

5th Annual

2007 Medical Reserve Corps National Leadership and Training Conference



FORGING POWERFUL PARTNERSHIPS



April 17–20, 2007

Providence, Rhode Island



Tips and Techniques for Introducing Psychological First Aid

Overview of PFA

John Hickey, DSW

Tips for Teaching PFA

Abbe Finn, PhD

Basic Concepts and Practical Application

Making it Meaningful

Pat Santucci, MD

Overview of Psychological First Aid

John Hickey, DSW

A faint, stylized illustration of two hands shaking is visible in the background, positioned below the author's name. The hands are rendered in a light teal color, matching the overall theme of the slide.

Psychological First Aid



Field Operations Guide 2nd Edition

National Child Traumatic Stress Network

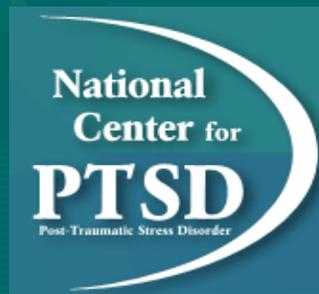
www.NCTSN.org

National Center for PTSD

www.ncptsd.va.gov

Medical Reserve Corps

www.medicalreservecorps.gov



- The PFA Field Operations Guide
- It's not just for mental health professionals
- If you are an MRC responder, and you're operating in the field.....THIS IS YOUR GUIDE

- Every responder to a disaster or public health emergency can have a therapeutic impact upon:
 - Survivors
 - Family Members
 - Community
 - Fellow Responders



Psychological First Aid is an integral part of your work in the field

- Doctor EMT
- Nurse Pharmacists
- Technician Administrator

The PFA Guide gives you the practical and
and useful tools for the job

Overview

- Evidenced informed
- Modular approach
- Children, adolescents, adults & families
- Immediate aftermath of disaster and terrorism
- *It is designed for delivery by mental health and other disaster responders as part of an organized disaster response effort*

Strengths

- Basic techniques for
 - Gathering information
 - Rapid assessment of immediate concerns and needs
 - Implementing supportive activities
- Field tested
- Variety of settings
- Interventions developmentally and culturally appropriate for various ages and backgrounds

Strengths

- Guides responder: “what to say, what to do, what is usually helpful”
- Prepares responder for
 - Arrival on scene
 - Helpful guidelines along the way
 - Return home from assignment

Core Actions

- 1. Contact and Engagement
 - *Goal: To respond to contacts initiated by survivors or initiate contacts in a non-intrusive , compassionate, and helpful manner*
- 2. Safety and Comfort
 - *Goal: To enhance the immediate and ongoing safety and provide physical and emotional comfort*

Core Actions

- 3. Stabilization, if needed
 - *Goal: To calm and orient emotionally overwhelmed or disoriented survivors*
- 4. Information gathering: current needs and concerns
 - *Goal: To identify immediate needs and concerns, gather accurate information, and tailor psychological first aid interventions*

Core Actions

- 5. Practical Assistance
 - *Goal: To offer practical help to survivors in addressing immediate needs and concerns*
- 6. Connection with social supports
 - *Goal: To help establish brief or ongoing contacts with primary support persons or other sources of support, including family members, friends, community helping resources*

Core Actions

- 7. Information on Coping
 - *Goal: To provide information about stress reactions and coping to reduce distress and promote adaptive functioning*
- 8. Linkage with Collaborative Services
 - *Goal: To link survivors with available services needed at the time of in the future*

A “what to say” guideline for making initial contact

- For adult
- *“Hello, my name is ____ . I work with the MRC. I’m checking in with people to see how they are doing, and to see if I can help in any way.*
- *Is it ok if I talk to you for a few minutes?*
- *May I ask _____ name?*
- *Mrs. Williams, before we talk, is there something right now that you need , like some water or juice?”*

- For an adolescent/child
 - “...and this is your daughter?”
 - Get on child’s level, smile and greet child, using their name and speaking softly
 - “Hi, Lisa, I’m _____ and I’m here to try to help you and your family.
 - Is there anything you need right now?
 - There is some water and juice over there, and we have a few blankets and toys in those boxes.”

Appendices for Providers

- Overview of Psychological First Aid
- Service Delivery Sites and Settings
- PFA provider care
- Provider worksheets
- Resources

Handouts

Provide information about stress reactions and coping to reduce distress and promote adaptive functioning

Post-disaster reactions and how to manage them

- Self-care and family care
- Coping



Handouts

- **Connecting with others**
 - Seeking and Giving Support
- **Tips for adults**
- **When Terrible Things Happen**
- **Basic Relaxation Techniques**
- **Alcohol and Drug Use After Disasters**



Handouts

- **Parent tips for helping**
 - **Infant and Toddlers**
 - **Pre-school**
 - **School age**
 - **Adolescents**



Chip Litherland

MRC Supplement

- Contains focused information for MRC providers
 - Position statement and guidelines for MRC units on psychological debriefing
 - Missing persons, bereavement, death notification and body identification
 - “Disaster Mental Health go bag”
 - Disaster Mental Health Personal, Family, Work Life Inventory (adapted with permission from Jack Herrmann, Disaster Mental Health, A Critical Response)
 - Returning Home from a Disaster Assignment Checklist (adapted with permission from Jack Herrmann, Disaster Mental Health, A Critical Response)
- Information will be updated periodically
- User input/ feedback is welcome in planning updates