

Building Resiliency in Communities Impacted by Emergency Situations through Integrative Health Modalities

Integrative Health Clinics for Emergency Response

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Outline



Outline



**American
Red Cross**

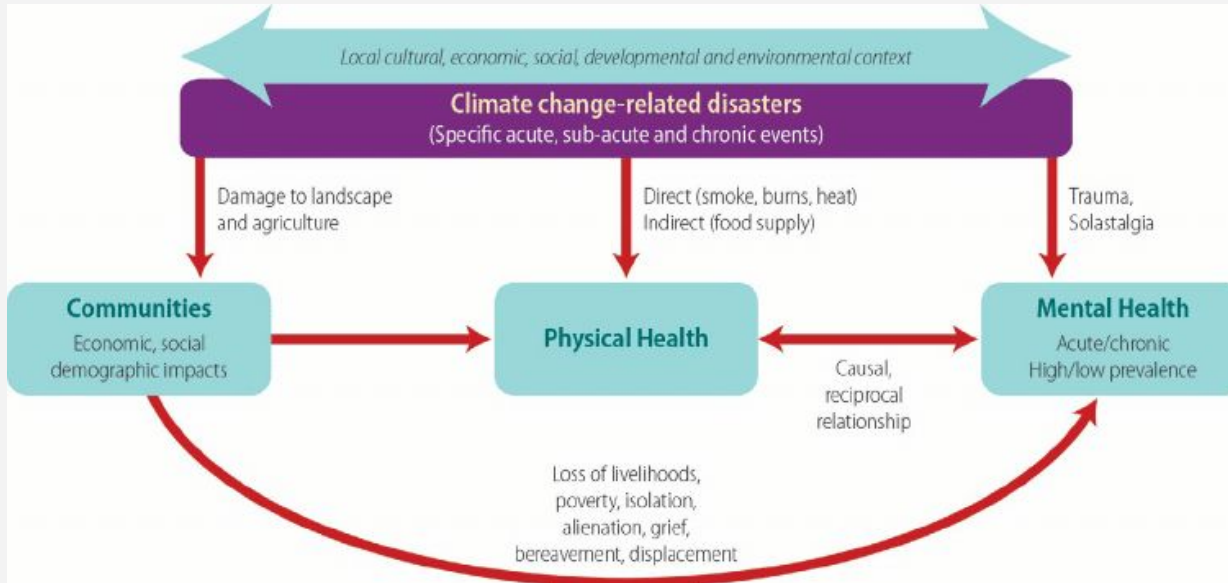
Jenny Harrow, MA - Co-Founder Integrative Healers Action Network



Master's Degree in Integrative Health Studies from the California Institute of Integral Studies (CIIS) and is the Executive Director/Co-Founder of **Integrative Healers Action Network**, which offers CAM modalities during emergency response situations. She is a group facilitator specialized in mind-body awareness techniques, health education, community organizing, trauma-informed care and integrative health advocacy.



14 million people are at risk of displacement caused by disasters and climate change every year



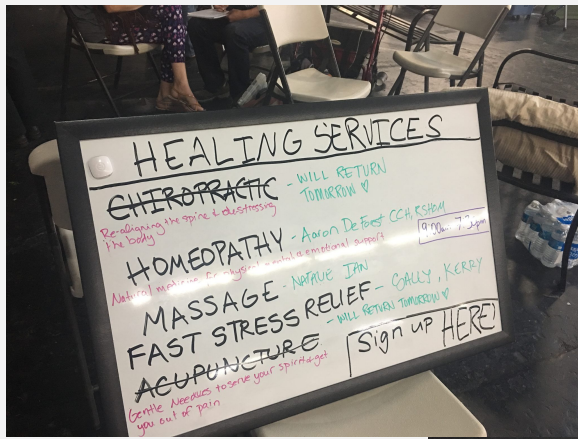
(Berry, Clarke, Fleury, & Parker, 2014)

My Story



Sonoma County, CA





HEALING AND
Integrative
Services



October 2017 Northern California Wildfires

- Most destructive in CA history (before 2018 fires)
- 210,000 acres burned
- 90,000 people evacuated
- 44 people killed





Integrative Healers
ACTION NETWORK

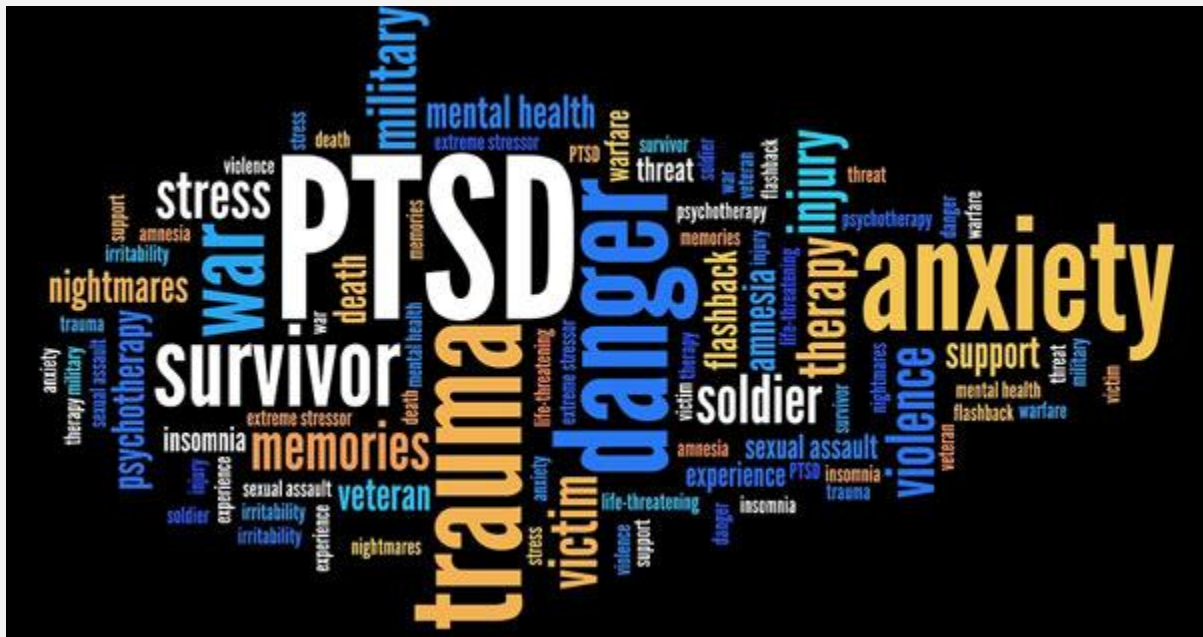


**American
Red Cross**



Integrative Healers
ACTION NETWORK

Our mission is to provide acute and long-term care to communities impacted by emergency situations by providing integrative health modalities through systems that bridge medicines and organizations.





TUE 12/18 - FRI 12/21
10 AM TO 4 PM

INTEGRATIVE HEALING SERVICES

BACK OF WOMEN'S DORM
MEDICAL UNIT

RELIEVES PAIN, STRESS,
ANXIETY, INSOMNIA

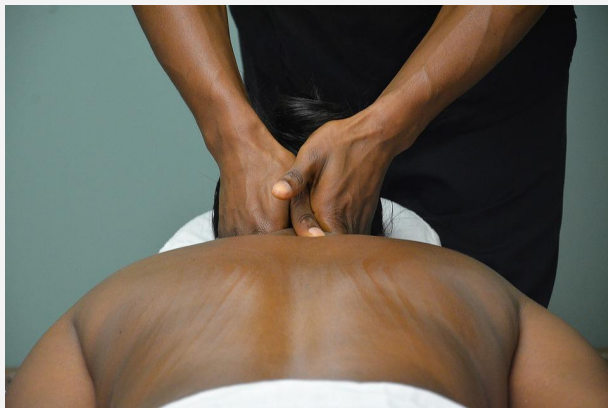
Tue - Homeopathy

Wed - Homeopathy, Acupuncture, Massage Therapy

Thur - Homeopathy, Acupuncture, Massage Therapy, Naturopathic Medicine

Fri - Homeopathy, Acupuncture, Massage Therapy





Massage Therapy

Treat psychological trauma not through the **mind** but through the **body**.

- Stress relief
- Decreasing anxiety
- Reducing depression
- Pain management (chronic and acute)
- Insomnia
- Improving personal mood

"Enormous relief for distressing physical and psychological symptoms largely attributed to the exposure to trauma"

Acupuncture

A safe, effective, non-pharmacological therapy



- Stress relief
- Decreasing anxiety
- Reducing depression
- Pain management (chronic and acute)
- Insomnia
- Improving personal mood

"Acupuncture is a complementary approach to help patients cope with mental problems after natural disasters and public health events"



Naturopathic Medicine

- Lung and respiratory system support from wildfire smoke exposure
- Environmental toxic exposure support
- Pain management (chronic and acute)
- Insomnia
- Herbs and supplements to support
 - Anxiety
 - Stress
 - Immune System

"Treat the whole person"

Chiropractic



- Pain management (acute and chronic)
 - Especially neck, shoulders, and lower back
 - First responders
 - Evacuees with trouble sleeping
- Stress relief

"Chiropractors manipulate the body's alignment to relieve pain and improve function and to help the body heal itself"



Homeopathy

- Stress relief
- Decreasing anxiety
- Comfort grief
- Pain management (chronic and acute)
- Insomnia
- Immune support/colds/coughs

"A severe acute trauma can respond to the same homeopathic medicine in nearly all individuals"

(Lennihan, 2017; Wahbeh, Senders, Neuendorf, & Cayton, 2015)

Working with **underserved** members of our communities



First Responders

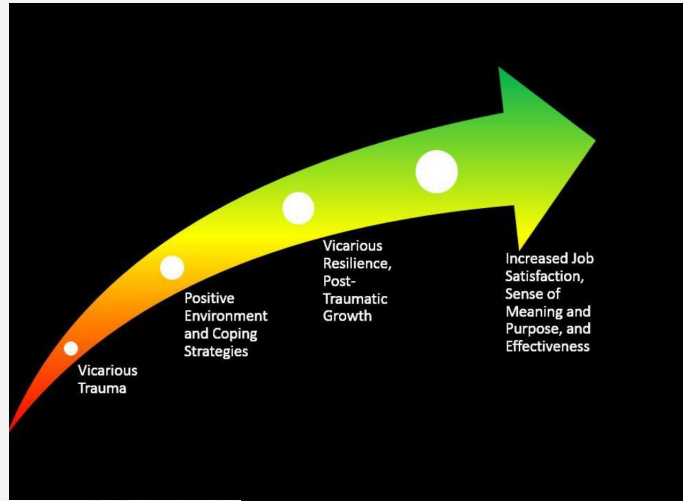
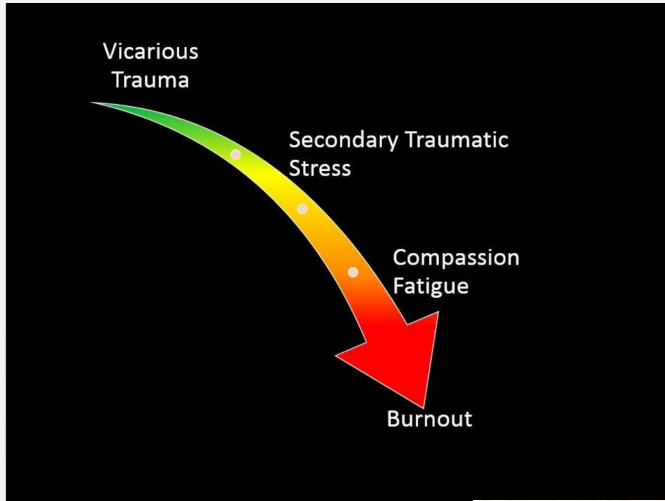


Somatic Experiencing
TRAUMA INSTITUTE

UC Berkeley Extension

Trauma-informed Care





Self-Care for Volunteer Practitioners

- Trauma-informed care: for self and others
- Practice what you preach
- Grounding
- Self-regulation
- Take breaks
- Support network
- Healthy boundaries

Healing the Healer



What's next?
What's needed?

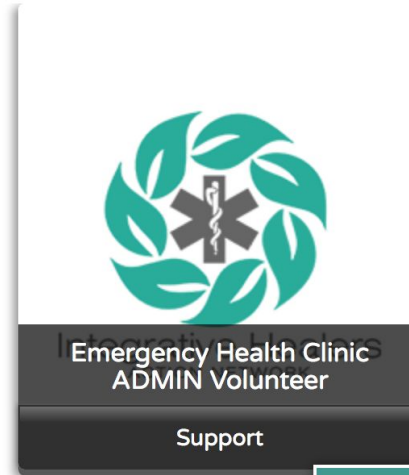


Source: Chandra et al, 2011, RAND

Emergency Integrative Health Clinic Volunteer

Volunteer PRACTITIONERS (Acupuncture, Massage, Naturopathic Medicine, Chiropractic, Homeopathy) click below.

For ADMINISTRATIVE support click below.



Support Us

www.integrativehealersactionnetwork.org

References

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