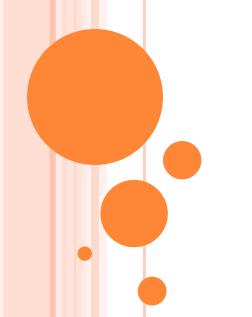
MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT (MHPSS) IN DISASTER



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SITUATION

The country has remained at the top 20th list of the most multi-hazards prone countries in the world where ranked 4th, 11th and 30th in terms of climate change, earthquake and flood respectively.

Nepal poses in average two deaths per disaster and one disaster per day (Koirala: 2014).

WHY MHPSS

- MHPSS can reduce stress, strengthen and use protective factors to help people affected by crises recover.
- Disaster and conflict often cause substantial damages to materials and human life. While material can be fixed or replaced, mental wound is often kept secretly and need more time to heal from
- Mental health and psychosocial problems in emergencies are highly interconnected.

DEFINITION

- **Psychosocial support** refers to actions that provides immediate relief suffering, both emotional and physical, improve people's short-term functioning and reduce long-term negative psychological effects.

 (IRFC Psychosocial Framework)
- Mental health and psychosocial support refers to any type of local or outside support that aims to protect or promote psychosocial well-being and/or prevent or treat mental disorder.
- (IASC Guidelines on Mental Health & Psychosocial Support in Emergency Settings, 2007)

Policy Gap

DISASTER RISK REDUCTION AND MANAGEMENT ACT, 2074

Chapter 4: Establishment of Authority and it's Functions, Duties and Powers

11. (w) Provide or cause to provide the Psycho Social Counseling services to the disaster affected persons

DISASTER RISK REDUCTION NATIONAL STRATEGIC PLAN OF ACTION 2018-2030

Chapter 7: (5) Capacity Building of Search and Rescue

Strategic	Expected	Time	Responsible	Supporting
Activity	Outcome	Frame	Agency	Agency
Develop trained human resources for search and rescue and response at all levels	·	Medium Term	government of Nepal,	the Government of
promote the post disaster essential	resource will be available for the	Medium Term	Ministry of Health and Population of the Government of Nepal, Tribhuvan University, Central Department of Psychology, Nepal Red Cross Society	of the Government of Nepal, Province and

PSYCHOSOCIAL SUPPORT PROGRAM

- Pre Phase: Awareness, Training, Linkages
- During Phase: Implementation of Psychological First Aid (PFA) and Linkages
- Post Phase: Linkages, Psychosocial Counseling

PRE-PHASE

Preparedness activities:

Objective: Getting

Prepared

Activities:

Training

Psychological First Aid (PFA),

Psychosocial Welling

- Stress Management
- Develop Resilency
- Life skills

Awareness

 Psycho-education (trauma and mental health)

• Family, Friends, Service Linkage

DURING PHASE

Response Activities:

Objective: Develop resiliency

Activities:

- Stress Management (self care, resilience and coping mechanism)
- Psychological First Aid
- Support Group Intervention

Managing Acute Disaster Reaction:

Social Withdrawal, Detachment feelings, anger, guilt, humiliation, suicidal ideation, adjustment issues, phobia, loss of identity, acute stress reaction, somatic complain, substance dependency, panic attack, role change (children taking care), decline in educational performance

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RECOVERY PHASE

Objective: Holistic Rehabilitation

Activities:

Support for referral, linkages, Community Outreach Programs and Individual and Group Psychosocial counseling/therapies

*Inclusion, multi-cultural, Holistic Approach, Need Based (localization), Enhancing community participation and local bodies, no harm ethics, multi- sectoral approach Loss and Grief, Post
 Trauma Stress Disorder
 (PTSD), Survival Guilt,
 Fear, Wellness program,
 Creating Support
 System/Club, promote
 hope (Hope Installation)



