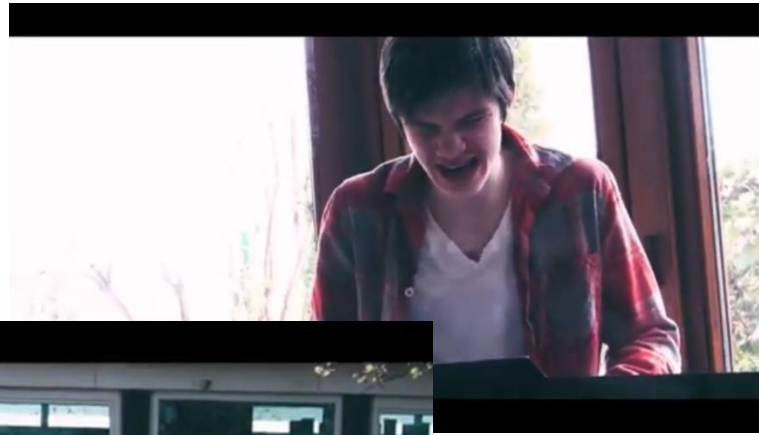


# Unplanned Farewells



This song is dedicated to all of the students, parents, and anyone else who has been affected by the virus.

*Eric Hein*

<https://m.youtube.com/watch?feature=youtu.be&v=6pMLqJpbCbl>



# Unplanned Farewells



While you wait for class to start:

1. Use the chatroom to answer 1 of these questions:

- If you are a child, name 3 things that changed during COVID
- If you are a teen, how does COVID change your future?
- If you are an adult, what are your concerns?

2. Download the handouts attached.

**3. Send a private message w/ your name & email for a certificate.**

- If this is your first Volunteer Academy class, then send your mailing address to get a Volunteer Academy Journal.
- [Rebecca.a.powell16.civ@mail.mil](mailto:Rebecca.a.powell16.civ@mail.mil)





# Volunteer Academy Unplanned Farewells

Installation Management Command integrates and delivers base support to enable readiness for a globally-responsive Army

**We are the Army's Home**  
Serving the Rugged Professional  
[Rebecca.a.powell16.civ@mail.mil](mailto:Rebecca.a.powell16.civ@mail.mil)

# Administrative Information

**SAFETY REQUIREMENTS:** No food or drink is allowed near or around electrical equipment (CPU, file servers, printers, projectors, etc.) due to possible electrical shock or damage to equipment. Exercise care in personal movement in and through such areas. Avoid all electrical cords and associated wiring. In the event of an electrical storm, you will be instructed to power down equipment. Everyone is responsible for safety.

**RISK ASSESSMENT LEVEL:** LOW

**ENVIRONMENTAL CONSIDERATIONS:** Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects.

**EVALUATION:** The student is required to fully engage in lesson by applying critical and creative thinking throughout the lesson as well as completing all assignments.



# Terminal Learning Objective

**ACTION:** Create local chapel relationships and plans for Unplanned Farewells in chapel congregations.

**CONDITIONS:** In a video classroom environment, given access to AR 165-1, scriptures, and civilian church resources on trauma and transitions.

**STANDARD:**

- Review Unplanned Farewell characteristics
- Describe what teens/children experience in Farewells
- Elaborate what can be done to support children/teens/families during Unplanned Farewells



**Send your activity & mailing address to [Rebecca.a.powell16.civ@mail.mil](mailto:Rebecca.a.powell16.civ@mail.mil)**





# Contacts



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## **Religious Education Program Director– Dr Grace Yeuell**

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# WHAT IS AN UNPLANNED FAREWELL?

TRANSITION MODEL	Involvement	Leaving	Transition	Entering	Re-Engagement
<b>Social Status</b>	<p><u>Belonging</u> Part of "in" group Reputation Position Known Friends – confide, listen</p>	<p><u>Separating</u> Closure Recognition / Attention Farewells / Celebration Withdrawal / Exclusion</p>	<p><u>Unknown</u> Statusless Structureless Clueless Special knowledge without use</p>	<p><u>Marginal</u> Superficiality Tentative Acceptance Uncertain of placement and use Misinterpret behavior / signals Temporary relationships Searching "mentors"</p>	<p><u>Belonging</u> Part of "in" group Reputation Position Known Friends – confide, listen</p>
<b>Social Posture</b>	<p><u>Commitment</u> Responsive Responsible Friend</p>	<p><u>Disengaging</u> Relinquish Roles Distance Criticism Loosen ties / conflict New relationships Closure *RAFT</p>	<p><u>Chaos</u> Exaggerated problems Misunderstanding / Ambiguity Self Centered Isolation Must initiate relationships</p>	<p><u>Introducing</u> Marginal Observing Risk Taking Errors in response Exaggerated behavior Searching for "mentor" Trust issues</p>	<p><u>Commitment</u> Responsive Responsible Friend</p>
<b>Psychological Experience</b>	<p><u>Intimacy</u> Affirmed Secure Safe</p>	<p><u>Denial</u> Rejection Resentment Grief / Sadness Expectations</p>	<p><u>Anxiety</u> Loss of self esteem Loss of continuity with past (sacred objects) in present (schedule, job description, duties, care)  Grief Disappointment</p>	<p><u>Vulnerable</u> Easily offended Fearful Ambivalent Psychosomatic problems Depression</p>	<p><u>Intimacy</u> Affirmed Secure Safe</p>
<b>Time</b>	Present	Future/ Temporary	Future	Temporary / Present	Present

Transitions Model – See **THIRD CULTURE KIDS** by Ruth van Reken & David Pollock



# WHAT IS AN UNPLANNED FAREWELL?

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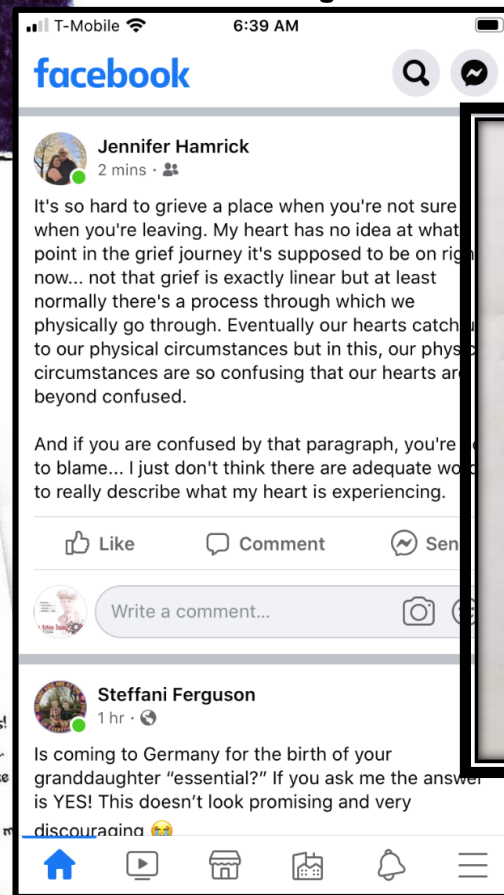


# Unplanned Farewells & Fictive Kin



# Unplanned Farewell Experience

I have always believed that God prepares us for the next event. I believe that the years that your mother and I were unable to attend church and social events prepared me for this quarantine. I supplement by lack of socialization with the use of the telephone, computer and drive in restaurants. I have a number of people that I give a call on a weekly basis. I will talk to some of these folks for an hour. I am very happy that my church has developed the use of the computer.



# WHAT CAN BE DONE IN....

## Unplanned Farewells?

### Caring for Children in Unplanned Relocations

*By Dr. Rebecca A. Powell*

Alexandra's is a story of unplanned relocation and extended transition. Our family lived in suitcases from when she was six and a half until her eighth birthday. In Lithuania, and now in Germany, my husband and I have recreated our careers and replanted our home.





# WHAT CAN BE DONE IN....

## Unplanned Farewells?

### Grieving

- Name the losses

### Permitting Pain

### Communicating

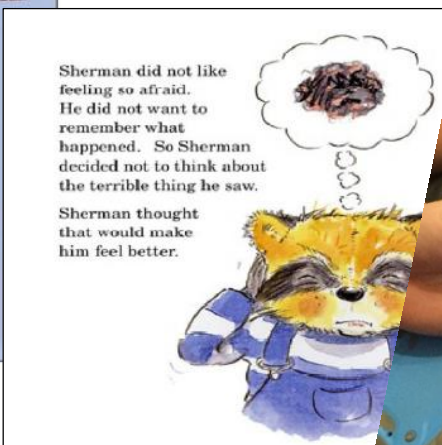
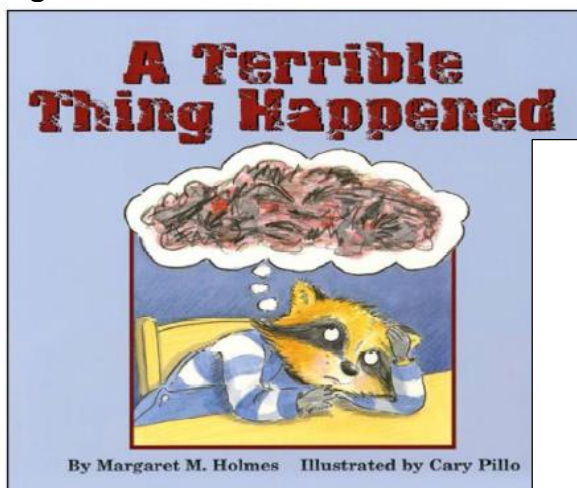
### Self-Care

### Comforting

### Normalizing

### Dreaming

### Remembering



Celebrate what you can, when you can, how you can

Intentionality walking through the pain while looking for possibilities

But no platitudes:

- It might be fine one day, but it might not feel fine for a long time.
- We don't know WHY, and we might never know WHY. Somehow we must move forward without the why.

WHAT CAN BE DONE IN....

# Unplanned Farewells?



Reconcile  
Affirm  
Farwell

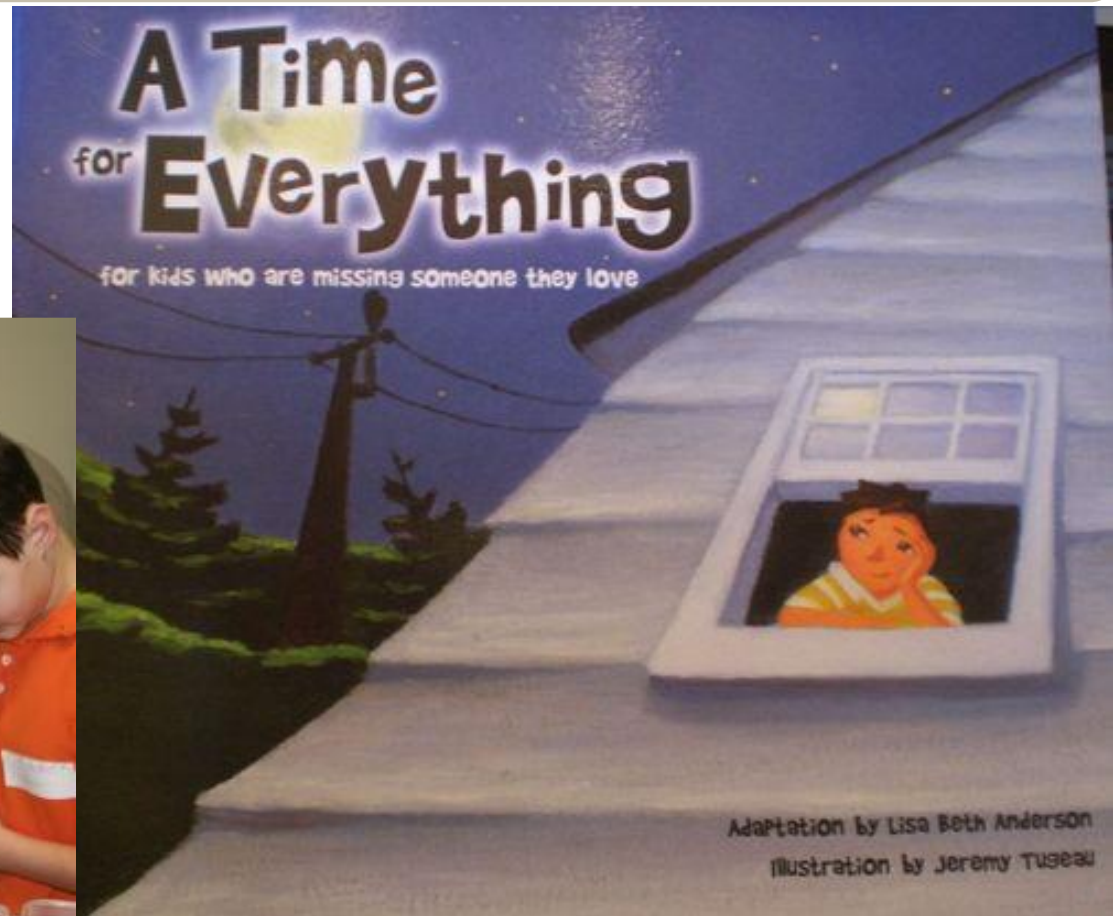
Think about the Future

# Preparations for Unplanned Farewells





# A Time for Everything



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# Toxic Positivity

## Don't Skip the Pain

### WHEN IS POSITIVITY "TOXIC"?

We have certain behaviors that could be accounted as "toxic positivity" whether it's in ourselves or when talking to others:

- Hiding what we really feel
- Dismissing our emotions
- Feeling guilty for the negative emotions we feel
- Minimizing other people's experience by saying "don't think about it!"
- Showing others different perspectives (i.e. "it's not that bad.")
- Shaming other people for feeling negative emotions

TANGLAW MENTAL HEALTH

TANGLAW MENTAL HEALTH

### INSTEAD OF...

### SAY...

- |                                      |  |
|--------------------------------------|--|
| • "Everything happens for a reason." | • "It's okay to feel bad sometimes."   |
| • "Failure is not an option."        | • "Failure is part of growth."   |
| • "It could be worse."               | • "Sometimes we experience bad things. How can I support you?"                                     |
| • "Always look at the bright side!"  | • "It can be difficult to see the good in this situation, but we'll make sense of it when we can." |

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# Scaffolding in Unplanned Farewells

## Flourishing from Scaffolding



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# WHAT IS AN UNPLANNED FAREWELL?

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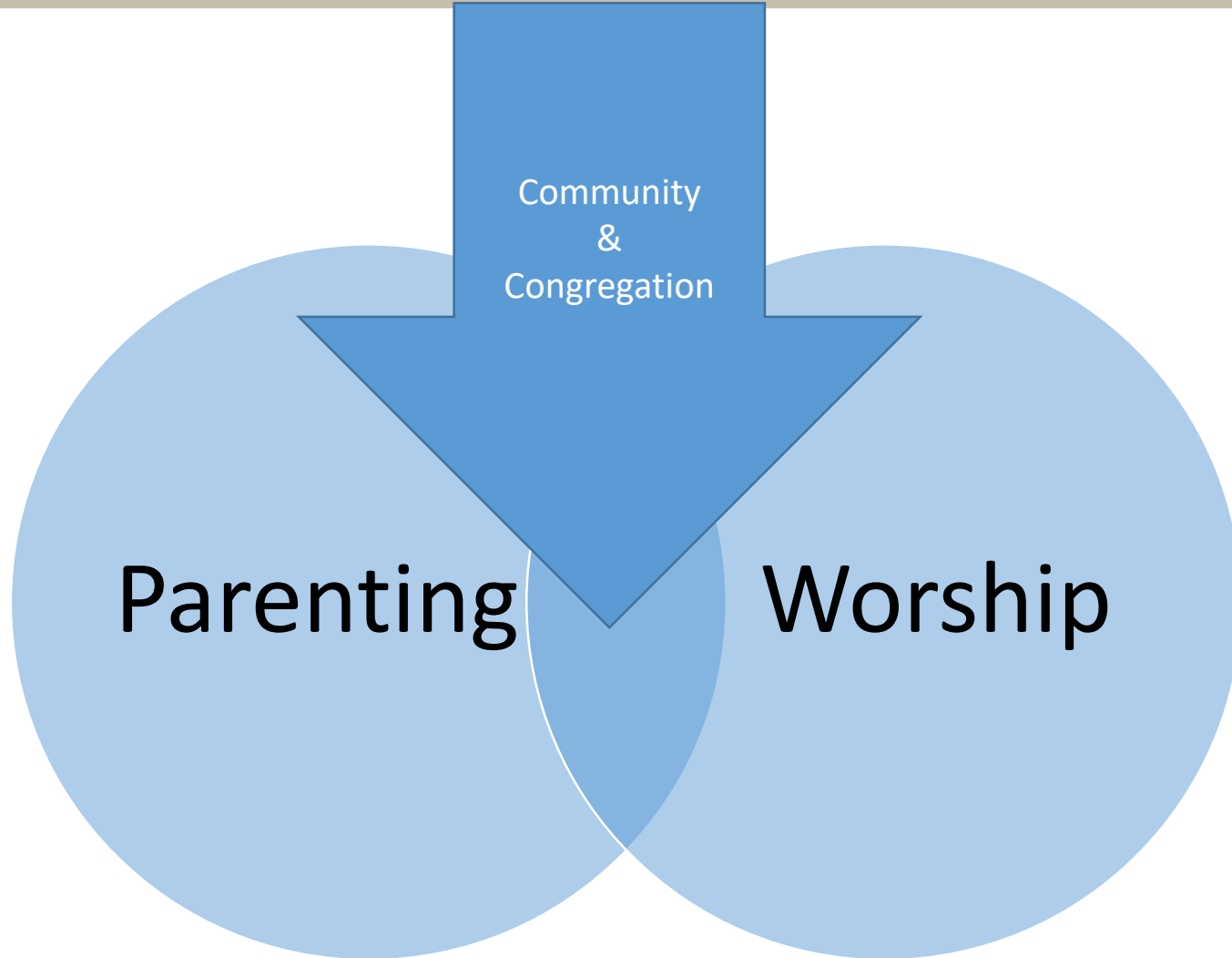
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# Unplanned Farewells in Context



# Terminal Learning Objective

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## Activity Choices for an extra 1/2 CLP:



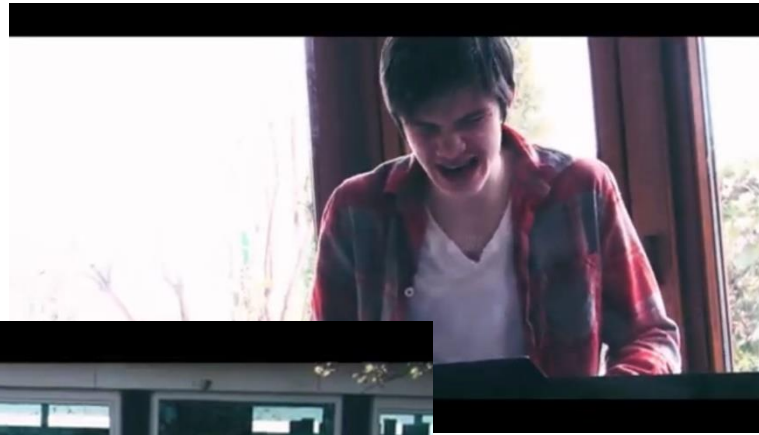
1. Read/watch 1 publication from the Bibliography. Email Dr Powell answering the following questions. How is this like yours in COVID-19? What is different? What makes this helpful?
2. Make a Sense Box; send photos/notes of why you chose each.
3. Journal for 7 days using your religion's scriptures/stories. (ex. Exodus, Acts). Write/draw the struggle of those people. What would their story look like if it happened here and now? Write your feelings as they relate to this story & COVID.
4. Try informal art/music therapy like Eric. Create visually/musically the your Unplanned Farewell experience.

[usachctraining.army.mil/religious-education](https://usachctraining.army.mil/religious-education)

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