

RURAL **HEALTH** WORKSHOP

Crisis Counseling for Rural Health Providers



Speaker

- Tanisha Hubbard
 - Program Assistant
 - LDH/Office of Behavioral Health/ Louisiana Spirit

Psychological First Aid in the Rural Setting



Presenter: Tanisha Hubbard, LPC

What is Psychological First Aid?

Also referred to as PFA is an evidence-informed modular approach to assist children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism.

The overall goal of PFA is to reduce people's primary stress by connecting them with resources, reuniting them with family and friends, and offering hope to have a better ability to cope long term.

Who Delivers PFA?

PFA is delivered by disaster response workers who provide early assistance, including:

- First responders
- Mental health professionals
- School personnel
- Religious professionals
- Disaster volunteers
- Health and public health officials

What are Psychological First Aid Principles?

Five Empirically-Supported Early Intervention Principles

Safety – Removal of fear, anxiety, and threats to reduce harm

Calming – Effective coping, problem solving techniques

Connectedness – Connection to social, community, and religious supports

Self & Community Efficacy – Helping be apart of the solution and efforts to promote well being

Hope – Help with favorable outcomes to move forward

Psychological First Aid Core Actions

| | |
|----------|--|
| 1 | Contact and Engagement |
| 2 | Safety and Comfort |
| 3 | Stabilization |
| 4 | Information Gathering |
| 5 | Practical Assistance |
| 6 | Connection with Social Supports |
| 7 | Information on Coping |
| 8 | Linkage with Collaborative Services |

Contact and Engagement

Establish a connection with survivors in a non-intrusive and compassionate manner

- Introduce yourself and describe your role
- Ask for permission to talk
- Explain objectives
- Ask about immediate needs



Safety and Comfort

- Ensure immediate physical safety
- Provide information about disaster response activities and/or services
- Offer physical comforts
- Offer social comforts and link to other survivors
- Protect from additional trauma and potential trauma reminders
- Discuss media viewing and social media
- The goal is to enhance immediate and ongoing safety and provide physical and emotional comfort

Stabilization

The goal is to calm and orient emotionally-overwhelmed and distraught survivors.



Signs:

- Glassy eyed and vacant
- Unresponsive
- Disoriented
- Exhibiting strong emotional responses
- Uncontrollable physical reactions
- Frantic searching behavior

Information Gathering

The goal is to identify immediate needs and concerns, gather additional information, and tailor PFA interventions

It is used to determine:

- Need for immediate referral
- Need for any additional available ancillary services
- Which components of PFA may be helpful

Practical Assistance

Offer practical help to survivors in addressing immediate needs and concerns



- Identify the most immediate need
- Clarify the need
- Discuss an action response
- Act to address the need

Connection with Social Supports

The goal is to help establish brief or ongoing contacts with primary support persons, such as family members and friends, and to seek out other sources of support

- Discuss ways to seek and give support
- Identify possible support persons
- Discuss what to do/talk about
- Explore reluctance to seek support
- Address extreme social isolation or withdrawal



Information on Coping

Provide information about stress reactions and coping to reduce distress and promote adaptive functioning



- Explain what is currently known about the event
- Inform survivors of available resources
- Identify the post-disaster reactions and how to manage them
- Promote and support self-care and family care practices

Linkage with Collaborative Services

The goal is to link survivors with available services needed immediately or in the future

Reconnect survivors to agencies that provided them services before the disaster:

Mental health services

Medical services

Spiritual support

Alternative healers

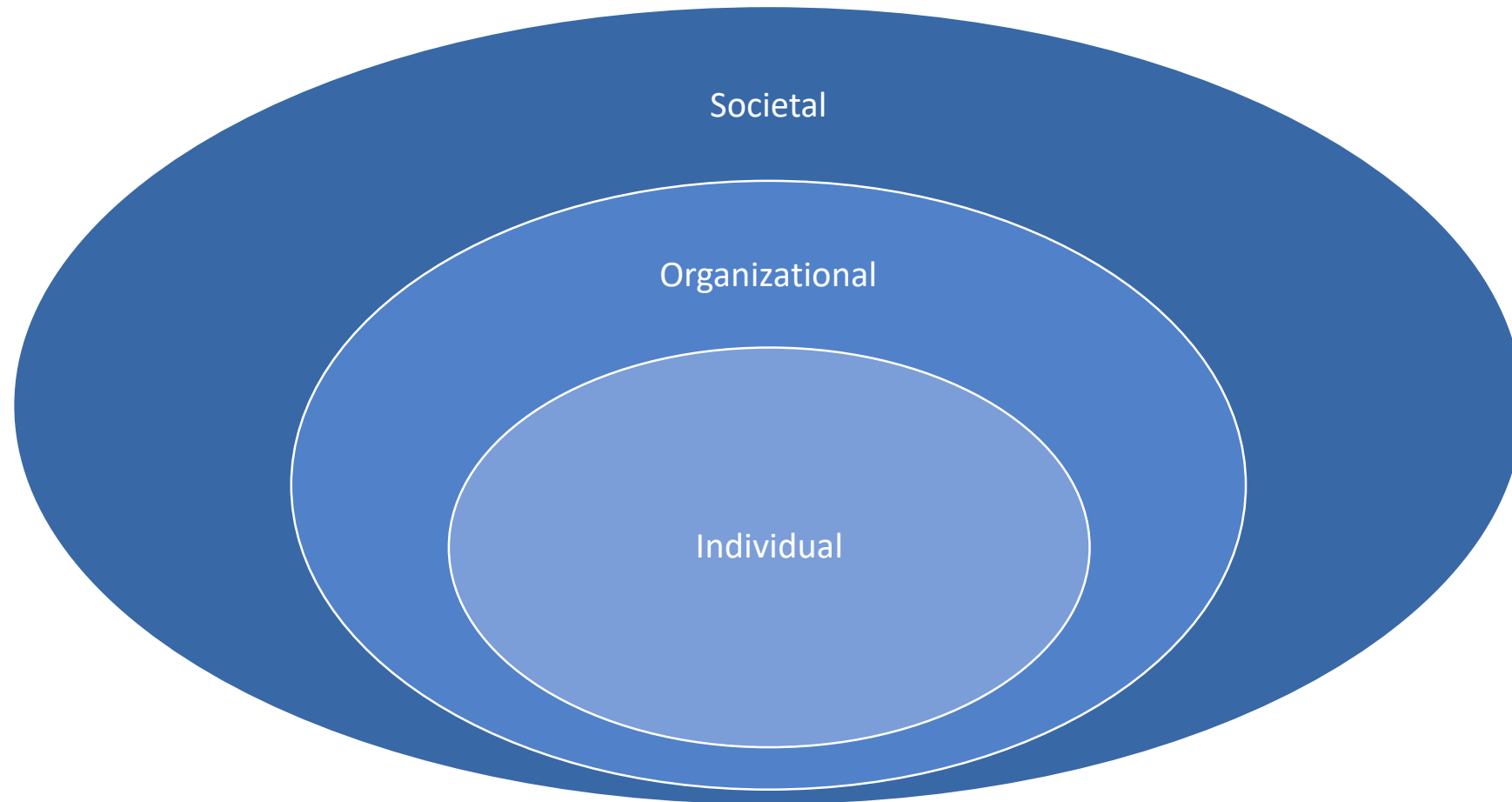
Child welfare services

Schools

Drug and alcohol support groups



Provider Care



Provider Care: PRN



Additional Resources

- Suicide Hotline (988)
- 211.org
- Keep Calm Help Line 1-866-310-7977
 - <https://ldh.la.gov/index.cfm/directory/category/100>
- Contact Local Governing Entities to access local behavioral health services
 - <https://www.nctsn.org/resources/psychological-first-aid-pfa-online>
- Free online PFA course certification or contact agency to register for virtual or live one day training.

Additional Resources (Cont.)



THANK YOU





Questions?

We want to hear from you!

<https://www.surveymonkey.com/r/BW59S9F>



RURAL **HEALTH** WORKSHOP

Networking Lunch: 11:45 a.m. – 1:00 p.m.

