

BUILDING RESILIENCY

A PEDIATRIC
MENTAL HEALTH SUMMIT



#BuildingResiliency19



MIKE DEWINE
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Building, Bolstering, and Borrowing Resilience: Psychological First Aid



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Objectives

At the end of this presentation, the learner will be able to:

- Understand the concept and need for Psychological First Aid.
- Identify stress and its effects during disasters, mass violence, and other crises.
- Understand the Core Actions of Psychological First Aid.
- Review several practical tips for dealing with psychological health issues in community disaster situations.

Mental Health Considerations after Disaster

- Physical, general medical, and economic impact of disasters is devastating
- Response and resources can be more easily calculated for problems observed by look/listen/feel
- Following disasters and violence, other sequelae are often overlooked:
 - Emotional, psychological
 - Moral
 - Spiritual
 - Sociocultural

STRESS!!!

- No matter where you are or what you are doing, stress is a natural, needed reaction for survival.
- **Definition:** A physical and psychological process that results from perceiving an event as a threat while also perceiving a limited number of choices in how to deal with that threat.
- Most stress-related responses are short-term
- However, sometimes symptoms persist and should be addressed to prevent long-term problems

Support for PFA

- Evidence-informed and supported by experts
 - World Health Organization: Downloadable field guide - “psychological first aid, rather than psychological debriefing, should be offered to people in severe distress after being recently exposed to a traumatic event” (p. ii)
 - Sphere Standards
 - Endorsed by Mental Health Standard 2.5
 - Key action 4: “Orient staff and volunteers on how to offer psychological first aid”
 - National Child Traumatic Stress Network
 - National Center for PTSD
 - American Red Cross

Support for PFA

- Public health perspective
 - Mental health “casualties” > physical casualties
 - Psychological distress, trauma & suicide were potentially contagious
 - Due to shortage of mental health clinicians, PFA is meant for use by personnel outside mental health

After a traumatic event, it is important that those affected be provided, in an empathic manner, **practical, pragmatic psychological support**

Purpose of PFA

- Supportive and compassionate presence/response
- Mitigate acute distress
- Facilitate access to continued care, if needed and available
- Not a clinical or emergency psychiatric intervention/assessment
- Adapts to needs of each individual/community and does not conflict with their cultural/religious views
- To foster natural coping mechanisms

Eight PFA Core Actions

- **Contact and Engagement**
- **Safety and Comfort**
- **Stabilization**
- **Information Gathering on Current Needs and Concerns**
- **Practical Assistance**
- **Connection with Social Supports**
- **Information on Coping**
- **Linkage with Collaborative Services**

Skills for Psychological Recovery (SPR)

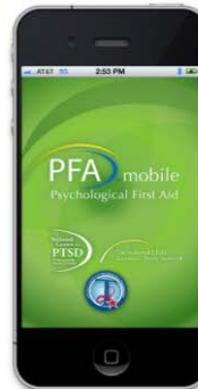
- **Gathering Information and Prioritizing Assistance**
- **Building Problem-Solving Skills**
- **Promoting Positive Activities**
- **Managing Reactions**
- **Promoting Helpful Thinking**
- **Rebuilding Healthy Social Connections**

PFA Mobile

PFA Mobile™

Following disasters or emergencies, the *PFA Mobile*™ app can assist responders who provide Psychological First Aid (PFA) to adults, families, and children. Materials in *PFA Mobile*™ are adapted from the [Psychological First Aid Field Operations Guide \(2nd Edition\)](#). *PFA Mobile*™ allows responders to:

- Review the 8 core PFA actions
- Match PFA interventions to specific stress reactions of survivors
- Hear mentor tips for applying PFA in the field
- Self-assess to determine their readiness to conduct PFA
- Assess and track survivors' needs—simplifying data collection and making referrals



*That being said,
print and bring!
Don't count on
WiFi!*

Download *PFA Mobile*™

Download *PFA Mobile*™ free from [iTunes](#) and [Google Play](#).



PFA Mobile™ is now available for mobile Apple devices (iPhone, iPad and iPod touch), and Android devices.

Help Kids Cope App

Does your family ever talk about disasters **BEFORE** they happen?
(How about **NOW**?)

Parents may wonder:

- "How do I talk to my kids before, during, and after disasters?"
- "How can I help my child stay calm when we evacuate in a wildfire?"
- "What reactions from my child are common and when should I seek help?"



Help Kids Cope will help parents talk to their kids about the disasters they may face and know how best to support them throughout—whether sheltering-in-place at home, evacuating to a designated shelter, or helping your family heal after reuniting.



Help Kids Cope equips parents:

- Learn what to do **BEFORE**, **DURING**, and **AFTER** 10 disaster types.
- Know what to say "in the moment" to support your kids of all ages. Hear audio clips of other parents' experiences.
- Understand how kids commonly respond during and after disasters.
- Use the checklists to prepare your entire family before disasters.
- Explain different disasters to your kids using age-appropriate language.
- Find tips on caring for yourself as you care for your family.
- Connect to activities, children's books, tip sheets, and more!

Download Help Kids Cope



Help Kids Cope, by UCLA is free from [Google Play](#) and [iTunes](#). Works on Android (4.3 and up) and Apple devices (iPod touch, iPhone, iPad). For iPad users: tap on the iPad Only" drop-down menu and select "iPhone Only" from the menu to view and download the app.



National Child Traumatic Stress Network (NCTSN)

The screenshot shows the homepage of the National Child Traumatic Stress Network (NCTSN). At the top, the NCTSN logo is displayed with the text "The National Child Traumatic Stress Network". To the right of the logo are social media icons for Twitter and Facebook, with a "Like 19K" button. Below the logo is a navigation menu with the following items: Home, Trauma Types, Resources, About Us, Treatments That Work, and Products. A search bar is located on the right side of the navigation menu.

The main content area is divided into several sections:

- Celebrating fifteen years of serving children and families who have experienced trauma.** This section features a large yellow and blue graphic with the text "15 YEARS NCTSN The National Child Traumatic Stress Network".
- Terrorism & Disasters** (Readiness, Response, Recovery): Tools, PFA, and SPR.
- LEARNING CENTER** (FOR CHILD AND ADOLESCENT TRAUMA): Education and online community.
- Understanding Child Traumatic Stress**: What it is. Why it matters.
- Information Resource Tools**: Knowledge Bank, Measures Review Database, and Military Families Knowledge Bank.
- What's New?**: NCTSN eBulletin January 2018, Respond to School Shooting, California Wildfire Resources, and Understanding and Addressing Trauma and.
- Public Awareness**: Human Trafficking Awareness Month (January 2018).
- Upcoming Events**: The 32nd Annual San Diego International Conference on Child and Family Maltreatment (January 29 - February 2 2018).

At the bottom of the page, there are six icons representing different user groups: For Parents & Caregivers, For Professionals, Military Children & Families, For Educators, For the Media, and Información en Español.

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