



CALMH

Collaboration Assessment and Learning for Mental Health



Team Members

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The mental health impact of disasters

What?

- Immediately after a natural disaster, it's common to experience fear, anxiety, sadness or shock.
- People might lose jobs, homes or even a loved one.

How long?

- Mental and behavioral health issues cropping up not only immediately but weeks, months and even years after a disaster.



- End to end solution for Mental health first aid of people affected by natural disasters. Analyzing people's behavior/symptoms before, during and after emergency situations.
- Proactively educate users on how to face mental health problems that may caused after a disaster
- Guide users to get a quick assessment on mental health recommended actions during an emergency situation

Collaboration Assessment and Learning for Mental Health

➤ Before disaster

- Pre-loaded user profiles
- Analytics of potential problems
- Education on mental health potential problems

➤ During disaster

- Psych first aid: immediate recommendations based on user symptoms and personal info



➤ After disaster

- Psychologist professional volunteers platform for disaster victims: middle-long term follow-up on recommended treatments based on priorities and risks.

External supporters

- Collaborating with Guadalajara University (UDG) for first prototype date set:
 - [Psychologist first aid basic manual](#)
 - UDG CUCS using manual as base for some education programs.
- Dr. Irma Luisa Ceja Martinez
M.D. Internal Medicine,
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PiSA



Phases on a Crisis



Phase 1: UNEXPECTED EVENT

- An event occurs that is perceived as threatening or overwhelming, which causes a lot of stress in the victim.
- Responses such as shock or denial.



Phase 2: DISORGANIZED RESPONSE

- Disorganized behaviors that range from affliction to anguish are shown.
- It is an attempt to reestablish the meaning of existence.



Phase 3: EXPLOSION

- Loss of control of emotions, thoughts and behaviors.
- Inappropriate and / or destructive behavior



Phase 4: STABILIZATION

- Begins to accept the situation, however when recalling it there are reactions, although not as extreme as in previous phases. It is vulnerable to "explode" again.



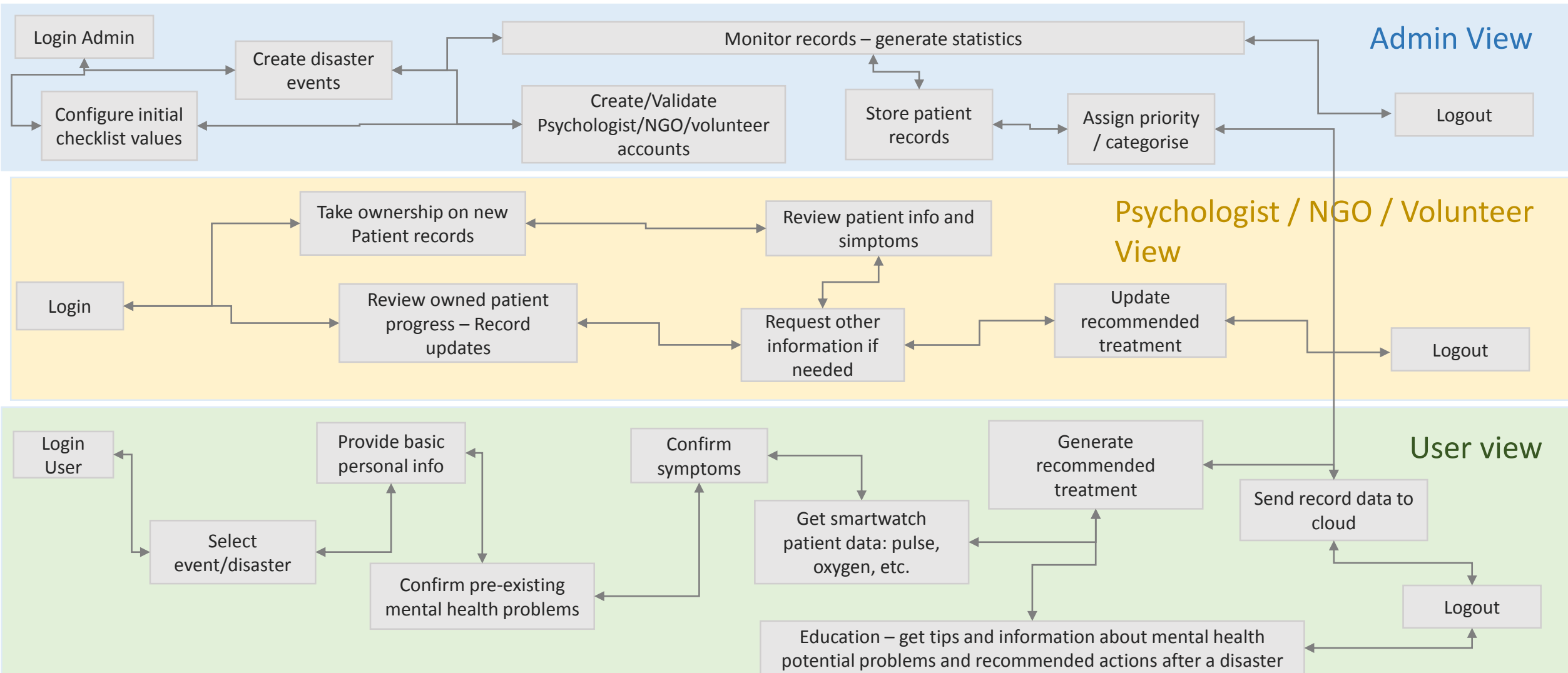
Phase 5: ADAPTATION

- A reconciliation between the event and the current reality of the individual is reached.
- It takes control of the situation and is oriented towards the future.

Solution Workflow

New Natural
Disaster occurs

Patients
Checkout



Business value

- Provide immediate help and **minimize risk of potential mental health problems after a disaster**
- Assess and as much as possible **mitigate mental health without having professionals in the disaster area**
- **Early indicator** of scope of mental health problems in the disaster area
- Use **health technology in smart devices to aid initial assessments**
- **Improve ramp-up and pinpointing of treatment of mental health problems** on medium term without professionals in the disaster area as initial assessment is available



Assumptions

- This solution will NOT replace medical health services
- This solution will NOT recommend any drugs or medication
- This solution may NOT be usable for Patients with some severe mental health conditions without the help of a second person.



PERSISTENT

Thanks.