# **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=6pMLqJpbCbI



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# **Unplanned Farewells**

OLUNTEER CADEMY

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







# 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

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## **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





29 April 2020

## Contacts





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## WHAT IS AN UNPLANNED FAREWELL?

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

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



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## WHAT IS AN UNPLANNED FAREWELL?

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## **Unplanned Farewells & Fictive Kin**



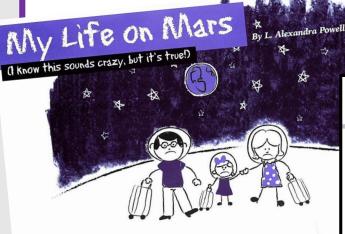


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29 April 2020

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 guarantine. 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.

# **Unplanned Farewell**



My name is Alexandra Powell. I am nine years old. This is the story

of how I went to Lithuania. Until I was six and a half, my parents were pastors at a small church near San Antonio, Texas. The day that everything happened, everything was normal until my parents picked me up from school, and my family and I went to a hospital. Only my dad went in. My mom and I stayed outside so my mom could make important phone calls while I made fake fire ant hills. I did not want to listen in on the conversation, but I heard enough to tell me that a man had a mental problem and had made a death

threat. My dad had turned him in to the police, so he was angry with us and we had to leave. That night was the last night that I was ever

We stayed at relatives' or friends' houses from April to September! Finally, my parents found volunteering jobs in Lithuania. We left for in that house. Lithuania with six suitcases, three carry-ons, and three personal itemst But we traveled a lot outside Lithuania because I didn't have a visa.

Now I am in Germany. I left Lithuania nearly two years ago. Those That is how and why I went to Lithuania and some things about m times were hard, but I survived.

∼aw∼ Alexandra Powell is a TCK who has lived in 5 houses and visited 23 countriliving there.



## Experience 6:39 AM

🖬 T-Mobile 奈 facebook

Jennifer Hamrick



2 mins · 👪 It's so hard to grieve a place when you're not sure when you're leaving. My heart has no idea at what point in the grief journey it's supposed to be on rid now... not that grief is exactly linear but at least normally there's a process through which we

physically go through. Eventually our hearts catch to our physical circumstances but in this, our physical circumstances are so confusing that our hearts ar beyond confused.

And if you are confused by that paragraph, you're to blame... I just don't think there are adequate wo to really describe what my heart is experiencing.

🖒 Like	♥ Comment	🔗 Se
Write a	Ō'	

Steffani Ferguson 1 hr · 🚱

Among Work

Is coming to Germany for the birth of your granddaughter "essential?" If you ask me the answe is YES! This doesn't look promising and very







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# 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.

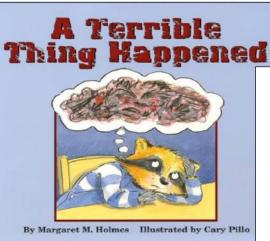


# WHAT CAN BE DONE IN.... Unplanned Farewells?

- Name the losses

Grieving

Permitting Pain Communicating Self-Care Comforting Normalizing Dreaming Remembering



Sherman did not like feeling so afraid. He did not want to remember what happened. So Sherman decided not to think about the terrible thing he saw.

Sherman thought that would make him feel better.

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



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### **Preparations for Unplanned Farewells**





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## **A Time for Everything**





Adaptation by Lisa Beth Anderson Illustration by Jeremy Tugeau

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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...

- "Everything happens for "It's okay to feel bad a reason."
- "Failure is not an option."
   "Failure is part of growth."
- "It could be worse."

**SAY...** 

- sometimes."
- - "Sometimes we experience bad things. How can I support you?"
- "Always look at the bright
   "It can be difficult to see side!"
- 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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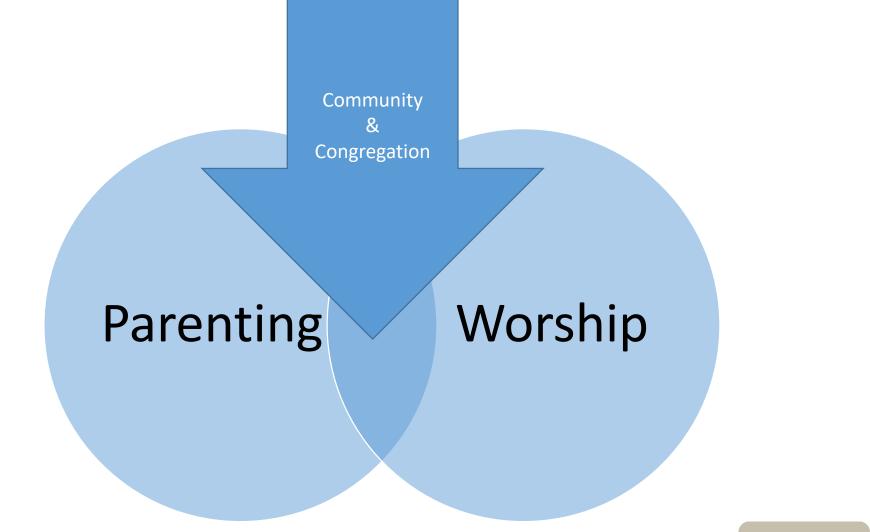
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## **Unplanned Farewells in Context**





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

 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.
- 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.

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