



OPPSIC

OPERATIONALISING
PSYCHOSOCIAL
SUPPORT IN CRISIS

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A Comprehensive Guideline on psychosocial support before, during and after crisis

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Mapping & analysis
of psychosocial GL

- In this step **282 guidelines** and handbooks have been collected and analyzed with regard to the inclusion of ethical, gender and cultural aspects.



Mapping of Tool and
Glossary

- In this step a toolbox was constructed by a collection of **672 psychosocial tools** (operational materials) for all phases of disaster and for several target groups (affected population, children and young people, older people, refugees, helpers, disabled people).



Reduction

- In step three we reduced and summarized the main recommendations of the guidelines and handbooks according to the structure in the Nato-Tents Guideline by the use of qualitative content analysis. **The comprehensive guideline** is mainly based on the following guidelines: Tents guideline, Impact guideline, EUTOPA, Nato Tents guideline and IASC guideline. For the target group and event specific action sheets we used specific guidelines.

Qualitative content analysis (Mayring)

- Step 1: definition of topics
- Step 2: selection of text modules and guidelines for citation
- Step 3: Reduction of content on four levels of abstraction (principles, recommendations, findings, actions)

- The comprehensive guideline is a **reduced version** of the key recommendations that can be found in the guidelines and handbooks on psychosocial support in the context of disasters (6000 pages selected and reduced systematically into **49 action sheets**)
- It is to be used by Psychosocial crisis managers and decision makers
- It is **structured according to phases, levels, event types, target groups and specific topics.**
- **This shall make it easier to gain a first overview for planning and preparation of PSS Interventions**

The single action sheet contains five parts

- 1) area
- 2) **key principles**, key recommendations, key findings, **key actions**
- 3) additional resources
- 4) tools/operational materials (e.g. tools on screening, psycho-education, assessment and others) and
- 5) best practice examples

OPPSIC, Comprehensive Guideline Draft_June 14

General Action Sheet Nr. 1: Core Principles

Area

All event types, all target groups, all phases

Key Principles

(CITATION): NATO-TENTS guidance: Williams, R., Bisson, J., Ajdukovic, D., Kemp, V., Olf, M., Alexander, D., Hacker Hughes, J. & Bevan, P. (2009). Guidance for responding to the psychosocial and mental health needs of people affected by disasters or major incidents, p.2ff. Available at <http://ebookbrowse.net/gdoc.php?id=83035389&url=49a5f6f4311c07a6fb9ed6c031f1f960>
IASC Mental health Guidelines: Inter-Agency Standing Committee (IASC) (2007). IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings, p.9ff. Available at www.who.int/mental_health/emergencies/guidelines_iasc_mental_health_psychosocial_june_2007.pdf

- > Needs orientation
- > Anticipation, planning, preparation and advice by mental health professionals
- > Focus on families and communities
- > Develop, sustain and restore psychosocial resilience¹
- > Ensure human rights and dignity
- > Equal access and adequate support structures for all groups (including staff and volunteers)
- > Ensure participation
- > Do no harm (build on scientific findings)
- > Build on available resources and capacities
- > Use integrated support systems (no stand alone services)
- > Use multi-layered supports

Additional Resources

EUTOPA (2007). Multidisciplinary Guideline - Early psychosocial interventions after disasters, terrorism and other shocking events. Available at http://www.eutopa-info.eu/fileadmin/products/eng/Multidisciplinary_guideline_English_complete.pdf

...

OGS Tools

Inter-Agency Standing Committee (IASC) (2008). IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings: Checklist for field use. Available at http://www.who.int/mental_health/emergencies/IASC_guidelines.pdf

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Best Practice Examples

OPPSIC-Team (2014). Best practice examples. Comprehensive Guideline OPSIC-Project - Annex p.149-p.170.

Example: 1

➤ Before Crisis: Prevention

General Action Sheet Nr.1: Core **Principles**

POLICY LEVEL

General Action Sheet Nr.1: Core Principles

- **Needs orientation**
- **Anticipation, planning, preparation and advice by mental health professionals**
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Example: 2

➤ **Before you start the interventions**

Action Sheet Nr.19: **Key Actions** before you start the Interventions

DELIVERY DESIGN

Action Sheet Nr.19: Key Actions before you start the Interventions

- **Call in your crisis management team and set up a base**
You must sure your own basic safety, evacuation, food etc.
- **Send out a team to conduct a rapid assessment of needs and capacities**
Using your pre-designed psychosocial response plan that gives you feedback rapidly and helps you design your first intervention plan
- **Find out how best to reach the people in need and then decide about the most adequate forms of support** (humanitarian assistance center, PSS integrated into evacuation center or in shelter, community center etc.) **according to the type and place of event** (international, national, regional event; relatives local or from abroad, infrastructure and other relevant resources destroyed or intact etc.)
- **Prioritize the needs and identify the target groups that are most vulnerable in order to first support those who have the most urgent needs for support and in order to give each group the adequate kind of support**
- ...

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- More information on the OPSIC project can be found on the website <http://opsic.eu/>
- The comprehensive guideline was constructed by the University of Innsbruck, the University of Zagreb and the Amsterdam Medical Center in close collaboration with the other OPSIC partners (DRC, TNO, IMPACT, MDA, TRIPITCH, SAMUR, CRISMART).



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Thank you for your attention



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