

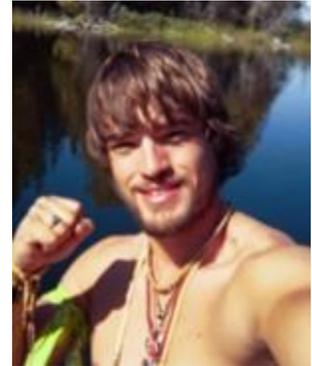
# Missing a Loved One: A Parent's Perspective

Written by: Maureen Trask



Maureen's son, [Daniel Robert Trask](#) has been missing in Temagami, Ontario since November 3<sup>rd</sup>, 2011. Despite numerous searches, Daniel remains missing.

Maureen wrote the following to share her personal experiences about her journey to date after attending a workshop for families of missing adults on April 26 & 27, 2012, hosted by Ontario's Missing Adults.



## **M**aintain balance in your life.

- This is easier said than done, but do lean on those around you; do stay connected; do share your feelings with your partner; do nurture your relationships; stay healthy (reduce stress, eat well, get sleep) and do something nice just for you.

## **I**nvolve others.

- We are not alone. Start with the investigation; establish a relationship with the investigator assigned. Understanding family members need to take the initiative to ask for the [CPIC](#) number; a copy of the police report; status of the investigation and we may need to do this on a regular basis. Try to connect with other families who have a missing adult. Seek out community support groups for the missing, or start one if none exist.

## **S**omeone somewhere knows something.

- Be persistent, leave no stone unturned, as every contact leaves a trace. Working with the media can be a helpful tool in our search, and the booklet "[If the Media Calls](#)" from [Canadian Resource Centre for Victims of Crime](#) provides great information. Working with the Police is also key, maintain positive relations.

## **S**tay focused on the facts; trust your gut instincts.

- You are the best source of your approach and search plans. Lots of well-intentioned people will want to direct you, but you need to filter this by deciding what is best for your loved one and you. If it becomes political, go back to the facts.

## **I**ncrease awareness of your missing loved one.

- Utilize friends and others who are willing to help. Use flyers, posters, vigils, news updates, BBQs, events - continually keeping your message out there, anniversaries are important. Social media can be helpful, but be cautious.

## **N**ever give up Hope, keep the Faith, stay Positive.

- Hope carries us through the emotional rollercoaster ride we are on to find our missing loved ones. It's okay to have down time, what I call my mini meltdowns.

## **G**ive yourself the right to grieve.

- I've personally learned that grieving a missing loved one is not the same as grieving the death of a loved one. We don't know what we are grieving and are on a never-ending emotional rollercoaster ride. Learn more by seeking out information.

- Two books that help to explain the difference are:
  1. "**The Truth About Grief: The myth of its five stages and the new science of loss**" by Ruth Davis Konigsberg; and
  2. "**Ambiguous Loss: Learning to live with unresolved grief**" by Pauline Boss.
- An inspiring support website I found is "Stepping Through Grief" on Facebook or [www.esdeer.com](http://www.esdeer.com).

In summary, there are many resources out there; we are not alone in our search. The cases, booklet "**Families of Missing Adults: Finding Help**" and the [Checklist](#) on [Ontario's Missing Adults](#) website are great. Special "Thanks" to Lusia Dion for making the *Moving Forward with Families of Missing Adults* workshop possible.

*Maureen Trask*

*Disclaimer: As with any advice, family members of missing adults should consult with police investigators, victim services or other trusted support person before implementing any intervention.*