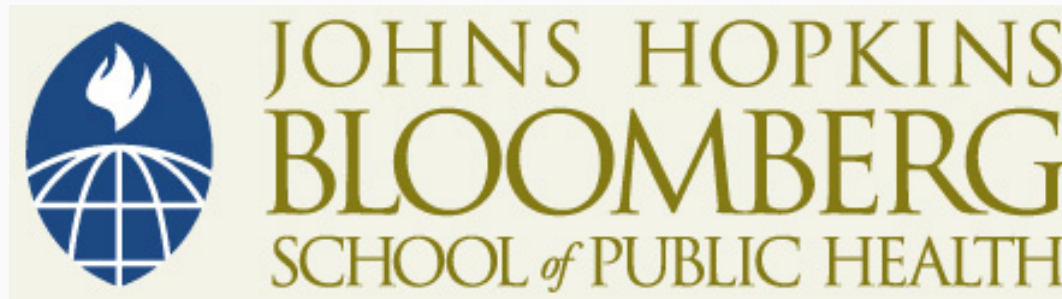


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# *Introduction to Mental Health and Disaster Preparedness*

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*Part 2 of 2*

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Public Health and the Disaster Mental Health Framework

# *Basic Crisis Intervention = Psychological First Aid*

- Goals of Psych First Aid similar to Physical First Aid
  - Stabilize
  - Mitigate dysfunction/distress
  - Return of acute adaptive function OR
  - Facilitate access to next level of care

- Stabilize and Mitigate Dysfunction/Distress
  - Assess and Triage
  - Meet basic needs
    - ▶ Food, water, shelter
    - ▶ Alleviation of pain
    - ▶ Reunification with family
    - ▶ Safety and Security

- Return of acute adaptive function OR Facilitate access to next level of care
  - Recognize normal from dysfunction
  - Refer to mental health professional

# *First-Priority Goals of Disaster Mental Health*

- Assess and triage.
- Meet basic needs.
- Recognize normal from dysfunction.
- Refer, when appropriate, to mental health professionals.

- Effective crisis communication can:
  - Provide useful information about what people can do
  - Help victims receive the services they need
  - Alleviate or lessen further anxiety about the situation
  - Halt the spread of rumors, fear, terror



# Summary

- Because more psychological injuries than physical injuries can be expected resulting from a disaster, mental health services will be needed in great profusion.
- Priority goals of disaster mental health are assess and triage, meet basic needs, if normal functioning is not restored, refer.
- Good crisis communication plays an integral role providing disaster mental health services
- Public health is ideally suited to help provide some of these services via Psych First Aid