



# PANDEMIC RELIEF SERVICES FOR SENIORS AND LONG TERM CARE STAFF



## Who We Are

The Crisis Counseling Program (CCP) is funded by the Federal Emergency Management Administration (FEMA) and managed in partnership between the Massachusetts Department of Mental Health and Riverside Trauma Center, a program of Riverside Community Care. Mass Senior Care Association is proud to work with CCP and FEMA to offer pandemic relief services to members and the dedicated staff working in long term care facilities.

## What We Do

The free, anonymous and confidential programs are available by telephone or via the web, and feature:

- Individual Counseling – Provides support and a bridge to mental health & other resources – when needed (one to three sessions).
- Orientation Group – This is a group that allows for a range of attendance. The presenter offers psychological education, normalization of reactions and responses, as well as allowing time for Q&A.
- Coping Group – This group is most successful with 10 to 14 participants. The Lead and Co-lead support the participants through a guided discussion. This group facilitates self-awareness, sharing, psychoeducation and coping strategies (single session).
- Stabilization Group – This group is one that occurs soon after a traumatic event. This group is focused on stabilizing those who were most impacted by the traumatic event.
- Grief & Loss Group – Focuses on reactions to losses rather than reliving them, learning about grief and proactive ways of processing grief (single session).

## Who We Service in the Senior Care Community

- Massachusetts Senior Care Staff and Their Families
- Residents, and Their Families

### HOW TO CONTACT US

Call 888-215-4920

Email [MassSupport@riversideecc.org](mailto:MassSupport@riversideecc.org)

[www.masssupport.org](http://www.masssupport.org)