

LaGrange Outpatient

2155 N STATE ROAD 9 LAGRANGE, IN 46761

WWW.NEC.ORG T: 260-463-7144 F: 260-463-7146

Upcoming Events

August 1

International Forgiveness Day

August 30

Grief Awareness Day

Things are looking bright!



In July, we challenged our staff and clients to come up with ways that help them see the sunny days and write them on a pair of paper sunglasses as inspiration and reminders for others. We collected quite an array of ideas and ways to help keep us from becoming an ostrich, and instead staying balanced like a flamingo. We want to say a cheerful THANK YOU to each one of you who contributed and participated. We encourage you to keep going, and find new ways to keep seeing the bright side.

BACK TO SCHOOL

It is time to return to school.

Lakeland schools return **Tuesday, August 10th**

Westview schools return **Wednesday, August 11th**

Prairie Heights schools return **Wednesday, August 11th**

WE ARE HERE FOR YOU!

We provide a person-centered plan of services to help meet your needs, for persons of all ages and circumstances.

We are accepting new clients.

WALK-IN INTAKE HOURS

Monday 8:00am - 5:00pm

Thursday 8:00am - 2:30pm

OFFICE HOURS

Monday ~ 8:00am - 7:00pm

Tuesday ~ 8:00am - 7:00pm

Wednesday ~ 8:00am - 5:00pm

Thursday ~ 8:00am - 5:00pm

Friday ~ 8:00am - 5:00pm

We also offer our Emergency Services Hotline 24/7

1-800-790-0118



GRIEF AWARENESS DAY

National Grief Awareness Day, August 30, was founded 2014 with hopes to encourage open communication on loss and bereavement and better inform the public on the facts of grief.

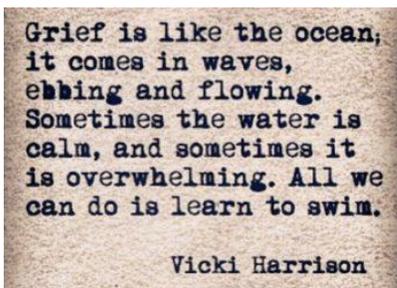
TYPES OF GRIEF/ LOSS

While we often think of grieving in terms of the passing away of a friend or loved one, grief and loss is not just limited to missing a person. There are many different ways a person can feel grief and/or loss:

- Death of a loved one
- Divorce or separation
- Imprisonment
- Personal injury or illness (loss of health)
- Loss of employment
- Miscarriage
- Loss of income
- Loss of housing
- Loss of routine with job/school schedules
- Loss of community due to move.

GRIEF CAN BE COMPLICATED

There is no one-way, or right or wrong way, to feel a loss or grief. There are many complex emotions connected, and you can often deal with multiple types of grief at one time. Symptoms of grief vary and can occur before, during, or long after a loss, or a series of losses.



Vicki Harrison

USURNSONLINE.COM

TYPES OF GRIEF:

THE 16 WAYS PEOPLE GRIEVE

1. **NORMAL GRIEF** - *The emotional distress that accompanies a trauma, such as death or other loss*
2. **COMPLICATED GRIEF** - *The type of grief that worsens over time*
3. **TRAUMATIC GRIEF** - *The grief that you feel after the sudden or unexpected loss of a loved one*
4. **CHRONIC GRIEF** - *A grief that does not subside*
5. **ANTICIPATORY GRIEF** - *The grief you feel when you are waiting for your loved one to pass*
6. **DISENFRANCHISED GRIEF** - *Deep grief you feel over the loss of a relationship that is outside the typical family structure or other recognized relationships*
7. **DISTORTED GRIEF** - *May give you feelings of guilt and anger*
8. **EXAGGERATED GRIEF** - *Start out as normal grief but grow with intensity as time passes*
9. **MASKED GRIEF** - *When experienced, you may not even be aware that symptoms such as anger or impulsive behavior are related to a loss*
10. **INHIBITED GRIEF** - *Can manifest in the form of chronic headaches, stomach pains, or even muscle and body aches*
11. **COLLECTIVE GRIEF** - *When grief affects a whole community, city, country, or even the world*
12. **CUMULATIVE GRIEF** - *When a current loss may dredge up feelings of a loss you have suffered in the past*
13. **PROLONGED GRIEF** - *When normal grief lasts for 12 months or longer*
14. **ABBREVIATED GRIEF** - *A short lived but bona fide grief*
15. **DELAYED GRIEF** - *When your grief may be postponed for a matter of weeks, months and sometimes years*
16. **ABSENT GRIEF** - *Where you may show few or no signs of grieving*

INTERNATIONAL FORGIVENESS DAY

There are several versions of forgiveness day throughout the world and calendar, mostly created by religious groups with specific themes. International Forgiveness Day is on August 1, or also the first Sunday of August. It was created by the World Forgiveness Alliance, to be a day "dedicated to evoking the healing power of forgiveness worldwide", as stated their founder Robert W. Plath.

There is the age-old saying, "forgive and forget". However, that is often much easier said than done. Forgiveness is a process and can be complicated. According to www.psychologytoday.com, here are some things to know and/or remember about forgiveness:

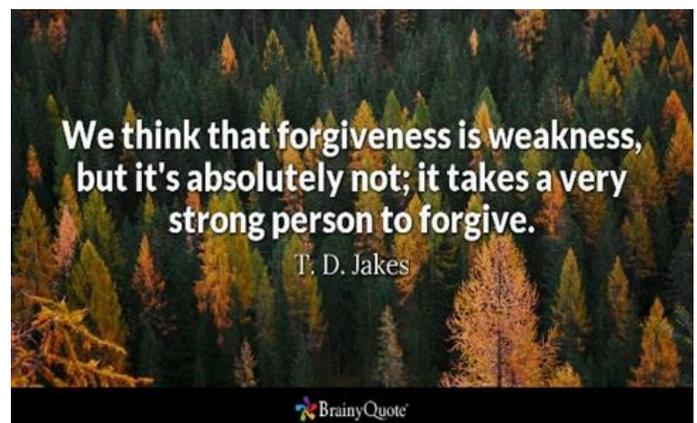
- Forgiveness does not mean you are pardoning or excusing the other person's actions.
- Forgiveness does not mean you need to tell the person that he or she is forgiven.
- Forgiveness does not mean you should not have any more feelings about the situation.
- Forgiveness does not mean there is nothing further to work out in the relationship or that everything is okay now.
- Forgiveness does not mean you should forget the incident ever happened.
- Forgiveness does not mean you have to continue to include the person in your life.
- Forgiveness is not something you do for the other person.

CHOOSING FORGIVENESS

Making the decision to forgive can be one of the most important, powerful, and yet difficult decisions a person ever makes. It also is entirely yours to give; only you can decide who and when to give forgiveness. If you find that you have forgiveness to give, www.psychologytoday.com has some simple steps to follow to help you along.

"Think about the incident that angered you. Accept that it happened. Accept how you felt about it and how it made you react. In order to forgive, you need to acknowledge the reality of what occurred and how you were affected."

1. **Acknowledge the growth you experienced as a result of what happened.** *What did it make you learn about yourself, or about your needs and boundaries? Not only did you survive the incident, perhaps you grew from it.*
2. **Now think about the other person.** *He or she is flawed because all human beings are flawed. He or she acted from limited beliefs and a skewed frame of reference because sometimes we all act from our limited beliefs and skewed frames of reference. When you were hurt, the other person was trying to have a need met. What do you think this need was and why did the person go about it in such a hurtful way?*
3. **Finally, decide whether or not you want to tell the other person that you have forgiven him or her.** *If you decide not to express forgiveness directly, then do it on your own. Say the words, "I forgive you," aloud and then add as much explanation as you feel is merited.*



STAFF Spotlight



HEIDI MILLER

NEC LaGrange Outpatient
Student Intern

Grief. Transition. Loss. I think we have each experienced these things, but how often do we associate them with negative feelings or experiences? Can't each of these also be tied to positive feelings or experiences? I am a MSW intern here at the Northeastern Center, and I currently am experiencing each of these. My internship is coming to an end, and there are feelings of loss and grief involved. Don't get me wrong - these feelings are not fun, but they also include some positive feelings too. There is excitement in transition, happiness in knowing a job well done and completed, faith in thinking that what lies ahead is so much greater than what I've already experienced. Grief, transition, and loss are hard. Remember that with change is growth. When faced with challenges, we grow through them. I encourage everyone to find excitement in transitions and new beginnings. It is true that where one road ends, another begins. The new road might be the best of your life!

LET'S GET CONNECTED

LIKE US ON FACEBOOK

We are on Facebook. Like our page and get access to current and upcoming promotions, office and community events, and helpful information and resources.

NEWSLETTER MAILING LIST

Did you enjoy reading this newsletter? Are you or someone you know interested in receiving future editions of our newsletter? Just call or stop by our office and we will gladly add you to our monthly subscription list. You can also view our digital versions by going onto our newly updated website at <https://www.nec.org/news/newsletters/> and viewing our current edition.