

Increasing access to Psychological First Aid in Humanitarian Contexts

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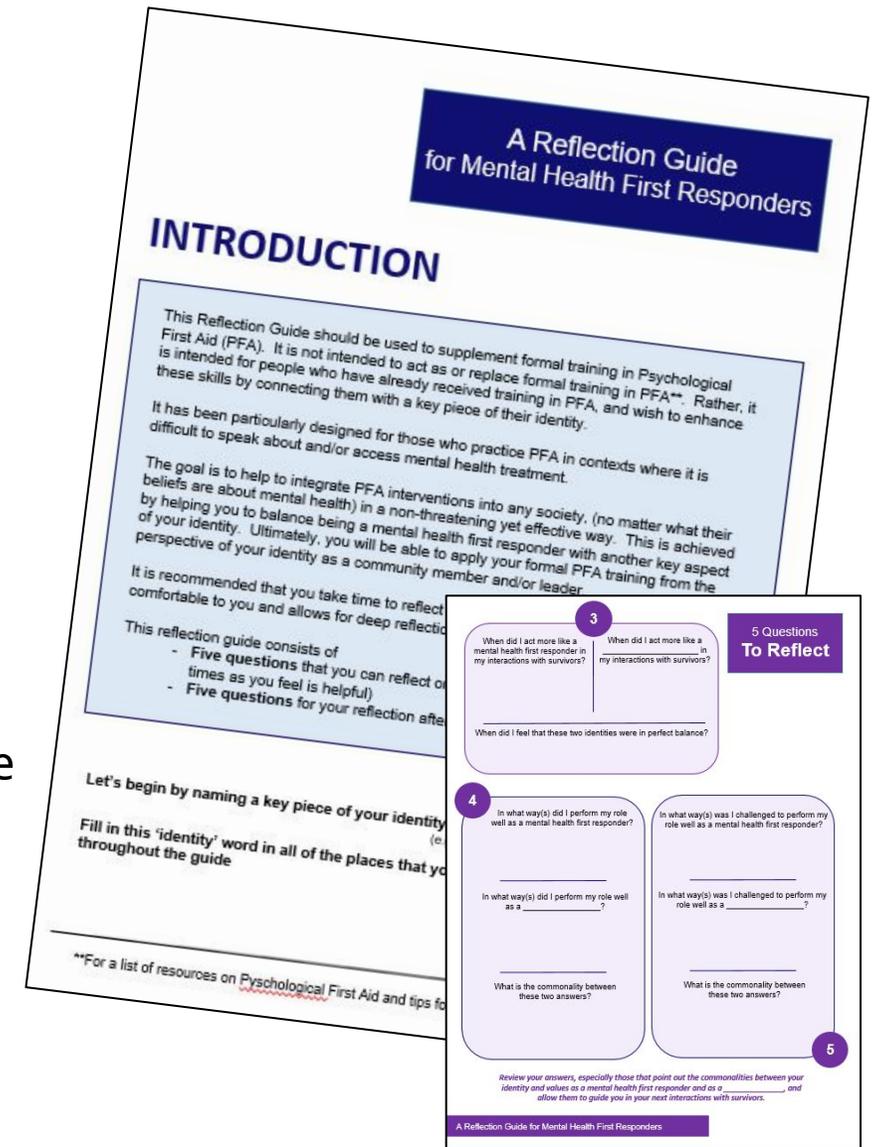


INTRODUCTION

The Project

A **Reflection Guide** that:

1. **Prepares** community members and leaders to provide effective Psychological First Aid in the context of Humanitarian emergencies
2. Helps these community members and leaders to **reflect on and assess** their performance and wellbeing as mental health first responders



HOW IS THIS RELEVANT TO MERCY?

1. Displacement of People and Degradation of Earth often lead to (or are caused by) Disasters and **require a Humanitarian Response**
2. It is a form of **'meeting people where they're at'**
3. It promotes **community-based support and responsibility**



HOW IS THIS RELEVANT TO HUMANITARIAN RESPONSES?

Mental Health
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HOW IS THIS RELEVANT TO HUMANITARIAN RESPONSES?

Mental Health
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Humanitarian
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BUT...

Humanitarian
Disasters are more
acutely felt in
Global South
countries, and
most international
humanitarian
responses take
place in the Global
South

Mental Health and its
treatment is generally
much less accepted/
acceptable in Global
South countries, where
Humanitarian Disasters
are more acutely felt
and most
Humanitarian
Responses occur

THE JOURNEY

(...or so I thought)



The Challenge:

How can we provide widespread, effective mental health treatment to people who have experienced a humanitarian emergency, in contexts where mental health is a taboo concept?



The Solution:

Create a guide to 'translate' the language of mental health psychotherapy into the language of a community leader's domain (e.g. a chief, imam, sister, etc.)

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Create a guide to 'translate' *Psychological First Aid* into the language of a community leader's domain (e.g. a chief, imam, sister, etc.)

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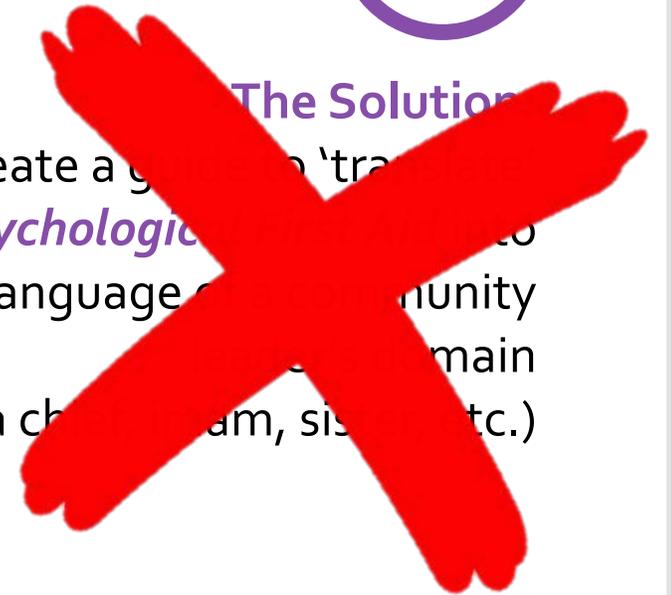


The Challenge:

How can we *provide widespread, effective mental health treatment to people* who have experienced a humanitarian emergency, in contexts where mental health is a taboo concept?

The Solution

Create a group of 'trainers' who can *Psychological First Aid* into the language of the community (e.g. a church, mosque, etc.)



PSYCHOLOGICAL FIRST AID

The RAPID Model

**R – Building RAPPORT and using
REFLECTIVE LISTENING**

A – ASSESSMENT

P – PRIORITIZATION

I – INTERVENTION

D – DISPOSITION & FOLLOW UP



THE JOURNEY

A

The Challenge:
How can we *provide widespread, effective mental health treatment to people* who have experienced a humanitarian emergency, in contexts where mental health is a taboo concept?

B

The Research:
Psychological First Aid (PFA)

C

The Wandering

D

The Solution:



THE JOURNEY

A

The Challenge:
How can we *provide widespread, effective mental health treatment to people* who have experienced a humanitarian emergency, *in contexts where mental health is a taboo concept?*

B

The Research:
Psychological First Aid (PFA)

C

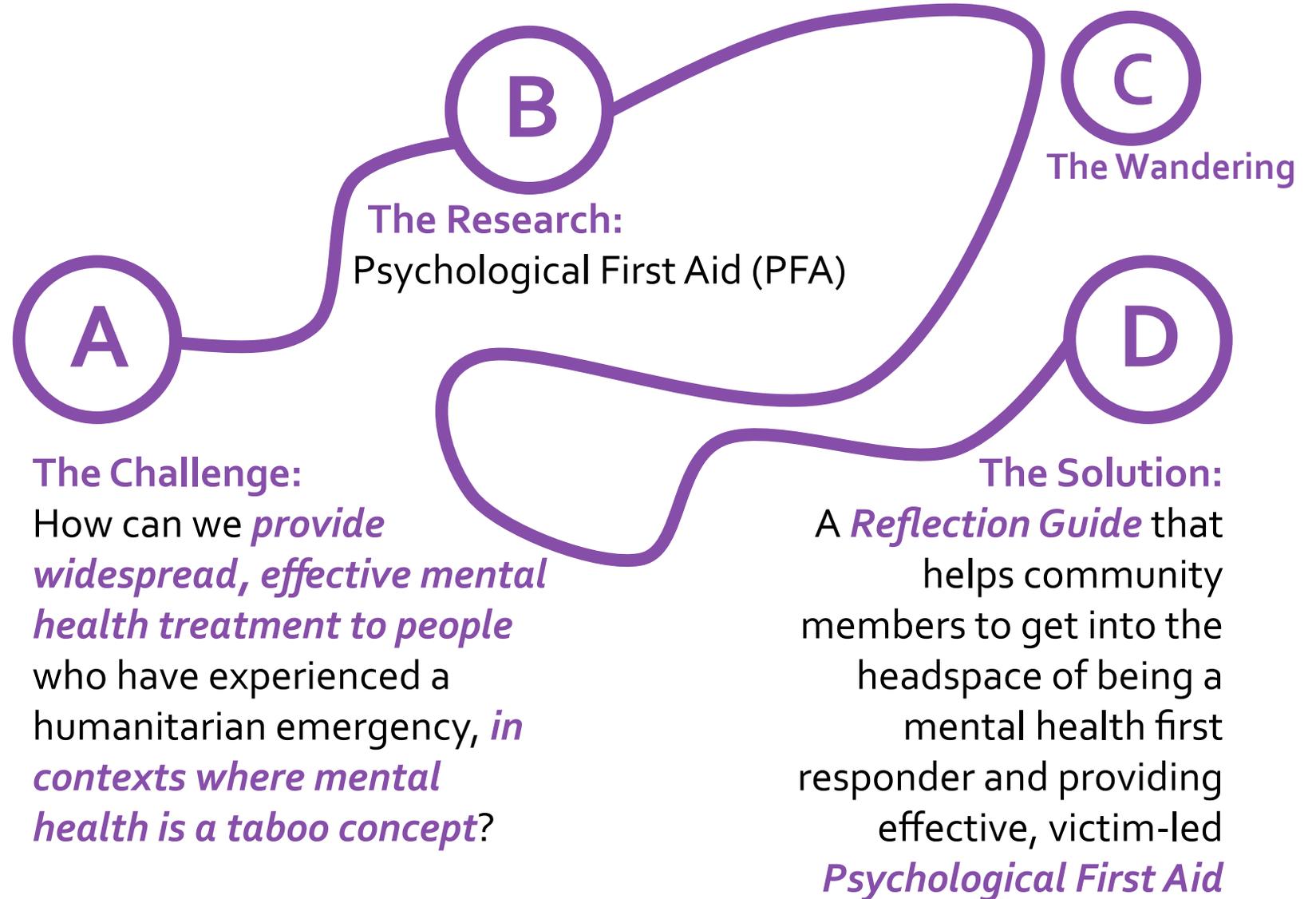
The Wandering

D

The Solution:



THE JOURNEY



WHY IS THIS USEFUL?

1

Helps people to **balance the two identities** of being a mental health first responder AND a community leader/member

2

Helps people to **truly believe that they should take a survivor-led, reflective listening approach** to providing Psychological First Aid



THE REFLECTION GUIDE

5 Questions To Prepare

My Community Identity: _____

1 Why is being a mental health first responder important to me? _____

Why is being a _____ important to me? _____

What is the commonality between these two answers? _____

2 Name 3 of your personal traits or motivations that make you trustworthy as a mental health first responder:

1. _____
2. _____
3. _____

Name 3 of your personal traits or motivations that make you trustworthy as a _____:

1. _____
2. _____
3. _____

What is the commonality between these two sets of traits? _____

Note:
To help you to reflect on this, can you think of a time in the past that you proved that you were trustworthy?

A Reflection Guide for Mental Health First Responders

5 Questions To Reflect

3 When did I act more like a mental health first responder in my interactions with survivors? _____

When did I act more like a _____ in my interactions with survivors? _____

When did I feel that these two identities were in perfect balance? _____

4 In what way(s) did I perform my role well as a mental health first responder? _____

In what way(s) did I perform my role well as a _____? _____

What is the commonality between these two answers? _____

In what way(s) was I challenged to perform my role well as a mental health first responder? _____

In what way(s) was I challenged to perform my role well as a _____? _____

What is the commonality between these two answers? _____

5 Review your answers, especially those that point out the commonalities between your identity and values as a mental health first responder and as a _____, and allow them to guide you in your next interactions with survivors.

A Reflection Guide for Mental Health First Responders

THE REFLECTION GUIDE

Meant to be *an accompanying piece* to formal PFA training, ***not*** a stand-alone resource or a replacement for formal PFA training.

By the time someone uses this guide, they should have already done formal PFA training and/or accreditation.

Divided in **Two Parts**:

5 Questions to
PREPARE to give
Psychological
First Aid

5 Questions to
REFLECT on
one's
effectiveness
and experience
of giving PFA

THE REFLECTION GUIDE

5 Questions to Prepare

1. Why is being a mental health first responder important to me?
Why is being a _____ important to me?
Where is there commonality between these two answers?
2. What reasons can you give for a survivor to trust you enough to share their experience with you, personally?
Name three personal traits or motivations that make you trustworthy as a mental health first responder and 3 as a _____.
What are the commonalities between these two sets of traits?
3. What does my training on PFA say about listening to survivors, and letting survivors guide the conversation by sharing their experience? What do my values as a _____ say about respecting the dignity and autonomy of every person?
What is the commonality between these two answers?

THE REFLECTION GUIDE

5 Questions to Prepare

1. Why is being a mental health first responder important to me?
Why is being a Member of the Mercy World important to me?
Where is there commonality between these two answers?
2. What reasons can you give for a survivor to trust you enough to share their experience with you, personally?
Name three personal traits or motivations that make you trustworthy as a mental health first responder and 3 as a Member of the Mercy World.
What are the commonalities between these two sets of traits?
3. What does my training on PFA say about listening to survivors, and letting survivors guide the conversation by sharing their experience?
What do my values as a Member of the Mercy World say about respecting the dignity and autonomy of every person?
What is the commonality between these two answers?

THE REFLECTION GUIDE



5 Questions to *Prepare*

1

Why is being a mental health first responder important to me?

Why is being a Member of the Mercy World important to me?

What is the commonality between these two answers?

THE REFLECTION GUIDE



5 Questions to *Prepare*

2

Name 3 of your personal traits or motivations that make you trustworthy as a mental health first responder.

Name 3 of your personal traits or motivations that make you trustworthy as a Member of the Mercy World.

What is the commonality between these two sets of traits?

THE REFLECTION GUIDE



5 Questions to *Prepare*

3

What does my training on PFA say about listening to survivors, and letting them guide the conversation?

What do my values as a Member of the Mercy World say about respecting the dignity and autonomy of every person?

What is the commonality between these two answers?

THE REFLECTION GUIDE



5 Questions to *Prepare*

4

What does my training on PFA tell me about holding back my personal biases and projecting solutions on others?

What do my values as a Member of the Mercy World tell me about serving others, and the value of humility?

What is the commonality between these two answers?

THE REFLECTION GUIDE



5 Questions to *Prepare*

5

WW 'they' D?

Think of someone who you consider a role model as a Member of the Mercy World.

What would they do if they were performing PFA?

Think of them, and try to model what their behavior would be.

THE REFLECTION GUIDE



5 Questions to *Reflect*

1

How do I feel after my interactions with survivors? Name at least 5 emotions.

Was my own dignity respected, by others and by myself?

THE REFLECTION GUIDE



5 Questions to *Reflect*

2

What does my training on PFA say about self-care?

What do my values as a Member of the Mercy World say about self-care?

What is the commonality between these two answers?

THE REFLECTION GUIDE



5 Questions to *Reflect*

3

When did I act more like a mental health first responder in my interactions with survivors?

When did I act more like a Member of the Mercy World in my interactions with survivors?

When did I feel that these two identities were in perfect balance?

THE REFLECTION GUIDE



5 Questions to *Reflect*

4

In what way(s) did I perform my role well as a mental health first responder?

In what way(s) did I perform my role well as a Member of the Mercy World?

What is the commonality between these two answers?

THE REFLECTION GUIDE



5 Questions to *Reflect*

5

In what way(s) was I challenged to perform my role well as a mental health first responder?

In what way(s) was I challenged to perform my role well as a Member of the Mercy World?

What is the commonality between these two answers?

CONCLUSION

