

Information provided
to assist in preparing,
responding, and building
resiliency in the event
of a disaster or
catastrophic event.

advance notice

Spring 2017

Vol. 9 No. 1

UPCOMING EVENTS

Spring Training Institute

Osage Beach, Mo
Tan-Tar-A Resort
June 1-2, 2017



10th Annual Champions Banquet

Jefferson City, Mo
Capitol Plaza Hotel
June 14, 2017



Real Voices Real Choices Conference

Osage Beach, Mo
Tan-Tar-A Resort
August 20-22, 2017
www.missourimhf.org



BOUNCING BACK AFTER DISASTERS

Even in the best of times, it can be hard to develop habits that support good physical and mental health. Those involved in disaster response and recovery face the challenge of helping people use healthy coping methods while attending to their own health and well-being as they serve others.

Following are resources to use and share to foster enhancement of resilience and wellness.

● **SAMHSA's Wellness Initiative**

This initiative aims to boost public awareness of health disparities between people with serious mental and substance use disorders and the general population. <https://www.samhsa.gov/wellness-initiative>

● **Podcast Series -- Resiliency in Disaster Behavioral Health**

These audio podcasts cover community resilience in coping with disaster stress. <https://www.samhsa.gov/dtac/webinars-podcasts/resiliency-in-disaster-behavioral-health>

● **Stress Management and Self-Care**

This issue of The Dialogue highlights how important it is for disaster responders to manage the stress that is an inevitable part of their work so they can support others. <https://content.govdelivery.com/accounts/USSAMHSA/bulletins/160c930>.

● **Resilience and Stress Management Resource Collection**

This collection features resources for disaster responders, program planners, parents and families, and others on building resilience before, during, and after disasters. <http://www.samhsa.gov/dbhis-collections/resilience-stress-management?term=Resilience-Stress-Management-DBHIS>

● **Webinar--Fostering Resilience in Children**

Content may be useful to parents and families, schools, medical and mental health care providers, public health officials, and disaster responders. It can be found at: <https://www.apha.org/events-and-meetings/apha-calendar/webinar-events/2016/fostering-resilience-in-children>



NEW RULES

The Centers for Medicare and Medicaid Services (CMS) finalized a rule to establish consistent emergency preparedness requirements for health care providers participating in Medicare and Medicaid to increase patient safety during emergencies and establish a more coordinated response to natural and man-made disasters. The rule was finalized in September 2016, became effective November 15, 2016, with an implementation date of November 15, 2017. For more information see: <https://asprtracie.hhs.gov/cmsrule>

READY. SET. START PLANNING!

Looking for preparedness tips and content to share throughout the year? Here are plug and play content with calendar reminders and important dates to use online for your agency, community group, organization, place of worship, or to make your own personal planning easier throughout the year. Find the following at: www.Ready.gov/calendar

- 2017 Seasonal Preparedness Calendar and Key Messages
- Social Media Toolkits

PREPARING SENIORS FOR EMERGENCIES

The American Red Cross asks older adults to consider developing a personal support network to turn to in a disaster or other emergency. This link to *Disaster Preparedness for Seniors by Seniors*, a booklet of about 30 pages, helps older adults prepare for disasters and stay safe and healthy during and after them. www.redcross.org/images/MEDIA_CustomProductCatalog/m4640086_Disaster_Preparedness_for_Srs-English.revised_7-09.pdf

HIGH-QUALITY SCHOOL EMERGENCY PLANS

A 1.5-hour webinar provides an overview of the Guide for Developing High-Quality School Emergency Operations Plans. Created by several federal agencies, the guide is designed to support schools in creating and refining emergency operations plans for many kinds of hazards. The webinar covers key points in the guide and includes a question-and-answer session. <https://www.youtube.com/watch?v=xzakw4PmaHw>

THREE FACILITIES EARN KUDOS

The Department of Mental Health recently recognized staff from Comtrea in Festus, Crider Center in Wentzville, and Places for People in St. Louis, for their exemplary work in serving the needs of those affected by the winter floods of 2015. Through these three facilities, people within the counties of Franklin, Jefferson, Lincoln, St. Charles, and St. Louis were provided both emotional and physical support to help stabilize their lives after the impact of the floods.

CHECK THIS OUT

Disaster Distress Helpline

A national hotline dedicated to providing year-round immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This hotline is toll-free, multilingual, and confidential.

Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor

For more information: <https://www.samhsa.gov/find-help/disaster-distress-helpline>



Missouri Department of
Mental Health
Office of Disaster Services
1706 E. Elm Street
Jefferson City, MO 65101
573/751-4122
800/364-9687