

# PSYCHOSOCIAL DISASTER NETWORK

A virtual hub for psychosocial disaster preparedness and recovery.



## PDN NEWSLETTER FOR SERVICE PROVIDERS

Our world and daily lives are constantly changing and we want to let you know that we are in this together. Our hope is to provide you with a centralized virtual hub for updates and resources for psychosocial disaster preparedness and recovery. We have three overarching messages that help guide our newsletters:

- 1) Prepare to recover
- 2) Communicate to coordinate
- 3) Strong communities save lives

## WE WANT TO HEAR FROM YOU!

If you would like to be added to the email distribution list, have questions about psychosocial recovery, specific areas of interest, want information about specific aspects of psychosocial capacity building to support recovery, or would like to share resources, email Shanelle: [Shanelle.Reodica@ahs.ca](mailto:Shanelle.Reodica@ahs.ca). Please share this with your colleagues!

## SPIRITUAL PRACTICES TO SUPPORT YOUR RESILIENCE, WELL-BEING, AND COPING IN A DISASTER OR EMERGENCY

### Spirituality, Religion, and Spiritual Practices

Spirituality may be understood as the experience of the relationship we have with ourselves, others, and who or what we view as greater or ultimate. It's expressed through our beliefs, values, traditions, and practices which gives us a sense of meaning and purpose.

Religion is the shared beliefs, values, traditions, ethics, and practices of a specific community and how it's organized.

Both spirituality and religion have practices that can help us develop self-awareness, build resilience, and improve our overall well-being.

### Resilience

Resilience is our ability to bounce back from setbacks, cope well with life's challenges, and adapt to change in healthy ways. Resilience is not something we have or don't have, it's something we work to build throughout life.

Spiritual resilience is our ability to maintain a sense of self and purpose through a set of beliefs, principles, or values. Spiritual resilience can help us find our way through and cope with experiences of spiritual distress. Taking steps to look after our physical, mental, and spiritual well-being can help us build resilience, manage pressure, and reduce stress.



## RESOURCES AND LINKS

[6 Simple Steps for Self-Compassion During COVID-19](#)

[An Experiment in Gratitude | The Science of Happiness](#)

[Back to School After COVID-19: Supporting Student and Staff Mental Health](#)

[Being Accountable to our Communities: What are we Promising and How are we Working Together?](#)

[Five Interconnected Practices for Community Change](#)

[Free Resources That May Be Useful For Kids Teens and Families During COVID-19](#)

[Hope and Healing A Guide for People Who Have Lost Someone to Suicide](#)

[How Stress Affects Your Brain](#)

[Supporting the Psychosocial Well-being of Health Care Providers](#)

[Tamarack Institute Podcasts](#)

[The 60-Second Approach to Managing Emotions](#)

[Understanding Community-Led Approaches to Community Change](#)

[Wellness Module 8: Healthy Thinking](#)

[Why We All Need to Practice Emotional First Aid](#)

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## SPIRITUAL PRACTICE WORKSHEETS TO SUPPORT YOUR WELL-BEING IN A DISASTER OR EMERGENCY

During tough times, such as a disaster or emergency, spiritual practices can help you make sense of your world and can help you understand your need for self-care and self-expression.

This booklet contains nine different spiritual practice worksheets to help you strengthen your relationships, improve social connections, and help you cope with change or loss.

Individual worksheets:

- Self-Compassion
- Gratitude
- Lament
- Breath Meditation
- Contemplative Reading
- Finding the Feeling
- Labyrinth Walking
- Mantras
- Taking and Sending

For more information about Spiritual Care Services, go to:  
[www.albertahealthservices.ca/services/page13213.aspx](http://www.albertahealthservices.ca/services/page13213.aspx).

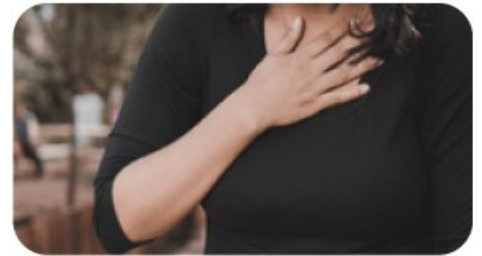
To order this resource and worksheets, go to:

<https://dol.datacm.com/>

Login ID: mentalhealthresources

Password: mh2016

Item Number: SC001 and SC002



## CARING FOR CAREGIVERS AMID COVID-19 - COMMUNITY MENTAL HEALTH ACTION PLAN (CMHAP)

The COVID-19 pandemic has affected all Albertans in many ways, most especially our mental well-being. Those in the role of caring for others, have additional challenges. Being able to provide care for others means that caregivers also need to look after their own well-being. Having supports and resources available to address physical, emotional, intellectual and spiritual needs are key, especially in times when caregivers may feel physically and socially isolated. Below are a few resources selected specifically to support caregivers' mental well-being:

### Alberta Caregiver College (Alberta Health Services)

The college offers a variety of courses to enhance knowledge and skills of caregivers who provide for their family members and loved ones. The Powerful Tools for Family Caregivers course contains a section on coping strategies and caregiver stress. <https://rb.gy/rk8fpi>

### Caregivers Alberta

Offers a variety of live and taped webinars on topics to support caregivers' well-being, including:

- *COMPASS for the Caregiver*. This four-part series helps caregivers balance their own well-being with the challenges of caregiving.
- *Building Healthy Boundaries*. This workshop will identify what healthy boundaries are, the myths around setting boundaries, and how to set your own healthy boundaries so you can feel more in charge of your life.

To register for upcoming webinars or access taped ones, <https://rb.gy/srkegl>.

### Caregiver Exchange

Caregiver Exchange is a resource for family caregivers which provides access to articles and videos related to caregiving. <https://www.caregiverexchange.ca>

For further information and resources, please visit: [www.mentalhealthactionplan.ca](http://www.mentalhealthactionplan.ca).

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## TRAININGS AND WORKSHOPS

### STAY TUNED! Psychological First Aid (PFA) for a Pandemic - Indigenous Community (PFA-IC) Hope-Connection-Healing, Virtual Session

This 2 hour facilitated interactive PFA webinar has been adapted from the AHS PFA Indigenous Community 6 hour in-person training. The PFA-IC was developed in consultation and with direction from a provincial Indigenous advisory committee in 2016. The PFA-IC approach/tools are driven by Indigenous values using a holistic and community approach. This approach has potential to reduce levels of emotional distress for Indigenous communities following a disaster/emergency/pandemic. When delivering PFA, we can offer our best support to help others and help them care for themselves by also acknowledging and caring for our own physical, mental, emotional, and spiritual aspects. We can work together to build tools that make sense within each community. Developing a culturally relevant PFA intervention delivered by Indigenous health workers and community leaders has the potential to reduce levels of mental distress through practical care, compassion, connection with others and support.



Our goal with this PFA training is to share knowledge and skills, build confidence, and capacity to support individuals, families and communities in the face of an emergency or a disaster, such as the current COVID-19 pandemic.

This session will be piloted in late August and will be available in the Fall. If you interested in more information about this workshop, please email: [HPDIP.MH.EarlyID@ahs.ca](mailto:HPDIP.MH.EarlyID@ahs.ca).



### Psychological First Aid (PFA) for a Pandemic - Child, Youth & Family Version

The virtual (Skype/Zoom) 2-hour Psychological First Aid (PFA) for a Pandemic-Child, Youth & Family Webinar has been developed to support professionals (teachers, school administration staff, community partners, counsellors, etc.), as well as parents and caregivers to enhance skills and increase confidence when supporting children, youth and families during the COVID-19 pandemic. This workshop builds on the foundations of the AHS PFA program, providing a compassionate and caring response that addresses basic, social and emotional needs in the impact and response phases of this pandemic.

If you interested in taking this workshop, please email: [HPDIP.MH.EarlyID@ahs.ca](mailto:HPDIP.MH.EarlyID@ahs.ca).



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## TRAININGS AND WORKSHOPS CONTINUED

Dates	Workshop	How to Register
Ongoing - online	Psychosocial Disaster Learning Series:  Chapter 1: Psychosocial Needs During a Disaster  Chapter 2: PFA in Disaster Response  Chapter 3: The Four Principles of PFA	To access the series, click <a href="#">here</a> for community and click <a href="#">here</a> for AHS staff.
August 19 <sup>th</sup> , 2020	PFA for a Pandemic	AHS staff: <a href="#">MyLearningLink</a>
August 2020	PFA for a Pandemic	Visit: <a href="https://www.strathcona.ca/community-families/well-being-and-mental-health/psychological-first-aid/">https://www.strathcona.ca/community-families/well-being-and-mental-health/psychological-first-aid/</a>
Part 1 August 25 <sup>th</sup> , 2020 September 24 <sup>th</sup> , 2020  Part 2 August 20 <sup>th</sup> , 2020 September 30 <sup>th</sup> , 2020	Transform Your Stress (Condensed) - Psychosocial Response to Disaster - Part 1 and Part 2	AHS staff: <a href="#">MyLearningLink</a>
September 8 <sup>th</sup> , 2020	Transforming Stress - Adult Mini Toolkit for Clinicians	Course Prerequisites - any one of the following: <ul style="list-style-type: none"> <li>• Transform Your Stress: The Resilience Advantage for Personal Use</li> <li>• Transform Your Stress: The Resilience Advantage for Personal &amp; Clinical Use</li> <li>• Transform Your Stress: The Resilience Advantage for Clinical Use</li> <li>• Transform Your Stress: The Resilience Advantage for Clinical Use - Part 1</li> <li>• Transform Your Stress (Condensed) - Psychosocial Response to Disaster - Part 1</li> </ul> AHS staff: <a href="#">MyLearningLink</a>
September 9 <sup>th</sup> , 2020	PFA for a Pandemic	AHS staff: <a href="#">MyLearningLink</a>
September 17 <sup>th</sup> , 2020	PFA for a Pandemic - Child, Youth & Family Version	AHS staff: <a href="#">MyLearningLink</a>
September 30 <sup>th</sup> , 2020	Transforming Stress in Children and Youth	AHS staff: <a href="#">MyLearningLink</a>
If you would like to organize a closed workshop for your group/community, please email: <a href="mailto:HPDIP.MH.EarlyID@ahs.ca">HPDIP.MH.EarlyID@ahs.ca</a> .		