# Agenda: COVID-19 Response Hotwash

# [Insert name of group being hotwashes]

Date: MM/DD/YYYY

## Welcome / Introductions

## Review Ground Rules

* Active participation is encouraged.
* Everyone’s views have equal value.
* Try to avoid placing blame.
* Be open to new ideas.
* Be creative in proposing solutions.
* Recommend possible improvement approaches.
* Any additions?

## Purpose of the [Insert name of group being hotwashed]

[Insert scope or purpose statement here]

## Review what happened (what went well/didn’t go well)

* Generally, overall, what went well?
* What were the challenges this group encountered?

### Other areas to examine:

* [list other areas for discussion here]

## Causes or Contributing Factors of Identified Challenges?

* Can you identify what some of the causes were for the challenges this group encountered?

## Health Equity Response Conversation:

For communities most impacted by inequities, including populations of color, American Indian, LGBTQIA+, disability communities, and others including populations with access or functional needs: (Access or functional needs include, but are not limited to, people who might need help with maintaining independence, communication or interpreter services, transportation, supervision such as adult day care needs, or medical care.)

* What positive impact on equity and inclusion did your response area have?
* What adverse impacts or unintended consequences did your response area have?
  + How could adverse impacts have been prevented or minimized?
* What are better ways to reduce disparities and advance equity within the response efforts?
  + What could be changed or done differently to ensure positive impacts on equity and inclusion?

## Innovation or Promising Practices

* What did your group do that has never been done before?

## Wrap Up/Close Out and Responder Resources

Hotwash follow-up online survey: Select [insert name of hotwash group here] for item # 1

Hotwash survey URL: [Insert address if doing an online survey)

**WellnessMN** <https://wellnessmn.org/>

Focuses on Behavioral Health Staff Wellness, providing tools and resources that support the individual, the team, and the organization for all responder levels to the COVID-19 Pandemic. Website offers factsheets, tips, recordings of past presentations, and a list of upcoming live facilitated webinars. Resources are continually being added. Check the website weekly.

**Resources for Individuals:**

[Reducing Burnout with Sustainable Compassion](https://wellnessmn.org/wp-content/uploads/2021/02/Reaching-for-Calm-21-Brown-Bag-210209.pdf)  
[Tips for Managing Stress During the COVID-19 Pandemic Wallet Card](https://store.samhsa.gov/product/Tips-for-Managing-Stress-During-the-COVID-19-Pandemic-Wallet-Card/PEP20-01-01-013)  
[Helper pocket card](https://img1.wsimg.com/blobby/go/dfc1e1a0-a1db-4456-9391-18746725179b/downloads/General%20Helper%20Card.pdf?ver=1622779682389)  
[First Responder Toolkit](https://firstrespondertoolkit.com/)  
[COVID-19 Sleep Checklist](https://www.wrair.army.mil/sites/default/files/2020-04/COVID-19_Sleep_Checklist_WRAIR.pdf)  
[Psychological PPE](https://www.metrohealthready.org/wp-content/uploads/2021/01/PSYCH-PPE-ON-TEMPLATE-updated-002.pdf)  
[Embracing Gratitude: A long-term approach](https://www.metrohealthready.org/wp-content/uploads/2020/08/Graditude-One-Page-MetroCoalition.pdf)  
[Managing Burnout: The Time is Now](https://www.metrohealthready.org/wp-content/uploads/2020/10/MANAGING-BURNOUT.pdf)  
[Coping Mechanisms and When They Become Harmful](https://www.metrohealthready.org/wp-content/uploads/2020/10/COPING-ON-TEMPLATE.pdf)  
[The Stress Continuum Model](https://www.metrohealthready.org/wp-content/uploads/2020/08/Stress-Continuum-One-Page-MetroCoalition.pdf)  
[Shedding Stress and Harmful Emotions](https://wellnessmn.org/wp-content/uploads/2021/11/One-pager-Shedding-Stress-V.2.docx)  
[Build Your Wellbeing](https://wellnessmn.org/wp-content/uploads/2021/11/One-pager-Wellbeing-V.2.docx)  
[Managing the Stress of Holiday Gatherings during COVID-19](https://wellnessmn.org/wp-content/uploads/2021/12/CSTS_FS_Managing-the-Stress-of-Holiday-Gatherings-during-COVID-19.pdf)  
[Externalizing the Impact of Emotion](https://wellnessmn.org/wp-content/uploads/2021/12/One-pager-Externalize-Emotion.docx)  
[Anger and Irritability](https://wellnessmn.org/wp-content/uploads/2021/12/SPR01_Anger-and-Irritability.pdf)  
[Depressed Mood](https://wellnessmn.org/wp-content/uploads/2021/12/SPR06_Depressed-Mood.pdf)  
[Helpful Thinking Handout](https://wellnessmn.org/wp-content/uploads/2021/12/SPR19_Helpful-Thinking-Handout.pdf)  
[Helpful Thinking Worksheet](https://wellnessmn.org/wp-content/uploads/2021/12/SPR20_Helpful-Thinking-Worksheet.pdf)  
[Breathing](https://wellnessmn.org/wp-content/uploads/2021/12/SPR02_Breathing.pdf)  
[Children: Good Coach Bad Coach](https://wellnessmn.org/wp-content/uploads/2021/12/SPR09_Children_Good-Coach-Bad-Coach.pdf)  
[Children: Helpful Thinking](https://wellnessmn.org/wp-content/uploads/2021/12/SPR10_Children_Helpful-Thinking.pdf)  
[Chronic Stress](https://wellnessmn.org/wp-content/uploads/2021/12/SPR05_Chronic-Stress.pdf)  
[Payoff Matrix](https://wellnessmn.org/wp-content/uploads/2021/12/SPR28_Payoff-Matrix.pdf)  
[Managing Reactions Worksheet](https://wellnessmn.org/wp-content/uploads/2021/12/SPR22_Managing-Reactions.pdf)

**Wellness Resources for COVID-19 Response Hotwash Attendees:**

* Employee Assistance Program (EAP)
* [First Responder Toolkit](https://firstrespondertoolkit.com/)
* [Helpful Thinking During the Coronavirus (COVID-19) Outbreak - PTSD: National Center for PTSD (va.gov)](https://www.ptsd.va.gov/covid/COVID_helpful_thinking.asp)
* [Moral Injury on the Frontlines in Public Health: Balancing the Needs of our Communities and Ourselves](https://jphmpdirect.com/2021/08/19/moral-injury-on-the-frontlines/)
* [Understanding Compassion Fatigue (samhsa.gov)](https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4869.pdf)
* [COVID Coach App](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp) -Link to download app. The COVID Coach app was created for everyone, including Veterans and Service members, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.
* [Tips for Healthcare Professionals: Coping with Stress and Compassion Fatigue (samhsa.gov)](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-016_508.pdf)
* [SAMHSA’s Disaster Distress Helpline (1-800-985-5990)](https://www.samhsa.gov/find-help/disaster-distress-helpline)
  + Multiple languages
  + ASL button/video phone
  + [Parents and Caregivers impacted by the COVID-19 pandemic | Facebook](https://www.facebook.com/groups/519158609386244)
  + 24/7 access to crisis counselors for community members when needed. To message a crisis counselor follow the link: [http://m.me/DDHpeersupport](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fm.me%2FDDHpeersupport&data=04%7C01%7Cjanice.maine%40state.mn.us%7Cdf2fea9916524633e16f08d926ce1021%7Ceb14b04624c445198f26b89c2159828c%7C0%7C0%7C637583488889737855%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Afot4Iz7jLFMD0jDSpaswW3P%2B5xua2kGozcW0Th3Lj4%3D&reserved=0) (Facebook Messenger)

* [Crisis Text Line (text MN to 741741)](https://www.crisistextline.org/)
* [Suicide Prevention Lifeline (1-800-273-TALK)](https://suicidepreventionlifeline.org/)