

FLATTENING THE DEMORALIZATION CURVE

In response to the President of the **American Society of Adolescent Psychiatry (ASAP)**, Dr. Stephan Carlson's call "To Flatten the Curve of Demoralization" a collaborative effort was swiftly mounted by our ASAP working committees to assemble a "Demoralization First Aid Kit for Mental Health Professionals During COVID-19".

Having been obliged to postpone and reformat our Annual Meeting, "Gun Violence and Youth Mental Health" which was originally scheduled for 4-24-2020 in Philadelphia, we are glad of an opportunity to demonstrate the resilience of our society by offering this kit, intended to be expandable in the light of our collective experiences during this pandemic.

In the "Demoralization First Aid Kit for Mental Health Professionals" you will find:

- An MP4 version of the power point "Demoralization and Harm Prevention Planning" with step by step voice over explanation of the eponymous clinical tool by ASAP members Drs. Margaret Gaffney and Matthew Galvin developed with the support of ASAP member Dr. Leslie Hulvershorn and discussant Dr. Zachary Adams from the Indiana University Department of Psychiatry.
- The same power point without voice-over that can be incorporated in your tutorial or grand rounds format by permission of The Indiana University Conscience Project.
- An On-line Resources direct link to an additional power point entitled the "Value Matrix" by permission of The Indiana University Conscience Project.
- Supporting materials to enable your institution to accredit the activity for one hour of CME in either format.

Survey Questions that can be used as a 'pre-test' or incorporated at designated pivotal points in your presentation of the power point. A psycho-dynamically oriented version is included in the current kit. A trauma based cognitive behavioral version is planned.

A Post-Test (correct responses available upon request)

A Practical Exercise entitled "The First of ASAP's Fables" with our promise to review and provide suggestions and to select among submissions for publication in the ASAP Newsletter

- Opportunity for mentoring and guidance by ASAP Moral Development and other working committee members in brief 'meta'-support group format via Zoom. Professionals interested in this opportunity would 'see one, do one' and then conduct or guide one in the virtual support groups for health care professionals that they plan to facilitate.

Signatories [Earl: please add appropriate titles and credentials]

Presidents Committee: Stephan Carlson, President (2019-2020), Connor Darby, President (2020-2021) Ted Petti, Immediate Past President, Greg Barclay, Past President, Lois Flaherty, Past President. Shady Shebak, President Elect (2020-2021)

Matthew Galvin, Vice President (2019-2020), Tzvi Furer, Treasurer-Secretary (2019-2020), Ronald Thurston, Newsletter Editor.

Ellen Platt, Vice President (2020-2021) Other Current GB members who may wish to sign? (Sheldon Glass, Tarun Kumar, Richard Rosner)