Americares: Providing Mental Health Support to Health Care Workers

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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.
COVD-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?

* Tx supported translations to ENG.
COVID-19 MHPSS materials developed - Puerto Rico

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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

- Public Health: 45%
- MHPSS: 54%
- ICP: 0%
- Prep: 1%

N = 6,528

*Last Updated May 29, 2020*
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?