

# PSYCHOSOCIAL DISASTER NETWORK

A Virtual Hub for Psychosocial Disaster Preparedness and Recovery

OCTOBER 2021

## 'LEAF' THE STRESS BEHIND



Fall is such a beautiful time of year with the changing leaves and sunny days. We hope you are doing well and we appreciate you subscribing to the newsletter. It fills us with great pride to be able to share these resources with you and watch our community grow.

This newsletter contains resources on the newly launched Psychological First Aid mini module for supporting Children, Youth, and Families (page 2). We also highlighted the We're Ready! Community Disaster Preparedness workshop (page 3) and resources for older adults (page 6). As usual, we have saved some pandemic specific resources for you over in the COVID corner (page 4). We have added a section on grief and loss on page 4.

During this feature, we wanted to shine a spotlight on burnout and self-care since many people are struggling to keep pace with the demands of pandemic life—especially anyone who responds to the public in an emotional, spiritual, or physical capacity. We've got you! You can find self-care tips and information on burnout on page 5.

We are wishing you a calm Autumn filled with journeys out to nature, comfort food, and quiet moments. Check out our optimistic October page for more ideas (page 7).

Stay well!  
The PDN Team

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## NEW! PSYCHOLOGICAL FIRST AID (PFA) MINI MODULE

The PFA Tips for Supporting Children, Youth, and Families mini module is a refresher session for those who have taken the virtual 2-hour Psychological First Aid (PFA) for a Pandemic – Child, Youth & Family webinar. It focuses on tips for supporting children, youth, and families during and after a disaster or emergency. This program is not intended to replace PFA training, but is to be used as a pre-deployment refresher of the skills you learned during your original training.

To register, click on the following link: <https://www.albertahealthservices.ca/info/Page17698.aspx>.

## BRING E-PREP TO YOUR COMMUNITY

**E-PREP**  
Emergency Preparedness  
More than a kit, building individual and community resiliency.  
Train-the-Trainer

Alberta Health Services | carya

E-Prep Online Module for Pandemics. Version: 01. Created: 2021-04. © 2021. AHS Mental Health Promotion & Illness Prevention and CARYA.

The Emergency Preparedness (E-Prep): Train-the-Trainer webinar provides facilitators with knowledge to provide workshops in their community. It offers a review of the training materials and administrative processes, along with opportunities to experience and discuss facilitation of the interactive webinar elements.

Prerequisites:

- E-Prep webinar
- Small group facilitation experience.

The next Train-the-Trainer is on Wednesday, December 1<sup>st</sup> from 9:00 AM to 12:00 PM. To register, email: [HPDIP.MH.EarlyID@albertahealthservices.ca](mailto:HPDIP.MH.EarlyID@albertahealthservices.ca).



## One Rattle, One People

How did you honour National Truth and Reconciliation Day on September 30<sup>th</sup> this year? There were many events throughout the province including some virtual sessions.

Watch this beautifully made video celebrating Indigenous People: [Travelling Song: One Rattle, One People - YouTube](#)

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## WE'RE READY! COMMUNITY DISASTER PREPAREDNESS

Despite the increase in frequency and severity of natural-hazard disasters due to climate change and other factors, not all Canadian communities are prepared for such events (e.g., floods, fires, storms). Even though the majority of Canadians agree that disaster planning and emergency kits are important, less than half of the population has taken part in emergency planning activities.

The We're Ready! (WR!) Community Disaster Preparedness workshop was co-designed with community members from High River following the 2013 Alberta flood in order to address the low uptake of emergency preparedness. We're Ready! focuses on neighbourhood and community-level preparedness, rather than individual and household preparedness which has been the main focus in Canada.

The purpose of WR! is to support communities in designing and implementing their own disaster preparedness plans through interactive and engaging community-building activities. The hands-on activities are fun and strengthen social connections, which is one of the most important levers for preparedness and community resilience.

There are 8 activities, including a mock disaster simulation, creation of community evacuation maps, development of communication plans, and exploration of the community capacity inventory. WR! is intended to complement other emergency management programs.

There have been three successful WR! community workshops implemented to date as well as an online train-the-trainer workshop. This has led to the WR! Plus Student Training to build the capacity of social work students at the University of Calgary to deliver Community Workshops with community members during their field practicum in 2022. The "Plus" component of WR! includes content promoting equity, diversity and inclusion, the link between disasters and environmental sustainability, and the opportunity to collaborate with emergency management students to deliver the WR! Plus Community Workshops.

The WR! Plus design and research is part of the Transforming the Field Education Landscape (TFEL) Project (2019-2025), directed by Dr. Julie Drolet, which aims to identify field education models with sustained capacity, including those that address practicum shortages and interprofessional collaboration. Social work practitioners in Alberta are increasingly involved in all phases of disaster management, but can play an even stronger role in the preparedness phase, according to recent research by Dr. Drolet. Visit wereready.org, HazNet, and this article for further description of WR! For more information, contact Dr. Evalyna Bogdan at eva.bogdan@ucalgary.ca.



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## COVID CORNER



[Alberta Restrictions Exemption Program](#)

[Calgary COVID-19 - Vaccine Outreach Program](#)

[Cognitive reappraisal therapy helps pandemic stress](#)

[COVID-19 info for Albertans](#)

[COVID-19 Vaccination Research | WHO](#)

[Crafting Connections in a Landscape of Uncertainty](#)

[Help in Tough Times](#)

[Managing Stress Related to Being Unable to Vaccinate Children](#)

[Mental Health Advocacy Toolkit](#)

[Mental Health Services for Older Adults in Canada during COVID-19](#)

[Tools for Supporting Emotional Wellbeing in Children and Youth](#)

[The Resilience of Ritual | National Academies](#)

## GRIEF & LOSS

### Grieving is normal and natural.

Have you experienced loss? Grief can be felt in several ways including in our body, mind, heart, spirit, relationships, and all over. There is no right way to grieve—the experience is as unique as you are.

A few ideas:

- Be gentle with yourself and patient with the process
- Ground yourself in the moment and breathe
- Connect with people, pets, and things in your support system
- Make a craft or piece of art that expresses how you feel

For more information, visit: [COVID-19 Grief Toolkit — Calgary CDLI](#)





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## BURNOUT & SELF-CARE

### What is Burnout?

The pandemic is contributing to burnout for many responders and community members. Burnout may be happening when someone feels exhausted and stressed out. It can decrease motivation and make someone feel like life is hopeless. A person who is burnt out may also experience body aches and social withdrawal (more information here: [Career Burnout | CAMH](#)).

### How do we address Burnout?

- Check-in with yourself
- Connect with your social network including work friends
- Practice self-care activities: relaxation techniques, healthy eating, and watching funny videos (visit the toolkit below for more)

Call the mental health helpline for further support (1-877-303-2642) and visit the [Help in Tough Times](#) website.



## SELF-CARE TOOLKIT

The Self-Care in Disaster Times & Beyond Toolkit for Personal, Team, & Organizational Wellness is a free, easily adaptable, electronic toolkit is ideal for individuals, teams, and organizations who are engaged in disaster and emergency (including pandemic) response, and recovery work. Whether you're a counsellor, faith leader, elder, first responder, healthcare provider, volunteer, or service worker, this toolkit has strategies designed to support your self-care needs before, during, and after this demanding work. Inside you will find tips, activities, tools, and resources to support your wellness, help guide conversations, and assist with the development of personal, team, and organizational self-care planning. The toolkit is available [here](#). For questions about toolkit materials, virtual toolkit tour sessions, or team and organizational implementation support, please contact [HPDIP.MH.EarlyID@albertahealthservices.ca](mailto:HPDIP.MH.EarlyID@albertahealthservices.ca)

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## OLDER ADULTS



### Friendly Calls Program- Alberta

Email: [ABFriendlyCalls@redcross.ca](mailto:ABFriendlyCalls@redcross.ca)  
Phone: (403) 541-4438 Fax: (403) 541-6129

The Friendly Calls Program in Alberta offers phone call support and community referral assistance to adults aged 55 and older. Program participants will receive information, resources, and community referrals, as needed, in the comfort and safety of their own homes. There are two ways that people can access the Friendly Calls Program:

1. Through a program referral form signed by a participant and completed and submitted by a government-approved Health Care Provider. A friendly call will take place within 72 hours of form receipt.
2. **Or** through the participant's confirmed equipment loan referral into the Health Equipment Loans Program. A friendly call will take place within two weeks after a participant receives their equipment loan.

**Purpose:** To support and refer people who may be feeling isolated or lonely.

**Goal:** To foster community connection and increase self-resiliency that extends a healthy life at home.

**Process:** Our volunteers can help link participants with community resources, suggest appropriate social activities, support access to local food banks, and if needed, provide referral information to professional health resources.

A total of three friendly calls will be made to a participant to ensure any referrals are supportive and are helping improve their well-being.

Our trained Red Cross staff and volunteers **will:**

- Clearly identify themselves by name and as a Red Cross Friendly Calls volunteer or staff,
- Identify the specific name and location from which the referral was received,
- Build an effective relationship with the client by providing the best participant experience,
- Assist the participant by discussing general well-being and offer friendly non-medical care and comfort,
- Provide referrals for local community-based support services based on participants' identified needs,
- Seek to improve feelings of isolation and loneliness,
- Ensure calls remain professional and confidential.

Our trained Red Cross staff and volunteers **will not:**

- Ask for any medical, personal, or financial information,
- Make donation requests,
- Act as a therapist or social worker,
- Make home visits, provide appointment transportation or deliveries,
- Suggest health treatment and/or answer medical questions,
- Arrange additional personal time with the older adult outside of the Canadian Red Cross Friendly Calls Program.

**Please contact us for more information**



### Did you know?

October 1<sup>st</sup> is International Day of Older Persons! Do you know that 15 older adults are reported missing every month in Calgary?

Check out this resource by the Calgary Missing Older Adult Resource Network to prevent and prepare:

[www.calgarymissingolderadultresources.ca](http://www.calgarymissingolderadultresources.ca)



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## OPTIMISTIC OCTOBER

Optimistic October 2021

MONDAY



TUESDAY

WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY



- 1 Write down three things you can look forward to this month
- 2 Find something to be optimistic about (even if it's a difficult time)
- 3 Take a small step towards a goal that really matters to you
- 4 Start your day with the most important thing on your to-do list
- 5 Be a realistic optimist. See life as it is, but focus on what's good
- 6 Remind yourself that things can change for the better
- 7 Look for the good in people around you today
- 8 Make some progress on a project or task you have been avoiding
- 9 Share an important goal with someone you trust
- 10 Take time to reflect on what you have accomplished this week
- 11 Avoid blaming yourself or others. Find a helpful way forward
- 12 Look out for positive news and reasons to be cheerful today
- 13 Ask for help to overcome an obstacle you are facing
- 14 Do something constructive to improve a difficult situation
- 15 Thank yourself for achieving the things you often take for granted
- 16 Put down your to-do list and do something fun or uplifting
- 17 Take a small step towards a positive change you want to see in society
- 18 Set hopeful but realistic goals for the week ahead
- 19 Identify one of your positive qualities that will be helpful in the future
- 20 Find joy in tackling a task you've put off for some time
- 21 Let go of the expectations of others and focus on what matters to you
- 22 Share a hopeful quote, picture or video with a friend or colleague
- 23 Recognise that you have a choice about what to prioritise
- 24 Write down three specific things that have gone well recently
- 25 You can't do everything! What are your three priorities this week?
- 26 Find a new perspective on a problem you face
- 27 Be kind to yourself today. Remember, progress takes time
- 28 Ask yourself, will this still matter a year from now?
- 29 Plan a fun or exciting activity to look forward to
- 30 Identify three things that give you hope for the future
- 31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together



### Fun Fall Activities

- Corn Maze
- Pumpkin Patches
- Haunted Houses
- Decorating
- Coloring and Crafts
- Jack-o-lantern
- Cook a Turkey
- Autumn Baking
- Yard Work
- Canning
- Costume Making
- Walk in Nature



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## UPCOMING WORKSHOPS

Dates	Workshop	How to Register
Ongoing	Psychosocial Disaster Learning Series	<a href="https://www.albertahealthservices.ca/info/Page17072.aspx">https://www.albertahealthservices.ca/info/Page17072.aspx</a>
Ongoing	Primary Care Network Workshops	<a href="https://scpcn.ca">https://scpcn.ca</a>
Ongoing	AHS Mental Health Promotion and Illness Prevention Workshops: <ul style="list-style-type: none"> <li>Psychological First Aid (PFA) for a Pandemic</li> <li>Emergency Preparedness (E-Prep) Webinar</li> <li>Transform Your Stress</li> <li>Wellness Exchange</li> </ul>	Upcoming Workshops.pdf (basecamp.com) 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> .
Ongoing	Recovery College Workshops – Recovery & Well-being Courses - CMHA National	<a href="https://recoverycollegecalgary.ca/courses/">https://recoverycollegecalgary.ca/courses/</a>
Ongoing	Alberta Healthy Living Program Courses	<a href="https://app.booking.ca/ahlp Calgarypub/">https://app.booking.ca/ahlp Calgarypub/</a>
Ongoing	The Working Mind First Responders Virtual	<a href="#">The Working Mind First Responders Virtual   The Working Mind</a>
Ongoing	Healthy Campus Alberta	<a href="https://www.healthycampusalberta.ca/webinars/">https://www.healthycampusalberta.ca/webinars/</a>
Ongoing	Caregiver Education - Virtual Mental Health Education	<a href="https://www.cyfcaregivereducation.ca/virtual-education">https://www.cyfcaregivereducation.ca/virtual-education</a>
Ongoing	NAIT Crisis Management Essentials Certificate	<a href="https://www.nait.ca/coned/crisis-management-essentials-certificate">https://www.nait.ca/coned/crisis-management-essentials-certificate</a>
Ongoing	Community Education Service (CES) sessions— free, online sessions to support the development and mental health of a child or youth	<a href="https://community.hmhc.ca/sessions/?p=webex">https://community.hmhc.ca/sessions/?p=webex</a>
Multiple Dates	Social Work and Disaster Network <ul style="list-style-type: none"> <li>Building a Culture of Resilience</li> <li>Returning to the Resilience Zone</li> </ul>	<a href="#">Social Work and Disaster Network Events   Eventbrite</a>
November 16 and 17 , 2021	If you are an ESS Director/Manager/Worker, Director of Emergency Management, Municipal Councillor, Emergency Management Professional, Provincial or Municipal employee, or non-profit worker this FREE Event is for you to learn how to support an ESS response in your community.	Registration closes at 11:59 p.m. on Sunday, November 7, 2021. <a href="https://events.eply.com/ESSNA">https://events.eply.com/ESSNA</a>

For more workshop listings, visit our online schedule.





**BUILDING A CULTURE  
OF RESILIENCE:  
COMMUNITY-BASED  
DISASTER-SPECIFIC  
INITIATIVES WORKSHOP**

**OCTOBER 28, 2021  
10:00 AM - 12:00 PM MT**

**[CLICK HERE TO REGISTER](#)**

Dr. Haorui Wu is a  
Canada Research  
Chair in Resilience at  
Dalhousie University  
in Halifax. He will  
facilitate a workshop  
regarding building  
resilience in hazards  
and disaster  
research and  
practice.





# Community Education Service

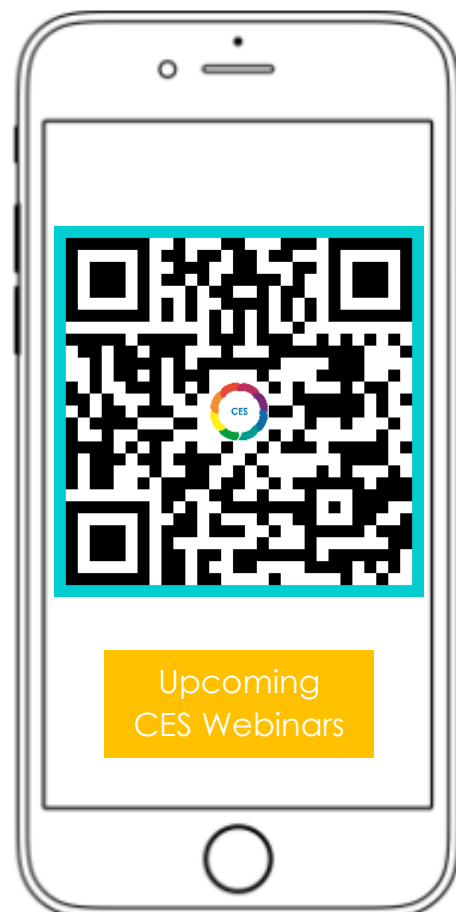
CES provides parents/caregivers and community members with opportunities to access FREE education sessions on child and youth emotional wellness and health topics.



Presentations delivered via **live webinar**,  
or as pre-recorded sessions.



[https://ces.hmhc.ca/?page\\_id=2547](https://ces.hmhc.ca/?page_id=2547)



<http://community.hmhc.ca/sessions/?p=webex>