

ASPR TRACIE Technical Assistance Request

Requestor:

Requestor Phone:

Requestor Email:

Request Receipt Date (by ASPR TRACIE): 27 June 2018

Response Date: 27 June 2018

Type of TA Request: Standard

Request:

The requestor asked ASPR TRACIE if there was a Psychological First Aid (PFA) app or similar disaster behavioral health resource available in Spanish.

Response:

After consultation with partners from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Centers for Medicare & Medicaid Services, it was determined that a specific app in Spanish was not available. However, [the PFA app](#) would be a good option if it could be translated into Spanish. SAMHSA staff indicated they would share the request to translate this app in Spanish with leadership.

In the meantime, the ASPR TRACIE Team reviewed existing resources and TA responses for relevant resources (listed below). Many can be found on our [Disaster Healthcare Resources Available in Spanish Page](#) (which include a [section with links to DBH resources](#)).

Section I includes DBH resources available in Spanish; Section II provides additional resources related to disasters, also available in Spanish, which may be helpful for the requestor to share.

I. DBH Resources Available in Spanish

National Institute of Mental Health Information Resource Center. (2014). [Helping Children and Adolescents Cope with Violence and Disasters: What Community Members Can Do.](#)

This resource identifies common responses to trauma among children, and what adults and other community members can do to help children cope. It is also available in Spanish: https://www.nimh.nih.gov/health/publications/espanol/ayudando-a-ninos-y-adolescentes-a-superar-la-violencia-y-los-desastres-los-miembros-de-la-comunidad/sp-helpchildrencope-community_68031.pdf.

National Institute of Mental Health Information Resource Center. (2015). [Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do.](#)

This resource identifies common responses to trauma among children, and what parents can do to help children cope. It is also available in Spanish:

<https://www.nimh.nih.gov/health/publications/espanol/ayudando-a-ninos-y-adolescentes-a-superar-la-violencia-y-los-desastres-padres/index.shtml>.

National Institute of Mental Health Information Resource Center. (2015). [Helping Children and Adolescents Cope with Violence and Disasters: What Rescue Workers Can Do.](#)

This resource identifies common responses to trauma among children, and what rescue workers can do to help children cope. It is also available in Spanish: <https://roar.nevadaprc.org/system/documents/1270/original/sp-helpchildrencope-rescuenprc2028.pdf?1362517548>. For copies in Spanish, contact the National Institute of Mental Health Information Resource Center (301-443-4513).

Substance Abuse and Mental Health Services Administration. (n.d.). [Link to SAMHSA Resources Available in Spanish.](#) (Accessed 5/1/2018.) U.S. Department of Health and Human Services.

This webpage provides links to multiple resources in Spanish related to substance abuse and mental health issues. Several of them relate to coping with disasters.

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2012). [Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers.](#) U.S. Department of Health and Human Services.

This fact sheet identifies common reactions of children after experiencing a disaster/traumatic event, and provides information to help parents and teachers respond appropriately and tips on when to seek further support. It is also available in Spanish: <https://store.samhsa.gov/product/Sugerencias-para-hablar-con-ni-os-y-j-venes-y-ayudarlos-a-hacer-frente-despu-s-de-un-des-stre-o-un-evento-traum-tico-una-gu-a-para-padres-cuidadores-y-maestros/SMA12-4732SPANISH>.

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2013). [Tips for College Students: After a Disaster or Other Trauma.](#) U.S. Department of Health and Human Services.

This fact sheet can help college students cope with disasters by describing reactions they may face when dealing with a traumatic event and encouraging them to talk about their feelings. It is also available in Spanish: <https://store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma-Spanish-Version-/SMA13-4777SPANISH>.

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2014). [Helping Staff Manage Stress When Returning to Work.](#)

This tip sheet includes tips supervisors can use to help ease the transition and manage stress for disaster response workers returning to work, recognize and reduce potential difficulties in the workplace, and enhance positive consequences for all staff. It is also available in Spanish: <http://store.samhsa.gov/product/Tips-for-Supervisors-of-Disaster->

[Responders-Helping-Staff-Manage-Stress-When-Returning-To-Work-Spanish-Version-/SMA14-4871SPANISH](#)

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2014). [Tips for Disaster Responders: Identifying Substance Misuse in the Responder Community](#). U.S. Department of Health and Human Services.

This fact sheet describes warning signs of substance use disorders specifically among disaster response workers. It identifies physical, emotional, social, behavioral, and mental indicators, and provides information on when people should seek help. It is also available in Spanish: <https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Identifying-Substance-Misuse-In-The-Responder-Community-Spanish-Version-/SMA14-4874SPANISH>.

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2014). [Tips for Disaster Responders: Preventing and Managing Stress](#). U.S. Department of Health and Human Services.

This tip sheet presents a series of personal stress prevention and management skills disaster responders and emergency healthcare providers can practice before called upon to respond. It is also available in Spanish: <https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Preventing-And-Managing-Stress-Spanish-Version-/SMA14-4873SPANISH>.

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2014). [Tips for Disaster Responders: Returning to Work](#). U.S. Department of Health and Human Services.

This four-page fact sheet offers tips to help disaster response workers transition back to routine work. It is also available in Spanish: <https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Returning-to-Work-Spanish-Version-/SMA14-4870SPANISH>.

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2014). [Tips for Disaster Responders: Understanding Compassion Fatigue](#). U.S. Department of Health and Human Services.

This tip sheet is geared towards disaster responders and can help them understand the signs of compassion fatigue (CF). It highlights tips for preventing and coping with CF and links to helpful resources. It is also available in Spanish: <https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Understanding-Compassion-Fatigue-Spanish-Version-/SMA14-4869SPANISH>.

Substance Abuse and Mental Health Services Administration, Disaster Technical Assistance Center. (2014). [Tips for Families of Returning Disaster Responders: Adjusting to Life at Home](#). U.S. Department of Health and Human Services.

This fact sheet provides tips for families of disaster response workers who are returning home and trying to adjust to daily life post disaster. It identifies signs of stress and

information on when to seek help. It is also available in Spanish:
<https://store.samhsa.gov/product/Tips-for-Families-of-Returning-Disaster-Responders-Adjusting-To-Life-At-Home-Spanish-Version-/SMA14-4872SPANISH>.

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. (2014). [Tips for Survivors of a Disaster or Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life](#).

This resource includes discusses the long-term impact of trauma, including personal uncertainties, family relationship changes, work disruptions, and financial concerns. Tips for overcoming these challenges are included. Also available in Spanish:
<http://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 & Human Services. (n.d.). [MentalHealth.gov](#). (Accessed 6/27/2018.) U.S. Department of Health and Human Services.

This website, available in Spanish, provides links to information on the basics of mental health, symptoms of a variety of disorders, tips for talking about mental health, and strategies for getting help.

U.S. Department of Health and Human Services, Administration for Children and Families, Family and Youth Services Bureau. (n.d.). [FIRST RESPONDERS: Support for Pregnant Survivors of Abuse or Rape during Disasters](#). (Accessed 5/3/2018.)

This three-page tip sheet includes information that can help first responders provide support to pregnant women who have been abused or raped following a disaster. It provides links to resources for referrals to additional supportive resources and is also available in Spanish: <https://www.phe.gov/Preparedness/planning/abc/Documents/1st-responder-factsheet-spanish.pdf>.

II. Other Helpful Emergency Preparedness Resources in Spanish

Substance Abuse and Mental Health Services Administration (SAMHSA). (n.d.). [Link to SAMHSA Resources Available in Spanish](#). (Accessed 3/22/2018.)

This SAMHSA webpage provides links to multiple resources in Spanish related to substance abuse and mental health issues. Several of them relate to coping with disasters.

U.S. Department of Health and Human Services, Administration for Children and Families, Family and Youth Services Bureau. (n.d.). [FIRST RESPONDERS: Support for Pregnant Survivors of Abuse or Rape during Disasters](#). (Accessed 3/22/2018.)

This three-page tip sheet includes information for first responders who may need to provide support to pregnant women who have been abused or raped following a disaster. It provides resources for referrals to additional support as well. It is also available in Spanish: “[PERSONAL DE EMERGENCIAS: Apoyo para Embarazadas Sobrevivientes de Abuso o Violación Durante Desastres](#).”

U.S. Department of Health and Human Services, National Library of Medicine, Disaster Information Management Research Center. (2018). [Coping with Disasters: Health Information Guide: Multilingual Resources](#).

This webpage provides links to disaster-related resources available in a variety of languages, including Spanish.

U.S. Department of Health and Human Services, National Library of Medicine, Disaster Information Management Research Center. (2017). [MedlinePlus En Español](#).

This webpage provides links to hazard-specific resources (e.g., mold, earthquakes, hurricanes, and air pollution). A section on [disaster preparation and recovery](#) is included.

U.S. Department of Health and Human Services, Office of the Assistant Secretary for Preparedness and Response, At-Risk Individuals, Behavioral Health & Community Resilience (ABC). (2016). [Promoting Stress Management for Pregnant Women during the Zika Virus Disease Outbreak](#).

This resource is for healthcare providers who may be helping pregnant women cope with stress during the Zika outbreak. It includes communication and other tips, along with other tools and resources. It is also available in Spanish: “[Cómo Educar A Las Embarazadas Sobre El Manejo Del Estrés Durante El Brote Del Virus Del Zika: Información Para Proveedores De Cuidado De Salud](#).”

U.S. Department of Health and Human Services, Office of the Assistant Secretary for Preparedness and Response, At-Risk Individuals, Behavioral Health & Community Resilience (ABC). (2017). [Working with Older Adults and People with Disabilities: Tips for Treatment and Discharge Planning](#).

This resource includes information for healthcare providers to ensure that patients who are older or have disabilities meet the requirements for safe, post-disaster discharge planning. It is also available in Spanish: “[Consejos para la Planificación del Alta de los Adultos Mayores y las Personas Con Discapacidades.](#)”

Vermont Department of Health. (2018). [Posters, Flyers, Fact Sheets in Multiple Languages.](#)

This webpage provides posters, flyers, and fact sheets in various languages related to several public health issues, such as mosquito bite prevention or dealing with the aftermath of a hurricane. Users can filter the results by selecting a language, including Spanish.