

Construction of A Comprehensive Psychological Assistance System for the Affected Population after the Disaster

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Abstract: Looking for the regularity and common ground of the psychological behavior problems of the affected population after the disaster can increase the scientificity, pertinence and foreseeability of prevention and intervention, so as to formulate and take effective measures and give timely intervention and assistance, so as to form a scientific and perfect aid system. Objective: To find a new breakthrough point for further reducing various post-disaster stress psychologies and to provide basis for constructing a scientific and perfect integrated post-disaster psychological assistance system by studying and constructing a complete stress psychological assistance system.

Keywords: Post-Disaster; Psychological Assistance; Integrated System

1. The significance of post-disaster psychological assistance

In recent years, psychological assistance has become an important rescue content besides life-saving and material help, and plays an important role in disasters affecting a long period of time. After the Wenchuan earthquake in China, attention was paid to the standard and rationality of the application of post-disaster psychological assistance, which provided experience for improving the scientificity and specialty of post-disaster psychological assistance in China. It is necessary to strengthen psychological assistance for the affected people after the disaster. Looking for the laws and characteristics of the psychological problems of the affected people after the disaster can strengthen the scientificity, pertinence and rationality of the intervention, so as to formulate and take effective measures and give timely intervention and assistance, so as to form a scientific and perfect rescue system for such disasters.

2. The features of post-disaster psychological assistance

(1) The universality of psychological relief objects

After the occurrence of sudden natural disasters, the impact spread to a wide range, including the direct victims of the disaster, those injured or disabled by the disaster, relatives of those affected by the disaster, personnel involved in all kinds of rescue after the disaster, such as armed police officers and soldiers, TV viewers, etc. The large number and wide range of people who need psychological intervention and relief put forward high requirements for psychological relief work.

(2) The complexity and chronicity of psychological assistance

After psychological trauma, it lasts for a long time, so the psychological assistance after the disaster is a long-term and systematic work. In particular, natural disasters have caused a large range of loss of life and property in a short period of time, leading to the sense of powerlessness, frustration and vulnerability of people affected by disasters. Without timely attention and psychological counseling, it is easy to form post-traumatic stress disorder (PTSD). Without active and long-term standardized treatment, it may affect the victims for decades, or even accompany them for a whole

life. What's more, serious mental diseases may occur, leading to various social problems^[1].

(3) The specialty and comprehensiveness of psychological assistance

In order to effectively carry out psychological assistance to the disaster-stricken people, professional technology and scientific methods are needed, especially for the impact of the teenagers in the disaster-stricken areas, continuous and long-term psychological attention and assistance, to help them grow up psychologically^[2]. This is a systematic project that requires the participation of all social parties, and requires the construction of a long-term and systematic psychological assistance system and mechanism.

3. Basic tasks of psychological assistance for disaster-affected groups

3.1 Cognitive restructuring

Cognitive reconstruction is generally based on the reassessment of sudden disasters and accidents, providing disaster-related information to help individuals in crisis correctly perceive the disaster. Natural disasters and social and public emergencies cause disasters, and adverse emotional reactions such as anxiety, fear, helplessness and depression will seriously damage the cognition of the people affected by the disaster, and even cause cognitive dysfunction, which will make people fall into a situation of suffering and unable to extricate themselves, suddenly losing their goals, values, and meanings^[3], appearing even the thought of suicide. Different individuals' cognition of disaster will affect their coping styles. Therefore, we should help different individuals to face the reality from a rational perspective view and help them restore normal cognition^[2].

3.2 Establishing a social support system

When there are major natural disasters and sudden public emergencies, the support and help from all walks of life are needed to care and help the people affected by the disasters and make them feel the warmth of the society, so as to alleviate their various stress reactions caused by mental stimulation. For the victims, the early intervention of psychological assistance, the care and support of families, relatives and friends, the enthusiastic assistance from all sectors of the community, the government's post-disaster recovery and reconstruction measures and other forms of social support can greatly relieve the psychological burden of the victims and make them feel cared for and understood^[4].

3.3 Coordinating the medicine treatment

For the affected population with more serious psychological trauma, psychological counseling should be carried out with drug treatment to relieve anxiety, depression symptoms, and reduce self-isolation, so as to improve their sleep quality and facilitate emotional recovery.

4. The framework and assistance process of psychological assistance system for disaster-affected groups

4.1 Psychological crisis intervention process

The expert group should quickly make recommendations to the government and relevant departments that the concentration of the injured and their families in hospitals will bring some risks to the rescue work and post-treatment, and should try to disperse their treatment.

Mobilizing social forces to participate in, and using media resources to educate the affected population about psychological stress and mental health, and to promote effective ways to cope with the disaster. Mobilizing local aid workers, health workers, community workers, or volunteers to receive training from the teams and involve them in psychological support activities. The government regularly holds information conferences to let the public know the progress of the rescue work and the work that has been done.

4.2 Psychological crisis intervention workflow

First of all, related personnel should contact the rescue headquarters and hospital as soon as possible, to determine the distribution of the earthquake disaster victims in hospital, as well as the paramedics who entered the scene. If necessary, the psychological crisis intervention training content, brochures, psychological crisis assessment tools should be prepared in advance, and arranged for urgent printing. All personnel should be gathered, and timely technical training should be carried out for them. The technical routes such as psychological crisis intervention technology, process and evaluation method should be unified.

In particular, staff in disaster areas should be advised on the considerations of caring for high-risk groups, including simple communication skills and staff's own mental health techniques. The patients with acute psychological stress were followed up for intensive psychological intervention and necessary psychological treatment. After the treatment, the patients were evaluated again. Collective lectures, individual counseling, group interviews and other interventions were carried out for the personnel involved in disaster relief work. Summing up the day's work in a timely manner, it is best to hold a meeting every evening to adjust the work plan and plan the next day's work. At the same time, mutual support within the team is carried out, and supervision is preferred. Summarizing and reporting to relevant departments in time after all the work finished.

5. The construction of psychological relief system

In view of the various problems of psychological assistance in post-disaster reconstruction, it should be planned by the state, legislated by the government, coordinated with related non-governmental organizations and professionals to establish and perfect the emergency mechanism of psychological crisis intervention. To popularize and improve the professional skills of psychologists in psychological crisis intervention, and establish a comprehensive system of psychological assistance

5.1 Establishing an effective mechanism for government macro planning

The government must take psychological intervention as an essential part of the relief work and integrate the material aid and psychological assistance for reconstruction organically. In the aid security system, psychological assistance should be integrated. The government should give full play to its advantages of unified management in a planned way, strengthen coordination and communication between departments, and strengthen the planning, organization and standardization of psychological crisis intervention work from a macro perspective. The establishment of the aid system should be guaranteed by perfect laws and regulations, so that the psychological intervention can be legislated and ensure there are laws for the psychological intervention to go by.

5.2 Strengthening the theoretical research of post-disaster psychological assistance

The research on post-disaster mental illness should be carried out comprehensively, discussed and summarized in the practice of psychological intervention and assistance, so as to improve the theoretical and practical level of operation, and bring this work into the scope of scientific research. Through the research, we can sum up a set of practical psychological relief mode in line with China's national conditions.

5.3 Establishing a multi-level special psychological relief team

It is essential to establish a team of professional psychological aid workers and volunteers to implement psychological assistance. It is also necessary to strengthen the organic cooperation between different professional teams of mental health, psychological counseling and social work in crisis intervention services to promote the scientific nature and high efficiency of psychological relief work. In addition, it is necessary to explore the working mode suitable for post-disaster psychological crisis intervention, and build a proactive and preventive system crisis intervention mode.

6. On the construction of psychological aid system

The disaster has caused a huge impact on the whole region and even the whole country. It is necessary to integrate multiple resources, multiple approaches and multiple methods, and implement multi-stage, multi-level and multi-functional psychological relief. Post-disaster psychological relief often needs to be maintained for a very long time. In the later stage of psychological relief, more professional and comprehensive psychological intervention and reconstruction measures should be taken to strengthen the monitoring, evaluation and early warning of social mentality, promote the smooth communication channels of social emotions, avoid the accumulation of bad mentality, guide the positive changes of social mentality, and help people to achieve psychological harmony in an imperceptible way.

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