

PSYCHOLOGICAL INTERVENTIONS

- ❑ Management of anger and fear
- ❑ Breaks
- ❑ Effective, useful social roles
- ❑ Community social supports
- ❑ Effective risk communication



WHY CONSIDER MEDICATIONS?

- 80% of persons with PTSD have another psychiatric diagnosis
- May already be on medications and have lost them
- Might keep substance abusers from self medicating
- Medications may buffer extreme reactions
- May enable person to endure difficult temporary living conditions
- May help short term with
 - Anxiety, fear and panic
 - Sleep disturbance
 - Nightmares, flashbacks
 - Extreme anger and irritability



CHANGE IN MODALITIES

SOME THINGS TO CONSIDER

Safety of caregivers is paramount

Caregivers' families need to be considered



CHANGE IN MODALITIES

WE MAY NEED TO USE DIFFERENT METHODS

Telephone contact – telephone conferencing for groups

Computer contact – use of bubble cameras

Media to present psychosocial education

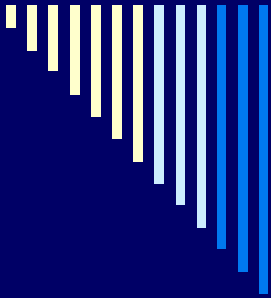
Radio talk shows with call ins

Coaching family members or significant others



THE MEDIA

- ❑ Be prepared for them to appear.
- ❑ Assign a space for them as far from victims and family members as possible.
- ❑ Use a knowledgeable spokesperson.
- ❑ Set a time to speak with the media.
- ❑ Use them to convey appropriate medical and behavioral health coping skills.
- ❑ Use them to convey information – have handouts ready ahead of time.



FLU PANDEMIC IMPACT ON YOU AND YOUR FAMILY

- You need to keep up to date and properly informed with facts, not rumors.
- Need to learn and practice how to protect yourself and your family.
- Always ready - household should be prepared with supplies similar to a blizzard.



FLU PANDEMIC: PREPARING FOR IMPACT ON YOUR ORGANIZATION

- Plan for how to do more with less
- Develop succession plan
- Plan on counting on no outside support
- Develop policies and procedures for enforcing isolation and quarantine in your area
- Use SARS planning experience and documents as starting point



THIS COULD BE YOU





Identifying individual and community needs

- Use your drills to identify problems.
- Discuss with colleagues how daily coping with a smaller disaster went and how it could have been improved.
- Get to know your community partners and what they do.
- During a disaster keep track of the type of referrals that you are getting and note whether you can accept or need to referral elsewhere.



SOME THINGS TO DO SOON

- ❑ All disasters are local.
- ❑ Get to know local resources before disaster strikes.
- ❑ Find out the names of key personnel and meet with them face to face.
- ❑ Have local memos of understanding.
- ❑ Include community partners in your drills.
- ❑ Ask to be a part of community drills.
- ❑ Get more training
- ❑ Have a family disaster plan to include influenza



MORE INFORMATION

- ❑ Centers for Disease Control and Prevention (www.bt.cdc.gov)
- ❑ Your local American Red Cross chapter (www.redcross.org)
- ❑ Your state or local health department
- ❑ Hospitals Full Up: a video about Spanish Flu
<http://web.upmc-biosecurity.org/video/1918/>