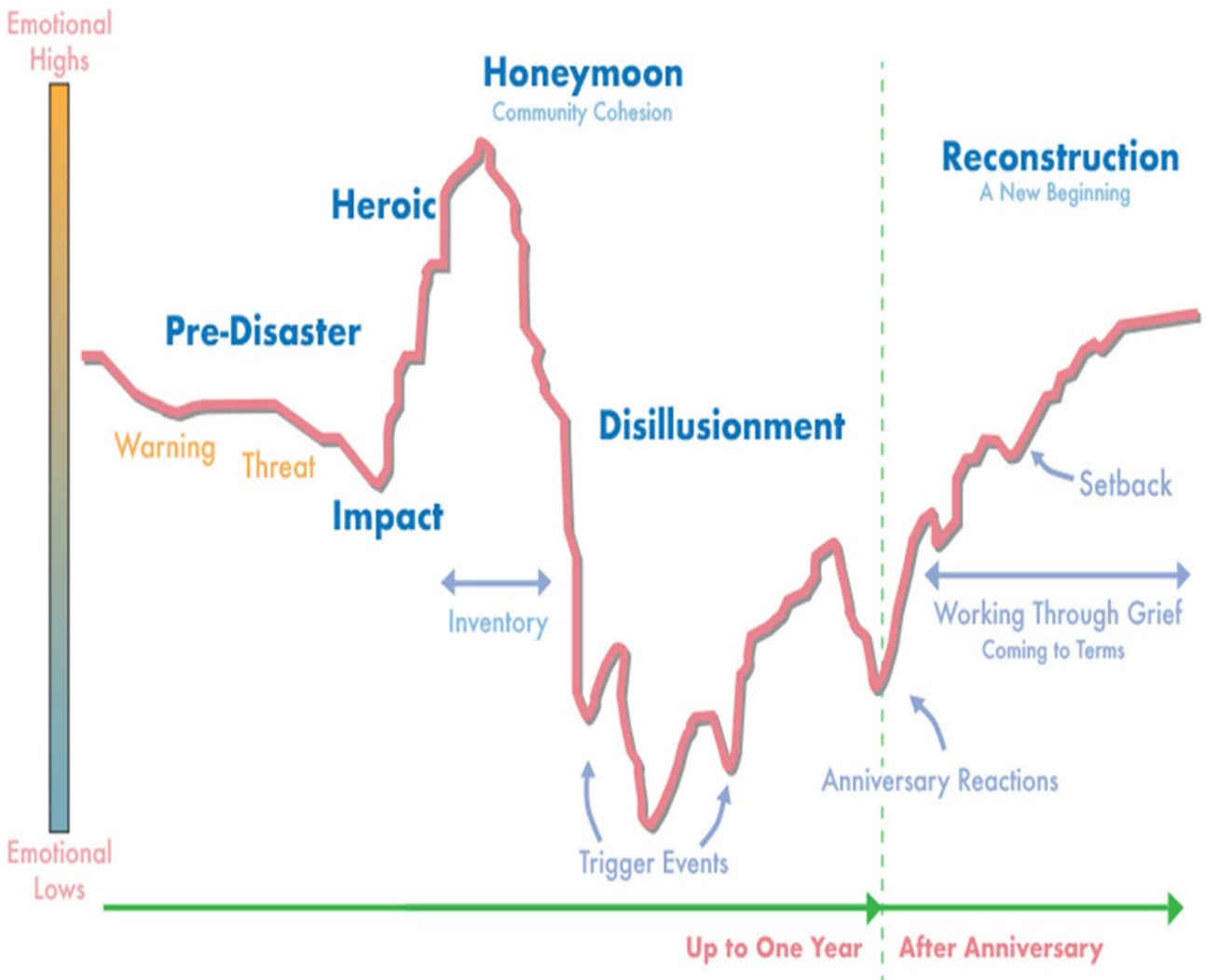


## Managing Mental Health in Cultural Heritage Emergency Response



Phases of a Disaster, SAMHA

## PREPAREDNESS

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*Health & Safety in Emergency Response*. (2016). Retrieved from [http://www.conservation-wiki.com/w/images/9/92/H%26S\\_Health\\_%26\\_Safety\\_in\\_Emergency\\_Response\\_2016.pdf](http://www.conservation-wiki.com/w/images/9/92/H%26S_Health_%26_Safety_in_Emergency_Response_2016.pdf)

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### Promoting Positive Workplace Environment

- ✓ Effective Management Structure and Leadership
- ✓ Clear Purpose, Goals and Training
- ✓ Functionally Defined Roles
- ✓ Administrative Controls
- ✓ Team Support
- ✓ Plan for Stress Management

- "A Guide to Managing Stress in Crisis Response Professions" -SAMHSA

## TRAINING

Psychological First Aid Training, National Child Traumatic Stress Network:  
<https://learn.nctsn.org/course/index.php?categoryid=11>

Mental Health Preparedness, John Hopkins University:  
<HTTPS://WWW.JHSPH.EDU/RESEARCH/CENTERS-AND-INSTITUTES/JOHNS-HOPKINS-CENTER-FOR-PUBLIC-HEALTH-PREPAREDNESS/TRAINING/ONLINE/MENTAL-HEALTH-TRAININGS.HTML>

## SHAME RESILIENCY THEORY

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Brown, Brene (2015). *Daring Greatly: How the Courage to be Vulnerable Transforms the Way we Live, Love, Parent and Lead*. Avery Press.

## RECOVERY

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HelpGuide.Org International (Updated 2019). *Stress Management: Using Self-Help Techniques for Dealing with Stress*. Retrieved from HelpGuide.org website: <https://www.helpguide.org/articles/stress/stress-management.htm>

Substance Abuse and Mental Health Services Administration. U.S. Department of Health and Human Services. (2005). *Guide to Managing Stress in Crisis Response Professions*. Retrieved from SAMHSA Publications website: <https://store.samhsa.gov/product/guide-managing-stress-crisis-response-professions-2/sma05-4113>

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Crimando, S. (2017, April). *Operational stress control in disaster response and recovery*. Presented at the NJVOAD Conference 2017. Retrieved from <http://www.njvoad.org/wp-content/uploads/2017/01/Op-Stress-Control.pdf>

### Compassion from Supervisors or Managers:

- ✓ Offer appropriate service agencies available to treat and care for those affected
- ✓ Recognition of affective states of mind with a kind word, a hand on the shoulder or shoulder to cry on, can both validate loss and establish a network of support.

*I looked at the artifacts sitting in water, and now, my heart truly sank. This was a disaster.*

- Alice M. Greenwald, 9/11 Memorial Museum Director  
Following Hurricane Sandy, Our Beacon of Hope, The Memo Blog