

Endurance: Strategies for Survival in Extreme Conditions

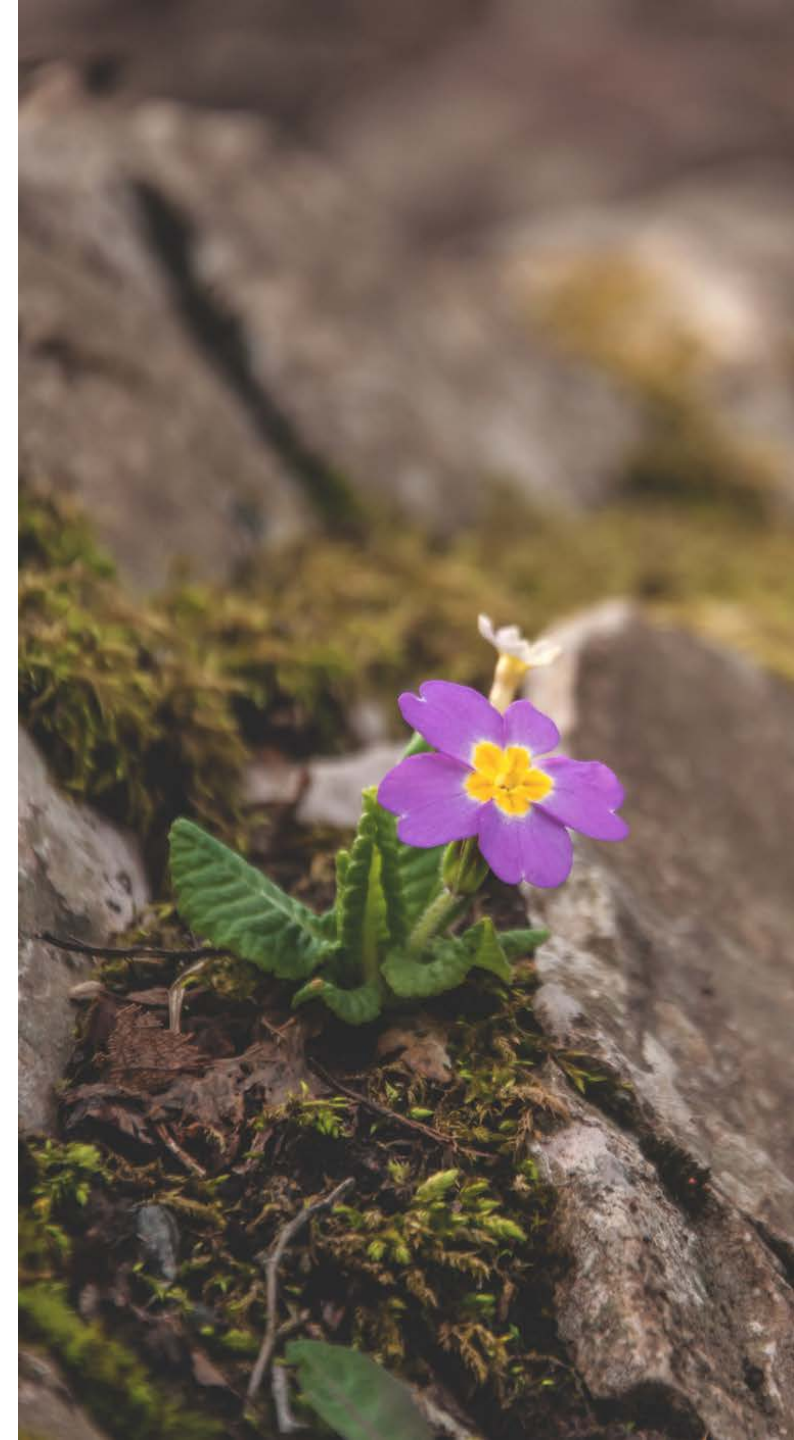
Jack Rozel, MD, MSL

Medical Director, resolve Crisis Services of UPMC
Western Psychiatric Hospital

Associate Professor of Psychiatry & Adjunct Professor
of Law, University of Pittsburgh

Past President,
American Association for Emergency Psychiatry

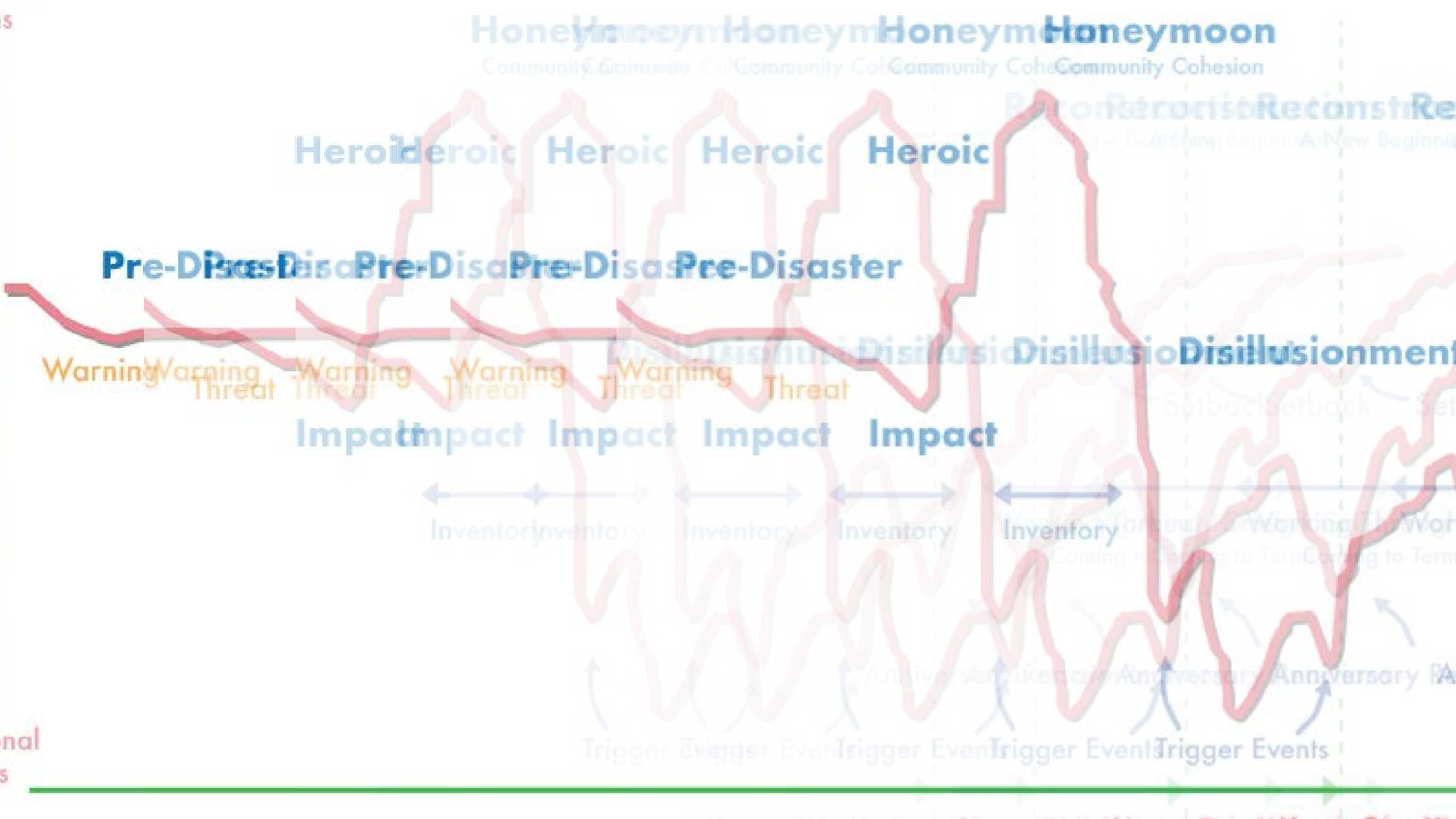
rozels@upmc.edu / 412-864-5013 / @ViolenceWonks



Emotional
Highs



Emotional
Lows



Honeymoon Honeymoon Honeymoon Honeymoon Honeymoon

Community Cohesion Community Cohesion Community Cohesion Community Cohesion Community Cohesion

Heroic Heroic Heroic Heroic Heroic

Pre-Disaster Pre-Disaster Pre-Disaster Pre-Disaster Pre-Disaster

Warning Threat Warning Threat Warning Threat Warning Threat Warning Threat

Impact Impact Impact Impact Impact

Inventory Inventory Inventory Inventory Inventory

Disillusionment Disillusionment Disillusionment

Setback Setback Setback

Anniversary Anniversary Anniversary Anniversary

Trigger Events Trigger Events Trigger Events Trigger Events

Up to One Year One Year to One Year One Year to One Year One Year to One Year



Lawren "I'm Speaking" W

@pedsmd2b



In medicine, we compartmentalize.

Yesterday, I was notified that a COVID+ family member was unresponsive & taken to the hospital.

I broke down in front of my team. I ran out of compartments. Full from inpatient work & trauma from Wednesday's violence.

This is not sustainable.

9:05 AM · Jan 8, 2021 · Twitter Web App

Everybody's got a plan until they get punched in the face

- Disasters and crises amplify underlying faults and exploit pre-existing vulnerabilities
- Most of our best models and interventions are based on punctuated events
- We knew from the beginning, that COVID was going to be a novel biopsychosocial disaster
 - Psychologically, morally traumatic → coping and crisis support
 - Extended and exhausting → staff preservation
 - Geographically distributed and staggered → Shared staffing, tele
 - Prolonged, intermittent → timed wellness interventions
 - Politicized → Transparent, evidence-based leadership at any level

What has been learned (or reinforced)

- Diverse teams need diverse tools (and diverse messages)
- Repetition is helpful (nudge, don't nag)
- Trust cannot be rushed; safety cannot be faked (don't "well-wash")
- Relationships matter – from personal to national
- Our work, even in the best of times, has a personal cost



BeThe1To
If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.

Find out why this can save a life at www.BeThe1To.com
If you're struggling, call the Lifeline at **1-800-273-TALK (8255)**




EVERY DATA TABLE FROM NOW ON

Discarding some models

Finding unexpected,
novel applications for
other models



Psychological and moral injuries will be the signature injury for health professionals



**Health professional
safety, stress, &
burnout in 2021**

**Jack Rozel, MD, MSL
rozels@upmc.edu
412-864-5013
@ViolenceWonks**

**Have you tried
mindfulness?**

**National Suicide Prevention Lifeline
800-273-8255**

**Physician Support Line
888-409-0141**

Thank you!

Resources

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