



PSYCHOLOGICAL FIRST AID ECHO

KanDO Together: Supporting Resilient Communities

Thanks for joining us!

The session will begin on time.

Psychological First Aid ECHO Part 4

Welcome!

- ▶ Your microphone has been **muted**. Please use the chat or unmute yourself to communicate.
- ▶ We appreciate you keeping your **camera** on.
- ▶ **Completion certificates** will be emailed after all sessions are complete. Make sure your first and last name are visible.
 - ▶ Use the “rename” feature in the menu to change.

Presenters

Erin Hambrick, Ph.D.



Joah Williams, Ph.D.



Melissa Maras, Ph.D.



Alice Zhang, PhD



Project Disclosure Statement

- ▶ We have no relevant financial relationships with the manufacturer(s) of any commercial product(s) and/or provider of commercial services discussed in this CME activity.

- ▶ We do not intend to discuss an unapproved/investigative use of a commercial product/device in our presentation.

Mitigating Potential Bias

- ▶ The information and recommendations involving clinical medicine is based on evidence that is currently accepted within the profession.

After the session

- ▶ Presentation materials: the slides and chat log will be emailed to you also.
- ▶ We hope you will join us for the 4-week **Skills for Psychological Recovery ECHO Series** (Wednesdays 1-3pm, July 14 - August 4)

Agenda

- ▶ Core Action 7: Information on Coping (Joah Williams)
- ▶ Core Action 8: Linkage with Collaborative Services (Erin Hambrick)
- ▶ Break (1:50)
- ▶ Break out Rooms
- ▶ Scenario Presentation
- ▶ Q&A

PFA Field Operations Guide Core Actions

1	Contact and Engagement
2	Safety and Comfort
3	Stabilization
4	Information Gathering
5	Practical Assistance
6	Connection with Social Supports
7	Information on Coping
8	Linkage with Collaborative Services

Information on Coping

Goal: To provide information about stress reactions and coping to reduce distress and promote adaptive functioning.

Information on Coping

- Provide basic information about stress reactions
- Review common psychological reactions to traumatic experiences and losses
- Provide basic information on ways of coping
- Teach simple relaxation techniques



Information on Coping

Provide information on common reactions to traumatic experiences:

- Intrusive reactions
- Avoidance and withdrawal reactions
- Physical arousal reactions
- Grief reactions
- Traumatic grief reactions
- Depression reactions
- Physical reactions

Information on Coping

- **Ensure that the victim has 2 or 3 healthy coping strategies**
- Ask the victim to describe the coping strategies they are currently using and ensure that they feel confident in their ability to continue using those coping strategies
- May want to lean on what they have used in other stressful times

Information on Coping

- **Ensure that the victim has 2 or 3 healthy coping strategies**
- Ask the victim to describe the coping strategies they are currently using and ensure that they feel confident in their ability to continue using those coping strategies
- May want to lean on what they have used in other stressful times

Information on Coping

If the victim is not currently using any healthy coping strategies, help them choose 2 or 3 from the list below and problem solve any barriers to using these strategies:

- Talking to another person for support
- Getting adequate sleep, nutrition, and exercise
- Engaging in positive distracting activities (for example, hobbies, sports)
- Trying to maintain a normal day-to-day schedule
- Scheduling pleasant activities
- Using relaxation techniques (for example, deep breathing, meditation)
- Participating in counseling or support groups



Information on Coping

Take a moment to make a list of the rewards of your work. Try to think of at least 5 things that have been rewarding about your work as a helping professional

PFA Field Operations Guide Core Actions

1	Contact and Engagement
2	Safety and Comfort
3	Stabilization
4	Information Gathering
5	Practical Assistance
6	Connection with Social Supports
7	Information on Coping
8	Linkage with Collaborative Services

Linkage with Collaborative Services

Goal: Link individuals with available services needed at the time or in the future.

- Provide direct link to additional needed services
- Promote continuity in helping relationships



Linkage

Reconnect survivors to agencies that provided them services before the disaster:

- Mental health services
- Medical services
- Spiritual support
- Alternative healers
- Child welfare services
- Schools

If Mental Health Referral is Refused

- Suggest an evaluation, rather than treatment
- Normalize the idea of treatment
- Give educational materials
- Give information about different ways to seek assistance
- Consider involving the person's spouse or partner in the discussion

Possible Indicators of Referral Need

- When medication is needed for stabilization
- When pastoral counseling is desired
- Ongoing difficulties with coping (4+ wks)
- Significant developmental concerns about children or adolescents
- When they ask for a referral

Remember that children and adolescents have an especially difficult time telling and retelling information related to traumatic events.

When working with youth, summarize in writing the basic information about the event that you have gathered and communicate this information to the receiving professional. This will help minimize the number of times that they will have to retell the story of their experiences.



Break

A close-up photograph of vibrant green leaves, likely from a plant like basil, with several clear water droplets resting on their surfaces. The leaves are illuminated from above, creating bright highlights and deep shadows. In the center of the image, a semi-transparent black rectangular box contains the digital time "05:00" in a white, sans-serif font.

05:00



Break-Out Rooms



Break-Out Room Recap



Scenario



Q&A

After this session

- ▶ Let us know what you think! You'll receive a survey after this session, and we'd appreciate your feedback.

- ▶ Upcoming ECHOs
 - ▶ Skills for Psychological Recovery ECHO starts July 14
 - ▶ Managing Food Allergies ECHO starts August 6

Word Cloud

- ▶ What word describes what you will take with you from this ECHO series?
- ▶ You can skip entering your name
 - ▶ Multiple words must be typed without a space
 - ▶ Example: Type “wordcloud” instead of “word cloud”

What word describes what you will take with you from this ECHO series?