHO ARE GRIEVING

Feeling peers or those around them don't understand what they are going through.

Possible feelings of isolation, loneliness, sadness, guilt, anger and/or fear.

Experiencing the death of someone they know possibly for the first time; wondering how to deal with the grieving process.

Barriers to accessing support.

Loss of control over different aspects of their lives.

GRIEF ISLAND BENEFITS

The grief island connects youth going through similar experiences.

Youth can write their own posts and blogs, ask questions, and live chat/private message other youth on our site.

Age-appropriate and vetted information is available for youth to learn more about their own grief journey.

The grief island offers free virtual grief support groups and workshops.

Participation is open-ended, which may offer the user some autonomy in the duration of time they wish to access the platform for support.

OUTCOMES

Youth may feel less isolated and more empowered by connecting with others who are also grieving.

Youth can share experiences, helping them to realize their feelings are understood and valid.

Giving youth access to information and resources about grief can help to foster resilience and a better understanding of death

Connection to peer support, resources, and professionals.

The opportunity to access grief support in a way that meets their needs best and gives them back a sense of control.

EQUAL OPPORTUNITY

Social support can influence outcomes for youth by addressing isolation, promoting a positive outlook, and helping to reinforce learning. Upopolis and the Grief Island removes barriers that limit involvement due to location by providing access to a peer support network that is entirely online.

OUTREACH

The Upopolis Grief Island is a therapeutic modality. Professionals and organizations can offer this platform as a resource to their clients to further support coping. They can also implement it in their practice, allowing them to support their in-person and remote clients in a new way.

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