



**TAPS<sup>®</sup>**

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

# Postvention Bereavement

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# TAPS

The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. **TAPS has assisted more than 90,000 surviving family members, casualty officers, and caregivers.**



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# TAPS Core Services

- Long term outreach services by trained peer professionals
- Healing seminars, retreats, expeditions, one-day events
- Good Grief Camps with Military Mentors
- Peer Mentoring program
- Online Community
- TAPS Institute for Hope and Healing



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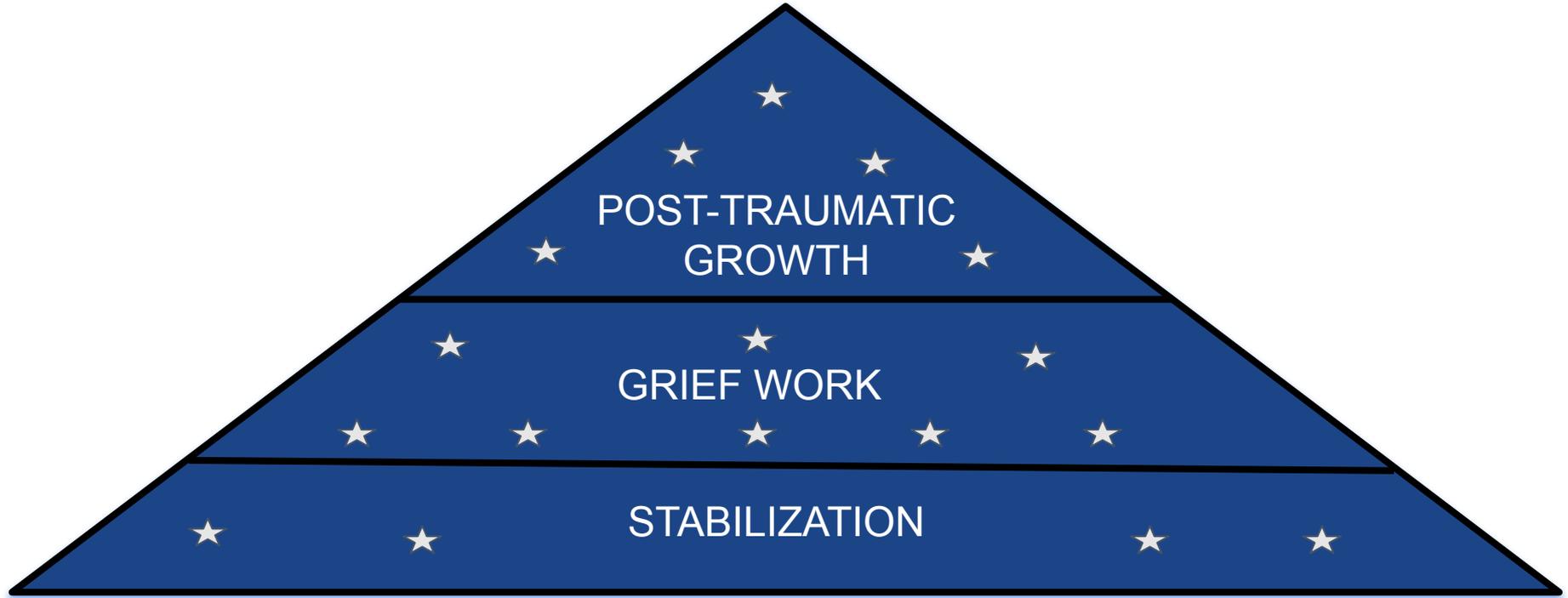
# Responding to the need

- COVID grief and similarity to suicide
- Changing resources and risk
- Moving from grief to growth



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# TAPS 3-Phase Postvention Model



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# Phase 1: Stabilization

## 3 Key Tasks:

1. Assess and refer for any ***suicide risk***
2. Assess and refer for any ***clinical treatment*** needs (i.e. trauma, etc.)
3. Assess suicide-specific issues and address with ***peer support*** (grief-blocking emotions)





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# Phase 3: Posttraumatic Growth

## 3 Key Tasks:

1. Help survivors find ways to make *meaning* from their loss
2. Help survivors tell their *stories* (if only privately) in a way that restores hope
3. Help survivors *live their own lives in a more connected, intentional way*

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# Connect to TAPS

24/7 Helpline 1-800-959-8277

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

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