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Webinar ID: 239 945 382
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- ❑ Please select the **Q&A button** at the bottom of the webinar and enter questions there.

**Primary Care Providers' Role in Supporting Children,
Families, and Professional Self-Care Following
Hurricanes and Other Disasters**

**Clinician Outreach and Communication Activity
(COCA)**

Webinar

October 26, 2017



Continuing Education for COCA Calls

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Accreditation Statements continued...

- ❑ **AAVSB/RACE: This program was reviewed and approved by the AAVSB RACE program for 1.0 hours of continuing education in jurisdictions which recognize AAVSB RACE approval. Please contact the AAVSB RACE program at race@aavsb.org if you have any comments/concerns regarding this program's validity or relevancy to the veterinary profession."**
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Planners have reviewed content to ensure there is no bias.

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❑ Using the Webinar System

- Click the **Q&A** button in the webinar
- Type your question in the **Q&A** box
- Submit your question

❑ For media questions, please contact CDC Media Relations at 404-639-3286 or send an email to media@cdc.gov.

❑ If you are a patient, please refer your questions to your healthcare provider.

At the end of this COCA Call, the participants will be able to:

- Describe the importance of psychological first aid and basic supportive services in promoting adjustment after a disaster.
- Outline the common symptoms and trajectories of adjustment reactions in children and adolescents.
- Identify strategies to support children, adolescents, and families in healing and recovery after a disaster or crisis situation.
- Discuss the importance of professional self-care clinicians can use to promote wellness for themselves and colleagues.

Today's First Presenter



Robyn A. Cree, Ph.D.

Epidemic Intelligence Service Officer
Child Development and Disability Branch
National Center on Birth Defects and Developmental
Disabilities
Centers for Disease Control and Prevention



Today's Second Presenter



David J. Schonfeld, MD, FAAP
Suzanne Dworak-Peck
School of Social Work and Pediatrics
University of Southern California and
Children's Hospital Los Angeles

Today's Third Presenter



Robin H. Gurwitch, Ph.D.
Professor, Center for Child and Family Health
Duke University Medical Center



Situational awareness for the 2017 Hurricane Response

Robyn A. Cree, Ph.D.

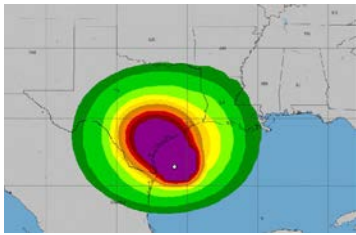
Epidemic Intelligence Service Officer

Clinician Outreach and Communication Activity call
October 26th, 2017

Timeline of events

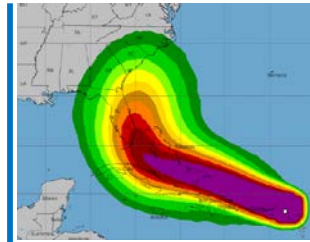
Aug 25th

Hurricane Harvey



Sept 10th

Hurricane Irma



Oct 26th

EOC response
continues



August

September

October



Aug 31st

EOC activated



Sept 20th

Hurricane Maria

Hurricane impact on families and children



Texas military rescue family from flooding following Hurricane Harvey
Photo credit: Texas Military Department, Aug 27th, 2017



New York National Air Guard evacuation of mother and child prior to Hurricane Irma
Photo credit: Stagg Sgt. Erin Mills, Air Force Public Affairs Agency, OLC, Sept 10th, 2017



Child evacuation following Hurricane Maria
Photo credit: Taylor King, Navy Media Content Services, Sept 28th, 2017

CDC 2017 Hurricane Response: At Risk Task Force



At Risk Task Force and Epi/Surveillance Task Force at work in the CDC Emergency Operations Center during the 2017 Hurricane Response

Cómo cuidar y cuidar a su familia después de un desastre Centers for Disease Control and Prevention Office of Public Health Preparedness and Response

Coping with a Disaster or Traumatic Event Centers for Disease Control and Prevention Office of Public Health Preparedness and Response

Medidas para cuidarse mismo

- Cuidé su cuerpo
 - » Trate de comer alimentos saludables, hacer su regularidad, dormir y evitar las drogas y alcohol.
- Conéctese
 - » Comparta lo que es un amigo o familiar. Mantenga relaciones y confíe en el apoyo.
- Tómese descansos
 - » Hágase un tiempo para tratar de volver a sus actividades que disfruta.
- Manténgase informado
 - » Vea las noticias pero al tanto de la información actualizada proveniente de funcionarios confiables.
- Evite
 - » Evite su exposición a la cobertura de los medios y comunicación sobre el desastre.
- Pida ayuda
 - » Hable con un clérigo, consejero o un médico a la línea de ayuda al consumidor (1-800-985-5990).

Steps to Care for Yourself

- Take Care of Your Body
 - » Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- Connect
 - » Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- Take Breaks
 - » Make time to unwind. Try to return to activities that you enjoy.
- Stay Informed
 - » Watch for news updates from reliable officials.
- Avoid
 - » Avoid excessive exposure to media coverage of the event.
- Ask for Help
 - » Talk to a clergy member, counselor, or doctor or contact the SAMHSA helpline (#1-800-985-5990).

How to Help Your Children

- Talk with them.
 - » Share age-appropriate information.
 - » Reassure them.
 - » Address rumors.
 - » Answer questions.
- Set a good example by taking care of yourself.
- Limit exposure to media and social media coverage of the event.

Common Signs of Distress

- Feelings of shock, numbness, or disbelief
- Change in energy or activity levels
- Difficulty concentrating
- Changes in appetite
- Sleeping problems or nightmares
- Feeling anxious, fearful, or angry
- Headaches, body pain, or skin rashes
- Chronic health problems get worse
- Increased use of alcohol, tobacco, or other drugs

Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.

SAMHSA's Disaster Distress Hotline - 1-800-985-5990
 (TTY for deaf/hearing impaired: 1-800-846-8517) or text TalkWithUs to 66746

Available at: <https://emergency.cdc.gov/coping/families.asp>

Acknowledgements

At Risk Task Force

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For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.





The role of primary care providers in supporting children, families and themselves following Hurricanes Harvey, Irma and Maria



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**Director, National Center for School Crisis and
Bereavement**

**www.schoolcrisiscenter.org
1-877-536-NCSCB (1-877-536-2722)
www.grievingstudents.org**



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Psychological first aid

- Provide broadly to those impacted
- Supportive services to foster normative coping and accelerate natural healing process
- All staff should understand likely reactions and how to help children cope



- ***Anyone that interacts with children can be a potential source of assistance and support – if unprepared, they can be a source of further distress***



Potential symptoms of adjustment reactions

- Sleep problems
- Separation anxiety and school avoidance
- Anxiety and trauma-related fears
- Difficulties with concentration
- Deterioration in academic performance
- Regression
- Depression; Avoidance of previously enjoyed activities
- Substance abuse
- Somatization



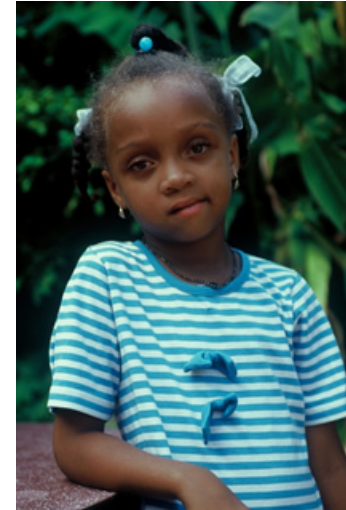
Post-traumatic stress disorder

- Exposure to death, serious injury, or sexual violence
- Re-experiencing traumatic event
 - Recurrent, intrusive, distressing memories
 - Recurrent, distressing dreams
 - Dissociative reactions (e.g., flashbacks); post-traumatic play
- Avoidance of stimuli associated with trauma
- Negative alterations in cognitions and mood
- Increased arousal
 - Difficulty concentrating or sleeping
 - Irritability or anger
 - Self-destructive behavior
 - Hypervigilance or exaggerated startle



Range of reactions to crisis

- Wide range of reactions and concerns
 - Not just PTSD
- Bereavement
- Secondary losses and stressors
 - Relocation
 - Loss of peer network
 - Academic failure
 - New social network
 - Financial stresses
 - Parental stress, mental health problems
 - Marital conflict or domestic violence
- One crisis often awakens feelings related to pre-existing or past crisis





If only the signs were this easy to read.





Adjustment Over Time in Crisis

A = baseline functioning

B = event

C = vulnerable state

D = usual coping mechanisms fail

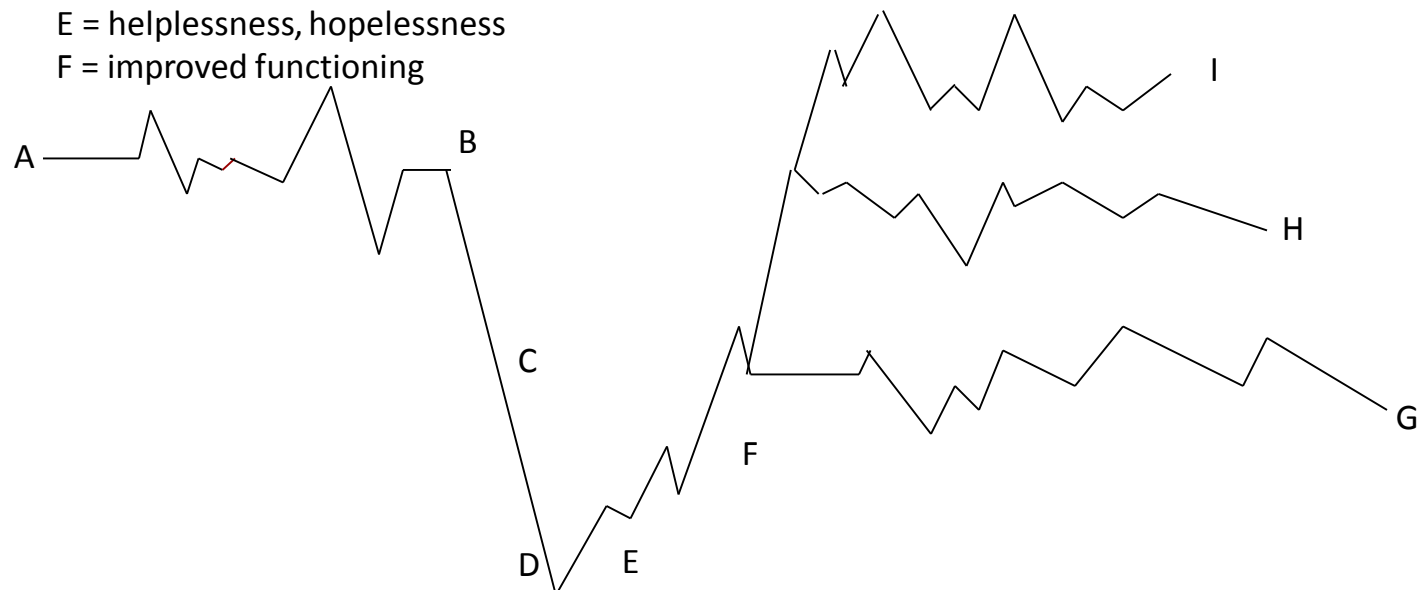
E = helplessness, hopelessness

F = improved functioning

G = continued impairment

H = return to baseline

I = post-traumatic growth





Website resources

National Center for School Crisis and Bereavement

www.schoolcrisiscenter.org



Coalition to Support Grieving Students

www.grievingstudents.org



COALITION *to* SUPPORT
GRIEVING STUDENTS

AAP Children and Disasters – www.aap.org/disasters

– Coping and adjustment:

www.aap.org/disasters/adjustment

www.schoolcrisiscenter.org



The screenshot shows the homepage of the National Center for School Crisis and Bereavement. At the top left is the logo for USC Suzanne Dworak-Peck School of Social Work. To its right is the text "National Center for School Crisis and Bereavement". Further right is the USC University of Southern California logo. Below these are navigation links: ABOUT, RESOURCES, PROJECTS, NEWS, EVENTS, and a search icon. Social media icons for Facebook, Twitter, and LinkedIn are present, along with a "DONATE" button. The main banner features a photograph of a person sitting on a school hallway floor, hugging their knees. Overlaid on this is a red box with the text "See our guide for talking to children about terror attacks and tragedies" and a "READ MORE" button. Below the banner, the text "THE NCSCB" is displayed, followed by the tagline "Dedicated to helping schools support their students through crisis and loss". Two main content boxes are shown: "I Need Help Now" with a blue "GET HELP NOW" button, and "Help Me Prepare" with a red "GET PREPARED" button.



www.grievingstudents.org

COALITION to SUPPORT GRIEVING STUDENTS

Video and Downloadable Grief Support Modules for School Personnel

Conversation & Support

- Talking With Children >
- What Not to Say >
- Providing Support Over Time >
- Peer Support >

[VIEW MODULES](#)

Conversation & Support

Developmental & Cultural Considerations

Practical Considerations

Reactions & Triggers

Professional Preparation & Self-Care

Crisis & Special Circumstances



For further information about NCSCB
visit us, call us, like us, share us:

USC Suzanne Dworak-Peck

School of Social Work

National Center for School Crisis and Bereavement



1-888-53-NCSCB (1-888-536-2722)



www.SchoolCrisisCenter.org | info@schoolcrisiscenter.org



facebook.com/schoolcrisisorg



@schoolcrisisorg



National Center for School Crisis and Bereavement



Taking Care of Ourselves While Supporting Families After Crisis Events

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+ Helping Parents Support Children After Crisis Events: Ideas to Share

- Start the conversation
- Gently correct inaccurate information
- Answer questions honestly at a level appropriate for the child
- Instill sense of safety and discuss family plans
- Limit media exposure
- Learn about common reactions to better notice children's responses



+ Helping Parents Support Children After Crisis Events: Ideas to Share

- Take a break
- Be a positive role model
- Be patient and provide a little extra help
- Find a way to do an “act of kindness” for someone else
- Take care of yourself
- No two people (even in the same family with the same experience) will have the exact same reactions or timelines for healing



+ When to consider a referral for children to mental health services

- Distress is interfering with daily functioning at home and school, without signs of improvement
- Family experienced several risk factors:
 - Direct exposure to the event
 - Loss of family, friends, or property
 - Problems with evacuation
 - Significant life changes after the event (change of schools, changes in social support systems, financial stressors)
- *Note: There are several evidence-based treatments available through trauma-informed therapists across the country*

+ Personal Self Care

“In dealing with those who are undergoing great suffering, if you feel ‘burnout’ setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective.”

-The Dalai Lama



+ Were YOU directly impacted?

- Recognizing your reactions
- Recognizing your “triggers” for reminders
- Identifying actions needed to help you and your family in recovery
- Allowing time to address items for recovery (e.g., meeting with insurance, replacing lost articles, spending time with family)

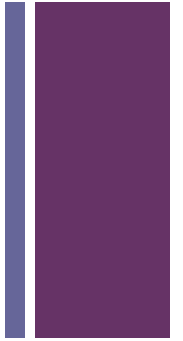
+ What is secondary traumatic stress (STS)

- “The experience of short-term exhaustion and traumatic stress reactions associated with exposure to the suffering of one’s clients.”

(Boscarino, Figley, and Adams, 2004)

- Also known as Vicarious Trauma

+ Personal Impact of STS



- Physical
- Emotional
- Behavioral
- Cognitive
- Interpersonal
- Spiritual

+ Challenges to Self-Care

- Not believing that STS is real and can impact YOU
- Making time when all around you seem to need your help
- Feeling guilt for taking time for yourself
- Believing those around you are doing fine, so you should be doing fine too
- Lacking modeling or support from others (especially those in positions of authority) for self-care activities

+ **Creating a Personal Resiliency Plan**

- Everyone's plan will be different
- What is restoring to one person might be depleting to another
- What is renewing to YOU?

+ Examples of Self-Care Strategies

- Time with friends and family
- Exercise, yoga, meditation
- Music/art/gardening
- Playing with pets
- Massage
- Rest
- Good eating/cooking
- Movies, TV, and books

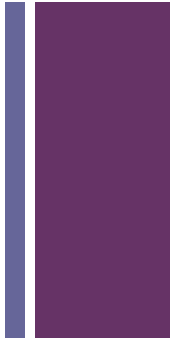


When to Seek Professional Help

- Sometimes our jobs are truly overwhelming
- We may need additional professional help if STS interferes with the ability to:
 - Effectively do the work
 - Enjoy time with others (isolation sets in)
 - See hope ahead (depression sets in)
- If STS is interfering with your daily functioning, don't suffer alone.
- Recognize that it is ok to ask for help (why are we the last to ask??)



+ Helpful Resources to Share with Families (and for you to explore)



- <http://www.apa.org/helpcenter/> (American Psychological Association)
- www.nctsn.org (National Child Traumatic Stress Network)
- www.aap.org/disasters (American Academy of Pediatrics)
- www.emergency.cdc.gov/coping/index.asp
- <https://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types>
- www.fema.gov
- <https://duke.box.com/s/dp2frqilqlj7q0ermwv8dorwqqq9wh50>
(Reactions and Guidelines for Children Following Crisis and Trauma)

To Ask a Question

□ Using the Webinar System

- Click the Q&A button in the webinar
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- Submit your question
- CDC Media: media@cdc.gov or 404-639-3286
- Patients, please refer your questions to your healthcare provider

Today's webinar will be archived

When: A few days after the live call

What: All call recordings (audio, webinar, and transcript)

Where: On the COCA Call webpage

https://emergency.cdc.gov/coca/calls/2017/callinfo_102617.asp

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Upcoming COCA Call

The Ecology of Emerging Zoonotic Diseases

Thursday, November 2, 2017

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<http://emergency.cdc.gov/coca>

COCA Products & Services

		COCA Call
		CDC Clinician Outreach and Communication Activity

Promotes COCA Calls and contains all information subscribers need to participate in COCA Calls. COCA Calls are done as needed.

		COCA Learn
		CDC Clinician Outreach and Communication Activity

Monthly email that provides information on CDC training opportunities, conference and training resources located on the COCA website, the COCA Partner Spotlight, and the Clinician Corner.

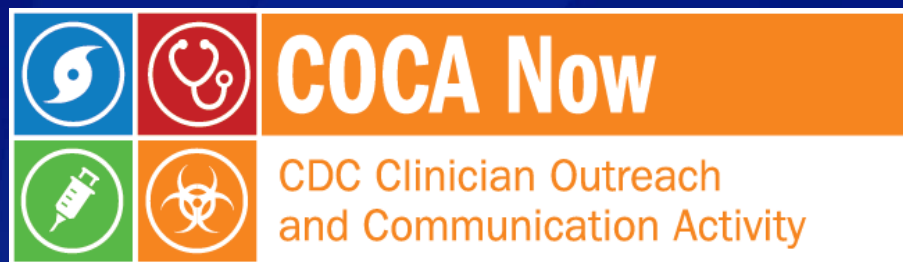
		Clinical Action
		CDC Clinician Outreach and Communication Activity

Provides comprehensive CDC guidance so clinicians can easily follow recommendations.

COCA Products & Services



Monthly email that provides new CDC & COCA resources for clinicians from the past month and additional information important during public health emergencies and disasters.



Informs clinicians of new CDC resources and guidance related to emergency preparedness and response. This email is sent as soon as possible after CDC publishes new content.



CDC's primary method of sharing cleared information about urgent public health incidents with public information officers; federal, state, territorial, and local public health practitioners; clinicians; and public health laboratories.

Thank you for joining!



**Centers for Disease Control and Prevention
Atlanta, Georgia**

<http://emergency.cdc.gov/coca>