

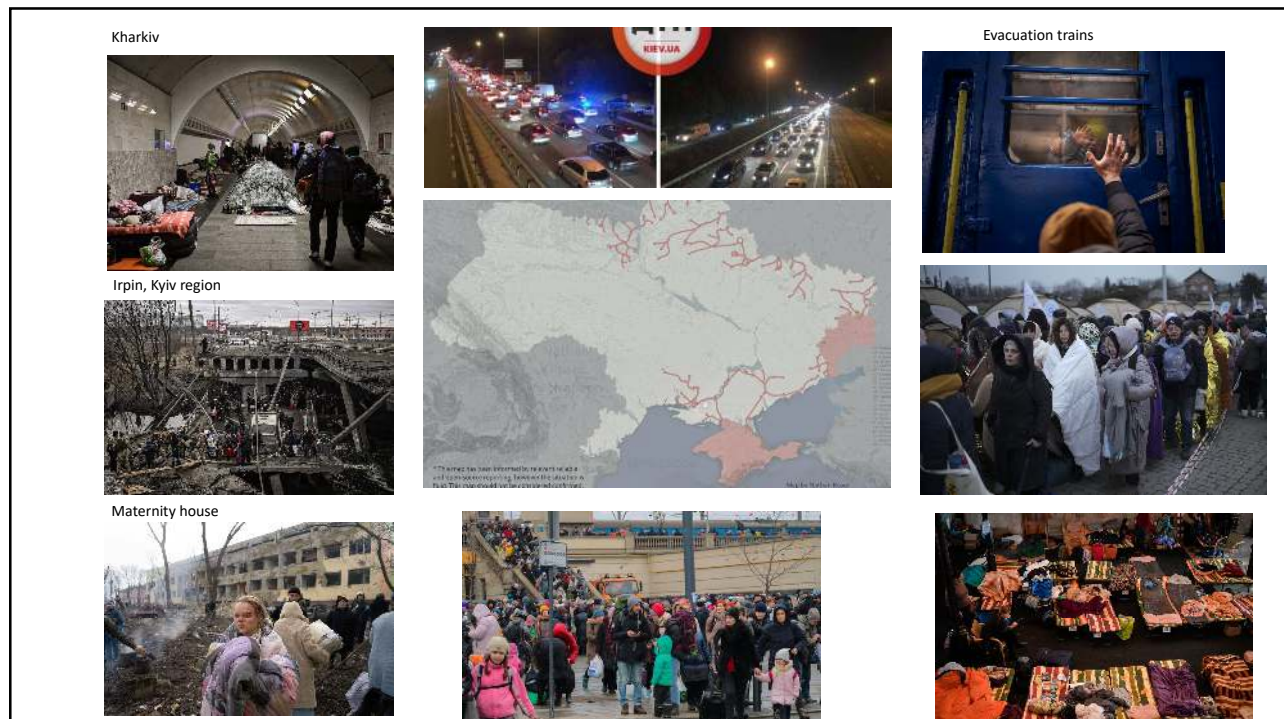


ISTSS Webinar 29.03.2022

## Opportunities and Challenges for the Traumatic Stress Community to Assist Those Affected by the War in Ukraine

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ECNP Traumatic Stress Network

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## All war stressors have this in common

- Major, unexpected and **inescapable life change**
- **Losses** of many types: loss of lives, safety, belonging, social standing and status, food security.
- **Uncertainty** - about what goes on, where to go for food, what happens to dear ones, how hostilities might end
- **Unpredictability** regarding one's near and long-term existence, about the next hostile events, about rules, regulations and expected behavior of hostile others
- **Exposure to grotesque scenes of death and destruction** either oneself or through media. Exposure to suffering, hunger, cold,

A. Y. Shalev, March 2022

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24.02. – 29.03

Would you treat PTSD if person is hiding in shelters? Face lack of food, water, isolated?

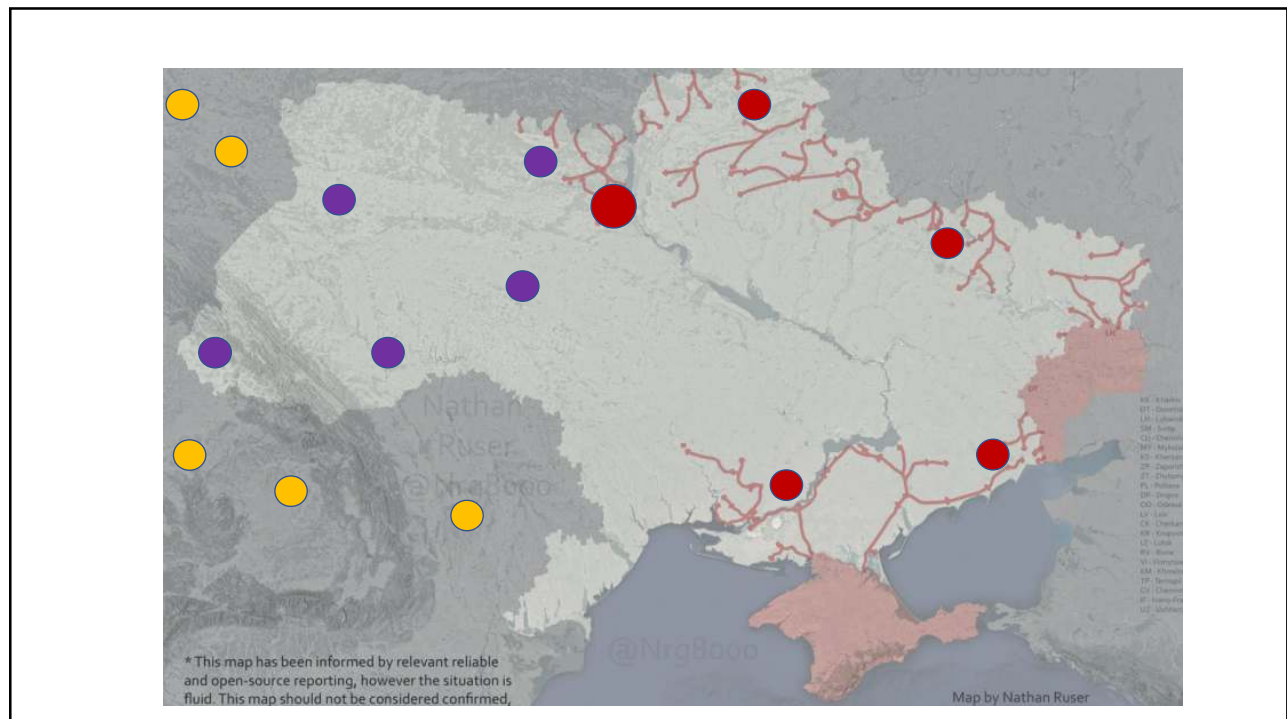
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Psychological aid under war stress

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Psychological aid after exposure of stress  
(in secure environment)

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## Target population sensitive approach

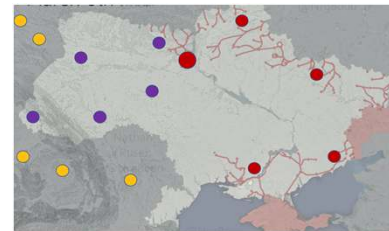
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### Those who are unsafe

- Under attacks, unable to leave unsafety
- Without recourses
  - food
  - water
  - electricity and connection
  - Medication

#### Needs:

- SUPPLIES and LOGISTICS
- Optimization of survival



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## Tasks during the traumatic experience

- Help with adaptation, not symptomatic treatment of the effects of stress
- taking into account the needs of the individual and the capabilities of the environment
- with the support of our clients' strengths and effective strategies
- taking into account the indicators of coping efficiency

Shalev, A. Y. "The Israeli experience of continuous terrorism (2000–2004)." *Disasters and Mental Health*. Edited by Lopez-Ibor JJ, Christodoulou G, Maj M, Sartorius N, Okasha A. London, John Wiley & Sons (2005).

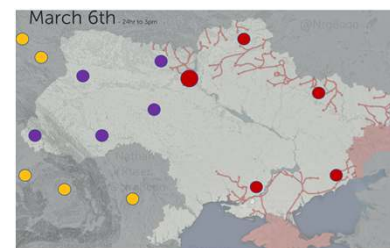
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## Internally displaced people

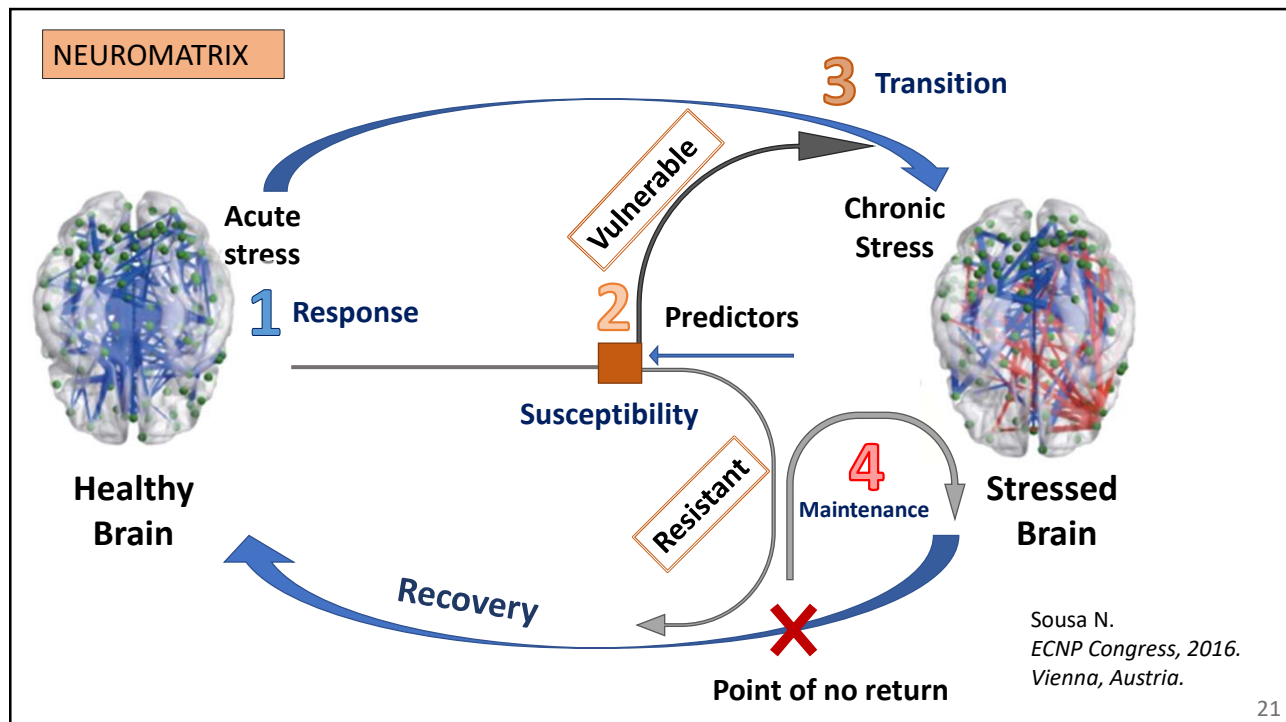
- Without recourses
  - Place to stay
  - Employment
  - Medication

### Needs:

- SUPPLIES and LOGISTICS
- Optimization of survival
- Active monitoring of those, whose behavior start deviating (digital)
- PFA (hot line, crisis centers at the railway stations, information companies)



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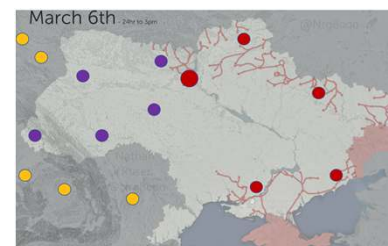
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## Forcibly displaced people

- Without recourses and attachment bonds
- Place to stay
- Employment
- Medication

### Needs:

- Information and networks (**Attachment bonds**)
- Optimization of survival (**Safety, Routines, Resources, planning and prediction i.e. calibration**)
- Active monitoring of those, whose behavior start deviating (digital)
- To build the delivery of the digital tools to Ukrainian population (PFA).



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## How can we help?

- **Support effectively perform whatever there is to do**
- **Coach on control over emotions** (sadness, grief, panic, fear, nightmares, intrusions, anger).
- **Maintain a positive self view and what we stand for**
- **Maintain the capacity to feel the warmth and the meaningfulness of our contacts with others**

A. Y. Shalev, March 2022

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The image displays two items side-by-side. On the left is the cover of the book "Risk Management of Terrorism Induced Stress: Guidelines for the Golden Hours (Who, What and When)". The cover features a barcode at the top, the NATO Science for Peace and Security Series logo, and the IOS Press logo at the bottom. It is edited by Eric Vermetten, Inna Frankoia, Lior Carmi, Oleg Chaban, and Joseph Zohar. On the right is an advertisement for the "First Aid to Terror" app. The ad shows a smartphone displaying the app's interface, which includes a "1-2-3" logo and a "Guideline in a pocket" tagline. Below the phone, there is a link to "First Aid to Terror - Apps on Google Play" and the URL "play.google.com". A duration of "23:33" is shown in the bottom right corner of the ad.

**Risk Management of Terrorism Induced Stress**  
Guidelines for the Golden Hours (Who, What and When)

NATO Science for Peace and Security Series  
E: Human and Societal Dynamics - Vol. 148

IOS Press

IOS Press

Edited by  
Eric Vermetten  
Inna Frankoia  
Lior Carmi  
Oleg Chaban  
Joseph Zohar

**1-2-3**  
**First Aid to Terror**  
Guideline in a pocket

[First Aid to Terror - Apps on Google Play](https://play.google.com/store/apps/details?id=com.ecnp.firstaidtoterror)  
play.google.com

23:33

**ecnp**  
Neuroscience applied

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1stA2T

# Firstaidtoterror.com

1stA2T

- is a unique tool, that was developed with Traumatic Stress Network and supported by ECNP.
- A digital tool contains easy to use and to apply recommendations for preferable responses following exposure to terror attack in different time points (first 6 hours, 6 to 12 hours, 12 to 24 hours, 24 hours to 1 week, 1 to 4 weeks).
- We would highly appreciate your feedback about the beta version of the App in Feasibility study

First Aid to Terror App

GET IT ON  
**Google Play**

Download on the  
**App Store**

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## Color code – scientific straight of recommendations

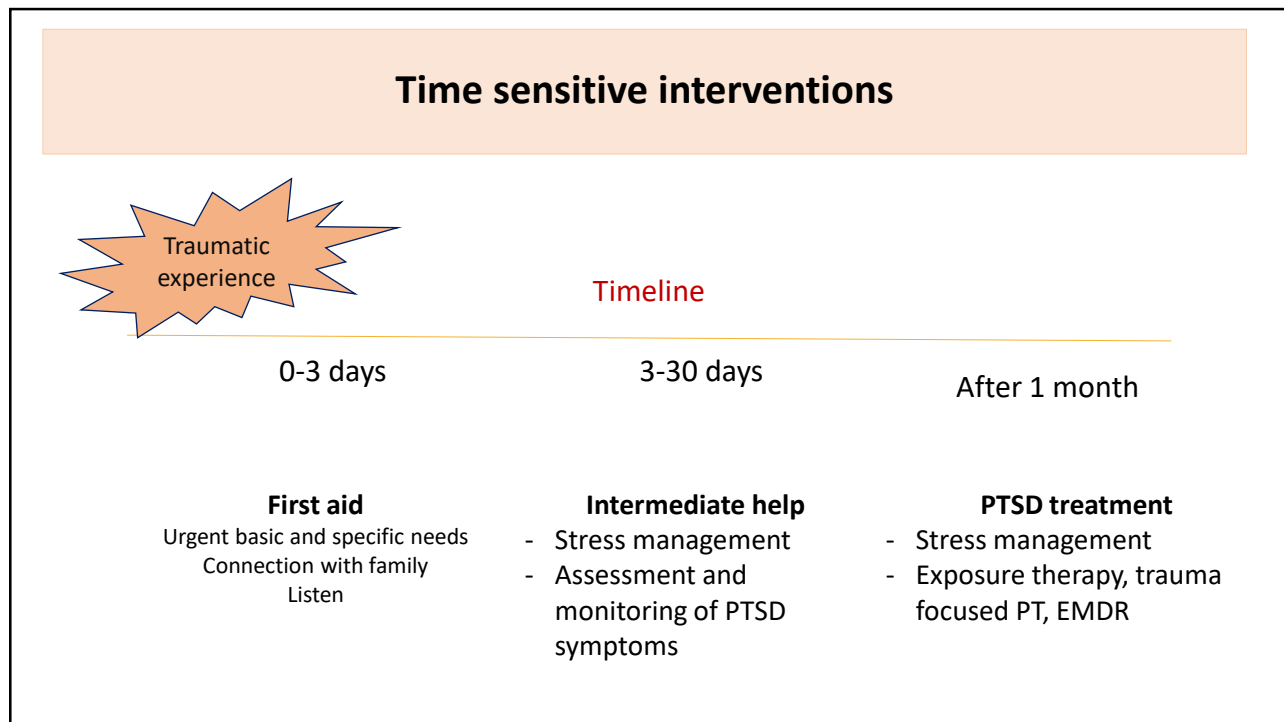
- **Positive randomized controlled trial (RCT)/empirical evidence**
- **Knowledge/clinical knowledge**
- **Not recommended. Positive randomized controlled trial (RCT)/empirical evidence**
- **Research (pilot) data**

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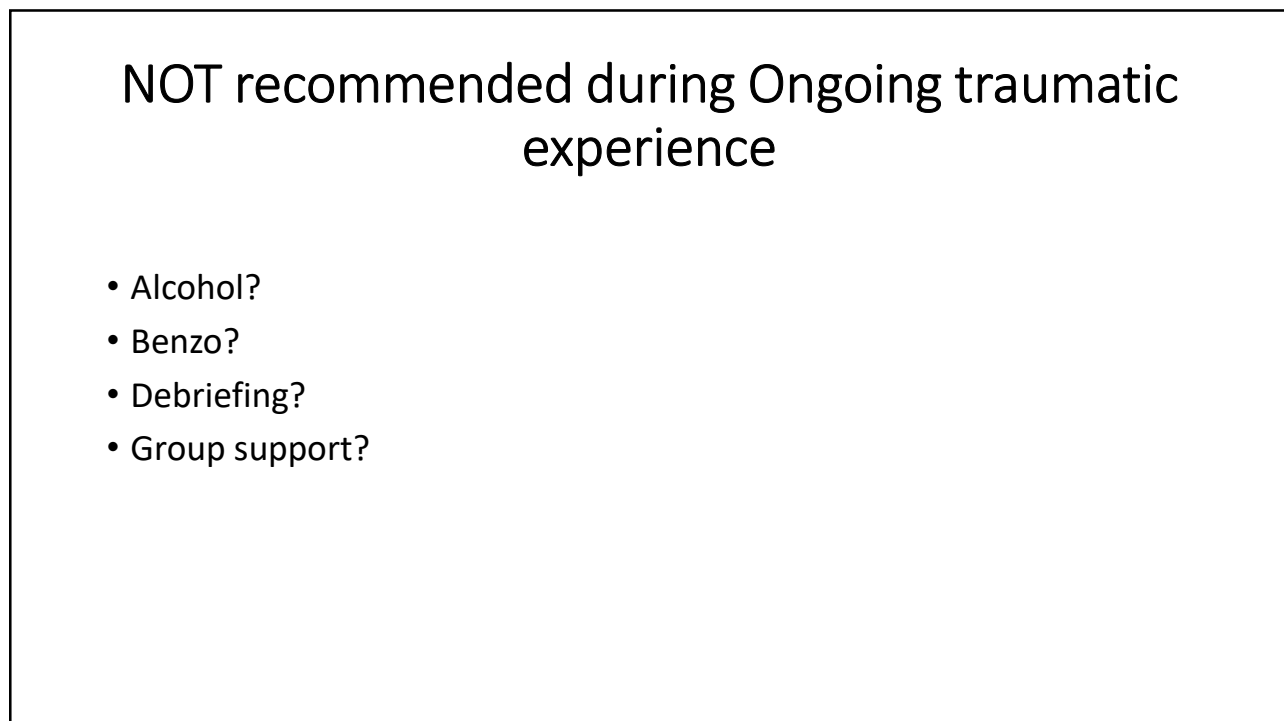
## Guideline Matrix: What? **Who?** When?

Time	Intervention		Subject
Preparation	<b>Group and Community</b>	<b>Individual interventions</b>	<b>Special Population</b>
 <b>Under stress</b>			
<b>1 - 6 h</b>	Task Forces	Psychological	Military
	Education/Training	Pharmacological	& 1st Responders
<b>6-12 h</b>	Social Media, Media	Cognitive	Adult
	Communication	Sleep Regulation	Children
<b>12 – 24 h</b>	Infrastructure	Biological marker	Refugees
	Risk assessment	Vulnerability	
<b>24h – 1 week</b>	Leadership	Resilience	
	Policy		
<b>1 to 4 weeks</b>			

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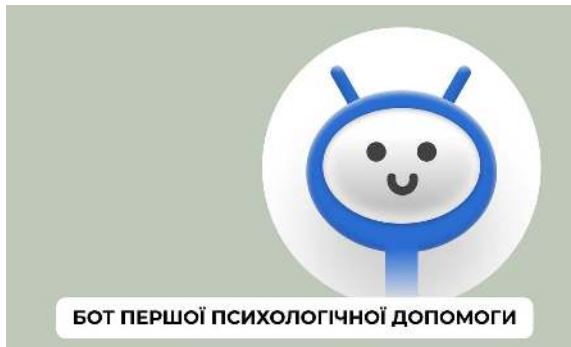


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[https://t.me/friend\\_first\\_aid\\_bot](https://t.me/friend_first_aid_bot)



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## Take home message:

- Time, location and population sensitive approach
- Digital delivery of psychological aid
- Blind spots: recommendations during ongoing stress.

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Thank You!



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