

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

advance notice

SPRING 2016

Vol. 8 No. 1

UPCOMING EVENTS

CONFERENCES

Spring Institute
Osage Beach, Mo
Tan-Tar-A Resort
June 2-3, 2016



Show Me You Care
About Suicide
Prevention
Columbia, Mo
Marriott Courtyard
July 21 & 22, 2016



Safe Schools and
Colleges Conference
Osage Beach, MO
Tan-Tar-A Resort
Sept. 28-29, 2016



Judevine Midwest
Autism Conference
St. Louis, Mo
St. Charles
Convention Center
October 17, 2016

WET CHRISTMAS

December 2015 was a wet month in eastern and southwest Missouri. Record flood waters impacted 33 counties. In January the federal government issued a disaster declaration to assist communities in recovery efforts.

On January 21, 2016, the Department of Mental Health was awarded a FEMA Crisis Counseling Program (CCP) Grant. This grant provided 60 days of immediate behavioral health services to persons who were directly impacted by the flood. While 33 counties were covered in the declaration, five counties requested individual CCP services. The community mental health centers serving the five counties are: Places for People in St. Louis County, Comtreia in Jefferson County, and Crider Center in the counties of Lincoln, St. Charles, and Franklin.

There are a variety of services available in a crisis counseling program. They include, individual crisis counseling session(s), linking persons with existing community services, referrals to other agencies, and developing and distributing educational materials. In addition, the program often is responsible for media attention and producing public service announcements.



SECONDARY TRAUMATIC STRESS (STS)



Community Violence (CV) workers, or interventionists, work in communities where violence is prevalent. They provide peer support services, act as "violence interrupters" and advocate for the most vulnerable or underserved members of a community. CV's are often residents of the neighborhoods in which they work, have long-term relationships with members of the community, and have first-hand experience with adverse community events. Some of the most effective CV programs have volunteers or part-time workers with little or no access to healthcare benefits or supportive services to address potential negative effects of working with survivors of community-based violence. These conditions make Secondary Traumatic Stress (STS) a significant risk for these workers. (continued)

SECONDARY TRAUMATIC STRESS (CONTINUED)

STS is the emotional duress that results when an individual hears about the firsthand trauma experiences of another. As symptoms of STS resemble those of post-traumatic stress disorder (PTSD), individuals may find themselves re-experiencing personal trauma or notice an increase in arousal and avoidance reactions related to the indirect trauma exposure.

For organizations employing Community Violence workers, the National Child Traumatic Stress Network (NCTSN) now offers a fact sheet with information regarding STS at: http://www.nctsn.org/sites/default/files/assets/pdfs/sts_cv.pdf

DISASTER BEHAVIORAL HEALTH MATERIALS FOR ALL

The United States has always boasted rich diversity, and our diversity is expected to grow. According to the Census Bureau, more than 38 percent of the U.S. population is something other than non-Hispanic/Latino white—and by 2044, over half of Americans will answer to this description. Our racial, ethnic, and cultural diversity is reflected in the many languages spoken in the United States. As of 2011, more than one in five people in the United States spoke a language other than English at home, and over 300 languages were spoken in the United States.

In light of the rich range of languages and cultures in the United States, it is crucial to be able to provide materials and support during and after disasters in languages other than English. The SAMHSA Disaster Technical Assistance Center (DTAC) has rounded up resources you can use for disaster behavioral health preparedness and response for non-English-speaking communities. <https://content.govdelivery.com/accounts/USSAMHSA/bulletins/13f3478>

ROAD TO RECOVERY

Road to Recovery is a train-the-trainer toolkit that supports children with Intellectual and Developmental Disabilities (IDD) who have experienced trauma. The kit consists of a Facilitator Guide, Participant Manual, slides, and supplemental materials. It is a two-day training that is designed to teach basic knowledge skills and values about working with children with IDD who have had traumatic experiences. The toolkit is available for download on the NCTSN Learning website: <http://learn.nctsn.org/enrol/index.php?id=370>

YOUTH COPING RESOURCES

The Disaster and Community Crisis Center and the University of Missouri offers the following resources at <http://DCC.Missouri.edu>

RESILIENCE AND COPING INTERVENTION (RCI) — Group discussion exercise that allows youth to share their thoughts and feelings about a disaster and to create a plan to more effectively cope with the event. Also available: school version, Spanish translation.

BUILDING RESILIENCE WITH HUNTER AND EVE — Animated series featuring a young fox (Hunter) and owl (Eve) who together learn how to be resilient and cope with challenges. Each episode of this series focuses on one important skill (for example staying safe, keeping calm, solving problems) and provides clear steps toward achieving the skill.

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.*



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