Psychological First Aid (Part 1)
Tools for Patients and Caregivers
Responding to Public Health Emergencies

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Topic Objectives

- Identify the different types of public health emergencies (medical, mental, and environmental) that impact patients and caregivers
- Explain how Psychological First Aid is used for patients, caregivers and providers within the first few hours of an emergency
- Discuss how to implement the 8 core functions of Psychological First Aid in a nontraditional setting
- List statewide community resources that are available to assist patients and caregivers following a public health emergency
The Center for Emergency Preparedness

- CDC PHEP Grant – Public Health Emergency Preparedness
- HRSA – ASPR – Assistant Secretary for Preparedness and Response – Healthcare Preparedness Program
Emergency Preparedness for All Hazards Disasters

- **Weather Related Events**
  - Tornadoes, floods, hurricanes, earthquakes

- **Environmental Events**
  - Foodborne Illness
  - Water Safety
  - Chemical Spills

- **Man Made Events**
  - Terrorists attacks, active shooter events

- **Transportation Events**
  - Airplane Crashes
  - Train Derailments
  - Sinking Ships
What are all-hazards? Flooding

Montgomery Advertiser - Photo by Robin Cooper - May 2009

Birmingham News - Photo by Bernard Troncale
Hurricane Katrina
Univ. of Alabama Recreational Center
Tuscaloosa, AL (PHA 3)
What are all-hazards? Could this happen in Alabama?

Gulf of Mexico
Oil Spill 2010
(PHA 9 & 11)
Infectious Diseases

- HIV/AIDS
- Sexually Transmitted Infections
- Tuberculosis
- Hepatitis
- MRSA (Staph Infections)
- Ebola
- Yellow Fever
- Chlorea
What are all-hazards?
We can never forget!
Terrorism:  September 11, 2001
Public Health Emergencies – Chronic Health Issues

- Cardiovascular Disease
- Diabetes
- Cancer
- Mental Health Issues
- Substance Abuse
- Terminal Disabilities
- Respiratory Illnesses
- Hypertension
What are all-hazards?

Biological: What is a Pandemic?

- No one has immunity to virus
- Virus transmits easily person-to-person
- Virus causes large increases in illness and deaths

Emergency hospital during 1918 influenza epidemic, Camp Funston, Kansas.
Image: National Museum of Health and Medicine, USA
What are all-hazards?

Biological: Category A

- Bacillus anthracis (anthrax)
- Clostridium botulinum toxin (Botulism)
- Yersinia pestis (plague)
- Variola major (smallpox)
- Viral hemorrhagic fevers (filoviruses [e.g., Ebola, Marburg] and arenaviruses [e.g., Lassa, Machupo])

Plague

Tularemia

Smallpox
What are all-hazards?

Biological: Anthrax 2001

- 22 confirmed cases
- 11 cutaneous (skin)
- 11 inhalation (5 fatalities)
- Approximately 3.75 million antibiotic tablets in 10 different states and the District of Columbia
Recent Community and Public Health Event

- Montgomery Day Care Centers
- Zika Virus
- Human Trafficking
- Birmingham Trade Towers
- 2007 Ms. Wheelchair Alabama
- Operation Rising Angel
- Orlando Nightclub Shooting
What are all-hazards?
Special Events

Bryant Denny Stadium (PHA 3)
Jordan-Hare Stadium (PHA 8)
Do you remember....... 

WHEN YOU FIRST HEARD ABOUT ???
Cultural Considerations

- Who?
- What?
- When?
- Where?
Where did you get the news?

- Community Venue
- Medical Clinic
- Social Service Agency
- Faith Based Organization
- Residential Site
- Hospital
- Undisclosed Location
- Central Meeting Place
Medical/Health Care First Responders

- Emergency Medical Technicians
- Emergency Room Doctors and Nurses
- Primary Care Physicians
- Specialty Physicians
First Responders cont.

- Community Outreach Workers
- Social Workers/ Case Managers
- Peer Mentors/ Peer Advocates
- Therapists/ Clinicians
- Behavioral Health Workers
- Health Educators
- Volunteer Health Care Workers
### Cultural Considerations

**What are the emotional and mental responses?**

<table>
<thead>
<tr>
<th>Thoughts</th>
<th>Feelings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confusion</td>
<td>Anger, Fear, Anxious, Depression, Sadness</td>
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<tr>
<td>Disorientation</td>
<td>Irritability, Guilt, Numbness and Overwhelmed</td>
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<tr>
<td>Worry</td>
<td></td>
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<tr>
<td>Self-Blame</td>
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</tbody>
</table>
Cultural Considerations cont.

**Behaviors**
- Withdrawal
- Avoidance
- Substance Use
- Conflict with Others
- Loss of Interest

**Physiological**
- Fatigue, headache, muscle tension, jumpy, increased heart rate, sleep difficulty, on edge, problems concentrating, unexplained reactions
Psychological First Aid
Part 2

Eight Core Functions for Nontraditional Health Settings
Psychological First Aid is used in an emergency management setting during the immediate aftermath of a traumatic event.
PFA with Patients, Caregivers and Providers

- People diagnosed with infectious and chronic health conditions
- Children and Adolescents
- People who are medically frail
- People with serious mental illness
- Individuals with physical disabilities or sensory impairments
- Incarcerated offenders
PFA with Patients, Caregivers and Providers

- People who have experienced significant loss
- Pregnant women
- Veterans
- Homeless people
- People with substance abuse problems
- Seniors/Older adults
- People with serious injuries
- Medical/Healthcare First Responders
First Responders/Provider Considerations – Can you do it?

- Personal considerations
- Health considerations
- Family considerations
- Work considerations
<table>
<thead>
<tr>
<th><strong>Core #1:</strong> Contact and Engagement</th>
<th>To respond to contacts initiated by survivors, or to initiate contacts in a non-obtrusive, compassionate and helpful manner</th>
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<tbody>
<tr>
<td><strong>Core #2:</strong> Safety and Comfort</td>
<td>To enhance immediate and ongoing safety, and provide physical and emotional comfort</td>
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<td><strong>Core #3:</strong> Stabilization</td>
<td>To calm and orient emotionally overwhelmed or disoriented individuals</td>
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<td><strong>Core #4:</strong> Information Gathering</td>
<td>To identify immediate needs and concerns, gather additional information and tailor PFA interventions</td>
</tr>
<tr>
<td>Core #5: Practical Assistance</td>
<td>To offer practical help to survivors in addressing immediate needs and concerns</td>
</tr>
<tr>
<td>Core #6: Connection and Social Supports</td>
<td>To help establish brief or ongoing contacts with primary support persons and other sources including family, friends and the community</td>
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<tr>
<td>Core #7: Information and Coping</td>
<td>To provide information about stress reactions and coping to reduce distress and promote adaptive functioning</td>
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<tr>
<td>Core #8: Linkage with Collaborative Services</td>
<td>To link survivors with available services needed at the time or in the future</td>
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</table>
Psychological First Aid Developed By:

- National Child Traumatic Stress Network
  > www.NCTSN.org
- National Center for Posttraumatic Stress Disorder
  > www.ncptsd.va.gov
Acknowledgements

- Substance Abuse Mental Health Services Administration (SAMHSA)
- National Association of County and City Health Officials (NACCHO)
PFA, Infectious Diseases and Public Health and Emergencies

- Establish emotional safety and security
- Connect to restorative resources
- Reduce stress-related reactions
- Foster adaptive short- and long-term coping
- Enhance natural resilience (rather than preventing long-term pathology)
Statewide Community Resources

- Alabama Department of Public Health
- Alabama Emergency Management Agency
- Alabama Department of Mental Health
- Alabama Department of Human Resources
- Alabama Department of Senior Services
Statewide Community Resources

- Alabama Department of Rehabilitation Services
- Governor's Office on Disabilities
- Alabama Department of Education
- Hands On River Region
- Independent Living Centers
- 2-1-1 Connect
Questions and Answers

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