

ASPR TRACIE Technical Assistance Request

Request Receipt Date (by ASPR TRACIE): 7 December 2020

Response Date: 16 December 2020; updated 22 December 2020

Type of TA Request: Complex

Request:

ASPR TRACIE received a request for best practices related to disaster mental health for pediatric healthcare providers with a specific focus on pandemics and COVID-19.

Response:

The ASPR TRACIE Team reached out to members of our Subject Matter Expert (SME) Cadre for more information. We also conducted a search online and reviewed existing ASPR TRACIE resources for relevant materials, including those in the following:

- [Behavioral Health Compendium](#)
- [COVID-19 Behavioral Health Resources Collection](#)
 - [Resources for Responders and Behavioral Healthcare Providers](#) section
 - [Self-Care and Resilience Resources for Responders and Healthcare Workers](#) section
- [Disaster Behavioral Health Resources Page](#)

The following sections provide information on an upcoming initiative, and links to related resources for both pediatric healthcare workers and healthcare workers in general (not specific to pediatrics).

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. **NOTE:** This is not specific to pediatric healthcare workers but may provide useful information.

II. Resources Related to Disaster Mental Health for PEDIATRIC Healthcare Providers

Emergency Medical Services for Children, Innovation and Improvement Center. (2020).

[Responding to the COVID-19 Pandemic: Toolkit for Emotional Coping for Healthcare Staff \(TECHS\)](#).

This web page provides links to various mental health resources geared for pediatric healthcare workers. Users may also access the EMSC IIC’s main [Mental & Behavioral Health](#) page for additional information.

Western Region Alliance for Pediatric Emergency Management (WRAP-EM). 2020. [Mental Health Resources for Children, Families, and Providers in Response to the Emerging Coronavirus Disease 2019 \(COVID-19\)](#).

This web page provides links to several mental health resources for various audiences including children, their families and providers. More specifically, it provides a YouTube video titled, “[APC for Frontline Provider Parents](#)” as part of the “Anticipate. Plan. Cope.” series.

III. Other Resources Related to Disaster Mental Health and ALL TYPES of Healthcare Providers

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

These mini-modules are designed for healthcare workers in all settings, but primarily hospital-based providers, staff, and leaders dealing with the COVID-19 pandemic.

ASPR TRACIE. (2019). [Disaster Behavioral Health Self Care for Healthcare Workers Modules](#).

ASPR TRACIE has worked closely with ASPR At-Risk Individuals, Behavioral Health & Community Resilience (ABC) interagency/ external partner working groups in every disaster recovery operation for the last four years. 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. These modules are designed for healthcare workers in all settings, but primarily hospital-based providers.

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.

Centers for Disease Control and Prevention. (2020). [Stress and Coping for COVID-19](#).

This web page can help users (including parents, responders, and people who have been released from quarantine) understand and manage their stress reactions to the pandemic.

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). [Health Promotion to Enhance Healthcare Worker Performance](#).

This document provides information on policies and best practices to use in the workplace to promote the health of the workforce and subsequently enhance and improve worker performance.

COVID-19 Healthcare Resilience Task Force. (2020). [Mitigate Absenteeism by Protecting Healthcare Workers' Psychological Health and Well-being during the COVID-19 Pandemic](#).

The resilience of our Nation's healthcare system depends on our healthcare workforce's ability to report for duty. The actions listed in this document can help healthcare facility leaders protect workers' psychological health and well-being.

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 Center for PTSD. (2020). [Managing Health Care Workers' Stress Associated with the COVID-19 Virus Outbreak: For Healthcare Workers.](#)

Healthcare workers and responders can use the information on this webpage to recognize and manage their stress during and in the aftermath of an infectious disease outbreak.

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

This online course utilizes skills-building components from mental health treatment strategies that may be effective in helping survivors gain skills and manage distress in various post-trauma situations.

National Institute for Occupational Safety and Health. (n.d.) [The Buddy System.](#) (Accessed 12/14/2020.) 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.

Schreiber, M. (2014). [Anticipate Plan Deter Responder Resilience System.](#)

This article describes the “Anticipate Plan Deter” model that can help healthcare providers 1) understand the stresses that accompany disasters; 2) plan for themselves and

their loved ones accordingly; and 3) learn how to self-monitor for the effects of stress during the response and recovery phases.

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.

Tamsut, J., Young, K., and Schreiber, M. (2017). [The PsySTART Rapid Mental Health Triage System](#). Disaster Medicine.

This article addresses the Psychological Simple Triage and Rapid Treatment (PsySTART) system, which is a real-time triage and case management system used to assess the behavioral health needs of both victims and responders during a crisis or traumatic event. Healthcare workers and other community partners can also use this for pediatric triage.

U.S. Department of Health and Human Services, Office of the Assistant Secretary for Preparedness and Response. (2020). [Emergency Responder Self-Care Plan: Behavioral Health PPE](#).

Taking care of oneself is difficult during a pandemic, where responders experience additional stressors related to home and personal circumstances as well as those brought on by challenging mission demands. This fillable form includes steps people can take to stay healthy and fit for duty while caring for others. It can be completed before each mission/event and kept handy to help apply coping strategies when things get tough.

U.S. Department of Health and Human Services, Office of the Assistant Secretary for Preparedness and Response. (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](#)