NORA Public Safety Sector Council Meeting – EMS Sustainability Update
Sustaining Mental Health during COVID-19
Thursday April 30th, 2020 - 11:00am-11:30am EDT

Meeting login information:
This meeting is being hosted on Zoom by the University of Colorado. Please register in advance using this link: https://ucdenver.zoom.us/webinar/register/WN_oHLsoZUCRvuZbeny2hcpbg

Agenda

11:00am EDT  Call to Order and Opening Remarks
Susan Moore, PhD, Public Safety Sector Council Co-Chair
National Personal Protective Technology Laboratory (NPPTL)
National Institute for Occupational Safety and Health (NIOSH)

11:00am-11:10am  Becky Stoll¹ and Bre Banks, PhD²
¹Vice President, Crisis & Disaster Management, ²Director of Clinical Education
Centerstone Organization
Becky.Stoll@centerstone.org, Bre.Banks@centerstone.org
Mental Health & Wellness During COVID 19 Operations

11:10am-11:20am  Mandy Tinkey MFS, CCSA
Manager of Operations
Allegheny County Office of the Medical Examiner & Forensic Laboratories
mandy.tinkey@alleghenycounty.us
Vicarious Trauma, Compassion Fatigue and Peer Support: A Forensic Science and
Medicolegal Death Investigation Perspective

11:20am-11:30am  Clarifying Questions and Answers
Facilitated by Carol Brown, PhD
Council member and Deputy Director the Center for Health, Work & Environment
University of Colorado

11:30am EDT  Closing Remarks and Adjourn Meeting
Susan Moore, PhD, Public Safety Sector Council Co-Chair
National Personal Protective Technology Laboratory (NPPTL)
National Institute for Occupational Safety and Health (NIOSH)
Available Resources and Tools

Cornerstone Organization
Centerstone [webpage](https://www.centerstone.org)
Centerstone [resources](https://www.centerstone.org/resources)
Venn Diagram of PTSD and Moral Injury (located in appendix)
PTSD vs. Moral Injury: A scoping Review Graphic (located in appendix)

Baptiste Foundation - Digital Unbreakable Training
What - Join us for this revolutionary program and learn more about meditation, the physical poses, and the breath work practices of yoga. These practices support healthful ways to cope with anxiety and stress that are a result of repeated work-related exposure to trauma. As a part of the Baptiste Foundation's outreach initiatives, this three-hour digital program is complimentary to anyone currently employed as medical staff, active duty military, or is a veteran.
When – Saturday May 16th 12-3pm EST
How - Register [here](https://www.baptistefoundation.org)

Disclaimer:
This is a product of the National Occupational Research Agenda (NORA) Public Safety Sector Council. It does not necessarily represent the views of the National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention, or U.S. Department of Health and Human Services.
Appendix

![Venn Diagram]

Source: The Huffington Post
PTSD vs. moral injury: a scoping review

Stéphanie A.H. Belanger, CD, PhD; Associate Scientific Director, CIMGVR; Heidi Cramm, Queen's; Kari Fletcher, Sc-Thom; Jean-Simon Demers, PhD Cand.; University of Ottawa

While Post Traumatic Stress Disorder (PTSD) has garnered much research attention, the concept of moral injury has recently been increasingly raised. This scoping review was undertaken to explore how the literature conceptualizes the relation between PTSD and moral injury.

Moral injury
“...the emotional and spiritual impact of participating in, witnessing, and/or being victimized by actions and behaviors which violate a service member’s core moral values and behavioral expectations of self or others. Moral injury almost always pivots with the dimension of time: moral codes evolve alongside identities, and transitions inform perspectives that form new conclusions about old events.”
(Syracuse University, The Moral Injury Project, n.d.)

Posttraumatic Stress Disorder
“a history of exposures to a traumatic event that produces symptoms that can be found in the four symptom clusters that include intrusion, avoidance, negative alterations in cognitions and mood, and alterations in arousal and reactivity”
(American Psychological Association, 2013)

Distinctions

<table>
<thead>
<tr>
<th>Distinction</th>
<th>PTSD</th>
<th>Moral Injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dimensional</td>
<td>Taxonomy based</td>
<td></td>
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<tr>
<td>No threshold must be met</td>
<td>Threshold must be met</td>
<td></td>
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<tr>
<td>Not a diagnosis</td>
<td>Diagnosis</td>
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</tbody>
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(U.S. Department of Veterans Affairs, 2016)

Results: What the literature shows

1. Difficulty in Distinguishing
Overlapping definitions and differences around whether they are separate, sequential, or simultaneous; mean there is a lack of clarity in defining the concepts of PTSD and moral injury.

2. Protective Factors and Vulnerabilities
Mechanisms of acquisition, expression of the condition, neuropathological changes, and the role of spirituality can create protective factors and vulnerabilities.

3. Detection and Response
Distinguishing between PTSD and moral injury remains problematic given the current state of the research.

Data Sources: 2-36

Data Sources: 27-37

Identified 3547 references identified as potential sources
61 studies proceeded to full-text screening
37 studies included in full data extraction and analysis