



## **ASSESSING STRESS AND BUILDING RESILIENCE IN CALIFORNIA DURING COVID-19**

### **THE PROBLEM**

Our State is undergoing health and social crises that can negatively impact the mental health of our clients and staff. Work force is significantly scarce, adding to the mental health access difficulties we face. Behavioral health providers may not feel prepared to address broad and numerous needs of individuals within their communities of care.

### **THE PROPOSED SOLUTION**

Address early and preventively by encouraging; 1) knowledge dissemination, 2) accessibility to coping mechanisms and 3) the identification of reliable resources. Community members may benefit from behavioral health services that effectively identify relevant resources, provide strategies for adaptive coping, and increase sense of support and connection within their communities. There are existing interventions for responding to acute and chronic crises that can be deployed to these ends. Behavioral health providers should be supported and empowered in flexibly delivering such interventions, based on the specific needs and circumstances of their communities.

### **SPECIFICS**

#### WHAT'S BEING OFFERED

1. A 2 hour training session\* with Q & A on content and delivery of a crisis support intervention based on Psychological First Aid (PFA), Skills for Psychological Recovery (SPR) and Cue-Centered Approaches (CCA)\*\*. Both the training and the intervention can be delivered through electronic platforms.
2. Feedback on how the training improved the wellbeing and competence of your staff.
3. Feedback on how intervention improved the wellbeing and satisfaction of your clients.
4. Guided focus groups on the training and intervention experiences.
5. No Cost Training: We are providing a free service to California Counties.

### WHAT'S BEING REQUESTED

1. A two and a half hour time block for the training.
2. (OPTIONAL) Completion of a 27-item survey by your staff at three time points; before the training, after delivery of their first intervention, and two months after the training.
3. (OPTIONAL) Engaging clients to complete the 27-item stress and resilience survey electronically at three time points; before the intervention, after receiving the intervention and two months later.

\*Each training session will be limited to 6-8 participants from 1-3 counties.

\*\*Intervention structure is flexible and can varied by service center. Core components focus on identifying current stressors and their impact; providing stabilization and validation; identifying existing and new coping strategies and resources; and engaging in processes to build resilience.

### REFERENCES

1. PFA: Bisson, Jonathan I.; Lewis, Catrin (31 July 2009), Systematic review of psychological first aid, World Health Organization
2. SPR: [https://www.ptsd.va.gov/professional/treat/type/skills\\_psych\\_recovery\\_manual.asp](https://www.ptsd.va.gov/professional/treat/type/skills_psych_recovery_manual.asp)
3. CCA: [stanford.edu/elsrp](http://stanford.edu/elsrp)