

ECHO Script

Emergency and Community Health Outreach



BE HEALTHY. BE SAFE. BE READY.

ECHO SHOW #12 “MENTAL HEALTH CARE DURING CRISIS”

To MTL Translators—This show deals with sensitive topics (post-traumatic stress, anxiety, depression) that are handled in many different ways in different cultures. For that reason, this script tries to present the overall topic of “mental health” in the most general way possible. The information given here may seem incomplete, but the ECHO staff plan to raise culture-specific issues and resources during the “interview” segment of the show (where guests experts from the different communities come in to talk in detail about the month’s topic). If you have any other questions about this script, please contact Larry right away (larry@translab.us). Thank you!!

Deadline: Monday, May 16th, 2005

■ **PACKAGE SCRIPT ONLY – For SPNN-TV to edit**

EDIT DIRECTIONS	AUDIO TRACK
<p>B-Roll credits to: We’ll use much from show one (What is ECHO) and will need to review those credits.</p> <p>Other possible credits:</p> <p>#1: CDC for video from SNS show to reveal script (a big disease outbreak) and/or MN</p> <p>#2: Homeland Security and Emergency Management for J-Pegs</p> <p>#3: NWS and DPS for weather video to cover weather “disaster”</p> <p>#4: Clinic video from several ECHO shows (Flu #2)</p>	<p>--1-- Living through a crisis or emergency is not easy for anyone. A major emergency – whether it’s a weather disaster, a chemical spill, a disease outbreak, or even a terrorist attack – can place a great burden on the community.</p> <p>--2-- Responding to the situation, doing what needs to be done, is hard work. There are things that people need to do, as a community, to protect themselves and their families – and to help everyone survive the crisis.</p> <p>--3-- And when the crisis ends, there is more work to be done, before things can get back to normal.</p> <p>--4-- Recovering from a crisis can take a long time – maybe a few days, maybe weeks, maybe longer. In the meantime, normal activities at work and home are sometimes disrupted. And that disruption can affect the way people</p>

1/ ECHO Show #12 written by the Minnesota Department of Health May 2005

connect with each other – family, friends, neighbors, other individuals you work with and rely on. Some people may have lost friends or family.

--5--
It is said that “no one who sees a disaster is untouched by it.”

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The pressure of dealing with a crisis or emergency can affect people in different ways, depending on their age, gender, and cultural background.

--7--
Very often, this kind of stress can affect people physically. You may get headaches. You may feel that your heart is pounding – or racing [pounding = beating heavily; racing = beating quickly]. You may find that you’re tired all the time.

--8--
You could also develop stomach problems, or have trouble catching your breath. You may find that you eat more food than usual – or you are not hungry at all.

--9--
You could also find that your sleep is affected...or that it is difficult to concentrate or remember things.

--10--
Whether these changes happen to you or not, the pressure that comes with a crisis or emergency is very real.

--11--
Different cultures and communities have different ways to help people deal with this kind of pressure.

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In your community, the best thing may be simply to talk things over with your family or friends. Or you might seek help from someone who plays the role of sympathetic listener in your culture – a community leader, an elder, a spiritual guide or healer.

--13--
You may prefer to find a professional counselor – someone who understands your language, your culture, your customs and traditions. Public health departments can connect limited English speaking populations with interpreters if needed.

--14--

You can also do simple things to take care of yourself during a crisis.

--15--

Make sure you're getting enough sleep, and eating good, healthy food. Find the time to get some exercise every day, even if it's just a long walk. While you are working or sitting, remind yourself a few times a day to take four or five deep breaths in a row.

--16--

Be gentle with yourself – do not worry about things you could have done differently. And rely on your spiritual beliefs as a source of strength and support.

--17--

Coping with a crisis is always difficult – and it affects everybody in different ways. Be alert for the ways in which the pressure of a crisis or emergency may be affecting you. And use the resources in your own community to help deal with that pressure.

--18--

If you take care of yourself, both you and your community will heal more quickly – and more completely. That's what we're going to talk about now on ECHO-TV.