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.**
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
Responding to the need

• COVID grief and similarity to suicide
• Changing resources and risk
• Moving from grief to growth
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)
Phase 2: Griefwork

3 Key Tasks:

1. Help survivors find a *grief rhythm*

2. Shift focus from how one died to *how one lived*

3. Build a different relationship with deceased (if desired)
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**
Connect to TAPS

24/7 Helpline 1-800-959-8277

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