

need for a short and effective form of PFA provided by ER staff members, to reduce acute stress responses (ASR). Past studies have shown that psychological interventions based on emotional expression do not help to regulate extreme emotional expressions nor does it prevent post-traumatic stress disorder (PTSD). Alternatively, the Six C's model adopts a neuropsychological approach that focuses on cognitive communication, challenging for efficient activation, organizing the event's chronological order and reduction in loneliness by committing to stay with them. This experimental design study examined the effectiveness of the Six C's model on reducing signs of ASR.

Method: Sixty-three participants (mean age 41.8 years) voluntarily took part. They were randomly assigned to the Six C's intervention (experimental condition) or to supportive emotional expression (control condition). They listened to a three minute audio recording of a real emergency 911 phone call. Interventions (SIX C's or emotional) were provided before and after listening to the recording. Before, immediately after, and five minutes after the recording, participants' anxiety, heart-rate variability (HRV) and mental resilience levels were measured.

Results: For all three outcomes, the Time x Group interactions were statistically significant. Following "simple effects", analysis revealed that The Six Cs participants showed lower anxiety and less reductions in HRV and resilience than controls immediately after the stressor. Furthermore, the Six C's participants recovered faster on all three outcomes compared to controls, five minutes after the stressor.

Conclusion: This study showed the Six C's model moderates people's ASR. Furthermore, the Six C's method helps people to "bounce back" faster psychologically and neuro-physiologically. These findings support using the Six C's model to reduce ASR and increase resilience, which is highly relevant to ER staff.

Prehosp. Disaster Med. 2023;38(Suppl. S1):s121–s122

doi:10.1017/S1049023X23003242

Psychosocial Support Interventions for Children During Ongoing War in Ukraine: A Pilot Study

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Introduction: This presentation describes an initiative to provide psychosocial support to children in Ukraine during the ongoing war using a children's storybook, coloring book, and activity book. The resources promote emotion identification, self-expression, coping skills, and social support—variables with empirical support in promoting children's mental health in response to trauma.

Method: The book: "An Unusual Situation" is a bibliotherapy intervention for children struggling with difficult situations. By identifying with the characters, children learn about their own struggles, they learn that other children share similar concerns, and learn important coping skills.

The book was translated into Ukrainian and Russian; supplementary materials including a coloring book, activity book and a guidebook were developed. Following a three-hour training, Ukrainian mental health professionals worked with children on the materials in their respective wartime settings.

Results: Results of the following research questions will be presented:

- 1) How do mental health professionals working with children in Ukraine utilize the associated book resources measured by a survey and completed by the professionals engaged in the project.
- 2) What do children who use these resources report about their experiences coping with the ongoing war, measured by:
 - a) Collecting children's responses in the activity book.
 - b) Surveying the mental health professionals about their observations of the children during the intervention process.
- 3) Does the intervention reduce children's distress, interpersonal functioning, or problematic behaviors, measured by pre-post scores on the Youth Outcome Questionnaire 2.0.

Conclusion: This pilot study will provide information to guide the implementation of a broad psychosocial support intervention for children living in the setting of the ongoing war in Ukraine. Conclusions to be presented include:

- 1) Tailoring the intervention to the current needs of Ukrainian children
- 2) Designing a wide-scale implementation plan tailored to Ukrainian mental health professionals' recommendations
- 3) Addressing barriers to implementation.

Prehosp. Disaster Med. 2023;38(Suppl. S1):s122

doi:10.1017/S1049023X23003254