

ASPR TRACIE Technical Assistance Request

Request Receipt Date (by ASPR TRACIE): 21 January 2020

Response Date: 21 January 2020

Type of TA Request: Complex

Request:

The requestor asked for technical assistance in identifying resources specific to providing behavioral health assistance to individuals who are afraid to return to their homes following the earthquakes in Puerto Rico.

Response:

The ASPR TRACIE Team reached out to our members of our Subject Matter Expert (SME) Cadre for a response and any resources they can provide. We also reviewed existing ASPR TRACIE resources for relevant materials. Comments from a SME Cadre member along with materials gathered can be found in the following sections.

I. ASPR TRACIE SME Cadre Member Comments

Please note: These are direct quotes or paraphrased comments from emails and other correspondence provided by ASPR TRACIE SME Cadre members in response to this specific request. They do not necessarily express the views of ASPR or ASPR TRACIE.

SME Cadre Member 1:

- I believe the National Disaster Interfaiths Network folks are currently on the ground in Puerto Rico and would be a great resource to this requestor. They may be able to provide onsite support as the question really requires much more direction than can be provided in an email.

II. ASPR TRACIE-Specific Resources

[Disaster Behavioral Health App and Related Resources in Spanish](#). This ASPR TRACIE Technical Assistance response includes information and resources on Psychological First Aid apps or similar disaster behavioral health resource available in Spanish.

[Major Earthquakes & Cascading Events: Potential Health and Medical Implications](#). This resource provides an overview of the potential significant health and medical response and recovery needs facing areas affected by a major earthquake with or without additional cascading events.

[Mental/Behavioral Health Topic Collection](#). This Topic Collection addresses the impact of post-disaster mental and behavioral health-related challenges on the healthcare system, and includes tools and information providers may use to support the needs of their patients. More specifically, we would like to highlight the following relevant section:

- [Resources for Survivors](#)

[Natural Disasters Topic Collection](#). This Topic Collection highlights lessons learned from recent events, communication tools and information, and checklists, plans, tools, and templates that can be modified to suit specific threats and needs. More specifically, we would like to highlight the following relevant sections on earthquakes:

- [Lessons Learned: Earthquakes](#)
- [Plans, Tools, and Templates: Earthquakes](#)

III. Additional Relevant Resources

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2017). [Disaster-specific Resources](#). U.S. Department of Health and Human Services.

This webpage is part of the Disaster Behavioral Health Information Series. It provides information specific to earthquake preparedness and response.

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2019). [Episode 2 Transcript: Behavioral Health Reactions and Ways To Enhance Resilience](#). U.S. Department of Health and Human Services.

This transcript is part of a six-part podcast series that addresses local behavioral health agencies and their strategies for building resiliency in individuals and communities as it pertains to disasters. In this podcast, Dr. Melissa Riley, the State Coordinator for the Tennessee Disaster Crisis Counseling Program, discusses behavioral health reactions to disaster and ways to enhance resilience.

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2000). [Psychosocial Issues for Children and Adolescents in Disasters](#). U.S. Department of Health and Human Services.

This guide provides resources for individuals working with children post-disaster, and addresses the experience of fear, anxiety, and trauma of disaster.

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2014). [Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress](#). U.S. Department of Health and Human Services.

This fact sheet provides tips for survivors of traumatic events and helps them learn to prevent or manage stress. It is also available in Spanish:
<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress-Spanish-Version-/SMA13-4776SPANISH..>

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2013). [Tips for Survivors of a Disaster or Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life](#). U.S. Department of Health and Human Services.

This fact sheet provides tips for survivors of traumatic events and helps them learn to manage the long-term impact of trauma. It is also available in Spanish: <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Traumatic-Event-What-to-Expect-in-Your-Personal-Family-Work-and-Financial-Life-Spanish-Version-/SMA13-4775SPANISH>.

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. (2019). [Disaster Distress Helpline](#).

This helpline allows anyone in the U.S. who wants support for any distress that they or someone they care about may be feeling related to any disaster. Users can call 1-800-985-5990 or text "TalkWithUs" to 66746 (standard rates may apply) to connect with trained crisis counselors for free support, available 24/7/365. Translation services are also available.