# Check-in By Megan Call, PhD



# 10 Minute Break We will start again at 09:00 AM





# PSYCHOLOGICAL FIRST AID

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## **PSYCHOLOGICAL FIRST AID**

"... goal to promote safety, stabilize survivors of disasters and connect individuals to help and resources."

Founded on:

- Identifiable culture of wellness
- Established psychological safety Ongoing perceived support

## PHASES OF DISASTER REACTIONS

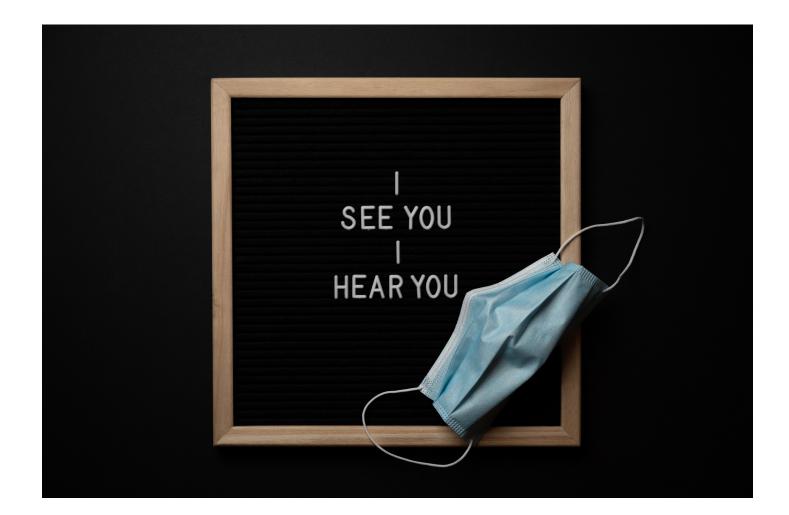


Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters (2nd ed., HHS Publication No. ADM 90-538). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.



## PEER SUPPORT

- 88% of your colleagues want to hear from you
- Barriers for support seeking include: time & stigma.



## Hu, Fix, Hevelone, et al Arch Surg. 2012 Mar; 147(3): 212-217.

# PERCEIVED SUPPORT

Protective factor against harmful impact of stress.

Associated with:

patient safety, teamwork, participation, accountability, & work-life balance.

delays in care delivery, disruptive behavior, burnout.



1. Cohen, 1992; Collins & Feeney, 2000; Sarason, Sarason, & Gurung, 1997. 2. Frankel, Adair, Sexton 2019

