

ASPR TRACIE Technical Assistance Request

Request Receipt Date: 27 September 2020

Response Date: 7 October 2020

Type of TA Request: Standard

Request:

The requestor asked for information on mental health strategies, initiatives, resources and programs related to the promotion, prevention and treatment for emergency service workers in the United States.

Response:

In coordination with the ASPR Behavioral Health team, the ASPR TRACIE Team reviewed existing resources, including those in our [Behavioral Health Compendium](#) and our [COVID-19 Behavioral Health Resources Collection](#) (including the [Resources for Responders and Behavioral Healthcare Providers](#) and [Self-Care and Resilience Resources for Responders and Healthcare Workers](#) section) and [Disaster Behavioral Health Resources Page](#). The following sections provide information on an upcoming initiative and links to related resources.

I. Upcoming Initiative

SAMHSA's [Disaster Distress Helpline](#) is piloting a peer support program geared towards healthcare workers; they are exploring where behavioral health practitioners may fit in to this or could be incorporated in the next stage.

II. Related Resources

Antares Foundation. (2020). [Antares Foundation](#).

Antares Foundation is based in the Netherlands and has worked with the U.S. Centers for Disease Control and Prevention and other U.S.-based entities. In the report [Managing Stress in Humanitarian Workers](#), they provide seven detailed principles organizational leaders can utilize for guidance in managing stress in their humanitarian, developmental, and human rights organizations around the world.

ASPR Mental and Behavioral Health. (2020).

The following resources are designed to help leadership enhance the behavioral health needs of their workforce:

- [Death of a Colleague During the COVID-19 Pandemic: Understanding and Managing Grief for Healthcare Workers and Leaders](#)
- [Practical Leadership Tips for Enhancing Staff Behavioral Health During a Crisis](#)
- [Preparing Leaders for the Increase of Mental Health Concerns](#)

ASPR TRACIE. (2018). [Tips for Retaining and Caring for Staff after a Disaster.](#)

This tip sheet provides general promising practices—categorized by immediate and short-term needs—for facility executives to consider when trying to retain and care for staff after a disaster.

ASPR TRACIE. (2020). [ASPR TRACIE. \(2020\). Mini Modules to Relieve Stress for Healthcare Workers Responding to COVID-19: Stress Management Exercise.](#)

This five-minute video and exercise can help healthcare practitioners understand stress reactions and learn how taking just a few minutes to check in with oneself and de-stress can help.

Commissioned Corps of the U.S. Public Health Service. (2020). [Corps Care.](#)

The Corps Care program provides the Commissioned Corps comprehensive support and guidance to meet the physical, behavioral and spiritual health of its officers. These resources are intended to improve readiness and preparedness, build resiliency, and support healthy living for response workers.

COVID-19 Healthcare Resilience Task Force. (2020). [Preventing and Addressing Moral Injury Affecting Healthcare Workers During the COVID-19 Pandemic.](#)

Moral injury (sometimes known as moral distress) refers to the psychological, behavioral, social, and/or spiritual distress experienced by individuals who are performing or exposed to actions that contradict their moral values. This document is intended to support healthcare workers in identifying and preventing moral injury and providing support for those affected.

Local Public Health Institute of Massachusetts. (2020). [Compassion Fatigue.](#)

This webpage reviews compassion fatigue types, risk factors, and effects. It also includes information for identifying compassion fatigue and coping.

Magellan Healthcare. (2020). [Hotline \(1-800-327-7451\) for First Responders and Healthcare Workers.](#)

This website offers resources for first responders and healthcare workers, including a hotline that is answered by certified, licensed mental health clinicians.

Massachusetts General Hospital. (2020). [Guide to Mental Health Resources for Health Care Providers.](#)

This website provides links to behavioral health resources for healthcare workers.

National Child Traumatic Stress Network. (2020). [Skills for Psychological Recovery \(SPR\) Online.](#)

This course utilizes skills-building components from mental health treatment that have been found helpful in a variety of post-trauma situations to help survivor gain skills and manage distress.

The National Institute for Occupational Safety and Health. (n.d.) [The Buddy System.](#) (Accessed 10/7/2020.) Centers for Disease Control and Prevention.

This fact sheet contains guidelines for implementing the buddy system in which responders are paired and provide support for their buddy's personal safety and resilience before, during, and after a disaster.

Nursing License Map. (2020). [59 Mental Health Resources for Health Care Providers.](#)

This website provides links to behavioral health resources for healthcare workers. Links include those specific to sleep, exercise, healthy eating, counseling and support, mindfulness, entertainment, and positive attitude.

Project ECHO. (2020). [First Responder Resiliency.](#)

This program, which included recorded sessions, highlights techniques to manage self-care, increase resiliency and capacity during the COVID-19 pandemic, and creates a virtual peer support space to share best practices.

Substance Abuse and Mental Health Services Administration. (2020). [Disaster Distress Helpline.](#) U.S. Department of Health and Human Services.

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.