

Earthquake Support Meeting for Haitian Students

Thursday, January 28, 2010



Ground Rules For Today



- Our intent is to provide support to Haitian students on US Campuses.
- We hope you will talk with us.
- At any time during the Webinar please raise your hand on your control panel so we can hear you, or submit a written question.

Panelists for Today's Discussion



- Vanessa Prosper, PhD, Haitian Psychotherapist
 - Has worked with Haitian students throughout the Boston area
 - Works at Children's Hospital in Boston and has a special interest in working with children of Haitian immigrants in the US
- Bob Lenhardt, LICSW
 - Clinical Social Worker and Psychotherapist
 - Director of Specialty Services at AllOne Health in Natick, MA
- Barry Beder, LICSW
 - Clinical Social Worker and Psychotherapist
 - Vice President of Health & Productivity Services at AllOne Health and Talk One 2 One Consultant

Helpful Tips In The Healing Process



Be intentional with self-care

- Talk to people. Share feelings and concerns
- Exercise – move!
- Eat well-balanced and regular meals
- Stay hydrated
- Get plenty of rest, even if you are not sleeping well
- Reduce caffeine
- Stay aware of making daily decisions that will allow you to sense what is in your control
- Breathe!

What can you do???



- Take a student to dinner to talk, or movies
- Organize something on campus like a prayer service
- Communication
- Limit TV watching or web stories regarding Haiti.
- Maintain regular activities
- Do not slow down in commitments to life – (you are not turning your back on each other)
- Reduce caffeine, keep up with exercise, healthy eating, rest, relaxation techniques

Things To Avoid



- Using drugs use or excessive alcohol to deal with emotions
- Exposing yourself to too much media coverage
- Isolation
- Making major life decisions

Normal Reactions To Catastrophic Events



Cognitive/ Emotional

- Confusion
- Numbness
- Feeling lost

Physical

- Nausea
- Fatigue
- Shakiness
- Muscle Weakness

Emotional

- Feeling guilty
- Feeling afraid
- Feeling angry
- Feeling extremely sad

Cognitive

- Having distressing thoughts and images

Behavioral

- Staying isolated
- NOT wanting to be alone

Physical/Emotional/ Cognitive

- Loss of interest in pleasurable activities

Normal Reactions To Catastrophic Events (cont.)



Physical/Emotional

- Nightmares
- Difficulty falling or staying asleep
- Wanting to sleep as much as possible
- Excessive, or lack of appetite

Cognitive

- Inability to concentrate
- Impaired memory

Emotional

- Constant worry and anxiety

Other Responses To Catastrophic Events



- Increased determination and resolve
- Sense of having clearer, sharper perceptions
- Increased alertness, energy, and readiness to respond
- Increased courage, optimism, faith
- Feeling involved, challenged, mobilized
- Reaching out to others to help

Resources for People Seeking Information on Ways to Help Others



Looking for loved ones or making donations:

- **International Committee of the Red Cross**
<http://www.icrc.org/>

Resources for People Seeking Information on Ways to Help Others



Financial & Medical Assistance:

- **American Red Cross**
<http://www.redcross.org>
- **Doctors Without Borders**
<http://doctorswithoutborders.org>
- **International Committee of the Red Cross**
<http://www.icrc.org>
- **Partners in Health**
<http://www.pih.org/home.html>
- **U.S. Fund for UNICEF**
<http://www.unicefusa.org>
- **Hôpital Albert Schweitzer Haiti**
<http://www.hashaiti.org/>

Resources for People Seeking Information on Ways to Help Others



Food Assistance & Relief Services:

- **Action Against Hunger**
<http://www.actionagainsthunger.org>
- **Action Aid International**
<http://actionaidusa.org>
- **American Friends Service Committee**
<http://afsc.org>
- **Concern Worldwide US, Inc.**
<http://www.concernusa.org>
- **Interaction**
<http://www.interaction.org>

Resources for People Seeking Information on Ways to Help Others



Counseling & Emotional Support

- Campus or local counseling center
- Search for Haitian Mental Health Specialists:
http://www.education.miami.edu/crecer/Haiti_providers.htm

Resources for People Seeking Information on Ways to Help Others



Coping with Traumatic Stress

- **Center for the Study of Traumatic Stress**
http://www.cstsonline.org/resources/category-35_earthquake



Feedback Or Suggestions For Future Webinars

clientsolutions@allonehealth.com

“How Can I Help Someone Who Has Been Affected?”



- Take your cue from the person. He/she will let you know if there is a desire to talk. Accept silence.
- If there is a wish to talk, focus on listening. Your presence alone is often enough.
- Avoid clichés and easy answers.
- Do not overwhelm the person with your own feelings.

“How Can I Help Someone Who Has Been Affected?”



- Avoid saying how you think the person ‘should’ feel.
- Simple expressions of care and concern go far.
- Offer to help with practical matters.