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Mental Well Being and Resiliency Pilot at Duke University

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Duke University
School of Nursing

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HRSA Mental Health and Behavioral Health Education and Training Cooperative Agreement Award Number 1 U3NHP45396-01-00




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Learning Objectives

- Describe the present academic nursing milieu.
- Introduce stress first aid as a model for indicated mental illness prevention at Duke University School of Nursing.

Learning Objectives



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Today's Academic Nursing Milieu

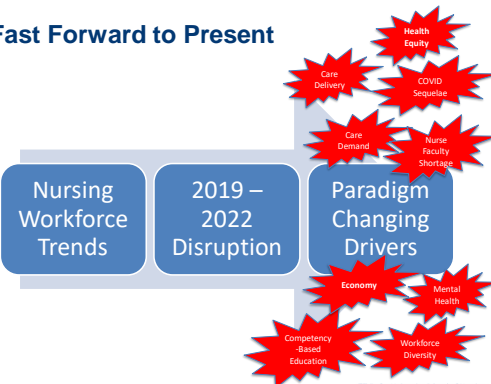
- Students & Their Support System
- Faculty & Their Support System
- Staff & Their Support System
- Preceptors & Their Support System
- Patients & Their Support System
- ELS Ecosystem
- Social Media Ecosystem



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Fast Forward to Present



Nursing Workforce Trends

2019 – 2022 Disruption

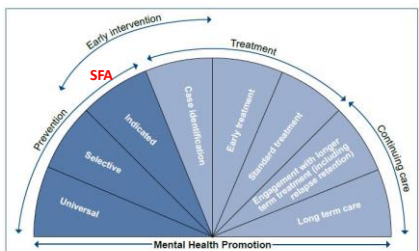
Paradigm Changing Drivers

Health Equity, COVID Sequelae, Care Delivery, Care Demand, Nurse Faculty Shortage, Economy, Mental Health, Competency Based Education, Workforce Diversity

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Mrazek & Haggerty's Model of the Spectrum of Interventions for Mental Health Problems and Mental Disorders



Prevention: Universal, Selective, Indicated

Early intervention: SFA, Care Identification

Treatment: Early treatment, Standardized treatment, Engagement with longer term treatment (including relapse prevention), Long term care

Continuing care

Mental Health Promotion

Figure 6: Mrazek and Haggerty's model of the spectrum of interventions for mental health problems and mental disorders

Source: Mrazek P and Haggerty R (1994). Reducing risks for mental disorders. Frontiers for preventative intervention research, Committee on Prevention of Mental Disorders, Division of Biobehavioral Sciences and Mental Disorders, Institute of Medicine, Washington, National Academy Press

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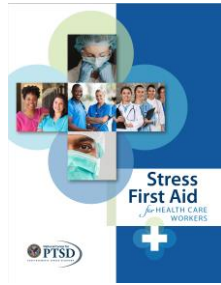
Evidence Informed...

PSYCHOLOGICAL FIRST AID (PFA)

Field Operations Guide
2nd Edition

National Child Traumatic Stress Network
National Center for PTSD

NCTSN



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Setting the SFA Table

1. Raise your hand if you have an active Basic Life Support (BLS) provider certification.
2. Keep your hand raised if you used your BLS provider certification over the past month to save a life.
3. Raise your hand if you are formally trained in stress first aid (SFA).
4. Raise your hand if you could have employed SFA strategies over the past month to support someone in distress.

Stress First Aid is a Basic Life Support (BLS) for stress initiative.



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Stress First Aid

- A flexible multi-step process that leverages peer support for the timely assessment and preclinical response to psychological injuries among individuals with the goals to:

- preserve life
- prevent further harm
- promote recovery



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3 Conceptual Elements

Stress Continuum Model

	Ready (Green)	Reacting (Yellow)	Injured (Orange)	Ill (Red)
DEFINITION	Optimal functioning Adaptive growth Wellness	Mild and transient distress or impairment Always goes away Low risk	More severe and persistent distress or impairment Leaves an emotional mental "scar" Higher risk	Persistent and disabling distress or loss of function Severe distress or social or occupational impairment Clinical mental disorders
FEATURES	At one's best Well trained and prepared In control Physically, mentally and spiritually "fit" Mission-focused Motivated Calm and steady Having fun Believing ethically/ legally	Feeling irritable, anxious, or down Loss of motivation Loss of focus Difficulty sleeping Muscle tension, heightened heart rate, breathing, or other physical changes Not having fun	Loss of control No longer feeling like normal self Stronger emotions like panic, rage, depression Excessive guilt, shame, or blame Loss of memory or ability to think rationally Being unable to enjoy previously pleasurable activities Increased or uncontrollable physiological reactions	Reactions persist or worsen over time Severe distress or social or occupational impairment Hopelessness
CAUSES		Any stressor/trigger	Life threat Loss Inner conflict/trauma Excessive wear and tear	Depression Anxiety Substance Use Disorders PTSD

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3 Conceptual Elements

4 Sources of Orange Zone Stress

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Trauma	Loss	Inner Conflict	Wear and Tear
A traumatic injury Due to the experience of or exposure to intense injury, horrific or gruesome experiences, or death.	A grief injury Due to the loss of people, things or parts of oneself.	A moral injury Due to behaviors or the witnessing of behaviors that violate moral values.	A fatigue injury Due to the accumulation of stress from all sources over time without sufficient rest and recovery.

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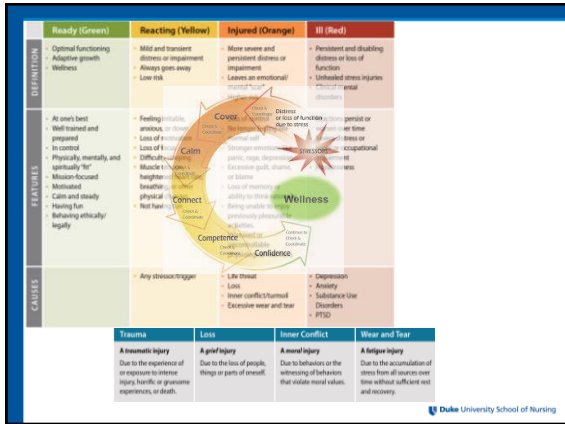
3 Conceptual Elements

Stress First Aid Model

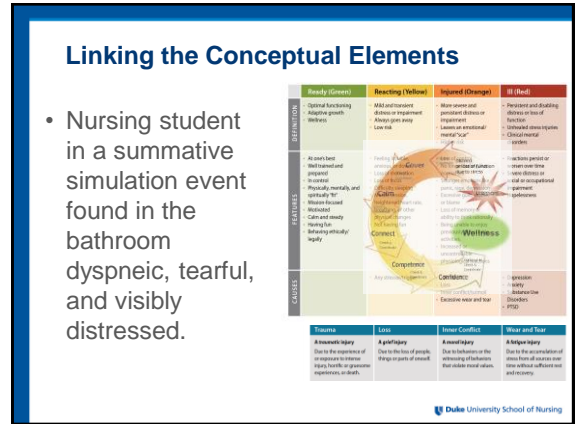


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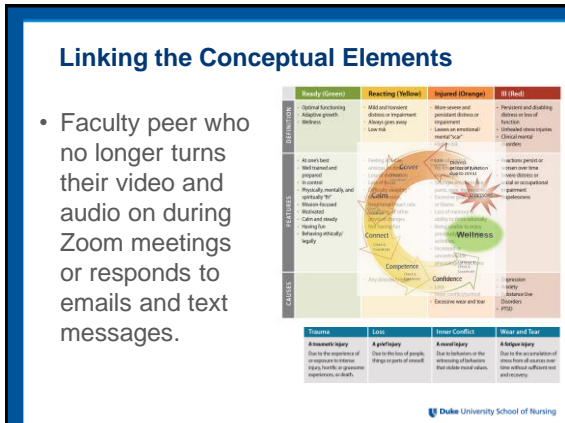
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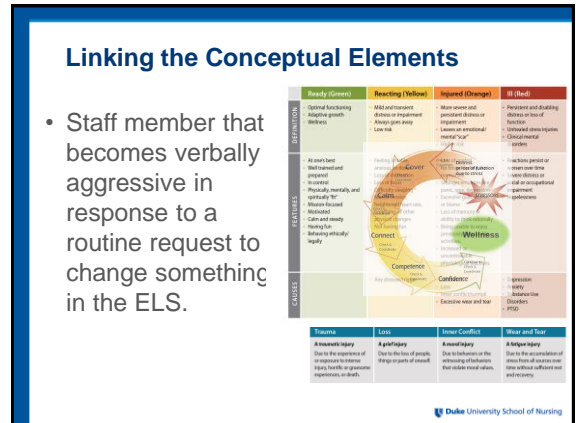
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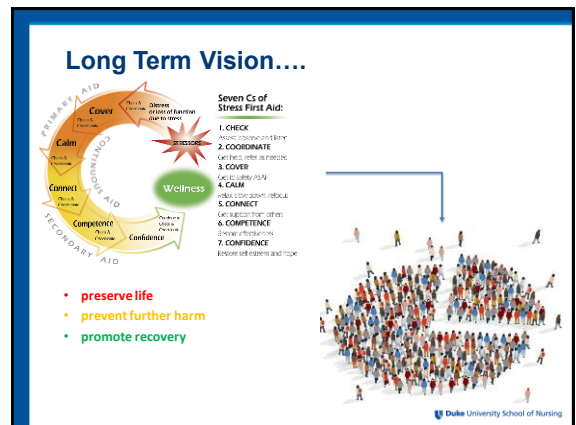


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SFA Pilot Implementation

Training Goals	2022	2023	2024	2025
DU SFA Champion Training (Train annually to maintain n=20 per school)	Q01	Q01	Q01	Q01
DU SFA Participant Training (n=1,000 per year)	Q02-Q4	Q01-Q4	Q01-Q4	Q01-Q4
DU SFA Instructor Training (n=20 per year)	Q03-Q4	Q01-Q4	Q01-Q4	Q01-Q4
DU SFA Master Instructor Training (n=5 per year)	Q01-Q4	Q01-Q4	Q01-Q4	Q01-Q4
NCCU SFA Champion Training (Train annually to maintain n=20 per school)	Q04	Q01-Q4	Q01-Q4	Q01-Q4
NCCU SFA Participant Training (n=1,000 per year)	Q01-Q4	Q01-Q4	Q01-Q4	Q01-Q4
NCCU SFA Instructor Training (n=20 per year)	Q02-Q4	Q02-Q4	Q02-Q4	Q02-Q4
NCCU SFA Master Instructor Training (n=5 per year)		Q01-Q4	Q01-Q4	Q01-Q4

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Next Steps

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