



Puerto Rico  
**Hurricane Hub**  
Technical Assistance Center

A program of the



Puerto Rico  
Public Health Trust

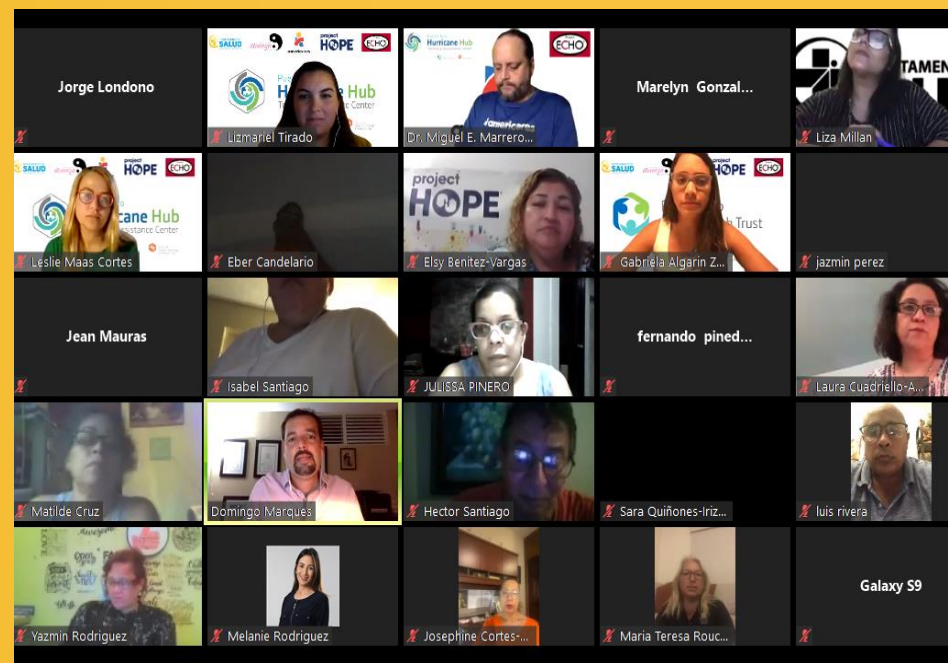
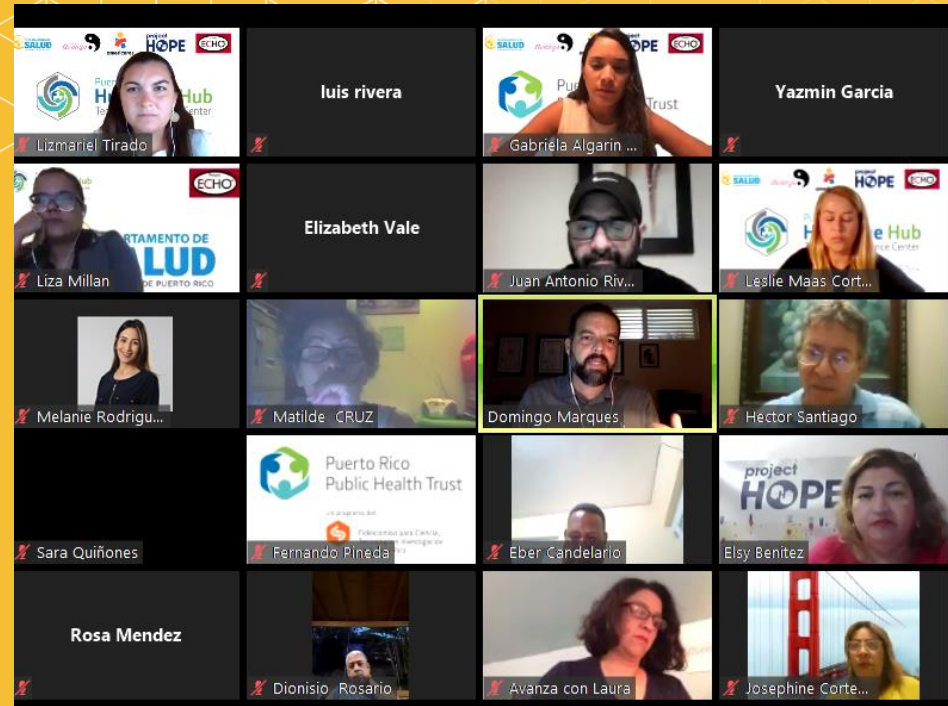
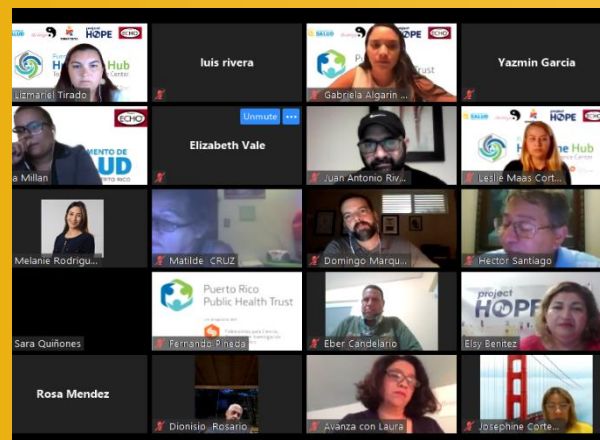
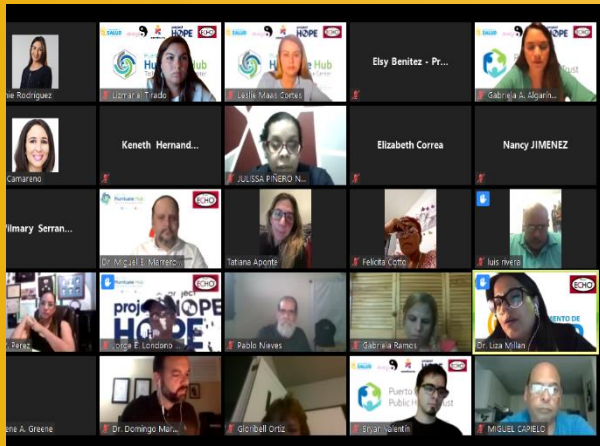


Puerto Rico  
Science, Technology  
& Research Trust



## Disaster and Mental Health: Addressing the needs of the Public Health and First Responder Workforce in Puerto Rico

The COVID-19 pandemic has created a unique “opportunity” for the Project ECHO model that touts virtual learning and connectedness. This session will focus on a Spanish-language ECHO series that was launched to support the mental health needs of first responders, including the initial response to the series and lessons learned so far.



# The ECHO Model



# ECHO Modality: Perfect Fit to Fulfill the Need

## What?

Mental health support for the public health and first responder workforce who are experiencing an unprecedented level of work-related stress due to repeated and sustained disasters.

## Why?

PRHRHTAC mission and role is to provide training and capacity building for this workforce.

## Who?

The first responder, public health, environmental health and occupational health workforces.

## How?

Needs assessment to understand how to best serve this community of participants in new COVID19 landscape.

# Needs Assessment Results (n=214)

- What mental health themes are of most interest to you?
  - 13.7% Mental health and safety of family members during COVID-19
  - 12.% Psychological First Aid Training
  - 11.2% Coping skills
  - 10.7% Professional psychological skills
- What is the greatest mental health concern about your occupation?
  - 49.5% Mental health of others
  - 15.9% Infection with COVID-19
- What training would you like to help you prepare for the COVID-19 response and the upcoming hurricane season?
  - 15.9% Planning and management of health during the disaster
  - 15.0% Development of emergency plans
  - 13.0% Community Assistance and Engagement
  - 12.0% Distribution of resources and essential goods

# Metrics

## **Session I:** 493 Registered, 444 Participants

- Topic: Psychological First Aid, Dr. Miguel Marrero, Psychologist Americares
- Cases: at risk in hospital setting, debunking public health misinformation

## **Session II:** 243 Registered, 195 Participants

- Topic: Prevention and Management of Burn Out and Vicarious Trauma in Primary Support Personnel during a Disaster, Domingo Marques, Psy. D., Carlos Albizu University
- Cases: Nurse communication issues, family support, management of bipolar mental health in disasters

## **Session III:** 265 Registered, 237 Participants

- Topic: Mental and Behavioral Health Planning for Public Health Emergencies and Disasters, Liza Millan, Clinical Psychologist PR Department of Health
- Case: NGO distribution PPE to enhance hospital preparedness

## **Session IV:** 216 Registered, 184 Participants

- Topic: While I Care for You, I Care for Me – Empathy, Compassion and Resilience Laura Cuadriello-Arreguín, Coach de vida, Psicoterapeuta,
- Case: local first responder frustration, burnout, communications





## Hurricane Hub Technical Assistance Center

Information

### Population Reached

300

Last update: 2 minutes ago

positiva. Ciertamente un aperitivo para las que vendrán posteriormente. ¡Gracias!

Excelente dinámica y con muchos temas interesantes

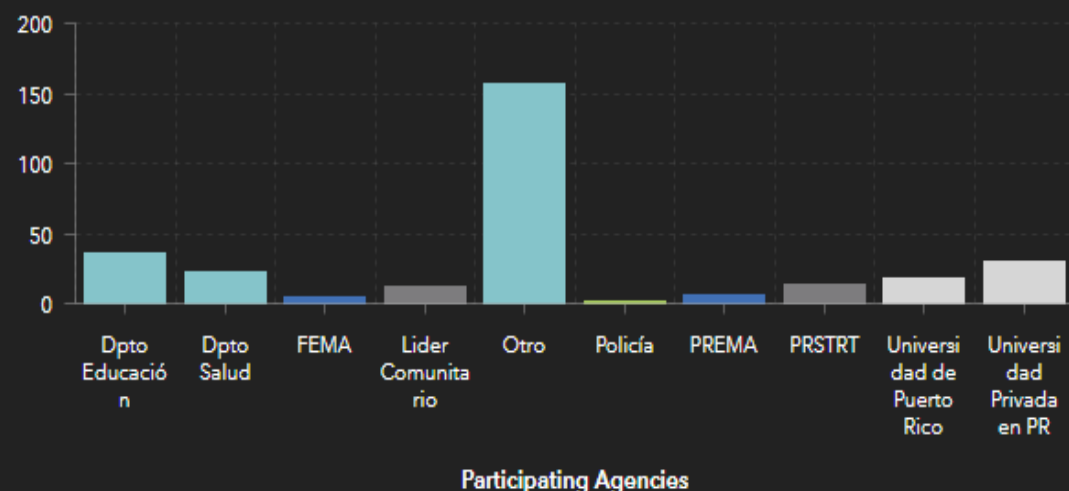
Me encantó la forma y la diversidad de información que pude escuchar. Creo que es esencial para cada uno de los profesionales de la salud y de gobierno en general la toma del mismo.

Last update: 2 minutes ago

Themes

Comments

Weekly quote



Last update: 2 minutes ago

January 15, 2020

Ponce, Bo. Cotto Laurel

Psychological first aid, Service providers and the dual role and Coping strategies in the face of stress

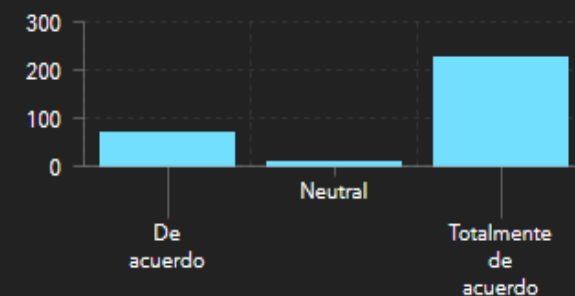
December 3, 2019

Arecibo, Zona Industrial

Public Health Management in Disaster Shelters  
Miguel A. Cruz, PhD, MPH

Community Assessment for Public Health Emergency  
Training Titles Training themes

Mi comprensión del tema ha mejorado como resultado de haber participado en la capacitación.



Last update: 2 minutes ago

Understanding



# Media Impact



Hurricane Hub Technical Assistance Center is sharing a COVID-19 Update.

Wednesday at 4:39 PM ·

**IMPORTANTE**

El lavado de manos por 20 segundos sigu... See More



PRSCIENCETRUST.ORG  
Lavado de manos

Learn More



10

6 Shares 625 Views



## Capacitación para apoyar la fragilidad de la salud mental de los primeros respondedores de la isla

2020-05-05 · Comunicadas · Salud y Bienestar, Estilos de Vida ·



Proyecto ECHO atiende la capacitación (buenavista) de los participantes en el manejo de crisis.

**San Juan, Puerto Rico** – Como parte del mes de la Salud Mental que se celebra durante el mes de mayo de 2020, el Hurricane Hub (HH), programa del Puerto Rico Public Health Trust (PRPHHT) creado por el Fideicomiso para Ciencia Tecnología e Investigación de Puerto Rico, destaca el éxito que ha tenido su primera edición del Proyecto ECHO en Puerto Rico con la participación de más de 150 personas por sesión.



"Yo llevo más de 30 años como primer respondedor y es la primera vez que me dan un taller de salud mental", expresó un participante, cuyo comentario dejó a la audiencia en consternación y silencio. Y es que parece lógico pensar que una persona que dedica su vida a salvar la vida de otros tenga entrenamientos básicos que le permitan mantenerse fuertes ante la responsabilidad dual que tienen de ayudar a la comunidad y atender su familia. La capacitación es inevitable y son muchas las ocasiones en que, como son los llamados a dar la primera cara en desastres naturales, tienen que expresar y admitir que ellos

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POST

COPUR presenta plan de reactivación deportiva de alto rendimiento

2020-05-14 ·

Gimnasios tendrán que proveer mascarillas a sus clientes mientras dure la emergencia por Covid

2020-05-14 ·

Residente presenta su nuevo sencillo y video "Antes que el mundo se acabe"

2020-05-14 ·

Declaraciones conjuntas del exgobernador Alejandro García Padilla



# Future Plans

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- **First Session:** Mental Health and Resilience for First Responder Workforce in Puerto Rico (April-May 2020)
- **Second Echo:** Working Together for a Resilient Community (May 21, 2020)
- **Third Echo:** Shelter Management during COVID19 Pandemic (June 2020)
- Replication Hub







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# Team Work

