

ASPR TRACIE Disaster Behavioral Health Self Care for Healthcare Workers Modules

August 2019

Background

The U.S. Department of Health and Human Services Office of the Assistant Secretary for Preparedness and Response (ASPR) Technical Resources, Assistance Center, and Information Exchange (TRACIE) has helped develop resources and participated in ASPR At-Risk Individuals, Behavioral Health & Community Resilience (ABC) interagency/ external partner working groups in every disaster recovery operation for the last four years, to assist with issues related to disaster behavioral health (DBH), provider self-care, suicide prevention, and compassion fatigue. One continuous knowledge gap identified during this time has been the need for information for front-line healthcare and social services workers to use prior to a disaster to recognize and reduce their stress levels and maintain resilience during recovery. This gap was validated via communication with the Substance Abuse and Mental Health Services Administration (SAMHSA), the National Center for Child Traumatic Stress, and various ASPR TRACIE disaster behavioral health (DBH) subject matter experts (SMEs) in addition to ASPR staff. These modules are designed for healthcare workers in all settings, but primarily hospital-based providers.

Coordination and Review

ASPR TRACIE coordinated the development of these resources with Dr. April Naturale (traumatic stress specialist), ASPR ABC, Division of Recovery, and Regional staff, in addition to ASPR TRACIE SMEs. These modules have been reviewed by the following ASPR TRACIE SMEs (listed alphabetically): **Eric Alberts**, CEM, FPEM, FPEM-HC, CHPP, CHEP, SEM, Corporate Manager, Emergency Preparedness, Orlando Health, Inc. (Hospital System); **Eugenia (Jennie) Barr**, Ph.D., LMFT-S, Barr Thompson Training and Consulting, LLC; **Nikki Bellamy**, Ph.D., SAMHSA, Public Health Advisor, Emergency Mental Health and Traumatic Stress Services Branch; **John Hick**, MD, HHS ASPR and Hennepin County Medical Center; **CAPT Erik Hierholzer**, B.S.N., U.S. Public Health Service, SAMHSA, Lead Public Health Advisor, Emergency Mental Health and Traumatic Stress Services Branch, Center for Mental Health Services; SAMHSA DTAC; **Russell Jones**, Ph.D., Department of Psychology, Clinical Science, Biological Psychology, Psychological Services Center, Child Study Center, and Director, Stress and Coping Lab, Virginia Tech; **Rachel Kaul**, LCSW, CTS, Senior Advisor for Behavioral Health, DHHS/ASPR/EMMO; **Mary Russell**, EdD, MSN, Healthcare Emergency Response Coalition of Palm Beach County, Florida; and **Sandra Stark Shields**, LMFT, LPCC, ATR-BC, Sr. Disaster Services Analyst, Los Angeles County Department of Mental Health, Emergency Outreach and Triage Division – Disaster Services Unit.

Modules

The project resulted in the development of three informational modules. Each module contains a short “preview” presentation and a more in-depth presentation. Module 3 contains two longer presentations. Links to supporting tools referenced during each module are also provided. This webpage includes links to all of the self-care modules:

<https://www.youtube.com/playlist?list=PLP9YeFRSgIT5MvVHCioNGuxm4iF9wYieG>.

Module 1: Compassion Fatigue and Secondary Traumatic Stress Identification for Healthcare Providers

Module 1 educates staff on the concept of traumatic stress. It identifies terms, risk factors, and symptoms associated with compassion fatigue, secondary traumatic stress, vicarious trauma, and burnout. The concept of self care is introduced and participants learn about building skills that can improve resilience.

Module 1 Preview: <https://youtu.be/a33OqqF60m0>

Module 1 Content: <https://youtu.be/m9lI8BxwGcQ>

Supporting Tool:

- ProQOL Tool: www.proqol.org

Module 2: Organizational Wellness From the Top: Stress Mitigation and Work Satisfaction for Healthcare Providers

Module 2 defines organizational wellness, causes of organizational “dis-ease,” and how stress can negatively affect the work environment. Tips and tools for measuring wellness are included, as are suggestions for implementing wellness strategies. The module closes with stress reducing exercises for executives and an emphasis on the importance of physical activity and learning opportunities for leaders and staff.

Module 2 Preview: <https://youtu.be/M16sDa-5Q8g>

Module 2 Content: <https://youtu.be/st2Lcw0PRHM>

Supporting Tools:

- Stress Audit Checklist: <https://files.asprtracie.hhs.gov/documents/pulido-stress-audit-checklist-2-copyrighted.pdf>
- ProQOL Tool: www.proqol.org
- OVC Vicarious Trauma Toolkit: https://vtt.ovc.ojp.gov/ojpasset/Documents/OS_VT-ORG_Victim_Services-508.pdf
- Psychological First Aid: <https://learn.nctsn.org/course/index.php?categoryid=11>

Module 3: Cognitive Tools for Mitigating Compassion Fatigue and Secondary Traumatic Stress

Module 3 moves participants to a more comprehensive identification and understanding of the types of tools that can help to mitigate compassion fatigue and secondary traumatic stress.

Cognitive strengthening is defined and tools for restructuring are provided. Participants learn about mindfulness, engaging with others, and how to manage triggers in stressful situations.

This module has two longer webinars—the second webinar examines the fight, flee, or freeze reactions healthcare workers might experience and provides tools for identifying and managing these reactions before, during, and after traumatic experiences. Dr. Naturale takes participants through two scenarios—a mass shooting and an unknown infectious disease—and shares how they can prepare for these and other situations where there is a surge of patients and supplies and staff are limited.

Module 3 Preview: <https://youtu.be/XMzaeoFrLHQ>

Module 3 Content: <https://youtu.be/in3r4oKGyME>

Module 3 Scenarios: <https://youtu.be/JmIEdjXkCzk>

Related Resources

- ASPR TRACIE Select Disaster Behavioral Health Resources Page
<https://asprtracie.hhs.gov/dbh-resources>
- SAMHSA Disaster Technical Assistance Center (DTAC) www.samhsa.gov/dtac
 - Disaster Distress Helpline: <https://www.samhsa.gov/find-help/disaster-distress-helpline>
 - Disaster Responder Portal: <https://www.samhsa.gov/dtac/disaster-responders>
- National Center for Posttraumatic Stress Disorder: www.ptsd.va.gov
- OVC Vicarious Trauma Toolkit: https://vtt.ovc.ojp.gov/ojpasset/Documents/OS_VT-ORG_Victim_Services-508.pdf
- Professional Quality of Life (PROQOL): <http://www.proqol.org>
- Psychological First Aid: <https://learn.nctsn.org/course/index.php?categoryid=11>
- Stress Audit Checklist: <https://files.asprtracie.hhs.gov/documents/pulido-stress-audit-checklist-2-copyrighted.pdf>

For more information:



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