Build Better Before

Scaling capacities for mental health and psychosocial support preparedness and risk management

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Rationale for the project:

What if?

What would do if you knew, six months before:

An 8.2 earthquake
A category 5 hurricane
A large-scale war

What would be the MHPSS actions you would take before the event to mitigate its impacts, to reduce suffering and to improve mental health and psychosocial wellbeing?
Rationale for the project:
What would you do?

<table>
<thead>
<tr>
<th>Sendai priorities</th>
<th>Examples of DRR activities</th>
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<tbody>
<tr>
<td><strong>Sendai priority 1:</strong></td>
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<tr>
<td>Understanding disaster risk</td>
<td>✓ Conducting multi-hazard risk assessments to identify and analyse emergency risks</td>
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<td></td>
<td>✓ Monitoring and evaluating risks, capacities and progress towards meeting DRM objectives</td>
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<td><strong>Sendai priority 2:</strong></td>
<td>✓ Adopting and implementing national and local DRR strategies and plans</td>
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<td>Strengthening disaster risk governance to manage disaster risk</td>
<td>✓ Establishing coordination forums and designated national focal points for implementing these strategies</td>
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<td><strong>Sendai priority 3:</strong></td>
<td>✓ Developing social safety nets linked to and integrated with livelihood enhancement programmes and access to basic health services</td>
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<td>Investing in DRR for resilience</td>
<td>✓ Allocating resources to the development and implementation of DRM strategies, policies, plans and/or laws and regulations</td>
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<td><strong>Sendai priority 4:</strong></td>
<td>✓ Developing and regularly testing capacities for emergency preparedness and response</td>
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<td>Enhancing disaster preparedness for effective response and to “build back better” in recovery, rehabilitation and reconstruction</td>
<td>✓ Developing and testing early detection and inclusive warning systems</td>
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“To enhance recovery schemes to provide psychosocial support and mental health services for all people in need”
Scaling up capacities for MHPSS Preparedness and Risk Management

Ongoing Initiative

• Development of MHPSS preparedness and risk reduction package

• Field testing and piloting

• Implementation in global capacity building workshops and simulation exercises

• Ongoing technical support and follow up

• Documentation of key case studies and lessons learned

• Development of tools and resources (e.g., risk assessment, high risk topics)
Build Better Before Workshop and Simulation
Global Capacity Building Initiative

Days 1-2 Theoretical and Practical Knowledge

- **Innovative methods**: Field trips, mastering stations, case studies and adult learning
- **Key resources and tools**: MHPSS preparedness checklist, templates
- **Reshaping**: Changing perspectives and bridging fields

Days 3-4 Emergency Simulation

- **Multisectoral and field-based**: Field missions based on key MHPSS topics and sectors
- **All-hazards approaches**: infectious disease outbreaks, CBRN, conflict, natural hazards
- **Diverse Actors**: health, education, protection, nutrition and others.
Next steps and the way forward

Build Better Before Workshop and Simulation #3
Tallinn, Estonia 19-22 September

• WHO ongoing support to Estonia on MHPSS

• High-level commitment in Estonia government to strengthening preparedness in the region

Challenges and opportunities

• Limited awareness of and attention to MHPSS, but growing in HEDRM field (thanks to you!)

• Lack of capacity to study the impact of MHPSS preparedness actions over time

• Need to develop and implement action-oriented MHPSS preparedness and risk management action and to study their impact on resilience over time