

Americares: Providing Mental Health Support to Health Care Workers

Miguel E. Marrero Medina, PhD, MPH



Program Focus



Access to Medicines

Increase the Access to medicines and high quality supplies to improve the outcomes of the patients and communities health.



Emergency Response

Work in response, recovery and preparation to protect communities from the effects of a disaster.



Clinical Services

Offer and support clinical services that link treatment, prevention and health promotion.



Community Health

Design and implement clinical programs based on the community, to offer sustainable health improvements.



COVID-19 materials developed/translated Puerto Rico



Preparedness

- 1-Hr COVID -19 training template & workshop
- 3-Hr COVID-19 training template & workshop
- Infectious Disease Outbreak Planning Checklist



MHPSS

- Stress management re: isolation, social distancing & quarantine*
- How to help children & Adolescents cope*
- Infodemia*
- Managing emotions: stress, fear, anxiety*
- Vulnerable populations*
- Stigma & discrimination*
- Responding to COVID: Self care for HCW
- Grief and loss (adults/children)
- Sleep hygiene
- PFA (adult/child) adapted for Webinar
- Speaking among partners sessions for HCW (accompaniment)



ICP

- Infection Prevention & Control and Water, Sanitation and Hygiene Considerations
- PPE/FFR Extended Use /Reuse
- PPE Optimization and Burn Rate Calculator
- Practical Handwashing TOT



Public Health Education & Promotion

- COVID-19 and health care settings: What to know and what do?
- COVID-19, workplace and home: What to know and what do?

COVID-19 MHPSS materials developed - Puerto Rico



Stress management re: isolation, social distancing & quarantine

How to help children & Adolescents cope

Infodemia

Managing emotions: stress, fear, anxiety

Vulnerable populations

Stigma & discrimination

Responding to COVID: Self care for HCW

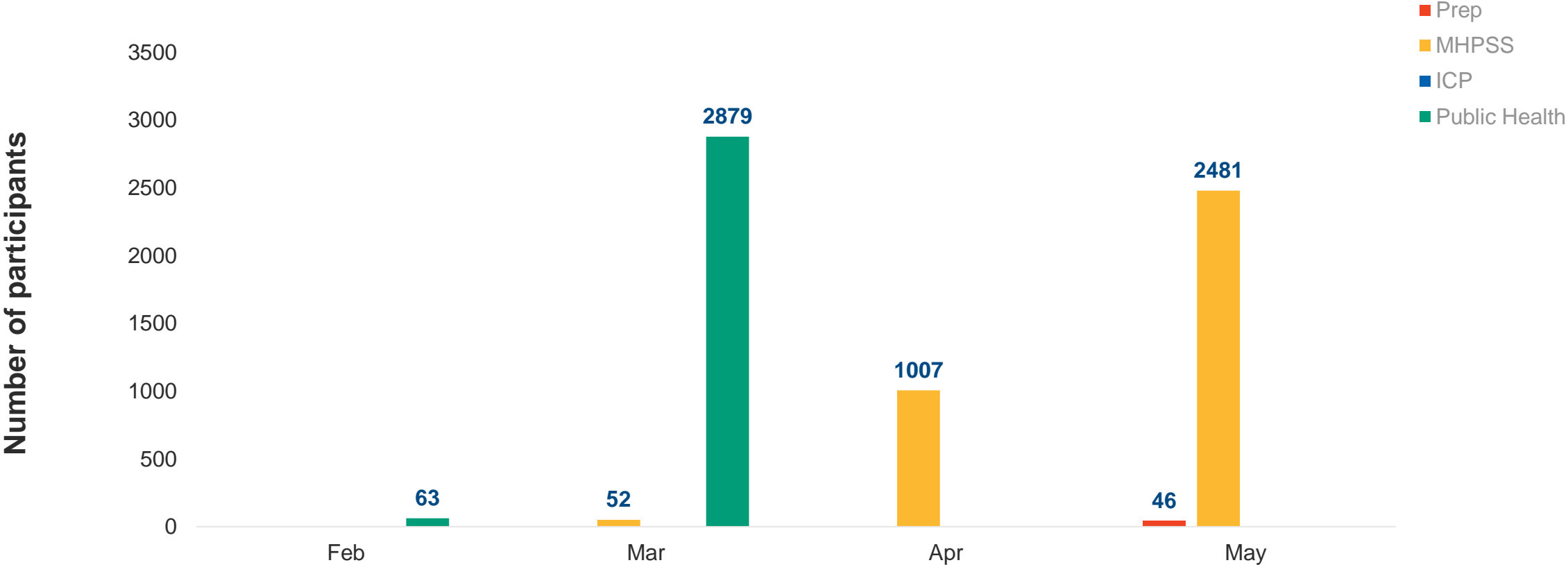
Grief and loss (adults/children)

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PFA (adult/child) adapted for Webinar

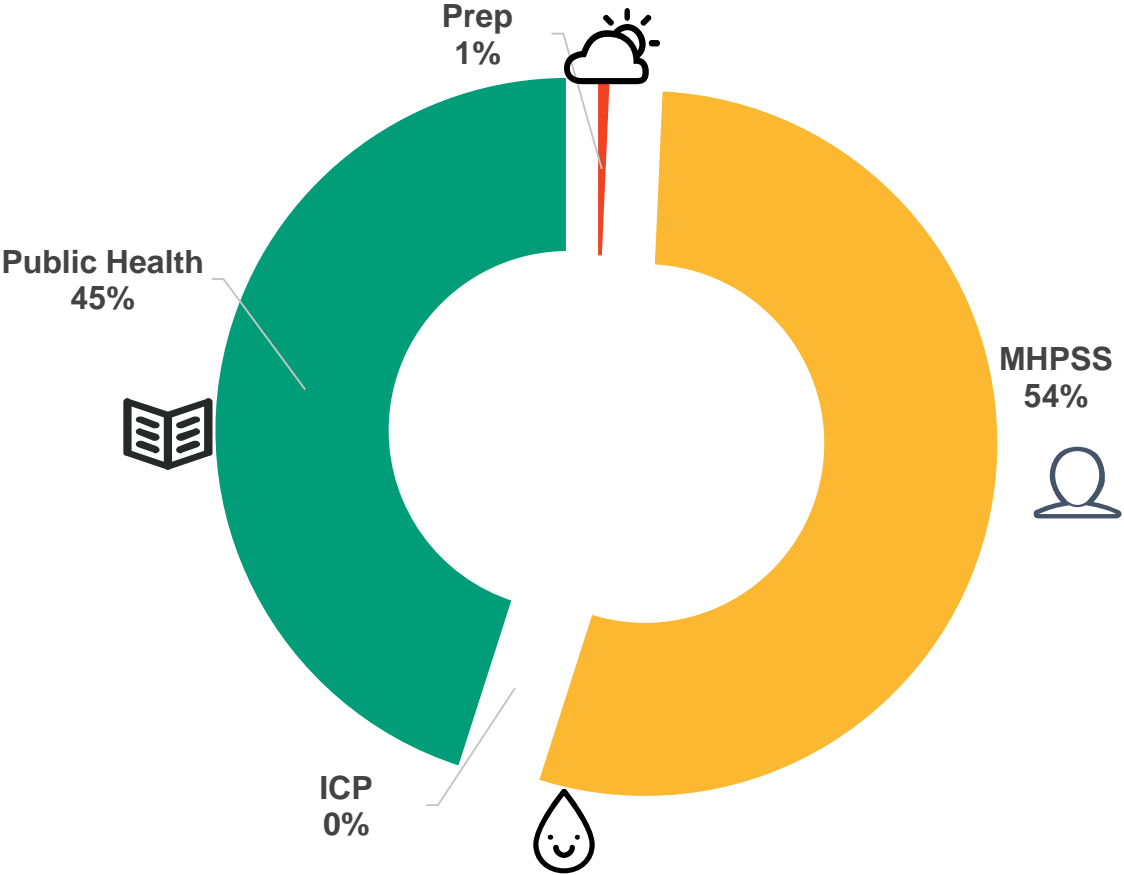
Speaking among partners sessions for HCW (accompaniment)

Puerto Rico COVID-19 capacity building numbers by topic and month of intervention



N= 6,528

Puerto Rico COVID-19 capacity building numbers by topic



N = 6,528



MHPSS COVID-19 capacity building workshops / webinars

5202 health providers and responders



How are we preparing?

- Psychological First Aid
 - Regular Version
 - Children Version
- Resilience and Coping Strategies for Healthcare Providers
- Social Reintegration: Learning to live with the COVID-19
- Emotional Aftermath for COVID-19 Survivors
- Managing Emotions: How to cope with stress, anxiety and fear during global emergencies
- Vulnerable Populations: Risks and Recommendations
- Grief and Losses
 - Regular Version
 - Children Version
- Self-Care for first responders and health care providers



Thanks!

Any questions?

