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MARIC Healthcare

PROFESSIONAL DEVELOPMENT

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VOL.8 ISSUE 6: KEEPING EVERYONE SAFE AND HEALTHY IN THE OTP

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MARCH ISSUE: KEEPING EVERYONE SAFE AND HEALTHY IN THE OTP

DISASTER PREPAREDNESS, RESPONSE, AND RECOVERY

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA provides communities and responders with behavioral health resources that help them prepare, respond, and recover from disasters.

Disasters can occur naturally (e.g., tornadoes, hurricanes, earthquakes, floods, wildfires, mudslides, or drought) or be human-caused (e.g., mass shootings, chemical spills, or terrorist attacks). Preparing for, responding to, and recovering from disasters and traumatic events is essential to the behavioral health of individuals and communities alike.



When people experience a disaster, they may experience a variety of reactions, many of which are natural responses to difficult situations. Most people show

resilience after a disaster. Resilience is the ability to bounce back, cope with adversity, and endure during difficult situations. Thankfully, resilience in disaster recovery is ordinary, not extraordinary, and people regularly demonstrate this ability. Using supportive resources to address stress and other hardships is a critical component of resilience.

It is also common for people to show signs of stress after exposure to a disaster making it important to monitor the physical and emotional health of those affected as well as those responding to the needs of others. Although everyone reacts differently to disasters, some of those affected may suffer from serious mental or emotional distress. These individuals may develop or experience exacerbation of existing mental health or substance use problems, including for example, post-traumatic stress disorder. Finding treatment in a timely fashion will help individuals minimize negative outcomes.

SAMHSA's Disaster Technical Assistance Center (DTAC), <https://bit.ly/34xvMjf>, supports SAMHSA's efforts to prepare states, territories, and tribes to deliver an effective behavioral health response to disasters. The SAMHSA Behavioral Health Disaster Response Mobile App, <https://bit.ly/3HNRC0q>, is designed to

assist those responding to disasters ensure that resources are at responders' fingertips. SAMHSA also provides a treatment locator, <https://findtreatment.samhsa.gov/>, and trains responders how to recognize and respond to symptoms of PTSD, depression, or severe reactions.

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters, <https://bit.ly/3JcFy9c>.

ASSOCIATION BETWEEN PARENTAL ADDICTION AND TYPES OF CHILD ABUSE IN HIGH-SCHOOL STUDENTS OF KERMAN, IRAN

Addiction and Health, 2013

BACKGROUND

Child abuse is one of the vulnerabilities that threaten child's physical and mental health in childhood and is associated with serious short-term and long-term complications. The present study aimed to review the association of parental addiction with types of child abuse in high-school students of Kerman, Iran.

DISCUSSION

Overall prevalence of abuse in the present study was 27.6% and physical, emotional, and neglect abuse were 9.67%, 23.6%, and 17.9%, respectively. There was no significant association between parental educational level and

types of abuse. Parental addiction had a significant association with overall abuse and its types.

According to the previous studies, substance abuse is associated with both little attention and low knowledge of caregivers from children's growing needs. Besides, due to poor impulse control and low tolerance threshold and mood instability especially at incidence of withdrawal syndrome, addicts show more impulsive and aggressive behaviors. In addition, due to direct effects of psychoactive molecules in substances on nervous system of children and other adults live with addicts, they all are susceptible to types of violence and abuse. It was found that parental addiction has a major role in child abuse one of whose causes might be the above-mentioned reasons.

This study showed that prevalence of types of abuse in Kerman was often lower than other studies, which could be due to differences in the definition of abuse or different cultural attitudes about abuse among the study population or low sample size.

Addiction is one of the most important problems directly and indirectly causing stress on families. Due to inabilities addicted parents have in controlling emotions particularly anger and problem-solving skills and also because they are so involved in substances, not only they cannot understand the needs of their children, but also if children go to them they would be unable to communicate with them in a friendly manner. In fact, that is why they turn to use drugs because of the very skill deficits and neurobiological vulnerabilities.

In the present study, students with addicted parents significantly experienced all the child abuse domains more than other students. Various studies have suggested that incidence rate of child abuse was closely related to alcohol consumption and addicted to substances and its related stress. According to the study results by Kholasezadeh et al. on parents, 81.9% of parents who were substance addicts, were child abusers. In addition, 89% of

parents with history of addiction in family mentioned the history of child abuse as well. Miri et al. believed father's addiction was an influencing factor on incidence of physical abuse, however announced that there was no significant association between mother's addiction and physical abuse.



Today, in line with treating disorders related to substance abuse in parents, some assessment and interventional services have also been considered for children and families of such individuals whereby every type of child abuse and home violence is identified and treated earlier.

First it is recommended to pay attention to child abuse as a serious problem in healthcare systems in line with identification and treatment interventions for parental substance abuse. Second, future studies should be done with larger sample size in various age groups and simultaneous assessment of parents comparatively.

CONCLUSION

By paying particular attention to families of substance addicts and early identification of potential child abuse, negative consequences could be prevented.

RELEVANT CARF STANDARDS



H. Health and Safety

Description

CARF-accredited organizations maintain healthy, safe, and clean environments that support quality services and

minimize risk of harm to persons served, personnel, and other stakeholders.

1.H.1. The organization maintains a healthy and safe environment.

1.H.2. The organization implements written procedures to promote the safety of: persons served and personnel, including person responsible for implementing the health and safety procedures.

1.H.3. Persons served receive education designed to reduce identified physical risks.

1.H.4. Personnel receive documented competency-based training:

a. At orientation and at least annually in the following areas:

- 1) Health and safety practices
- 2) Identification of unsafe environmental factors
- 3) Emergency procedures
- 4) Evacuation procedures
- 5) Identification of critical incidents
- 6) Reporting of critical incidents
- 7) Medication management, if appropriate
- 8) Reducing physical risks
- 9) Workplace violence

1.H.5. There are written emergency procedures for:

Fires, bombs threats, natural disasters, utility failures, medical emergencies, and violent or other threatening situations.

1.H.6. The organization has evacuation routes that are accessible and understandable to persons served, personnel, and other stakeholders, including visitors.

1.H.7. An unannounced test of each emergency procedure

- a. Is conducted at least annually on each shift at each location
- b. Includes, as relevant to the emergency procedure, a complete actual or simulated physical evacuation drill
- c. Is analyzed for performance that addresses:
 - 1) Actions needing improvement
 - 2) Actions to address the improvements needed

- 3) Implementation of the actions
- 4) Necessary education and training of personnel
- 5) Whether the actions taken accomplished the intended results
- d. Is evidenced in writing, including the analysis



1.H.9. There is ready access to first aid expertise, first aid equipment, first aid supplies, and relevant emergency information on persons served and personnel.

1.H.10. The organization implements written procedures regarding critical incidents that include:

- a. Prevention
- b. Reporting
- c. Documentation
- d. Remedial action
- e. Timely debriefings conducted following critical incidents
- f. The following critical incidents:
 - 1) Medication errors
 - 2) Use of seclusion
 - 3) Use of restraint
 - 4) Incidents involving injury
 - 5) Communicable diseases
 - 6) Infection control
 - 7) Aggression or violence
 - 8) Use and unauthorized possession of weapons
 - 9) Vehicular accidents
 - 10) Biohazardous accidents
 - 11) Unauthorized use and possession of legal or illegal substances
 - 12) Abuse
 - 13) Neglect
 - 14) Suicide and attempted suicide
 - 15) Sexual assault
 - 16) Overdose
 - 17) Other sentinel events

1.H.11. A written analysis of all critical incidents is provided to or conducted by the leadership:

- a. At least annually
- b. That addresses:

- 1) Causes
- 2) Trends
- 3) Areas needing improvement
- 4) Actions to address the improvements needed
- 5) Implementation of the actions.
- 6) Whether the actions taken accomplished the intended results
- 7) Necessary education and training of personnel
- 8) Prevention of recurrence
- 9) Internal reporting requirements
- 10) External reporting requirements

1.H.12. The organization implements written procedures regarding infections and communicable disease that addresses the following and includes training on the procedures for persons served, personnel, and other stakeholders

1. Prevention, including appropriate use of standard or universal precautions
2. Identification
3. Reporting
4. Investigation
5. Control/ mitigation

1.H.14. Comprehensive health and safety self-inspection:

- a. Are conducted at least semiannually on each shift.
- b. Result in a written report that identifies the areas inspected, recommendations for areas needing improvement, and actions taken to respond to the recommendations.

1.H.15. Comprehensive health and safety inspections are conducted at least annually by a qualified external authority and result in a written report that identified the areas inspected, recommendation for areas needing improvement, and actions taken to respond to the recommendations.

2.B.17. Each person served receives an orientation that includes:

- f) The program's health and safety policies regarding:
 1. The use of seclusion and restraint
 2. Use of tobacco products
 3. Potential substances of misuse brought into the program

4. Prescription medication brought into the program
5. Weapons brought into the program
6. Familiarization with the premises, including emergency exits and/or shelters, fire suppression equipment, and first aid kits

MANDATORY TRAINING



For all staff, all positions:

1. **FACILITY HEALTH AND SAFETY PRACTICES INCLUDING EMERGENCY PROCEDURES**
2. **IDENTIFICATION AND REPORTING OF CRITICAL INCIDENTS**
3. **REPORTING OF SUSPECTED ABUSE AND NEGLECT**

All three mandated trainings can be accessed on the Maric health website employee training portal. You will find the three separate videos displayed in the "featured" section of the video portal. Please view each webinar recording and then complete the corresponding posttest also found in the same portal. After passing each test a certificate will be generated. All certificates are to be submitted to the program directors, who will submit to Wendy, Wendy@marichealth.com, once all certificates for all staff are collected. These are due on or before March 31.

HOW TO PROTECT YOURSELF & OTHERS CDC, Updated January 20, 2022

Get Vaccinated and stay up to date on your COVID-19 vaccines.

- COVID-19 vaccines are effective at preventing you from getting sick. COVID-19 vaccines are highly effective at preventing severe illness, hospitalizations, and death.
- Getting vaccinated is the best way to slow the spread of SARS-CoV-2, the virus that causes COVID-19.

- CDC recommends that everyone who is eligible stay up to date on their COVID-19 vaccines, including people with weakened immune systems.

Wear a Mask

Everyone ages 2 years and older should properly wear a well-fitting mask indoors in public in areas of substantial or high community transmission, regardless of vaccination status.



- You might choose to wear a mask regardless of the level of community transmission, if you or someone in your household is at increased risk for severe disease or has a weakened immune system, or if someone in your household is not up to date on their COVID-19 vaccines or not eligible to receive COVID-19 vaccines.
- Improve how well your mask protects you, and learn about how to choose a mask to protect yourself and others.
- In general, people do not need to wear masks when outdoors. In areas of substantial or high transmission, people might choose to wear a mask outdoors when in sustained close contact with other people, particularly if
 - They or someone they live with has a weakened immune system or is at increased risk for severe disease.
 - They are not up to date on COVID-19 vaccines or live with someone who is not up to date on COVID-19 vaccines.
- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are up to

date on their COVID-19 vaccines. They should continue to take all precautions recommended for unvaccinated people, including properly wearing a well-fitted mask, until advised otherwise by their healthcare provider.

For more information, see COVID-19 Vaccines for Moderately or Severely Immunocompromised People: <https://bit.ly/3LsMcdm>

Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations.

Stay 6 feet away from others

- Inside your home: Avoid close contact with people who are sick, if possible. If possible, maintain 6 feet between the person who is sick and other household members. If you are taking care of someone who is sick, make sure you properly wear a well-fitting mask and follow other steps to protect yourself.
- Indoors in public: If you are not up to date on COVID-19 vaccines, stay at least 6 feet away from other people, especially if you are at higher risk of getting very sick with COVID-19.

Avoid poorly ventilated spaces and crowds

- If indoors, bring in fresh air by opening windows and doors, if possible.
- If you are at increased risk of getting very sick from COVID-19, avoid crowded places and indoor spaces that do not have fresh air from the outdoors.

Test to prevent spread to others

- You can choose from many different types of tests.
- Tests for SARS-CoV-2 (the virus that causes COVID-19) tell you if you have an infection at the time of the test. This type of test is called a viral test because it looks for viral infection.

- Regardless of the test type you select, a positive test result means that you have an infection and should isolate and inform your close contacts to avoid spreading disease to others.
- Over-the-counter self-tests are viral tests that can be used at home or anywhere, are easy to use, and produce rapid results. Anyone can use self-tests, regardless of their vaccination status or whether they have symptoms.
- COVID-19 self-tests are one of many risk-reduction measures, along with vaccination, masking, and physical distancing, that protect you and others by reducing the chances of spreading COVID-19.

Monitor your health daily

- Be alert for symptoms:
 - Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
 - Take your temperature if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
 - Follow CDC guidance if symptoms develop, <https://bit.ly/3BcLjAZ>.

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

