

## CRANaplus Webinar: June 2020 – References and Resources

### REFERENCES:

- John Z. Ayanian, MD, MPP. Mental Health Needs of Health Care Workers Providing Frontline COVID-19 Care. [https://jamanetwork.com/channels/health-forum/fullarticle/2764228?utm\\_content=weekly\\_highlights&utm\\_term=040420&utm\\_source=silverchair&utm\\_campaign=jama\\_network&cmp=1&utm\\_medium=email](https://jamanetwork.com/channels/health-forum/fullarticle/2764228?utm_content=weekly_highlights&utm_term=040420&utm_source=silverchair&utm_campaign=jama_network&cmp=1&utm_medium=email)
- Bai Sr. Y, et al "SARS-CoV-2 infection in health care workers: a retrospective analysis and a model study" medRxiv 2020; DOI: 10.1101/2020.03.29.20047159.
- Karen Block, Robyn Molyneaux , Lisa Gibbs, Nathan Alkemade , Elyse Baker , Colin MacDougall, Greg Ireton, David Forbes. The role of the natural environment in disaster recovery: “We live here because we love the bush”. Health and Place (2019). <https://doi.org/10.1016/j.healthplace.2019.03.007>
- Bonanno GA. Loss, trauma, and human resilience: Have we underestimated the human capacity to thrive after extremely aversive events? Am Psychol. 2004;59(1):20-8.
- Bonanno G, Galea S, Bucchiarelli A, Vlahov D. Psychological resilience after disaster: New York City in the aftermath of the September 11th terrorist attack. Psychological Science. 2006;17(3):181-6.
- Brooks SK, Webster RK, Smith LE, Woodland L, Wessely S, Greenberg N, et al. The psychological impact of quarantine and how to reduce it: rapid review of the evidence. The Lancet. 2020 Mar 14;395(10227):912–20
- Bryant RA, Waters E, Gibbs L, Gallagher HC, Pattison P, Lusher D, et al. Psychological outcomes following the Victorian Black Saturday bushfires. Aust NZ J Psychiatry 2014; 48(7): 634–43.
- Fanhong Shang , Krzysztof Kaniasty , Sean Cowlshaw , Darryl Wade , Hong Ma , David Forbes. Social support following a natural disaster: A longitudinal study of survivors of the 2013 Lushan earthquake in China, Psychiatry Research (2019), doi: <https://doi.org/10.1016/j.psychres.2019.01.085>
- David Forbes, Susan Fletcher, Bronwyn Wolfgang, Tracey Varker, Mark Creamer, Melissa J. Brymer, Josef I. Ruzek, Patricia Watson, Richard A. Bryant. **Practitioner perceptions of Skills for Psychological Recovery: a training programme for health practitioners in the aftermath of the Victorian bushfires.** Australian and New Zealand Journal of Psychiatry 2010; 44:1105 – 1111



**Phoenix**  
A U S T R A L I A

CENTRE FOR POSTTRAUMATIC  
MENTAL HEALTH

- Forbes D, Alkemade N, Waters E, Gibbs L, Gallagher C, Pattison P, et al. The role of anger and ongoing stressors in mental health following a natural disaster. *Aust NZ J Psychiatry* 2015; 49(8): 706–13.
- H. Colin Gallagher, Karen Block, Lisa Gibbs, David Forbes, Dean Lusher, Robyn Molyneaux, John Richardson, Philippa Pattison, Colin MacDougall, Richard A. Bryant (2019). The effect of group involvement on post-disaster mental health: A longitudinal multilevel analysis. *Social Science & Medicine* 220 (2019) 167–175. <https://doi.org/10.1016/j.socscimed.2018.11.006>
- Gibbs L, Waters E, Bryant RA, Pattison P, Lusher D, Harms L, et al. Beyond Bushfires: Community, Resilience and Recovery – A longitudinal mixed method study of the medium to long term impacts of bushfires on mental health and social connectedness. *BMC Public Health* 2013; 13: 1036–46.
- Stevan E. Hobfoll, Patricia Watson, Carl C. Bell, Richard A. Bryant, Melissa J. Brymer, Matthew J. Friedman, Merle Friedman, Berthold P.R. Gersons, Joop T.V.M de Jong, Christopher M. Layne, Shira Maguen, Yuval Neria, Ann E. Norwood, Robert S. Pynoos, Dori Reissman, Josef I. Ruzek, Arieh Y. Shalev, Zahava Solomon, Alan M. Steinberg, and Robert J. Ursano. (2007). Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence. *Psychiatry* 70 (4).
- Lai J, Ma S, Wang Y, et al. Factors associated with mental health outcomes among health care workers exposed to coronavirus disease 2019. *JAMA Netw Open*. 2020; 3(3):e203976. doi:10.1001/jamanetworkopen.2020.3976 Article PubMed Google Scholar
- Robyn Molyneaux, Lisa Gibbs, Richard A. Bryant, Cathy Humphreys, Kelsey Hegarty, Connie Kellett, H. Colin Gallagher, Karen Block, Louise Harms, John F. Richardson, Nathan Alkemade and David Forbes (2020). Interpersonal violence and mental health outcomes following disaster. *BJPsych Open* (2020) 6, e1, 1–7. doi: 10.1192/bjo.2019.82
- Norris F, Friedman M, Watson P. 60,000 disaster victims speak: Part II. Summary and implications of the disaster mental health research. *Psychiatry*. 2002;65(3):240-60.
- Shigemura J, Ursano RJ, Morganstein JC, Kurosawa M, Benedek DM. Public responses to the novel 2019 coronavirus (2019-nCoV) in Japan: Mental health consequences and target populations. *Psychiatry Clin Neurosci*. 2020;74(4):281–2.
- Darryl Wade, David Crompton, Alexandra Howard, Naomi Stevens, Olivia Metcalf, Melissa Brymer, Josef Ruzek, Patricia Watson, Richard Bryant & David Forbes (2014) **Skills for Psychological Recovery: Evaluation of a post-disaster mental health training program**, *Disaster Health*, 2:3-4, 138-145, DOI: 10.1080/21665044.2015.1085625. <http://dx.doi.org/10.1080/21665044.2015.1085625>
- Wang G, Zhang Y, Zhao J, Zhang J, Jiang F. Mitigate the effects of home confinement on children during the COVID-19 outbreak. *The Lancet*. 2020 Mar 21;395(10228):945–7.



# Phoenix AUSTRALIA

CENTRE FOR POSTTRAUMATIC  
MENTAL HEALTH

- Wenham C, Smith J, Morgan R. COVID-19: the gendered impacts of the outbreak. The Lancet.2020 Mar;395(10227):846–8.
- WHO PFA “Psychological first aid: Guide for field workers”  
[http://www.who.int/mental\\_health/publications/guide\\_field\\_workers/en/](http://www.who.int/mental_health/publications/guide_field_workers/en/)

## RESOURCES:

- [https://www.ptsd.va.gov/professional/treat/type/skills\\_psych\\_recovery\\_manual.asp](https://www.ptsd.va.gov/professional/treat/type/skills_psych_recovery_manual.asp)
- <https://www.nctsn.org/resources/skills-psychological-recovery-spr-online>
- Phoenix Australia <https://www.phoenixaustralia.org/>
- Phoenix Australia’s Recovery Online <https://www.recoveryonline.org.au/>
- Phoenix Australia Bushfires: <https://www.phoenixaustralia.org/bushfires/>
- Breathe 2 Relax - Controlled breathing <http://t2health.dcoe.mil/apps/breathe2relax>
- My Smiling Mind: Mindfulness meditation for all ages. This application is both web based and available as a smart phone application. [www.smilingmind.com.au](http://www.smilingmind.com.au)
- My Calm Beat -Controlled breathing <https://www.mybrainsolutions.com/mycalmbeat>
- Beyondblue: beyondblue is health initiative designed to increase public awareness about depression and anxiety. You can do a quick mental health screen, which is followed by recommendations. <http://www.beyondblue.org.au/the-facts/depression/signs-and-symptoms/anxiety-and-depression-checklist-k10>
- Head to health (used to be mindhealthconnect?) <https://headtohealth.gov.au/>
- DVA’s High Res website A range of tools to support psychosocial resilience and recovery
  - You can use the website to learn how to use these tools, or direct people you support to access the website
- World Health Organization <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- Center for the Study of Traumatic Stress <https://www.cstsonline.org/>
- National Child Traumatic Stress Network: <https://www.nctsn.org/>
- Center for the Study of Traumatic Stress <https://www.cstsonline.org/>
- Lifeline Australia: 13 11 14 or Lifeline Australia
- Beyond Blue: 1300 224 636 or Beyond Blue
- MensLine Australia: 1300 78 9978 or Mensline Australia
- Kids Helpline: 1800 551800 or Kids Helpline
- NSW Mental Health Line: 1800 011 511
  - Farmers and business owners in bushfire affected areas can access Farm Gate counsellors and peer support workers on the Mental Health Line, 1800 011 511.
- Find the latest COVID-19 news and guidance in Medscape's Coronavirus Resource Center.
- [http://www.who.int/hac/network/interagency/news/iasc\\_guidelines\\_mental\\_health\\_psychosocial.pdf](http://www.who.int/hac/network/interagency/news/iasc_guidelines_mental_health_psychosocial.pdf)
- PFA Mobile (iTunes) <http://www.nctsn.org/content/pfa-mobile>