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Webinar

Grief, Trauma and Anxiety: an interdisciplinary panel discussion

Wednesday 6th June 2011

“Working together. Working better.”

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society, the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

This webinar is presented by



Panel

- **Janis Hinson**
- **Associate Professor David Forbes**
- **Associate Professor Mal Hopwood**

Facilitator

- **Dr Michael Carr-Gregg**

This webinar is hosted by



- A Commonwealth funded project supporting the development of sustainable interdisciplinary collaboration in the local primary mental health sector across Australia
- Currently supporting approx. 500 local interdisciplinary mental health networks
- For more information or to join a local network visit www.mhpn.org.au



Learning Objectives

At the end of the session participants will:

- Acquire skills to identify mass, personal and/or vicarious trauma in patients, treatment teams and communities
- Recognise the key principles of intervention and the roles of different disciplines in providing a staged response to trauma - including psychological first aid, psychological recovery, and post traumatic mental health conditions

Session outline



The webinar is comprised of two parts:

- Facilitated interdisciplinary panel discussion
- Question and answers fielded from the audience

Session ground rules

- The facilitator will moderate the panel discussion and field questions from the audience
- Submit your question/s for the panel by typing them in the message box to right hand side of your screen
- If your specific question is not addressed or if you want to continue the discussion, feel free to participate in a post-webinar online forum on MHPN Online
- Ensure sound is on and volume turned up on your computer
- Webinar recording and PowerPoint slides will be posted on MHPN's website within 24 hours of the live activity
- For further technical support call **1800 733 416**

Grief, Trauma and Anxiety: a case scenario

The process



Jan Hinson



Grief, Trauma and Anxiety: a case scenario

Lessons learned

- System problems
- Staged response
- Psychological first aid
- Outreach
- Medium – Long term responses

Jan Hinson



Grief, Trauma and Anxiety: a case scenario

Key issues

- Psychological First Aid
- Disaster upon disaster
- Peoples' internal and external coping mechanisms
- Minimising responses

Jan Hinson



Grief, Trauma and Anxiety: a case scenario

Key issues continued:

- Respect
- Identify leaders
- Importance of practical help
- Caring for colleagues
- Take the time

Jan Hinson



Grief, Trauma and Anxiety

Responses do vary in terms of:

- Valence: Good, bad, mixed
- Severity: Negligible, mild, moderate, severe
- Duration: Brief, long-lasting, permanent

The vast majority of people do not develop long term mental health problems

Ass Prof David Forbes



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Screening:

- pre-existing vulnerability factors (history of exposure and previous mental health disorder)
- exposure specific factors - nature of exposure and peri and post-traumatic response
- post-event predictors – life stressors and social support including community cohesiveness

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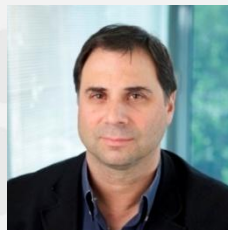


Grief, Trauma and Anxiety

Screening needs to consider re-adjustment problems other than PTSD:

- at the subclinical level and
- more common post-traumatic mental health problems such as depression, generalised anxiety, simple phobias and traumatic bereavement

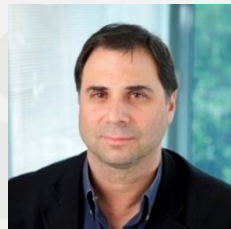
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- Level 1:** Psychological first aid (PFA), community development activities (little evidence)
- Level 2:** Simple intervention strategies for use by primary care, general counsellors, etc (moderate evidence)
- Level 3:** Specialist interventions for use by mental health providers (strong evidence)

Ass Prof David Forbes

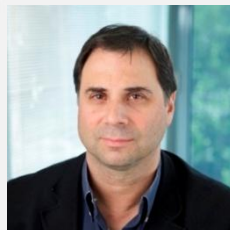


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Psychological first aid

- Tailored to the individual's needs
- Some more relevant than others
 - Initial contact
 - Immediate practical needs and safety
 - Stabilisation & arousal management
 - Immediate psychological needs
 - Education and coping strategies
 - Connect with social supports and plan follow-up

Ass Prof David Forbes

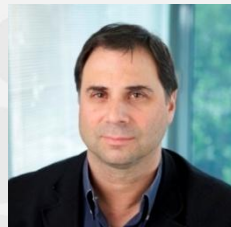


Grief, Trauma and Anxiety

Level 2 (Secondary Prevention)

- Simple, early interventions for those with low level symptoms / problems
- Skills for Psychological Recovery (SPR)
- Flexible, 1-5 sessions, “anywhere, anytime”
- Administered by primary care: GP’s, allied health, general counsellors, welfare staff

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Level 2: Skills for Psychological Recovery

- Information gathering and prioritising assistance
- Problem-solving skills
- Activities scheduling
- Healthy connections (social support)
- Managing reactions
- Helpful thinking

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Use of evidence based interventions which require important cross disciplinary coordination to:

- ensure ongoing local screening
- best practice psychological and pharmacological interventions provided
- may require consideration of education or competency development programs particularly in areas more susceptible to mass disaster

Ass Prof David Forbes



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Commonest diagnoses:

- Most individuals post disaster will not have an enduring diagnosis
- Commonest diagnoses are;
 - Depression
 - Anxiety NOS
 - PTSD
 - Substance abuse
- Co-morbidity common

Ass Prof Mal Hopwood



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Symptoms of concern

- Suicidal ideation should be enquired for and carefully assessed
- Depression and Substance Abuse may be sufficient to impair capacity to participate in exposure based and other structured psychotherapies

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Referral systems

- Referral systems post disaster are often disrupted and confused – it is imperative for the clinician to be informed

Ass Prof Mal Hopwood



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Common Treatments

- The evidence base for treatment is disorder specific (eg PTSD) and not always disaster specific (eg depression)
- Role of pharmacotherapy in depression, substance abuse, modest elsewhere
- Exposure based CBT ultimate goal in treatment of PTSD

Ass Prof Mal Hopwood



Grief, Trauma and Anxiety: Questions and answers



Thank you for your participation

- Please complete the exit survey before you log out
- To continue the interdisciplinary discussion please go to the online forum on MHPN Online
- Each participant will be sent a link to online resources associated with this webinar within 24 hours
- MHPN's next webinar, Mental Health and Intellectual Disability will be held on Tuesday 14 June 2011 at 6.30-8pm (EST)
- For more information about MHPN networks and online activities visit www.mhpn.org.au

**Thank you for your contribution and
participation**

