

Corona Virus Related Resources and Information from the SDPA Disaster Psychology Committee

Dear SDPA Colleagues:

The Disaster Psych committee wants you to be aware of resources you may find useful in both your personal and professional life about a pandemic and COVID-19.

Depending on the source, current broadcast network and on-line news outlets are staying on top of developments and, importantly, emphasizing preparedness rather than panic. As mainstream media reports, the CDC, John Hopkins, NIH, WHO, and various other public health agencies are reliable expert sources of developing information and what individuals can do.

APA's website is routinely covering relevant clinical issues – e.g., <https://www.apa.org/news/apa/2020/03/psychologist-covid-19> and at the bottom of that page there's an excellent "Further Reading" list which includes a link to "COVID-19 and psychology services: How to protect your patients and your practice": <https://www.apaservices.org/practice/news/covid19-psychology-services-protection> . APA members can send a request to helping@apa.org and ask to join the Disaster Mental Health (DMH) listserv. The listserv is national and provides relevant "just in time" updated information and clinical resources -- some translated into other languages.

More broadly, the FEMA website ([FEMA.gov](https://www.fema.gov)) and APA's Disaster Mental Health webpage (<https://www.apa.org/practice/programs/dmhi>) are helpful. For these and other categories of disaster-related resources, please also see the attached pdf the Disaster Psych Committee prepared in 2018.

If you previously haven't considered doing phone or electronic on-line appointments with your patients, it might be advisable to look more into this: <https://www.apa.org/monitor/2017/05/ce-corner> (We realize insurance companies may not yet pay for phone appointments and might need to be pressured to do so.)

If you are interested in being a California Disaster Health Volunteer/EMSA should the need arise, please register at <https://www.healthcarevolunteers.ca.gov> . This route doesn't require the same amount of prior training, etc. some other agencies do.

During a crisis, it's important to realize it does take a community to respond to a pandemic. It may reassure you to know that, as a result of 9/11, comprehensive disaster preparedness efforts and structures are well developed and in place locally. The **San Diego County Office of Emergency Services** (register your cell to receive notices at <https://sandiegocounty.gov/oes>) is one of the best in the country, and serves as a model to other communities nationally. Knowing that, please take appropriate steps to prepare yourself!

Sincerely,

The SDPA Disaster Psychology Committee

3/13/20