

COVID-19's Long Tail: Developing A Mental Health Strategy for Recovery

Sept. 9, 2021



Center for Disaster Philanthropy

The when, where and how of informed disaster giving

Moderator

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Tanya Gulliver-Garcia

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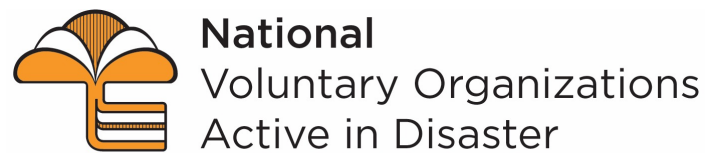
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Land Acknowledgement

“Acknowledgment is a simple, powerful way of showing respect and a step toward correcting the stories and practices that erase Indigenous people’s history and culture and toward inviting and honoring the truth.”

<https://usdac.us/nativeland>



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How to Participate

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- Look for the fully captioned webinar recording and summary at disasterphilanthropy.org.
 - ▣ Live captioning is available now via Zoom. Click on Closed Caption/Live Transcript to access it.
- Submit questions using Q & A box at the bottom of your screen.
- Use **#CDP4Recovery** to tweet along during the webinar.
- Complete the survey upon leaving webinar.

Topics for Today

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- Information on what professionals are seeing as individuals, families and communities weather the stresses of illness, deaths and the economic impacts of the pandemic, and what we might anticipate in the future.
- How funders are responding to the enormity of the losses with an eye toward a more equitable recovery and approaches that target local service providers.

Setting the Stage

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- Prior research shows that disruptions to routines, poor access to care, and compounding losses complicate recovery from trauma and grief.
- The severity of reactions may be heightened due to pre-existing physical and mental health conditions; isolation from social networks that bring attention and security; political power that gives communities a seat at the table for determining their own recovery; and economic capital such as income, stable housing, and insurance.
- Large scale studies, including one from the Centers for Disease Control that looked at public health workers, report experiences with at least one serious mental health condition related to their work during the pandemic.

Speakers

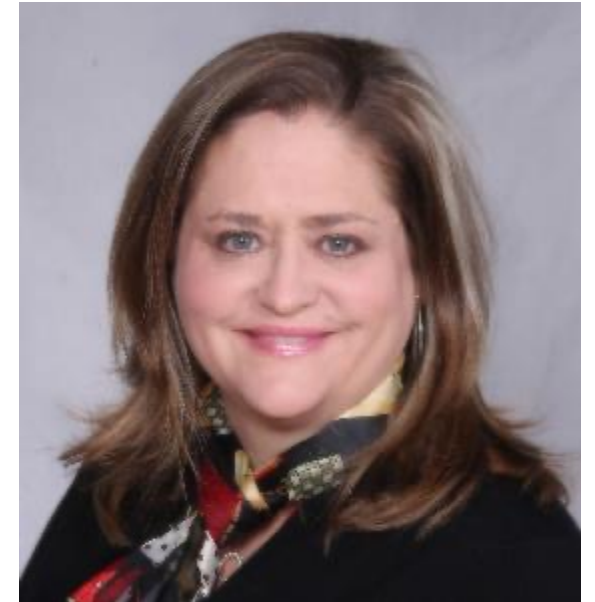
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Assessment of Need

- Review of current data and trends.
- Review of current research.
- Conversations with fellow funders.
- Conversations with existing and potential grantees.
- Conversations with community leaders in most affected areas – COVID “hot spots”

Shoe leather (or Zoom) philanthropy

Keeping it Local

- Tapping into CDP “brain trust.”
- Who do we already know?
- Community foundations and other local funders.
- Communities, populations most disproportionately affected.
- ***And...again...shoe leather (or Zoom) philanthropy.***



Root Causes

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We are committed to focusing our work so that philanthropy mobilizes to create real, transformative change by listening, learning, understanding and investing in organizations led by BIPOC leaders. We will use our platforms to stand up for what is right and just, and fair. With that, all funding at CDP is done with a social and racial justice lens. We add our voices to stand in solidarity with the courageous people working for change.

Vibrant Emotional Health

- Substance Abuse and Mental Health Services Administration (SAMHSA) funded National Suicide Prevention Lifeline and the SAMHSA established national Disaster Distress Helpline (DDH).
- Crisis Emotional Care Team – on the ground mental health and emotional support following disasters, emergencies or crisis events across the U.S. and internationally.
- Support to “scale up” as needs increased - build capacity to build emotional resilience.

Speakers

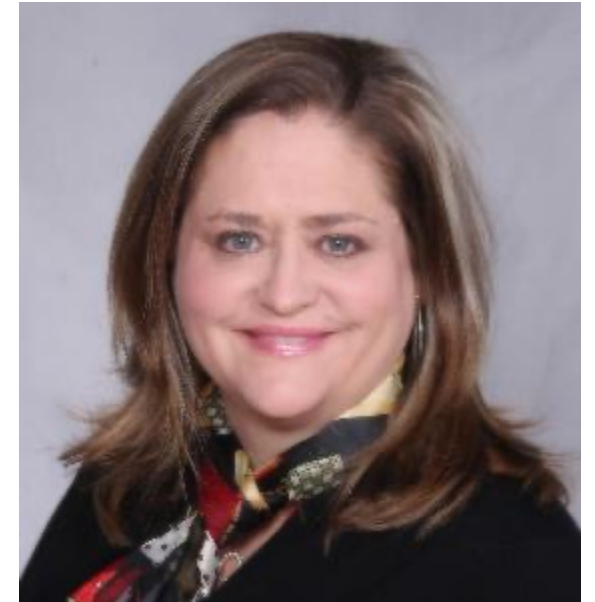
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Q and A

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Key Takeaways

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- Listen.
- Be respectful.
- Do your research.
- “Shoe leather” or “Zoom” philanthropy.
- Build organizational capacity.
- Fund with an equity lens.



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Reminder! Disaster Distress Helpline

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- SAMHSA's Disaster Distress Helpline, [1-800-985-5990](tel:1-800-985-5990), is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text [1-800-985-5990](tel:1-800-985-5990) to connect with a trained crisis counselor.

Mental Health, Grief and Bereavement

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- ❑ CDP, in partnership with New York Life Foundation, has a Disaster Philanthropy Playbook strategy, along with a tool kit, tip sheet and compilation of resources.
- ❑ The content is designed to support philanthropic knowledge and encourage giving in the areas of mental health, grief and bereavement in the context of disasters.
- ❑ Learn more at disasterplaybook.org



CDP Resources

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- CDP has a [Haiti Earthquake Recovery Fund](#), [California and Colorado Wildfires Recovery Fund](#), [Atlantic Hurricane Season Recovery Fund](#), [Global Disaster Recovery Fund](#), [Disaster Recovery Fund](#) and [COVID-19 Response Fund](#).
- Detailed [Issue Insights](#).
- Regularly updated [Disaster Profiles](#).
- For more information, visit www.disasterphilanthropy.org.



Photo by Stephanie Amador/The Tennessean

Our Next Webinar

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Join us **Oct. 14 at 2 p.m. ET** for our next webinar: **Flood, Famine and Fire: Building a Climate Justice Analysis in Philanthropy**



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Questions?

For additional information, contact:

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