

Greetings,

On behalf of the staff at Solace House, we are so sorry for the loss that has led you to us. We hope that your decision to contact us regarding our Grief Support Programs will prove to be initial steps in allowing us the opportunity to explore together your grief by providing:

- A caring community for adults and children to assist in the healing process
- Support to gain the strength to carry on
- A look at changes that have occurred and how to adapt
- Strategies for coping, connecting, communicating, memorializing, and healing
- A safe environment to explore your strong emotional reactions to your loss



To begin services with us, we invite you to an orientation. Any members of your family are welcome to visit Solace House at the initial appointment, where the orientation will take place. We especially encourage all individuals or family members, including children and teens, who would like to participate in our services to attend. During this visit, we will do our best to make you feel comfortable in our environment and feel well-informed of the services provided by Solace House.

Your initial appointment will include:

1. A tour of our facility
2. An overview of our services
3. Completion of paperwork necessary for participation
4. An opportunity to ask questions, talk about your loss, and familiarize us with your concerns, fears, and hopes
5. The opportunity to decide if the time is right to begin with our services
6. Recommendations for alternative support services if Solace House is not the right step at this time

Please feel free to call or email us at 913-341-0318/ shmail@kchospice.org with any questions you have. We look forward to helping you discover the benefits of participation in the programs of Solace House.

We believe everyone has the capacity to heal!

With Warmest Regards,

Lisa & Catie
Solace House Staff

Who can participate in the Solace House programs?

Solace House programs are open to families and friends who have experienced death-related losses. Services are for persons ages 3 through adult. At group, youth are separated into appropriate age groups while adults are placed in groups with similar types of loss.

How does my family get involved?

1. Call to initiate services at 913-341-0318 or email us at shmail@kchospice.org
2. Complete initial paperwork
3. Schedule an orientation
4. If the time is right to begin our services, you will be placed into a support group and/or assigned to a therapist
5. Ask about additional resources to assist you and your family

How soon can my family participate following our loved one's death?

- It is best to wait at least a couple of weeks before starting services; during the time in which you are beginning to return to daily activities.
- Every death-related situation is unique for each individual or family. If you feel you or your family need additional support, we encourage individuals and families to contact Solace House at any point *following* a loved one's death.
- Respectfully, Solace House is not always appropriate for everyone. In the event that this is not right for you currently, we will make every attempt to identify alternative support.

What happens during the intake/orientation session?

- The session is informal and will last approximately 45 minutes.
- Orientation to the services that Solace House offers and a tour
- Opportunity to ask questions
- Staff will learn about your unique experience to better guide you to services that fit your needs.

How long before I/we are placed in the program?

If appropriate, we hope you can start with our programs soon. Several factors affect the placement and acceptance process:

- Current openings in the existing programs
- A family's availability to commit and participate on certain nights and times
- How appropriate our services are for the needs of a family or individual

What if I need additional help?

Solace House services include:

- Family Grief Support
- Individual Grief Support
- Adolescent & Child Grief Support
- Peer Support Groups for Youth & Adults

Solace House staff will also make referrals to outside mental health professionals.

How long can I participate?

Solace House recognizes the uniqueness of the grief journey for every individual participant. Families are welcome to participate in the Solace House group programs and additional clinical services as long as is deemed beneficial. This length of time will be different for every individual or family.

How much does the service cost?

Solace House is a non-profit charity organization; therefore, we rely heavily on donations and grants to help fund our program. There is a moderate fee per grief counseling session. There is no fee required for participation in grief support groups, however Solace House welcomes donations. We don't want finances to inhibit support.

