

Project Description

To address mental health needs in the immediate aftermath of natural disasters, HERMES, LLC, a small woman-owned research services company is field-testing an evidence-based post-disaster mental health training project tailored to the cultural context of black communities in eastern North and South Carolina ^{1,2}.

Tailored Training Model:

We have trained a cadre of mental health providers to train local clinical providers and community leaders separately to prepare for mental health needs in the immediate aftermath of natural disasters. In strategic-planning workshops 3 months later, these groups will together create a local plan with our team's support. Refresher trainings will occur 6 months later.

We are now recruiting participants for both the trainer-led clinical provider and the community leader 1-day workshops in coastal North and South Carolina.

Please indicate your interest by emailing the address or calling the contact number on the preceding page.

Training Materials

HERMES developed training materials and resources with funding from the National Institute of Mental Health based on literature review of best practice, a needs assessment, and pilot testing in Lenoir County, NC. The training is asset-based, capitalizing on assembling the strengths and resources within the community and building capacity to plan and respond to local survivor mental health needs.

Training topics include:

- Disaster-related stress
- Responses to trauma
- Stress and coping skills
- Loss and grief
- Cultural sensitivity
- Psychological First Aid
- Self-care
- Planning
- Screening and treatment
- Cultural tailoring & facilitation

Who is eligible to attend local community workshops?

Clinical Health Professionals:

Eligible participants must be a **licensed clinical provider** (licensed physicians, counselors, nurses, nurse practitioners). In addition, they:

- Have tailored their services to the diversity of the local black community and be proficient in the addressing the needs of their clients
- Agree to participate training group discussions and complete pre-post tests and evaluation forms
- Live in the community and not planning to relocate in the next 2 years.

Community Leaders who are:

- Embedded and respected in a black community
- Interested in post-disaster mental health services
- Able to act as cultural translators
- Able to talk about mental health needs with community members (clergy, school counselor, coalition leader, or other community role)
- Agree to participate in training group discussions and complete evaluation forms

Participants need to be those not planning to relocate in the next 2 years.

What does training involve?

- ✓ 1-day training
- ✓ Contribute to evaluation

Training participants who continue to the next phase of strategic planning in their local communities will need to do the following:

- Receive CEU's from the University of North Carolina
- Attend the strategic planning retreat
- Become comfortable with the training content and skills
- Have a commitment to work on local planning
- Adhere to HERMES confidentiality policy and human subjects research training guidelines
- Provide feedback and complete training post-test/evaluations

Are there any incentives?

In order to offset the expense of attending the training, participants will receive \$100 for completion and evaluation of the 1-day workshop.

Eligible graduates who attend the follow-on planning session and help evaluate other components of the training will be offered other incentives.

When and where is the training?

We are recruiting participants for local community workshops in NC and SC

starting in **June 2013**

For information, call (910) 772-6379 or email traininginfo@hermesllc.com

References Cited:

¹ Laborde D, Magruder K, Caye J, Parrish T. Feasibility of disaster mental health preparedness training for black communities. June 29th, 2012 in Med Public Health Prep.

² Kutcher S, Chehil S, Cash C, Millar J. A competencies-based mental health training model for health professionals in low and middle income countries. World Psychiatry. 2005 Oct;4(3):177-80.

³Laborde DJ, Brannock K, Parrish T: Assessment of training needs for disaster mental health preparedness in black communities. J Natl Med Assoc; 2011 Jul;103(7):624-34. PMID:



National Institute of Mental Health
PHASE II SBIR Study

“ADAPTATION OF POST-DISASTER MENTAL HEALTH TRAINING FOR BLACK COMMUNITIES”

COMMUNITY SITE
TRAININGS

Are you a licensed clinical health provider?

Are you a community leader?

Are you interested in building local community post-disaster mental health capacity?

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