



MHPSS Bulletin: January

A bulletin to connect people, networks, and organizations across British Columbia, fostering the sharing of resources and building knowledge in the field of mental health and psychosocial support in emergency settings. Past issues will be available on our website using the button below.

[Provincial Psychosocial Services](#)

Education & Learning Opportunities

Public Online Courses by Provincial Psychosocial Services

- [Introduction to Emergency Support Services](#)
- [Psychological First Aid for Professionals](#)
- [Supporting Well-being Through Deployments](#)

[Shareable document with QR codes](#)

Wellness Exchange Series

[Register here](#) for Wellness Exchange or read more information in this [flyer](#) (PDF).

- Problem Solving
 - Tuesday, January 14, 2025: 7-8pm (PST)

Free Webinar

The Provincial Psychosocial Services is pleased to host a “Lunch and Learn” featuring Ryan Drew on **February 13 at noon**. The webinar details are as follows, and we can accommodate up to 500 attendees so *feel free to*

- Thursday, January 16, 2025: 12-1pm (PST)
- Positive Activities
 - Tuesday, January 21, 2025: 7-8pm (PST)
 - Thursday, January 23, 2025: 12-1pm (PST)
- Managing Reactions
 - Tuesday, January 28, 2025: 7-8pm (PST)
 - Thursday, January 30, 2025: 12-1pm (PST)
- Helpful Thinking
 - Tuesday, February 4, 2025: 7-8pm (PST)
 - Thursday, February 6, 2025: 12-1pm (PST)
- Healthy Connections
 - Tuesday, February 11, 2025: 7-8pm (PST)
 - Thursday, February 13, 2025: 12-1pm (PST)

distribute to anyone who may appreciate this opportunity!

[Register in advance using this link \(click here\)](#)

When:

Feb 13, 2025 12:00-1300 PM
Pacific Time (US and Canada)

Topic:

Supporting Newcomers During Emergencies

Engaging and Useful Links to Explore

[For a wide range of articles and resources on hazards and disasters including wildfires, check out the Natural Hazards Centre News](#)

[Resources and latest in the Podcast Series of the Red Cross Red Crescent Movement MHPSS](#)

[Community Recovery: When Everything Falls Apart, Can Communities Come Together?](#)

Shared by Partners

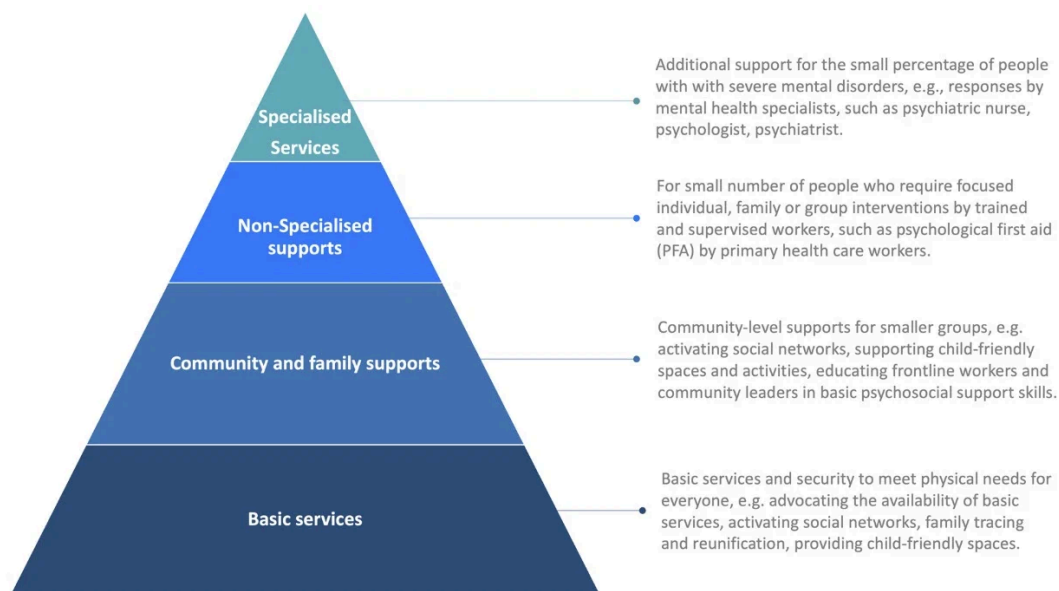
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Have a training or resource you would like to share? We can help spread the word by posting it here. Simply send it to edu.pps@phsa.ca.

Article of the Month: What is MHPSS?

The Mental Health and Psychosocial Support (MHPSS) model refers to “any type of local or outside support that aims to protect and promote psychosocial well-being and/or prevent or treat mental health condition”, particularly during disasters and humanitarian crises [1]. MHPSS services can be general, aimed at preventing the onset or increase of psychological distress, or specific, aimed at treating mental health conditions. This holistic approach recognizes the importance of mental health care, psychosocial support, and community-based interventions to promote resilience, restore functioning, and alleviate distress. These services can be offered at the community, family, group, and/or individual levels. Together, they make up the MHPSS Intervention Pyramid.

[1] <https://interagencystandingcommittee.org/iasec-reference-grou...>



What is the MHPSS intervention pyramid? MHPSS provides a comprehensive approach to support individuals and communities based on four levels of support which is commonly known as the MHPSS Intervention Pyramid: These include: **basic services and security** which ensure people have access to essential needs like food, water, shelter, and safety. Without these basic needs met, it is challenging to address mental health and well-

being effectively; **community and family Supports** to strengthen communal and familial bonds to provide mutual support. Activities might include peer support groups, community events, or initiatives to rebuild trust and a sense of capability and belonging; **focused non-specialized supports** which provide people with targeted interventions such as psychological first aid and counseling by trained professionals; and **specialized services** to support individuals experiencing more serious mental health and substance use conditions.

The MHPSS intervention pyramid bridges the gap between immediate crisis needs and long-term resilience. By promoting both mental health and psychosocial well-being, it helps individuals and communities overcome challenges and recover faster, especially amid more frequent and severe climate-related events. Through basic support, community initiatives, psychological care, and specialized services, MHPSS provides a comprehensive, inclusive approach to emergency response and recovery. Integrating its best practices into emergency management enhances our ability to address diverse needs during crises.

What are the MHPSS principles? The MHPSS principles provide a framework for addressing the psychological and social well-being of individuals and communities affected by crises or disasters. They also help ensure that community supports and interventions are relevant and tailored to the needs of affected populations. The **participatory approach** means affected communities are consulted and involved in their recovery, ensuring that support is relevant, empowering, and aligned with their needs and priorities; **do no harm** prevents interventions from causing additional stress, harm, or disruption. Respecting local practices ensures that support aligns with cultural norms and values, fostering trust and acceptance; **equity and fairness promotes** access to services for all, including disadvantaged groups. This promotes inclusivity and reduces disparities, ensuring no one is left behind in recovery efforts; **cultural safety and humility** recognizes power imbalances and strives to ensure that individuals feel safe, respected, and valued when receiving care; **coordination and collaboration** reduces service gaps, overlaps, and inefficiencies by fostering synergy among organizations. This also helps ensure comprehensive, seamless support for diverse needs during crises; and the **strengths-based approach focuses on** empowering individuals and

communities by identifying and leveraging their existing resources, skills, and capacities. This promotes resilience, self-reliance, and long-term well-being.

Together, these principles create a foundation for MHPSS interventions that are inclusive and impactful, addressing the immediate and long-term needs of individuals and communities while promoting recovery and resilience.

For more information on the MPHSS, consider the **IASC Reference Group on Mental Health and Psychosocial Support in Emergency Settings** at <https://interagencystandingcommittee.org/iasc-reference-group-on-mental-health-and-psychosocial-support-in-emergency-settings>.

Definitions

Psychosocial: The term 'psychosocial' refers to the dynamic relationship between the psychological dimension of a person and the social dimension of a person. The *psychological* dimension includes the internal, emotional and thought processes, feelings and reactions, and the *social* dimension includes relationships, family and community network, social values and cultural practices. 'Psychosocial support' refers to the actions that address both psychological and social needs of individuals, families and communities. (Psychosocial interventions. A Handbook, page 25.)

The title "MHPSS" in this bulletin refers to a broad approach to mental health and psychosocial support in emergencies. It does not signify the endorsement or inclusion of specific services or organizations.

We have chosen the term MHPSS for this bulletin because it encompasses the full range of issues and interventions related to the mental health and the psychosocial well-being of individuals and communities, emphasizing collective and individual resilience as central to community preparedness and recovery.

Provincial Psychosocial Services

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